

is counting on us, twenty-thousand strong, to do our best. Let us not disappoint Him or the Central American, Columbian-Venezuelan and Caribbean Unions, on June 26, 1954!

—H. D. COLBURN, S.S. Secretary.

Family Worship

The father, and, in his absence, the mother, should conduct the worship, selecting a portion of Scripture that is interesting and easily understood. The service should be short. When a long chapter is read and a long prayer offered, the service is made wearisome, and at its close a sense of relief is felt. God is dishonoured when the hour of worship is made dry and irksome, when it is so tedious, so lacking in interest that the children dread it. *Testimonies for the Church* Vol. 7, page 43.

Church Building



THE church building programme throughout the British West Indies Union moves on with rapid progress. There are now thirty churches to be completed during 1954.

The East Jamaica Conference leads out in a very marked way and hopes to complete

between twelve and fifteen churches this year. Already we have had word from Pastors Holgate, Williams and Walton that they are on the move to complete at least two churches in each of their districts and with several others in progress. The rest of the district pastors have not yet reported, but we feel sure that their reports are on their way to us and will appear in the next issue of the VISITOR.

Complimentary work is being done by Pastor Campbell and his congregation at the Kenot church, which will be a credit when completed.

West Jamaica Conference is mobilizing for a brilliant start within the next few days, also the Cayman and Bahamas islands. It will be very interesting to watch the progress of these buildings as they appear in the VISITOR from time to time.

E. E. PARCHMENT.

B.W.I. Union Ingathering

1950	---	---	£5,435	19	11
1951	---	---	5,411	13	0
1952	---	---	5,124	9	10
1953	---	---	7,739	11	2
1954	---	---	?	?	?

BAHAMAS MISSION

President R. E. GIBSON.

Secy.-Treas. OLIVE McCARTNE

Ingathering in the Bahamas

Our Ingathering got off to a very good start with Elder Colburn, our Union Home Missionary Secretary leading out. It is indeed a pleasure to meet with the business men of Nassau, for they give so cheerfully. The first three days of our solicitation we raised one half of the mission's portion of the goal.

The churches are well organized and are working hard. The first to report going over their goal was Gregory Town, Eleuthera, where Brother Binns and Brother Nairn held their first out-island effort. The second to report as having gone over the top was Bluff, Eleuthera. Both of these churches have indicated that they are planning on doubling their goal by raising 100% overflow this year. Within the next two weeks we expect many more of the churches to report overflows.

I might relate one experience that clearly indicates the hand of God in this annual campaign. While we were soliciting a very wealthy client that usually gives us around £50, we had a very unusual experience. He suggested that instead of giving his regular annual donation that perhaps we could use a new house that he had just completed, rent free. The rental of this house is £30 per month and he has already turned the keys over to us with the understanding that this £30 per month will go to assist in the development of our vocational training programme at the Bahamas Junior Academy. We were needing just such a home to house our school teachers and secretaries, and we were at a loss to know where we could find such a place.

Surely Ingathering gives us a wonderful opportunity of acquainting our business friends with the humanitarian work we are doing and when approached in the right manner they are happy to respond.

We trust that before too many months time we will be able to have a regular Home Missionary Secretary in the field.

—R. E. GIBSON.

EAST JAMAICA CONFERENCE

Pres. R. E. DELAFIELD

Secy.-Treas. MISS E. W. PARCHMENT

News Notes

Many youth will long remember the evening of January 28, the opening of the 7th biennial Youth's Congress. The North Street Temple church was filled to its capacity and after the fanfare of

trumpets, the repeating of the pledge and the singing of the MV chorus, the youth leaders, Elders Skinner of the General Conference and Baasch of the Inter-American Division, Haig of the British West Indies Union, and Brother Gordon of the East Jamaica Conference, declared the Congress open. From that moment on there were instructional, educational and inspirational songs and speeches until the closing of the Congress.

Among our distinguished visitors were His Excellency, Sir Hugh Foot and His Worship the Mayor, Mr. Cleveland Walker.

On Sabbath, January 30, the young people met at Doncaster. Here they spent the day drinking deeply from the fountain of truth and enjoying Christian fellowship. This was indeed a foretaste of the grand and glorious meeting in the Kingdom of God. Sunday night was the grand climax, and the delegates and visitors returned to their homes with the determination to make "Christ above all" in their lives and to "man the outposts" as faithful witnesses for Christ.

—VINETTE E. WALKER.

Do You Know

The whereabouts of Mr. Alexander Brown? Then kindly notify Mrs. I. L. Thaxter, Fellowship P.O., who is the church clerk for the Olive Mount church.

ANNOUNCING

Official Opening of the M. V. S. O. CENTRE

Gayle, Saint Mary, Easter Monday, April 19, 1954, 9:00 a.m. to 9:00 p.m. Programme Unique, Inspiring, Delightful. YOU WILL SURELY ENJOY:-

- ★ Opening Exercises in large pavilion booth with seating facilities for 1,500 9:00-10:00 a.m.
 - ★ Tree Planting Ceremony 10:00-10:30 a.m.
 - ★ Aviation—Earl Gardner—10:00 a.m. -5:00 p.m.
- If you have not yet flown, here is your chance. See the beauty of land and sea from the air.
- ★ Bathing, Swimming, Diving in the crystal clear waters of the Rio Nuevo.
 - ★ Cricket, Volley Ball, Base Ball and other miscellaneous games 10:00 a.m. to 2:00 p.m.
 - ★ Motion Pictures 1:00-2:00 p.m. Admission 6d.
 - ★ Variety Concert by many leading artists 3:00-4:30 p.m.
 - ★ Big Investiture Service 5:00-6:00 p.m. O. E. Gordon in charge.
 - ★ Flag Ceremony, Community Songs, Bonfire, Fireworks. 6:30-7:00 p.m.
 - ★ Motion Pictures 7:30-9:00 p.m. Admission 1/-.
 - ★ Wholesome, refreshing, delicious refreshments on sale.

(Continued on Page 4)



Upper Left: Mrs. Clara V. White; Upper Centre: Mrs. Watson-Reid; Upper Right: Mrs. S. Reid.
Lower Left: Miss M. Bryan; Lower Centre: Mrs. A. R. Haig; Lower Right: Miss A. W. Sangster.

A Message from the Bible School

I am happy for the opportunity of reporting for the Voice of Prophecy Radio Bible Correspondence School. No doubt many of you are wondering how the Bible School is progressing, hence this brief report.



For the year 1953 we had 12,614 applications, 7,643 enrolments, 6,556 active students of which 3,234 graduated. For the benefit of those who do not understand the difference between "applications" and "enrolments" I might state that a student is not actually enrolled until he has returned his first set of lessons. Of the number graduated, 148 were baptized and joined the church. We thank the Lord for what has been accomplished and pray that 1954 will see even greater accomplishments.

We want to extend a word of appreciation and thanks to all of our members who have helped to foster this work by enrolling new students, also visiting and encouraging those who are already studying the Bible Course. We are doubly

grateful to the Bible School representatives who have done such a noble work.

We are no longer offering the Senior Voice of Prophecy Bible Course in Jamaica, but in its place we offer the "Faith" Bible Correspondence Course which is sponsored by the Voice of Prophecy. This course contains forty lessons, as compared with the twenty-five lessons of the former course. The "Faith" course is different. It reads like a story. It is current and full of thought-stimulating illustrations and pictures. It is a Bible course that conquers fear, builds confidence and speaks peace to troubled hearts.

Let us not forget that these Bible Correspondence courses are primarily for advancing the knowledge of the truth to those who know it not. As Seventh-day Adventists we are constantly studying our Bibles, therefore we cannot offer this course free to our baptized members. If any desires to take the course he is requested to pay one-half the cost of the lessons, which is 7/6, (seven shillings and six pence).

As you will notice from the number of applications received there are hundreds whose names are sent in, the first lessons are sent out to them but are never returned to us. We are requesting your co-operation when enrolling new students that you be sure the one is personally contacted and his interest assured

before the card is signed. Great tact should be exercised so that we do not force something on individuals that would turn them against the truth, so be sure to explain the nature of the course, and what is expected of him before he signs the card.

The reports that come in from our representatives are a source of great encouragement to us and so I would like to share the following experience with you.

A certain representative visited a young man who was taking the Bible course and this is what he wrote:

"He promised me that he would attend the Bible class and that I should call for him the next Sabbath evening. I was glad and I called for him as arranged. He was not there, but had gone somewhere else. I discovered this after I had gone to church as I thought he was there, but I was disappointed.

When I contacted him the next time he told me an excuse and promised that he would attend another time, but unfortunately for him, before he attended any of the Bible classes he got ill with tuberculosis and was admitted to the T. B. Hospital. His illness shattered all hopes of his attending the church. I went to visit him and gave him the book *Steps to Christ*. I also prayed with him and asked the Lord to convert and use him in that institution for His cause.

God surely hears and answers prayers, for by the fasting and praying of the Bible School representatives God has done great things for him. He has accepted the message, and more than that, through his instrumentality another soul has been won for God. Although they are still inmates of the said hospital, they have both been recently baptized into the Seventh-day Adventist church."

We thank you for your interest in this work in the past and solicit your continued co-operation and earnest prayers for the future.

MRS. CLARA V. WHITE

Did You Know?

- * That we have recently sent out 10,000 enrolment cards for the "Faith" Bible Correspondence Course to the field?
- * That the Voice of Prophecy programme is broadcasted over 908 radio stations each week?
- * That the home office of the Voice of Prophecy in Glendale, California has over 100 full time employees?
- * That the Voice of Prophecy broadcasts in eleven different languages?
- * That 19,920 have enrolled and 7,685 have completed the course here in Jamaica?
- * That over four million individuals have applied to take the Voice of Prophecy Bible Correspondence Course?
- * That the last shipment of Voice of Prophecy supplies contained over 170,000 lessons and weighed three tons?

The Voice of Prophecy Bible School

Located in the union office building here in Mandeville, is the office in which the Voice of Prophecy Bible Correspondence School work is done. Day by day hundreds of lessons and letters come into the office from individuals who are studying their Bibles through this course. Many individuals have accepted the truth as a result of the work of The Voice of Prophecy and there are bright prospects for the future.

Recently we received a shipment of lessons consisting of twenty-two large cases. In these boxes were over one hundred and sixty thousand lessons, weighing over three tons and costing the Bible school over £1,000.

Some individuals may wonder why we charge Seventh-day Adventists for this Bible Correspondence Course. The reason is this: the actual cost for each person who completes this new course is over 15/-. We have a close budget to work from, and we feel that we have a greater obligation to those who do not know the truth than we have to those who are members of the church, and so we are charging each member who takes this course, seven shillings and six pence, or half of the actual cost.

We feel sure that the members of our churches will agree that it is better to offer

this course to individuals who do not know and have not studied the truths of the Bible, than to give it to those who are familiar with them.

Last year the staff of the Voice of Prophecy corrected over one hundred and nineteen thousand lessons.

At the present time there are employed in the Bible School the following individuals: Mrs. Clara V. White, Miss A. W. Sangster, Miss Mavis Bryan, Mrs. A. R. Haig, Mrs. Watson-Reid and Mrs. H. D. Colburn. These workers meet in prayer and council every Monday morning, and Thursday morning the whole union office staff join in special prayer for this project. Will you not join us in prayer that as these thousands of lessons go out each year, the individuals to whom they are sent will study them carefully and prepare for the coming of Christ before it is too late. —Editor

Another Deception!

A three-paged letter accompanied by an appointment card is being circulated among our members, signed by "Director of S.D.A. Layman's Movement." This is just another deception of the Shepherd's Rod Movement. The enemy is working through these people in such deceptive ways that God's people must be constantly on the watch for surely they come as "wolves in sheep's clothing."

Remember, all communications from the General Conference down through the Unions are sent to our members only through their local conference office, so there need never be any question in their minds when communications are received from individuals that do not belong to your local conference staff.

Ingathering over the Top in One Day in Cayman



The Cayman Islands Mission field experiences its greatest financial strain in the early months of the year. This is particularly true this year because of the shortage of work. The hotel building programme is almost finished; so also is the airfield. The turtle factory is closed and things are at a low ebb financially. Many of the natives who work at sea are home because jobs are scarce, some having returned after being away for months without a day's employment.

In spite of all this, the future is bright for our work. Our brethren have a mind to work. The Ingathering campaign this year was delightfully pleasant. The churches were organized and after the Sabbath, March 6, we all started out and by Sunday evening the goal was reached, with the little that I had done before. A few others went out on Monday and before leaving on Tuesday I checked and we were 41% over the top.

Brother George Merren and the writer had the privilege of meeting a wealthy man who said that the Harvest Ingathering campaign brought him joy, because he met with Adventists for the first time. He gave willingly and asked us to return. Thus we see that the campaign is doing more than collecting money, it is helping to spread the message.

We also met a Catholic doctor who congratulated us very highly, stating that this is the work that all the religious organizations should be doing. He gave us a good donation and invited us to write to him, saying he would be willing to give more, "for this is indeed a wonderful work. Your work deserves credit."

The believers at West Bay worked hard and achieved more than they thought they could. Their company is growing rapidly and their spirit of co-operation and love for the message is wonderful.

B. E. HURST.

SPECIAL OFFER

A song book of 96 pages as prepared and used by the King's Herald and Del Deiker in the Voice of Prophecy broadcasts each week.

Contains the ten most favourite hymns; special male quartette numbers.

Limit of two copies per person. Postpaid to your home address for **Only 3/-**

Order your copy today from
**The Voice of Prophecy,
Box 22, Mandeville.**

(Continued from Page 2)

★ Rich Recorded Music all day.
GATE OPENS 8:00 a. m.
ADMISSION TO GROUNDS 1/-

(Adults and children same price)
NOTE: The entrancing natural beauty of the centre, adequate seating facilities 'neath shade trees, and elaborate flood-lighting of the grounds at night will all bring perfect completion to the wonderful fellowship with friends from all over Jamaica. In addition facilities are being provided where the aged, if tired, may rest. A pen will also be arranged where small children will be taken care of by the hour by capable individuals at a small charge.

WEST JAMAICA CONFERENCE

Pres. H. S. WALTERS

Sec.-Treas. L. A. MORRISON

Bigger Than Ever Before

Ingathering! Anywhere in West Jamaica you may travel, from the hills of Clarendon to the silvery coast of St. Ann, "there is a going in the tops of the mulberry trees."

Never before has there been more interest displayed by our brethren and sisters in the parishes of West Jamaica in the Ingathering. Never before have our friends been so willing to give. Surely, God has fulfilled His promise: "I will give thee favour." In one day £145 was collected around Montego Bay. Ladies and gentlemen thought it a privilege to give, (to put it in their own words) to the great work being done by Seventh-day Adventists.

In St. Ann as we turned away from many donors with a five guinea note in our hands we were told "we expect you again next year." In '54 the donations grow bigger than ever before. After listening intently to the reasons why we keep the Sabbath, one gentleman in St. James wrote us a cheque for \$250. But greatest of all achievements so far was the £20 raised by Harrison Memorial High School in four hours.

We have just begun to dip our feet in Ingathering waters. As we approach the official day of the opening of the campaign the tide of blessing will flow over the heads of every Seventh-day Adventist in West Jamaica Conference. God is with us!! King Jesus leads the way to victory!!!

—H. FLETCHER,

Home Missionary Secretary.

West Jamaica News Notes

The workers of the West Jamaica Conference together with the representatives from the various churches had an extremely profitable and never-to-be-forgotten experience at the Child Evangelism Institute which was held at the West Indian Training College from the 8th to the 10th of March. Miss Louise Meyer, Assistant Sabbath School Secretary of the General Conference and Elder and Mrs. W. A. Wild of the Division were our very able instructors. Words cannot tell how much we enjoyed this institute. With a new vision we shall go forth to foster this most important division of the Sabbath school. Our only regret is that these noble folks could not have been with us for a longer period. We want to say "Thank you", again and again, Miss Meyer and Elder and Mrs. Wild and may God bless you all as you endeavour to hasten His coming kingdom through the avenue of Child Evangelism.

* * *

The district conventions have been

real outstanding this year. To date there have been record gatherings at all, and each one has gone back to his church deeply refreshed.

* * *

All our members in the districts of Hanover and Westmoreland are very happy to know that Brother H. S. Campbell, the flying layman of the United States, will be at both these conventions on the 28th of March and the 4th of April respectively. We are sure that all those who can possibly attend are making plans to be there. A great spiritual feast awaits us all.

* * *

CONGRATULATIONS to Elder and Mrs. Silburn Reid on the arrival of their daughter. We know that this addition to the family will brighten the home and we trust that God will give them wisdom as they train this little girl for life eternal.

VALERIE RYAN.

A Worthy Example

Dorcas Societies are always on the look-out for new ways and means of helping the less fortunate, and the members of the Darliston society certainly found another avenue of service when its members travelled over hills and valleys on December 21 and 22 of last year collecting fruits for the inmates of the Sav-la-mar Alms House. "The hearts of the people were opened as we went to them and told them of our plans," wrote Mrs. Vera Leslie. The Parochial Board also co-operated by sending a truck to pick up these messengers of love and their bounties which consisted of hundreds of oranges, grapefruits, tangerines, cane, coconuts, papaws, cucumbers, and literature, also a little cash.

This gesture was so well received that the Dorcas leader and her associates returned on February 8th with baked goodies, fruits and literature. This time they gave a spiritual feast as well, by their songs and prayers, and now they have promised to return around the Easter season with a sacred concert for these unfortunate people.

Well done! Sister Leslie, and your associates, may other Dorcas Societies around the British West Indies Union follow your good example.

West Indian Training College News

It just happened:

March 2.4 was the time of the first quarter's examinations at the West Indian Training College. Most of the students are able to smile in spite of intellectual hardships.

March 8 the second quarter's classes began. Teachers and students alike look forward to brighter and more enjoyable days ahead, for spring is in the air.

March 8.10 a Sabbath school workshop

for the cradle roll and kindergarten divisions of the West Jamaica Conference was held at the college by Miss Louise Meyer, Assistant Secretary of the General Conference Sabbath School Department, and Elder and Mrs. W. A. Wild of the Inter-American Division Sabbath School Department. This workshop, sponsored by the union and local Sabbath school leaders, and attended by 100 workers and children's leaders and teachers from the field as well as normal and ministerial students of the college and many others who could attend, will mark a new day for Jamaican Sabbath schools. The speaker stressed the importance of giving the children's divisions the best talent of the church as leaders, and of making every activity of the Sabbath school Christ-centered. The delegates returned to their respective churches with a new vision and a well filled kit of patterns and pictures and plans for making their children's divisions more interesting and successful.

March 18, His Excellency, the Governor of Jamaica, Sir Hugh Foot and Lady Foot honoured West Indian Training College with a visit. Arriving by plane with Pilot Earl Gardner, they were met at the college air-strip by President and Mrs. M. J. Sorenson and Chairman of the College board, Pastor A. C. Stockhausen and his wife.

After introductions the Governor and Lady Foot visited the administration building and the various departments of the college. His Excellency's address to the students and faculty in assembly was greatly appreciated. The guests of State dined in the home of President and Mrs. Sorenson. They returned early Thursday afternoon to Kingston.

The college greatly appreciated this visit and hopes to be so honoured again at the time of the dedication of the new administration building.

* * *

The old college flag pole has been repainted and lengthened and was erected close to the site of the telescope foundation in front of the new administration building.

A programme of renovation and painting has given a new appearance to President and Mrs. Sorenson's home, the elementary school building, the former residence of Pastor and Mrs. Bull, the culinary building and to our campus in general.

Plans are now underway to cement the area in front of the dining room and to light this area so that it can be used for games and marches especially during our recreation hour on Saturday nights.

* * *

The ministerial and Bible Instructor's department has launched an evangelistic effort at Junction near Bull Savannah. In an open air bamboo amphitheatre constructed by the students with the aid of the Bull Savannah church members, meetings are held Wednesday and Sunday evenings and on the Sabbath.

Looking to the Future

March 27 is the date when the Jamaica Military Band is going to give a concert at the college.

April 11. The biennial banquet sponsored by the young men's XLCR Club is one of our outstanding social events of the year. The young ladies of the Philmelodic Club and the faculty are the guests of the knights of Cedar Hall. Our invitations are signed by Reginald Barnes, president and Ben Cameron, secretary of the XLCR Club.

April 11-20. President M. J. Sorenson announces Easter vacation. Rumours of interesting plans for the holiday are afoot.

June-to July. An Extension School of the Theological Seminary of Washington, is scheduled for West Indian Training College. Thirty to forty workers of the West Indian Islands will be students. Overseas instructors leading out will be L. E. Froom, M. K. Eckenroth, A. L. White of the General Conference and our officers and Educational Secretary of the Division.

—R. M. MORE.



Until The Day-Break

McPHEE.—Rebecca Stubbs McPhee fell asleep in Jesus at the home of her son at Wulff Road and Hepburn Alley, Nassau, Bahamas, Wednesday March 10th at 1:15 p.m.

Sister McPhee was born at Old Bight, Cat Island in 1895 and at the age of 27 she was united in marriage to Stephen McPhee of South Andros.

Sister McPhee embraced the Advent Message in 1926 and has been a faithful follower of the Church to the hour of her death.

She leaves to mourn her loss 7 sons, 9 daughters, 20 grand children, 7 great grand children and a large host of friends and other relatives.

"Day and moments swiftly flying,
Blend the living with the dead,

WALKER.—Brother Reuben Walker of the Bourbon Church departed this life on the 4th of December 1953 at the age of 64. He followed his Master in the Advent message for about 13 years, during which time he served as a deacon in the church. His two daughters, grand children and many friends look forward in full assurance of meeting him on the resurrection morning.

ROBERTSON.—The late Sister Violet Robertson, of the East Jamaica Colporteur army, died at her post of duty January 10, 1954 after 16 years of book evangelism experience.

Miss Thomas was born April 18th, 1912, accepted the Advent faith in 1938, and in that year she embarked on this soul-winning endeavour. She walked in the fear of her God and joined Brother John Robertson April 9, 1950. Now she rests in peace awaiting the call of the Lifegiver. She leaves to mourn their loss her husband, only child, Greta, mother, sisters and a host of friends.

"Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours: and their works do follow them."

SCAVELLA.—Mrs. Lucina Jane Scavella was born at Fortune Island, Long Cay, Bahamas, on February 22, 1869. At the age of twenty she was joined in matrimony to Joseph N. Scavella. Three daughters and four sons were born to this union, all of whom are now living. Her husband preceded her in death seventeen years ago and at the time of her decease she was residing with her eldest child, Mrs. E. H. Someillan of Hawkins Hill, Nassau.

For many years Sister Scavella was an active worker in the Seventh-day Adventist Church of which she was a member. She passed away while on her regular Sunday programme of visiting the sick and shut-ins.

Funeral services were held January 25 at the Shirley Street Church, conducted by Pastor R. E. Gibson and Evangelist Lloyd Binns.

Andrews Memorial Hospital

The Andrews Memorial staff had the pleasure of playing host to Miss D. Lois Burnett, Associate Secretary for Nursing Education and Nursing Service of the General Conference. While here she contacted both the Kingston Public and University hospitals in the interest of our Adventist girls who are in training in these institutions.

On Saturday evening about eleven student nurses from these two places met in the home of Dr. & Mrs. Hoehn and with Miss Whitney and Miss Burnett discussed some of their problems. They expressed the desire for our church members to remember them in prayer that they may reflect Christ in their labours although being trained by those not of our faith. Miss Burnett showed Kodachrome slides of some of our work being done by Adventist nurses in other parts of the world.

One afternoon during her stay she met with the nurses of the Andrews Memorial Hospital and encouraged them to form an alumni association.

This is Miss Burnett's 3rd visit to the island within the last ten years. She spoke favourably of the improvements that have been made in and around Kingston since her first visit.

DO'S AND DONT'S FOR HEALTH

Health is dependent upon certain fixed laws, just as real as the laws of gravity or electricity. Obedience means health. Disobedience spells disease and death.

1. Most diseases are preventable. We are unaware of the latent powers resting in human beings to preserve health and cure themselves when sick.

2. Go to your doctor for a physical checkup. Bring into the open all those hidden "enemies." Don't be a human ostrich and run away from trouble. On your birthday each year have a physical examination.

3. Eliminate injurious habits of eating or drinking, which will demand a pay day from your budget. Some one has said, 90 per cent of what you eat keeps the doctor; the other 10 per cent keeps you.

4. Watch the scale. Remember that your belt line is your health line.

5. Spend some time in outdoor labour every day. One hour a day helps keep the doctor away.

6. Stress the posture. Standing erect relieves the traffic jam of the internal organs. Better breathing, better digestion, and better health will come as a result.

7. Take an optimistic view of the inevitable.

8. Learn anew the solace of prayer. The Comforter will come in. There is no human balm that can so calm the frustration of modern living.

How true it is that "the six best doctors anywhere are sunshine, water, rest, air, exercise and diet."

—M. R. HOEHN, M.D.

The British West Indies Union Visitor

S. E. White Editor
P. Nation Asst. Editor

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