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Youth's Instructor

AUGUST 25, 1964



Youth's

THE YOUTH'S INSTRUCTOR is a nonfiction weekly. It is published for young adults who are capable of asking sincere questions, and who seek to know the counsels of Scripture. Its contents are chosen to serve readers who want to reach maturity—spiritually, socially, intellectually, and physically. Its staffholds that God is man's heavenly Father; that Jesus is man's Saviour; that genuine Christians will strive to love God supremely and their neighbors as themselves.

Its pages reflect an expanding objective from 1852 to 1964. First it was essentially a vehicle for providing youth Sabbath school lessons. Now it also provides many added services for a generation that should witness the literal return of Jesus and the restoration of a sinless world to the universe of God.

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BLIND by JERRY PENDLETON, D.D.S.

persistent tufts of beach grass bent with the wind. They clung to the sand as if daring the sea to intrude upon the land, but the sea only curled her lip and licked audibly at the golden sands of California as she had done for centuries. A symphony compounded of the cry of gulls, the roar of waves, the sighing of yielding sand, and a host of nameless sounds of sea and shore gave voice to the ever-changing yet changeless seascape spread out below us.

This April day in 1963 had been one of those days whose hours slip by too swiftly. It had been bright with love and shared adventure—a swim in the surf, a beach-combing expedition, a feast seasoned with sea salt and sand, which, devoured to the last crumb, had left the gulls to search elsewhere.

Now from a cliff high above San Clemente beach my two sons, my wife, and I watched the prodigal splendor of a Pacific panorama. The sun dipped low into the sea, and a crimson fire, shot through with gold, silver, and left-over rainbows, blazed north and south along the horizon. For long moments we lingered, with our senses and our hearts open to the beauty and wonder around us.

The last red rim of fire drowned in the farthest edge of the sea, leaving a bed of glowing embers. Jay spoke softly, as if reluctant to break the spell.

"Daddy, that's the first time I've watched the sun set!"

For a moment the afterglow was reflected in his smiling eyes, then he exploded into the six-year-old packet of power I knew so well.

Yes, son, I thought, as he raced down the sandy path, seeking new wonders to admire, we have all seen sunsets, but how often have we watched the sun set?

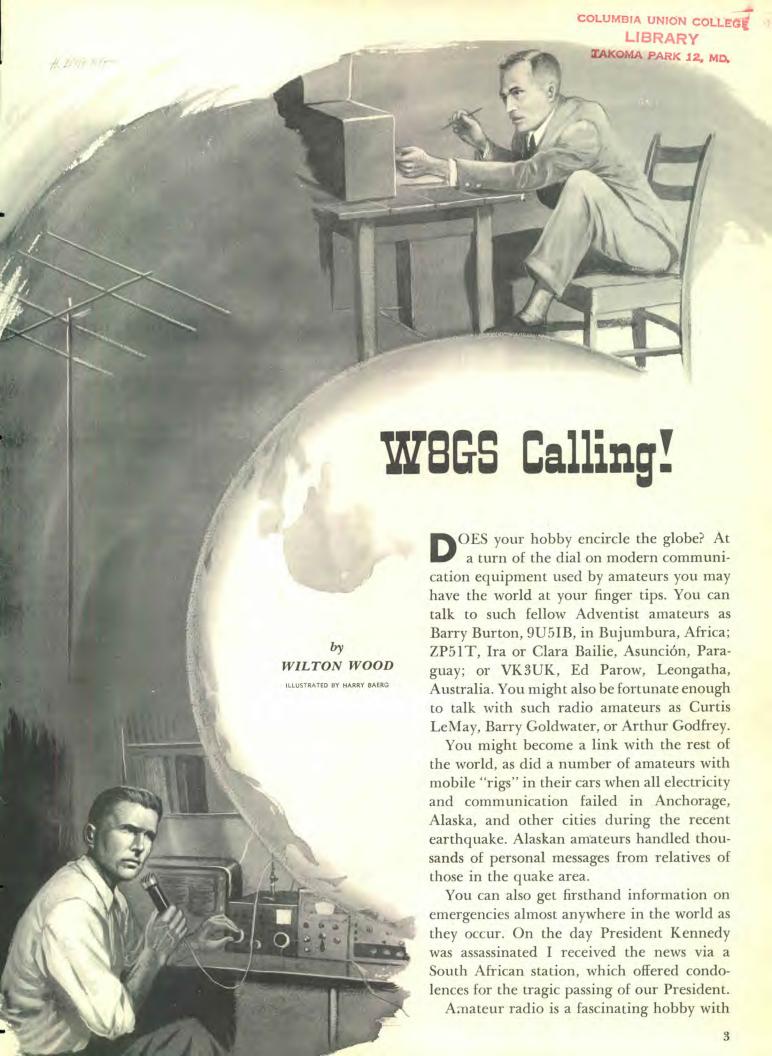
Are we too often handicapped by self-imposed blindness?

Gossip

by
MARCELLA
HENRY
MILLER

We went to visit with our friends today, But as we came away we were ashamed Of all the unkind things we'd had to say About our other chums. We really blamed Them for their faults, their inconsistency. But something deep within us shakes its head From side to side so disapprovingly That we would like to cancel what we said. But words once spoken are beyond recall. If only we could be more Christlike toward Our fellow men each day! Oh, let us call To mind His scriptural advice. Our Lord Has given us a word that stands above The rest of His commands. That word is Love.

Photo credits: Cover, Teuvo Kanerva; p. 2, Luoma Photos; p. 9, Max Tharpe; p. 13, Roger Hervig.



many phases. Many people in executive positions-engineers and full-time radio operators-enjoy it as an avocation. It captures and holds the interest of many people in all walks of life and in all countries of the world where amateur radio activities are permitted. Apparently no social class lines owing to race, culture, religion, or position are evident in amateur radio circles. Great and small, rich and poor, all appear to enjoy fellowship via code or voice on the ham bands. Some persons unable to communicate effectively in face to face social situations, because of shyness or lack of experience, gain satisfaction in making friends via amateur communication.

One of the problems facing overseas missionaries is that of being able to communicate easily with mission head-quarters and the homeland. Realizing this need, some missionaries have become interested in amateur radio as a hobby and at the same time have found it a practical means of communication in times of need.

Years ago when I was called to work in a foreign country, the leader of that mission field suggested that I bring my amateur equipment along in order to keep contact with the homeland as well as with missionaries in the interior of the field.

At that time most amateur radio stations used code for communicating. By using code in transmission it is possible to communicate long distances with very low power and at the same time achieve satisfying results. Code gets through the easiest and is considered to be the most reliable communication today.

The first radio transmitter I took to the mission field was homemade and was used to reach the interior and the homeland on many occasions. It had the low power of 15 watts, about the same power as a small hi-fi today. When conditions were favorable I was able to reach halfway round the world. Fortunately, the location of my station was over ideal ground, which gave near maximum possibilities. Later I operated a more powerful transmitter.

During one particular General Conference session, held in San Francisco, I arranged with a fellow amateur, Dr. John Rogers, W6IZB, in California, to send us the news from the conference each day and to keep us posted on the elections. Since some of our division officers at this time received calls to General Conference responsibilities, amateur radio proved extremely helpful and valuable in keeping the field

up to date on the news. We were pleased that Dr. Rogers had secured high-power transmitting equipment to keep in touch with missionaries all over the world.

An amateur operator in one foreign city asked me to have his mother, who lived near me, come to my station and talk with him. She had a number of pleasant chats with her son over several thousand miles of water. When my wife and I were forced to evacuate our home in wartime, this particular woman called us and offered us her apartment, which she was not using at the time, at no cost to us. It was in a more protected section of the city than was our home. We were thankful that the radio hobby had helped us make such a valuable friend.

About this time I learned that the local commander of the American Marines, a colonel, wished to talk to his wife by radiophone to wish her a happy birthday, for she was several thousand miles away at the time. He came to my home and talked with her on several occasions.

Later as the colonel and I stood on the dock, watching the launch carrying our families to a waiting American liner outside the breakwater during a six-hour truce for evacuation purposes, a Chinese plane suddenly appeared, heading for the enemy flagship anchored nearby. The din of antiaircraft fire from the flagship deafened us as particles of exploding shells fell like hail on the tin roof over our dock. The launch was in extreme danger, as were we while we stood on the open wharf.

Needless to say, a close contact with the commander of our forces in time of stress and danger proved comforting.

In addition to increasing my circle of acquaintances, many of whom have proved to be extremely valuable, I have spent many pleasant hours building equipment and testing it, as well as talking with fellow amateurs in nearly all the countries of the world.

One seldom operates on the air today without hearing a fellow Adventist amateur. If you happen to be listening in on Thursday at 2:00 P.M., EST, on 14270 kilocycles, you may hear several dozen fellow believers on the Adventist Amateur Radio Net talking to one another or handling traffic. Many from this same group meet on Sunday at 7:00 A.M., EST, on 7296 kilocycles, for more Christian fellowship and traffic handling. This organization is proving valuable to our Adventist amateurs and our church, thanks to the forethought and planning of Edmond Peterson, K3LJP, its founder.

We have barely begun to realize the tremendous potential in establishing a worldwide amateur international Adventist radio net. At present a few amateurs are furnishing the service to overseas mission stations. More could and should be done. A number of other churches already have a communications network of amateur stations.

Having spent a number of terms overseas, I realize how much these contacts with the homeland can mean. Our own experience has proved that emergencies arise which make amateur radio a real boon.

BLUE by BE

by BEULAH FENDERSON SMITH

I love the dusky, purpled blue of proud delphiniums, The gentle blue of twilight time, the silvered blue of plums, The flashing bright electric blue of the raucous jays, The quiet blue of mountain peaks wrapped in October haze.

Sharp blue of steel, the blended blue of summer sea and skies,

The brand-new blue of wonderment that shines a baby's eyes.

The cold, clean blue of snowdrifts, the poignant blue of veins.

The iridescent shimmered blue that sparkles April rains, The sad and final blue of stars that plunge in August sky, The deep, hot blue of berries that bubble from a pie, The sturdy, sweet, and homey blue of denims on a line; Ah, take the rest of the rainbow, but let the blues be mine!



Cyclists Teuvo Kanerva has caught some of the essence of youth in his skyline view of cyclists on this week's cover. The sweep and range of life itself finds focus in this meeting place of earth and sky.

Peterson for the preparation of this year's amateur radio log. Elder Peterson, who is MV secretary of the Columbia Union Conference, is the one responsible for organizing AARN, the Adventist Amateur Radio Net. At present two AARN nets are meeting on regular schedules. The frequencies and times are: 14270, every Thursday, 1900-2100 GMT; 7295, every Sunday, 1200-1300 GMT. If you are not acquainted with this organization for Adventist amateurs, make contact and join them.

Illinois "As yet, I am not a target reader. But I would assure you that there are many hundreds of fifteen-year-olds across the United States who eagerly look quickly through the magazine when they first receive it each week, and then settle down to enjoy one article after another." Ken Davidson, Rockford.

Australia "My wife and I enjoy the magazine. We particularly liked the story of the ex-Navy diver in 'The Treasure Hunter.' Experiences such as told in this story help to boost one's faith in God and remind us of the job that we individually should be doing." John L. Morris, Yagoona, New South Wales.

Georgia "I was busy when I opened the June 30 Instructor, and had no intention of doing more than glancing through. But I not only glanced, I read Joyce Hopp's 'High Heels,' and am now seated to write her and the Instructor a Thank you. Work can wait."

Alternatives "Every man, woman, and child that is not under the control of the Spirit of God is under the influence of Satan's sorcery, and by his words and example he will lead others away from the path of truth."—MYP

The Challenge of the Church-2

The challenge to do that which will make religion attractive, which will specifically make Seventh-day Adventism attractive, is shared by everyone in our church.

THE YOUTH'S INSTRUCTOR is one product of one facet of the church—publishing. This magazine therefore must assume responsibility for whatever influence James and Ellen White believed it could wield when they launched it 112 years ago this month.

Frankly, the effort to improve the writing that appears in our pages hasn't been simple. Some have the opinion that office confers ability. But the same people would demur from this view if, never having had voice training, they were urged to sing a solo for a Sabbath school of one thousand members. We think the parallel is valid.

If this seems off the subject, it is by way of explanation of the changes in format and content by which we've tried in the past few years to face our staggering challenge. Authors cannot be gathered in a classroom each morning for a period of three years to receive instruction to fit them for space-age journalism. Instruction comes the hard way—manuscript by manuscript, writers' conference by writers' conference, writers' club meeting by writers' club meeting.

Why do some members apostatize from our church? What influences soured them on such a glorious message as characterizes our fellowship?

Earlier pieces in this space have emphasized at least one answer. It is criticism. A young person makes a mistake in his Christian experience. Do we know how to encourage him for his next round with temptation or do we point fingers, waggle tongues, condemn?

"No one was ever reclaimed by reproach; but many have thus been repelled and have been led to steel their hearts against conviction."

Who wrote that? Someone who has been quoted in fragments and out of context so often that some have come to accept or despise her counsel according to their own fallible taste.

"The people of the world are worshiping false gods. They are to be turned from their false worship, not by hearing denunciation of their idols, but by beholding something better. God's goodness is to be made known. 'Ye are my witnesses, saith the Lord, that I am God.'"

Who wrote that?* The same author. And notice that she ruled out denunciation. What did she rule in? Witness! The demonstration of what we profess.

This must begin in the home. We have no justification for expecting the church sanctuary and the schoolroom to put out the fires of rebellion we have kindled in our own homes.

A major problem of age is the calcification of the mind. Parents so quickly forget their own childhood, full of bumps and bruises, full of trial and error, full of falling and rising again.

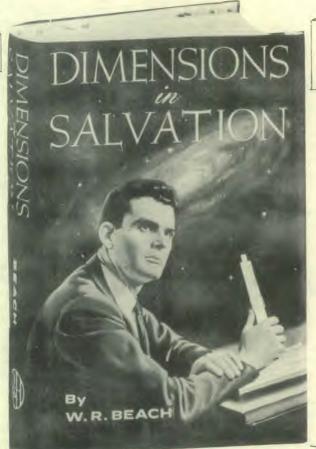
If you can find a September 1 copy of this magazine we invite you to continue this search with us next week. WTC

*Quotations are from The Ministry of Healing, p. 166, and Christ's Object Lessons, p. 299.

coming next week

- "A DOLLAR FOR MISSIONS"—As David heard the old tractor coughing and choking along, he ran down to the end of the row bravely to face the owner of the vineyard. By Edna Mae Fairchild.
- "DID SATAN PEEK OVER MY SHOULDER?"—Mary's face turned white when the teacher announced to the class that after the name Mary in the notebook was the name Fred. By Robert Gale.

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By Walter Raymond Beach

Secretary of the General Conference of Seventh-day Adventists

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Don't Let TUBERCULOSIS

Spoil Your LIFE

by JACKSON A. SAXON, M.D.

UBERCULOSIS is a disease of antiquity. Evidences of it have been found in Egyptian mummies dating back a thousand years before Christ. It was commonly known as the white plague when it reached its peak incidence in the United States around 1870. At its peak it took the lives of one million persons in the United States each year. Even though this disease is gradually being conquered, it still interferes with the hopes and plans of many thousands of people.

In spite of the fact that tuberculosis has affected mankind for so many years, it was not until 1865 that Jean Antoine Villemin showed that the disease could be transmitted by inoculation. He proved that tuberculosis was caused by an infecting agent. The discovery of the actual agent came in 1882 when Robert Koch in Germany identified the tubercle bacilli while examining tuberculous material under a microscope.

The bacillus, called Microbacterium tuberculosis, is a member of the acid-fast bacteria family. These bacteria are distinguished by their ability to resist destaining by acid once they have been stained by aniline dyes. The tubercle bacilli grow rather slowly compared to many bacteria. They are very resistant to the usual disinfecting agents and withstand drying for long periods of time, but they are killed quickly by sunlight and ultraviolet light from artificial sources.

In dry dust protected from sunshine they may live as long as six months, and if the dust is damp, they may live for years. When the dust is subjected to sunshine, the bacilli will die in six hours. Sunshine is an effective germ killer and should be allowed to shine into your home at every opportunity.

There are several types of tuberculosis, the most common being the human form, but man can contract it from swine, cows, donkeys, goats, cats, and dogs. Because infection comes from so many different sources one can easily get tuberculosis and never suspect it.

Human tuberculosis is transmitted by people with the active disease who sneeze, cough, or spit. Their germs also can be contracted from dirty dishes, towels, or silverware. The tubercle bacilli are not killed by the acid in the stomach. Kissing is the most efficient way to spread the disease. A common source of tuberculosis infections in children is the grandparents. These folks may have had the disease at some time during their life, then as they get older their resistance breaks down and they again become infective without marked symptoms. Infection also may occur at school from classmates or teachers, or at any public gathering where there are people who have active tuberculosis.

Once tubercle bacilli enter the body it is extremely difficult to completely destroy them. The bacteria, though inactive, can remain alive for many years in the tissues of your lungs. These bacilli are very resistant to the fighting forces the body can muster against them. For this reason when these bacteria are in your lungs you are a potential candidate for active disease the rest of your life. Whether the disease becomes active depends a great deal on the level of one's health. The best way to keep these bacteria from spreading is to maintain a high body resistance.

The big question asked by many people is, "How can I know when I first contract tuberculosis?" Unfortunately, an infectious dose of tubercle bacilli will not produce any physical change that is noticeable. The disease is so in-

sidious that one may have it for a considerable period of time and be in the advanced contagious stage before symptoms appear. This is why it is so important to have a yearly tuberculin skin test and a chest X-ray. This is the only way to be certain that it is not present.

The skin test is the most sensitive test we have to detect the presence of tubercle bacilli in the body. After an exposure that produces a positive skin reaction there should be a chest X-ray every six months. This is necessary in order to detect as early as possible any spread of the disease. If there is any suspicion of active disease, a sputum examination and culture is advised. A culture is often necessary to determine whether the bacteria are tuberculous or whether they belong to some other member of the acid-fast bacteria family.

Chest X-rays show early active spread of the disease in lungs. They also show evidences of past tuberculous infections that have been made inactive by body defense. If treatment is started as soon as active tuberculosis shows on the chest X-ray, the disease usually can be brought under control quickly and adequately. Waiting until physical symptoms develop allows the disease to advance so far and spread so widely that it may be difficult or impossible to bring it under control. Once the bacilli have a firm foothold in the lungs, the possibility of relapse even after treatment is greatly increased.

Advanced disease frequently forms cavities within lung tissue. These cavities are difficult to heal or to close. Surgical removal is frequently the only treatment for them. Unclosed cavities act as a source of reinfection. As many as 50 per cent of those who respond to

treatment but who have unclosed cavities will have active disease again. Removal of these cavities by surgery markedly decreases the relapse rate.

Symptoms that do occur rather late in the disease are night sweats, coughing, and weight loss. Blood spitting should always make one suspicious of tuberculosis. But remember that it is most important to diagnose the disease early. Don't wait until you feel sick.

What should be done if a skin test becomes positive or a chest X-ray shows active disease? Seek treatment immediately! Delay will only decrease the chance of recovery. Early treatment may even make it possible to avoid hospitalization. However, if your physician feels that you should be hospitalized, by all means follow his instructions.

In many respects a short period of hospitalization at the beginning of treatment is the best policy. In the hospital it is easier to evaluate a patient's condition and to check his response to treatment. Hospital care also prevents exposure of others in the home. As soon as the disease becomes noninfective a patient will be allowed to return home, and his treatment will be continued

In order to help the body overcome the tubercle bacilli, certain antibiotics and chemicals are used in the treatment. When these antibiotics are given, the bacilli are inhibited in their growth and can no longer multiply as rapidly as is normal. This gives the body a better chance to lock up the infection. These antibiotics and chemicals have made possible the rapid control of this disease in the United States over the past ten years. These medicines alone, however, will not cure tuberculosis. They only make it possible for the body defense to bring the disease to a standstill. Even after treatment with antibiotic and chemical therapy there is still the possibility that a relapse may occur if resistance becomes low.

The most important thing to do to hasten recovery is to faithfully follow the instructions of the physician, and conscientiously take the medicines that are recommended. If medicines are taken haphazardly, a chemically resistant tubercle bacilli will develop that will decrease greatly the chance of re-

The body fights tuberculosis by sending white blood cells to attack the bacilli. In many instances these white cells are not able to destroy them completely, but the body can form a wall of defense by causing fibrous cells to

multiply around the bacteria area. This dense tissue keeps the infection from spreading. If the deposit of encapsulated germs is kept under control, calcium soon begins to form in the walls of the capsule. This capsule may eventually become a solid ball of calcium, which further inhibits the spread of the bacteria. If this wall of defense is broken down, or the calcium becomes reabsorbed as a result of changes in your health, these bacilli may again become active in destroying your lungs.

To keep tuberculosis infection under control you must avoid any habit, activity, or the intake of any substance that would lower your resistance. Eat-

Wit Sharpeners

What Color?

by ETHEL W. SAGE

- 1. What fair-weather sign is hung in the skv?
- 2. Name the sea east of Egypt.
 3. Sackcloth of hair is
- 4. Jesus said we cannot make our hair
- 5. When the sun shone on a miraculous supply of water, what color did it ap-pear to be to the Moabites?
- 6. There is no taste in the 7. A great _____ dragon John saw in vision.

 8. Bordering Russia lies the _____ Sea.
- 9. What color was the food Jacob sold
 Esau for his birthright?
- 10. For part of his wages Jacob took all the sheep.

Key on page 20

ing so much that you become overweight can be detrimental. If you are overweight you will have much more difficulty controlling a tuberculosis infection. Poor nutrition is one of the most common causes for the body's inability to resist tuberculosis. This is one of the underlying causes for the great increase in active tuberculosis in teen-

age boys and girls.

The teens are the most dangerous years in life for developing active disease. In the United States it is notorious for boys and girls to subsist on a diet that is anything but balanced. Many teen-agers are malnourished in spite of living in a land of plenty. This seems to be owing to the fact that the parents are not as concerned as they should be about the diet of their children in this age group. Studies show that teen-age boys and girls are more likely to have malnutrition than any other age group. The body cannot fight disease when it

does not have the proper nourishment.

Your mental attitude plays a major part in keeping up body resistance to disease. The mental attitudes that lower your resistance are resentment, hostility, worry, and discouragement. These consume tremendous amounts of nervous energy as well as make way for more infection. Mental attitudes are actually habits of thinking. Bad habits of thinking can be changed just as surely as bad habits of eating.

Chronic fatigue from overwork or merely the lack of sleep can cause tuberculosis to become active. Activities that produce excessive nervous tension and excitement can sap body vitality and make the body more susceptible to

disease.

Alcohol in any form has a marked effect on resistance. It specifically inhibits the fighting ability of the white blood cells and interferes with the body's defense mechanism. With alcohol in the blood stream white cells may not even go to the site of the infection. The consumption of alcohol can be and often is the cause of inactive tuberculosis becoming an active disease.

Tobacco smoke, with its irritating tars, interferes with the lung's ability to control tuberculosis infection. Those who smoke have a poorer response to treatment than nonsmokers. Smokers also have a higher relapse rate following treatment, and they are more likely to get active tuberculosis on their first exposure to this disease.

Prevention is always better than a cure. A simple program of prevention can do a great deal to ward off active tuberculosis. Have a skin test yearly even if you are a nonreactor. If you are a reactor, have a chest X-ray every six months until there is evidence that the infection has been controlled. If the skin test is negative, a chest X-ray once a year is usually sufficient. There are so many other chest diseases that are picked up by X-ray before symptoms develop that everyone should have a yearly chest X-ray.

The most vital part of the preventive program is to keep in good health. This assures a high body resistance to tuberculosis as well as to other infectious diseases. Good health demands a well-balanced diet, fresh air, sunshine, daily exercise, adequate rest, good mental hygiene, and peace of spirit.

This program is the best insurance against tuberculosis. Why not follow it? If you do, this disease is not likely to spoil your hopes and plans for the future.



Opportunity **Knocked Again**

by JOANNE PERRAULT

HY, OH, WHY hadn't things turned out better? What chance was I to have in an academy sponsored by another church? What chance would I have to take part in any activities? Why couldn't I have the opportunity to attend a Seventh-day Adventist academy?

These questions ran through my mind as I enrolled in Hiawatha Academy, an interdenominational school sponsored by the Covent Church. Perhaps I was even taking a chance with my own beliefs by enrolling in this school, but there was nothing I could do about it now. Would I have the opportunity to tell others of God's wonderful love and truth at Hiawatha? Would these students of other faiths listen to me at all? If God would supply the chance, then I vowed that I would tell of Him.

The city bus, usually so slow, actually seemed jet propelled that first day of school. Before I had time to collect my courage the bus opened its doors at what seemed a regular stop. This time, however, a mass of young people, unnoticed by me before, surged out the doors, leaving only a scattering of people, and me, on the bus. What before had been a sea of faces accompanied by a roar of laughing and talking was now only a small stream of conversaJoanne never dreamed she'd be questioned on her faith.

Brought to my senses by this sudden hush, I realized that I was supposed to be a part of the legion that had just

tion here and there by other riders.

left. My mind knew I should go, but my feet were reluctant. Finally I arose and left the security of the bus. As I walked along, my legs did not want to bend and my feet did not want to leave the firm pavement and move on. In spite of this, the two-and-a-half-block walk to the school seemed to take but a few minutes.

Once inside the building I discovered to my dismay that the sea of faces I had encountered on the bus was only a trickle compared with the ocean I now faced. Not wanting to get in with the crowd and not wanting to be left behind again, I hesitated for a moment. Before I knew what was happening there were students in front, behind, and on both sides of me, and I had been engulfed in the ocean as it flowed about me.

A bell rang, and everyone found his way into a classroom. Glancing at the schedule card I had received from the office, I found my way to the right room. The bell rang again and again throughout the day, and each time students flocked from classroom to locker and to another classroom. Finally the bell rang for the last time that day.

I saw so many faces that first day. Could I ever begin to learn the names of these people? Did I dare attempt to make friends with such intelligent and clear-thinking teen-agers as I found here at Hiawatha? These students seemed so far above me; and besides, I ashamedly admitted to myself, I'm only an Adventist. These Methodists, Baptists, and Lutherans probably will not even associate with me if they know I am an Adventist. But if I can keep my religion secret . . .

As the days went by I tried to make some friends. Timidly at first, I began to speak to some of the students who were in several of my classes. Often I was horrified at the screechy and shaky way my "Hi's" turned out, but many times I noticed that the reply I got was just as screechy and just as shaky. I realized then that perhaps others felt as lost as I did. These other students

and I began to do things together. Soon we found many chances to get together for a planned activity or simply to talk.

Because of the religious background of my friends, the conversation often turned to religion and doctrine. In fact, it seemed that no matter what we began discussing, sooner or later we were talking about religion.

At first I was not too concerned with the way this subject crept into our conversations. After all, I thought, I know what is right, and I believe it. Let them discuss and argue these religious points all they want; I will just sit here and look intelligent. The questioning minds of my friends would not let me do this. They wanted to know how everyone in the group felt about his religion, and everyone included me.

"And what church do you attend, Joanne?" This question seemed to pierce me as a sword. I tried to ignore the query, but it came again and again, until my secret flowed out as blood from a wound, and it was just as painful. Now I would be rejected from the group of friends I had made. Now they would turn their heads the other way when they saw me coming down the hall. Suddenly I was brought back from my imaginary outcast life by Carol's voice.

"Did you say Seventh-day Adventist? I used to know a member of your church, and I always thought it was strange that she went to church on Saturday. Why do you do that?"

"Yes, and I knew one who never wore any jewelry or lipstick. How come?" Judy interjected. I tried to answer their questions, but my answers were followed by more questions.

Almost everyone in the group had known at least one Adventist at one time or another, and almost everyone had questions regarding our beliefs and practices. After a few minutes of such questioning I too began to wonder why Adventists did or did not do certain things. I was amazed at the amount of knowledge these students of so many different religious backgrounds had about Adventists. I was also amazed at my own lack of reasons behind my religious principles.

Somehow I had never even dreamed that I would be questioned about my faith. Before, I had always been with someone who knew all the answers, so I had neglected learning them for myself. Where there should have been a storehouse of Adventist doctrine and reasoning, I now found only a few crumbs from half-heard sermons and hastily glanced at Sabbath school lessons.

Why hadn't I studied my Bible better? Why hadn't I listened carefully in church on Sabbaths? What could I say now? Fortunately for me the bell rang then, and my questioners left, freeing me from the prison of doubt and questioning they had unknowingly cast me into. Determined not to get into such a situation again, I resolved to begin to equip myself with the Bible knowledge necessary to answer the questions of my friends. If God would only give me another opportunity I would use it better.

Since a foreign language is desirable if one wants to go on to college, I decided to take German. Learning this new vocabulary with all its compli-

SIESTA

by FRANCES OETTEL

Darling, cry now, Cry. . . . Then Put off weeping— Your love but sleeps A moment In Jesus' keeping.

cated rules was not enough to satisfy Herr Schultz, the German teacher. If anyone wanted a good grade on his report card he had to do work beyond what was required. By drawing maps and reading books several of us were able to get a fairly high grade the first semester.

At the beginning of the second semester Herr Schultz announced that everyone who had received a high-letter grade or anyone who wanted one this semester would have to take a citywide German test. He told us that this test would be given at the university on Saturday.

My ears did not hear anything else after the word "Saturday." I could not take the test on Saturday, but would Herr Schultz understand? He always seemed so gruff and stern in class that everyone was a little afraid of him. Now I would have to talk to this demanding teacher, and I would have to go by myself. Gathering all the courage I could muster, I walked into the room after school that day.

"Herr Schultz, I—well—I won't be able to take that test at the university," I began rather fearfully.

"Why not?" came the curt reply.

With a prayer for guidance, I managed to give a short study of Sabbath observance and Seventh-day Adventists. When I finished and forced myself to look at my teacher I did not see the scorn and ridicule I had expected, but rather kindness and understanding.

"Don't worry about it; I will arrange something," he assured me as I left the room, feeling greatly relieved and very thankful. True to his word, Herr Schultz informed me within the next few days that he had arranged with the professors at the university for me to take the test the Friday before the others took it. In fact, he even arranged for the classes I would have to miss and offered to drive me there so I would be on time.

As we drove to the university my teacher asked me more about my religion and my unusual beliefs. He seemed to show a real interest in our church, and as I answered his questions I was glad that I had put extra time into my Bible study. I also was glad when we reached the university, for his questions were showing more thought and they were becoming more difficult to answer. I still needed to study much more.

I looked up from my world of nouns and pronouns as the monitor entered the study hall. Monitors were always coming into study halls to pick up attendance slips or to call someone to the office. Quickly I returned to my books only to be aroused from them again by a tap on my shoulder. Looking up, I saw the monitor lay a note on my desk asking me to report to the principal's office immediately.

Stunned, I sat there for a few minutes trying to imagine what I had done to warrant this. In a moment all the rumors I had ever heard about the principal flashed through my mind. All the activities of those students who were ever called down to the office appeared before my eyes; but I could not remember doing any of those things. My eyes fell again on the note, and I knew there was only one way to find out what the principal wanted. Filled with apprehension, I dragged myself out of my seat.

"I understand you won't be going on the class trip," Mr. Mayer began after he had directed me to a chair. "We had planned for a 100 per cent participation on this trip, and I would like to know why you cannot attend."

I was relieved to find out why Mr. Mayer had wanted to talk to me, and yet I had misgivings about explaining

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Let's Talk a Walk

by GRACE V. SCHILLINGER

WHAT can I do, Mom?" This question comes up many times a day when a mother has a child in bed, convalescing from illness. He's tired of play-by-himself games, tired of puzzles. To say it simply, he's just plain tired of being excluded from most of the everyday fun that the family enjoys. And more than anything he wants extra attention from his mother.

"If I could go outdoors and walk around, it would be so nice," he tells you, and you promise to think up something fun for him to do.

When this problem was put up to me a short time ago I took my cue from Richie's wish, "If I could only walk around outdoors . . ." I knew he couldn't really go outdoors, but why couldn't he and I just pretend?

I gave him a few copies of summer magazines to look through, and

a pair of scissors.

"Richie, when you see a picture you like real well, cut it out and save it. When you're finished and have a stack of pictures, call me," I said, and hurried back to finish the pudding I was making for supper.

"What shall I do with the pictures, Mom?" he called out.

"Cut them out and you'll see!"
I could hear him talking to himself as he snipped. Twenty minutes was all it took. Back in his bedroom, I looked through his pictures. There was a family grouped around a white picnic table in their back yard. There was a grandmother baking a birthday cake for her grandson. Another was of a big red truck with a load of cattle in it. A rock garden with low-growing flowers and small evergreens sprawled across another picture. He kept shuffling them over to me.

"All right, Richie, pick out the one

you like best."

"Tell me what I'm going to do with it!" His eyes weren't listless now; they sparkled with lively interest.

"Guess this is the best," and he handed me a picture of a group of boys his age hiking. It showed them climbing a hillside. There were many trees on one side and a deep ravine on the other.

"I like this one best too," I told him. "Now, you and I will talk a walk."

"You said that wrong, Mom! You mean we'll take a walk."

I placed a footstool close beside his bed, told him to prop up his knees and stand the magazine picture against them. "No, Richie," I said. "Now, you keep watching the picture."

As he watched I began "We're ready to go. See that boy halfway up the hill? That's you! You're having fun calling back and forth to the other boys. Once a squirrel ran right ahead of you. Listen to those wrens singing in that oak tree. Way down below the hill, in that deep ravine, you can hear water as it rushes over stones in the creek. Somewhere off in the distance you can hear a hound baying, and you tell one of your friends that it's probably tied up and wants to get loose so it can go hunting with its owner. What do you suppose the man named his hound dog, Richie?"

"Keeno!" came the flash answer. Already he was deep in the story. "Same as your dog, isn't it?" I smiled, knowing how little boys like to put themselves and their posessions right into stories they listen to. "Well, you keep on climbing that hill. Once you found a big patch of wild blackberries and all the boys stopped and ate some."

"What's on top of the hill, Mom?"
The picture didn't show anything

on it

"Your dad and I live in a big log cabin at the top of that hill," I told him, "and right now I'm looking out the door and can see all you boys hurrying up the hill. So I hurry back to the cookstove and——"

"Whatcha cooking?"

"Why, I'm making a big stack of waffles for all of you boys. I know how all your friends love waf-

fles and maple syrup."

"What else will we eat?" From that question I rambled on into good things Richie likes best, going into a lot of detail to make the story last longer.

"Wish I could find a picture of that log cabin," he said after our

walk was all talked through.

What do you know! We found a picture of a log house in an out-doors magazine. It was far different from the one we'd just hiked to, but it meant a brand new walk to talk for the next time.

This pastime became so popular that I was afraid it would become outworn with use. Even after Richie was well, however, whenever he was at a loss for something to do, he'd suggest, "Let's talk a walk, Mom!"

Swallows

by ENOLA CHAMBERLIN

Against the blue of the evening
The sharp-winged swallows fly,
Cutting their silent pathways
Through the plainlands of the sky.

Each cutting a small trail that trembles
A moment in the air,
Then vanishes completely
With the wings no longer there.

But the swallows do not falter,
They know just where to go,
And the heart is filled with wonder
At the God who made it so.

IFE in the sea is composed of many forms, from microscopic plankton to the giant 100-ton blue whale, from the slow-moving clam to the swift and ferocious killer whale. Two of the most fascinating creatures in the sea are the octopus and the squid. They are similar in that they both have eight arms or tentacles (the squid has two long tentacles in addition to its eight arms), a parrotlike beak, the ability to travel by jet propulsion, the ability to change the color of their skin, organs for producing and discharging ink into the water, and other features in common. They also happen to be cannibalistic.

In the animal kingdom they are classified with the clam, snail, slug, oyster, and more than 70,000 other species of

the phylum Mollusca.

The maximum size attained by the octopus varies considerably according to the species. The common octopus may have arms up to four and a half feet long, with suckers an inch and a half in diameter. The giant Pacific octopus may have arms up to sixteen feet long, with suckers two and a half inches in diameter. Each arm normally contains 240 suckers, or a total of 1,920 for the eight arms.

A giant squid may have arms up to twelve feet long and two long tentacles up to fifty feet in length. The suckers on the arms differ from those on the octopus in that they may contain up to fifty tiny sharp teeth around the rim and are on the end of short muscular

stalks.

The parrotlike beak of the octopus and squid is very strong. This beak is at the center of the arms and is used to kill and to eat the animal being held by the arms. The octopus uses its beak to crack the shell of crabs, lobsters, and shellfish, which comprise an important part of its diet. The octopus also has glands that secrete a poison to paralize an animal immediately. The beaks of the larger squids are so powerful that they are easily able to cut a wire leader. During an expedition to Chile and Peru fishermen found that the large Humboldt Current squids (up to twelve feet long and weighing three hundred pounds) could often bite through the strongest steel wire obtainable.

The ink discharged by an octopus or squid will do one of two things—diffuse in the water to form a sort of smoke screen or remain in a blob that roughly resembles the size and shape of the animal discharging it. The ink confuses not only the predator's vision but its sense of smell as well.

The eyes of the squid are remarkable organs in several ways. Their location on the side of the head permits the animal to see almost straight backward, which provision is essential because the squid usually swims backward. Its eyes are remarkably well developed and closely resemble the human eye (which fact is not exactly in harmony with the theory of evolution), for both its eye and the human eye have a transparent cornea behind which is a small chamber filled with liquid and an iris dia-

phragm, behind which is a lens set in a ring of muscle and ligament. The eyes of some deep-sea squid are on the end of stalks and contain light organs, which serve as miniature searchlights. The size of a giant squid's eye is amazing (up to a diameter of fifteen inches) considering that the 100-ton blue whale, the largest animal that has ever lived, has an eye of not more than seven inches in diameter.

The chameleon is known for its ability to change color, but the skin of the octopus and squid enable them to change color faster (less than a second) and into more colors than the chameleon. This ability is due to the pigment cells in the skin known as chromatophores. These cells are on a pearly white background and are covered by a thin transparent outer layer. Each cell contains a certain color of pigment (there usually are three colors on each animal-the most common being brown, black, red, yellow, and orangered) that becomes visible when the cell is stretched up to sixty times its original diameter by four to twenty-four muscles connected to the edge of the cell. All or part of the cells can be expanded to produce a variety of colors. By expanding the right cells, the octopus or squid can match almost perfectly the color of its surroundings.

The octopus can change not only the color of its skin but the texture as well. The skin can be made to resemble the texture of rock, sand, ooze, seaweed, or rusty iron.

The ability of squids to produce light

Octopus and Squid

by ROGER HERVIG

is a fascinating subject. About 120 species of squid are luminescent, whereas few if any octopuses have the ability to produce light. Three different systems are used to produce lightspecial glands containing bacteria which produce a continuous light, a gland which produces a mucus that glows brilliantly upon contact with sea water, and organs known as photophores which produce light by chemical reactions. The photophores may be very simple or so complex that they contain a reflector mechanism, pigment cups, lenses, mirrors, and color screens. Squids may have less than twenty or more than a hundred of these organs, some of which produce brilliant, beautiful shades of red, blue, yellow, and other colors.

Despite their sluggish appearance the squid and octopus are good swimmers. They swim by jet propulsion. Water is drawn in around the "neck" into a cavity and then expelled under high pressure through a funnel, or siphon. By changing the direction of the funnel, the animal is able to swim either forward or backward. Some squids can swim very fast (more than twenty miles an hour), but the octopus, because of its unstreamlined body, is not able to swim faster than about eight miles an hour. The octopus will seldom swim with its kind, whereas the squid will often swim in schools of up to a hundred or more.

These schools swim in formation and remain in formation when feeding or gliding through the air. The smaller







squids, which are able to slide through the air like the flying fish, have wide fins on the sides of their bodies and membranes along their arms. Upon leaving the water at high speed they are able to glide up to fifty yards. These flying squids often land on ship decks, sometimes as high as fifteen or twenty feet above the water level.

The main item in the squid's diet is fish, but squids also eat shrimp, seaweed, squid, and other foods. Their cannibalism was well demonstrated when the stomach of one was found to contain the remains of at least seven other squids and the beaks of fourteen previously digested victims.

The squid is preyed upon by whales, penguins, dolphins, porpoises, seals, swordfish, salmon, sea birds, jellyfish, tuna, and other animals.

The octopus makes its lair in rocks, empty shells, the recesses of coral reefs, or any other protected space. A case where the octopus built its own "house" is reported by Captain J. Y. Cousteau in his fascinating book *The Silent World*. While diving he discovered an "octopus city" in which the typical structure consisted of a flat stone, about two feet long, raised up on one side about eight inches and supported in that position by another stone. The mud floor had been excavated about five inches. A pile of shells, rocks, and

The octopus has unusual powers of regeneration. Sometimes it will lose an arm in a fight with an eel, or it may cast off an arm to save itself—as some lizards are able to do. In either case, a new arm will be grown in about six weeks. There is some evidence that an octopus can regenerate a damaged eye.

other objects near the entrance was

swept up to the entrance by the octo-

pus whenever a diver would approach.

The unexpected behavior of the octopus has resulted in some rather unusual and amusing incidents. Frank W. Lane has recorded a number of these incidents in his extremely interesting book entitled Kingdom of the Octopus. The ability of the octopus to remain out of water for as long as several hours has resulted in some amusing experiences, such as the time when an octopus escaped from the laboratory of a biology station and was found walking down the stairs at two-thirty in the morning.

In another case a small octopus was caught and placed on a boat deck. It walked into the cabin, and two hours later was found in the teapot. A bucket containing a small octopus was set down in a library. While the owner was

BELIEVE IT OR NOT

Before Charles Evans Hughes became Chief Justice of the United States Supreme Court he was offered \$150,000 to represent the liquor interests before the courts.

He spurned the offer, saying, "I would not champion your cause before any court for any sum you could mention."

Would that every attorney in the United States had the courage to turn down lucrative offers of this nature from the alcoholic beverage industry.

W. A. SCHARFFENBERG

talking with the librarian the octopus crawled out of the bucket, walked across the room, and started climbing one of the shelves. It soon died from exertion and lack of moisture.

Aquarium keepers have to be very careful with the octopus or things may happen, such as the time when an octopus pulled up the waste valve of a tank, and the result was some dead octopuses after the water had drained out. The fish in a certain aquarium tank were growing fewer in number each day, and the cause could not be found, until one day an octopus was seen in the

tank. It had climbed over the partition between the tanks and helped itself to the abundant food supply.

The ability of the octopus to squeeze through almost paper-thin openings has resulted in some of the most unusual and amusing incidents. A naturalist took a wicker basket containing an octopus with him into a streetcar. Everything was fine for about ten minutes, then there came a scream from a passenger who had the creature upon her lap.

Before 1873 there had been many reported sightings of squid, written accounts of the animal, and supposedly genuine preserved parts of the creature, but in that year the first complete specimen was captured in a net by four fishermen off the coast of Newfoundland. That squid had a total length of thirty-two feet, with twenty-four foot tentacles. Since then there have been sightings and captures of specimens with a total length of fifty feet or more. How large the squid may grow is not known, but the size of sucker marks found on the skin of whales and undigested parts of squid found in the stomach of whales both point to squid larger than any presently known.

What may be the size and characteristics of undiscovered species is an interesting subject to consider, but the information now available is sufficient to make the octopus and squid a fasci-

nating subject for study.

FAMILY FARE

Direct Route

by VIRGINIA HANSEN

OM, we need a new washer and drier, don't we?" my young son asked with mischief brightening his eye.

"M-m-m, I thought the old faithfuls were still holding up pretty well," I hedged, "especially since that last overhaul job. Remember?"

He grinned impishly. "Well, you see, that new appliance store on Central Avenue is giving away a bee-utiful new three-speed bike with each new washer and drier they sell! We do need a new set, don't we?"

"I guess we do, honey." I couldn't help noticing his eagerness. "I guess we need a new set of washing equipment just as much as we need a new Cadillac when our new Ford and our faithful VW sit so forlornly out in the back yard. Guess they need some company. The only trouble—well, one problem at least—is the fact that there isn't room for a new set." He grinned, then gave me a slightly disgusted look and went skipping out to his tree house to think it over

Do we sometimes go around Robin Hood's barn, so to speak, to get the things we feel we must have?

Bill solved his need for a better bicycle by working and saving.

I want a better Christian experience. Am I willing to pray for it, and strive for it?

OPPORTUNITY KNOCKED AGAIN

From page 10

to him that I could not go because the trip was over a Saturday. I wondered at my ability to explain to such a man as the principal of Hiawatha my religious convictions. This time I would have to answer questions until he dismissed me. Prayerfully and carefully I explained to Mr. Mayer my religious beliefs. To my surprise, I found I could answer about all the questions he asked me. God had given me the mind to recall the things I had studied.

In rapid succession the todays became yesterdays, and then yearbooks were everywhere as my first year at Hiawatha drew to a close. Summer also quickly flew into history, and I found myself again passing through Hiawatha's doors. What events would the tomorrows of this new year bring to me?

"Guten Morgan. Wie geht es Ihnen?" These words in the familiar voice of

Herr Schultz met my ears as I entered his classroom to begin my second year of German. As I took my seat I thought back on last year and the test I was supposed to take on Saturday. The voice of Herr Schultz interrupted my thoughts as he began to tell us of the extra work for this new year.

"I have been getting a church paper lately," Herr Schultz began. "This paper is printed in German, and anyone who wants a high-letter grade in here this nine weeks will have to read an article from this paper and give an oral report on it. You may pick up a copy after class if you want one." Curious, I could hardly wait for the class to end. Could it possibly be? No, it just could not be! But then he did not say for sure. Finally the period was over.

Before the bell had finished ringing I was at the teacher's desk to get my copy of the magazine. It was! In white type on a red background I saw the words Zeichen der Zeit ("Signs of the Times").

Herr Schultz had expressed such an interest in our church when I told him I could not take the test on Saturday, and during our discussion on the way to the university, that my father decided to send him the German Signs. Now Herr Schultz was requiring anyone who wanted a high-letter grade to read the Signs! Not only the teacher but most of the students in my German class would read this magazine. Even those who did not do the extra reading would have a chance to hear the truth when the others gave their oral re-

As I leave Hiawatha to go to one of our own colleges I see that God certainly has given me an opportunity to witness for Him. My only regret is that I was not prepared to meet the opportunity when it first came and that it had to knock again.

Counse Clinic

Question I am a housewife, and my husband is an unbeliever. I don't feel right not paying tithe, and I don't feel right taking it against his wishes from money he earns. We have no set income or I'd ask for a certain amount for house expenses and pay it on that. What is your advice?

Counsel The property of a husband and wife is held jointly. It cannot be said that one half belongs to the hus-



Voice of Prophecy topics for September

September 6 How to Become a Child of God

September 13 September 20 September 27

The Witness of the Spirit God's Righteousness The Divinity of Christ band and one half to the wife. Marriage means togetherness, and the use of money in the home should be a matter of agreement between husband and wife regardless of the purpose for which it is to be used.

If the husband and wife can agree on the payment of tithe on a portion of earnings, that would be one way to work out a satisfactory solution. If it is agreed that the wife is to have a certain allotted sum monthly or periodically to spend as she wishes, she could properly pay a tithe on that, or even pay more if the amount will allow it. If the housewife works and earns money for herself, she should pay tithe on this income before assigning it to the common family fund.

Question What are the various positions available in mental health worksuch as dealing with people and their emotional and personal problems, either working with children in child guidance centers or adults in clinics connected with hospitals? Do we have such facilities for helping people with

their personal problems or vocational choices? What degrees are necessary?

Counsel There is opportunity for vocational counseling in most guidance programs on both the secondary and the college level, and for rehabilitation counseling, specialized as it is, in sanitariums and hospitals. A wellorganized guidance program is recommended for each secondary school and college in the North American Divi-

Apart from educational and medical institutions the Seventh-day Adventist Church does not operate child-guidance centers or adult clinics in mental health. Both private and public agencies are available, with opportunities for people who have received training in mental health. A minimum of a Bachelor's degree or nurse's course is highly desirable, and the ideal is for one to have psychological or psychiatric training and experience.

The services of THE YOUTH'S INSTRUCTOR Counsel Clinic are provided for those for whom this magazine is published, young people in their teens and twenties. Any reader, however, is welcome to submit a question to the Counsel Clinic. The answer will represent the considered judgment of the counselor, but is not to be taken as either an official church pronouncement or, necessarily, the opinion of the editors. Every question will be acknowledged. Problems and answers of general interest will be selected for publication, and will appear without identification of either questioner or counselor.

(1) Submit only one question at a time. (2) Confine your question to one hundred words or less. (3) Enclose a self-addressed and stamped envelope for the reply. (4) Send your questione to THE YOUTH'S INSTRUCTOR, Counsel Clinic, Review and Herald Publishing Association, Takoma Park, Washington, D.C. 20012.

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An orchestral arrangement for B-flat instruments. Arranged by Paul and Beatrice Hamel. Not only is a large variety of orchestral arrangements made possible, but this book will be useful for instrumental solos, duets, and quartets, with piano accompaniment. It contains all the sacred songs in Singing Youth except pages 114 and 115. Sixty pages, with art board cover. Price, \$1.50.

Sabbath School

AUGUST 29, 1964

Prepared for publication by the General Conference Sabbath School Department

YOUTH - IX—Love or Infatuation?

MEMORY GEM: "Love worketh no ill to his neighbour: therefore love is the fulfilling of the law" (Rom. 13:10).

AIM: To help the youth to understand the difference between love and infatuation.

1-All Love Is From God

Read: 1 John 4:7, 8, 20, 21; Eccl. 3:8; Rom. 13:10; The Adventist Home, pp. 50, 51.

All love is from God, whether it is filial, parental, or conjugal. We need never be confused if we keep in mind that all love is from Heaven. There is no other source. Love always leads us to God; there is no other direction it can lead. When one is in love, he will want to know God's will and will study the principles of love as revealed in the Bible. Love or the ears to the plain Word of God. Love ennobles, enriches, purifies, refines the life of both the one loved and the one who loves. Love inspires one to do his best and to be his

"Love is a plant of heavenly growth, and it must be fostered and nourished. Affectionate hearts, truthful, loving words, will make happy families and exert an elevating influence upon all who come within the sphere of their influence.

True Love Versus Passion .- Love . not unreasonable; it is not blind. It is pure not unreasonable; it is not blind. It is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol."—The Adventist Home, p. 50.

Questions:

Place the adjectives on the left in the

correct column by nur	mber.	
	Love is	Love is not
1. affectionate		
2. blind		
3. defiant		
4. devoted	*******	*******
5. genuine		-
6. headstrong		********
7. holy		-
8. impulsive	encycons	
9. pure		
10. rash	-	-
11. real	-	ANT CHARGE
12. truthful	******	*******
13. transient	-	manufacture and
14. uncontrollable	-	
15. enduring		********
Complete These Sent	ences:	
Love will make		
Love will exert an influence		nce.
Love will takeplans.	into	all its
Love will be in	with the	Spirit
Love must be f	and n	

2—All Infatuation (False Love) Is From Satan

Read: 1 Tim. 6:10; 1 John 2:15; Judges 16:4; Ex. 20:3; The Adventist Home, pp. 52-54.

Infatuation is the devil's counterfeit for love. Now, a counterfeit must be like the genuine in some respects or it could not be easily passed. So it is with infatuation. It is like love in its emotional appeal, in its strong preference for a certain person, in its eagerness to be with that particular individual. It is this compelling emotional desire that confuses some people. But no one need be deceived at all, for God makes it very clear what true love is like. It worketh no ill to his neighbor. All we have to do is to notice which way this emotional desire is drawing us. Does it draw us upward toward heaven, or downward toward Satan? Does it make us obedient, or disobedient? Does it lead us to honor and respect our parents and their wishes more? Does it lead to right doing or to wrong? Does it cause us to honor God more or does it cause us to sneer at standards and scorn principles? Any love that comes between us and God is false, it is infatuation. If my love for any person or thing weakens my love for God, it is in-fatuation and not love.

Questions:

Turn to 1 Corinthians 13:4-8. As you read these verses list all the positive statements in one column and all the negative in another column. You will find you have seven positive and nine negative state-ments. Cross out the No's and the Not's in your second column and label the first column Love and the second Infatuation. Here you can see clearly the difference between love and infatuation.

Caution! Do not confuse immature love with infatuation. Some people claim that teen-agers are infatuated and adults are in love. But teen-agers can have genuine love, or they can be infatuated. Adults can have genuine love, or they can be in-fatuated. Love can be genuine although immature. We can tell which it is by the way the lover acts, not by his age.

Which of the following are in love, and which are infatuated?

(All of these refer to conjugal lovenot to blood relatives.)

1. This Christian young lady is with a courteous gentleman who is an

unbeliever. 2. He stole a fur coat for her because with her. he was

3. They were so that they eloped.

4. A married man was ... with the woman next door.

5. A single girl was with her friend's husband.

3-Love Enriches the Lives of Husbands and Wives

Read: Eph. 5:25; Prov. 31:11; Titus 2:4.

"There are many who regard the expression of love as a weakness, and they maintain a

reserve that repels others. This spirit checks the current of sympathy. As the social and generous impulses are repressed, they wither, and the heart becomes desolate and cold. We should beware of this error. Love cannot long exist without expression. Let not the heart of one connected with you starve for the want of

connected with you starve for the want of kindness and sympathy. . . . "Continue the early attentions. In every way encourage each other in fighting the battles of life. Study to advance the happiness of each other. Let there be mutual love, mutual forbearance. Then marriage, instead of being the end of love, will be as it were the very beginning of love. The warmth of true friendship, the love that binds heart to heart, is a foreginning of love. The warmth of true friendship, the love that binds heart to heart, is a fore-taste of the joys of heaven. Around every family there is a sacred circle that should be kept unbroken. Within this circle no other person has a right to come. Let not the husband or the wife permit another to share the confidences that belong solely to themselves. "Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities.

Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of being appreciated is a wonderful stimulus and satisfaction. Sympathy and respect encourage the striving after excellence, and love itself increases as it stimulates to nobler aims."—The Ministry of Healing, pp. 360, 361.

Questions:

- 1. How long should husband and wife continue expressing their love for each
- 2. What happens when love is not expressed?
- 3. What does the Bible say husbands should do?
- 4. What does the Bible say wives should do?
- 5. Who only belongs within the sacred circle of the family?

CLASS DISCUSSION: In what ways can love be expressed in the home?

4-Love Leads Parents to Care for Their Children

Read: Ps. 103:13; Luke 11:11-13; Prov. 13:24; 29:15; The Adventist Home, p. 198.

Questions:

- 1. What happens when love is not expressed for one another in the home? 2. What is a delightful duty for every-
- one in the family? 3. How do children learn courtesy and
- respect?
- 4. What kind of language and what tone of voice do we use in the home?
- CLASS DISCUSSION: Name some of the things a loving parent will give his child.

5-Love Enables Children to Honor Their Parents

Read: Ex. 20:12; Prov. 4:1; Lev. 20:9; Eph. 6:1.

"Great is the honor and the responsibility placed upon fathers and mothers, in that they are to stand in the place of God to their children."—The Ministry of Healing, p. 375.

"The highest duty that devolves upon youth is in their own homes, blessing father and mother, brothers and sisters, by affection and true interest. Here they can show self-denial and self-forgetfulness in caring and doing for others. Never will woman be degraded by this work. It is the most sacred, elevated office that work. It is the most sacred, elevated office that she can fill. What an influence a sister may have over brothers! If she is right, she may determine the character of her brothers. Her prayers, her gentleness, and her affection may do much in a household."—Messages to Young People, p. 326.

"There are many children who profess to know the truth, who do not render to their parents the honor and affection that are due to them, who manifest but little love to father and mother, and fail to honor them in deferring to their wishes, or in seeking to relieve them of anxiety. Many who profess to be Christians do not know what it means to 'honor thy father and thy mother,' and consequently will know just as little what it means, 'that thy days may be long upon the land which the Lord thy God giveth thee, . . . Those who do not respect and love their parents will not respect and honor God."—Ibid., p. 331. Questions:

1. What great honor has Heaven granted to my parents?
2. What is the highest duty given to me

as a youth?

3. What kind of influence can a sister have over her brothers?

4. What are some ways young people can honor father and mother?

5. How do many thoughtless youth show disrespect to God?

CLASS DISCUSSION: What can I do in my home to show my love for God?

SENIOR - IX—Temperance in All Things

MEMORY VERSE: "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Cor. 9:25.

STUDY HELPS: The Adventist Home, pp. 493-511; Counsels on Health, pp. 49-51; Medical Ministry, pp. 291-297; The SDA Bible Commentary; SDA Bible Dictionary.

AIM: To review the teachings of the Bible on temperance in all things as a vital part of the way of life which God desires His people to follow.

Introduction

We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe strict temperance in the use of His bounties, as well as total abstinence from every injurious or debasing indulgence. . .

"Especially in our large cities, every form of indulgence is made easy and inviting. Those who, like Daniel, refuse to defile themselves, will reap the reward of their temperate habits. With their greater physical stamina and increased power of endurance, they have a bank of deposit upon which to draw in case of emergency."-Counsels on Diet and Foods, p. 29.

Temperance-A Code for the Christian

1. For what reason is the human body to be considered as a sacred trust? Ps. 139:14; 1 Cor. 6:19.

Note,-"The Creator of man has arranged NOTE.—"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism. abuse put upon the Lord's wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful."—Medical Ministry, p. 221.

2. In addition to the desire to receive personal benefits, what motive should prompt the Christian to care well for his body? 1 Cor. 6:20; 10:31; Rom. 12:1.

Note.—"The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things. May the Lord help you to make the most of your present opportunities and privileges, that you may daily gain new victories, and finally enter the City of God, as those who have overcome by the blood of the Lamb and the word of their testimony."

—My Life Today, p. 141.

- 3. In striving for victory, what is one important rule to which the Christian must conform? 1 Cor. 9:25. Compare Heb. 12:1.
- 4. What is the third step listed by the apostle Peter in the growth toward Christian perfection? 2 Peter 1:4-8.

Note.—"'And to knowledge, temperance.' This is the third step in the path toward perfection of character. On every side there is indulgence and dissipation, and the result is degeneration and corruption. The inhabitants of our earth are depreciating in mental, moral, and physical power, because of the intemperate habits of society. Appetite, passion, and love of display are carrying the multitudes into the greatest excesses and extravagance. . . The people of God must take an opposite course from the world. They must take up the warfare against these sinful practices, deny appetite, and keep the lower nature in subjection."—My Life Today, p. 97.

Temperance in Human Desires

- 5. What references did Paul make to the need for temperance—that is, self-control? Titus 2:2, 6, 12.
- 6. What victory must the Christian gain? Rom. 6:12.

Note.—"Every true Christian will have control of his appetites and passions. Unless he is free from the bondage of appetite, he cannot be a true, obedient servant of Christ. The indulgence of appetite and passion blunts the effect of truth upon the heart. It is impossible for the spirit and power of the truth to sanctify a man, soul, body, and spirit, when he is controlled by sensual desires."—Fundamentals of Christian Education, p. 144.

7. How important is this matter of temperance with respect to one's physical desires? 1 Cor. 9:27.

Temperance Even in Permissible Activities

- 8. What caution is given against overeating even of that which is good? Prov. 25:16.
- 9. What admonitions indicate that intemperance even in permissible activities should not be permitted to rob a person of his needed rest? Ps. 127:2.

Note.—"Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells

Wit Sharpeners

Key: 1. red (Matt. 16;2); 2. Red Sea; 3. black (Rev. 6:12); 4. white or black (Matt. 5:36); 5. red (2 Kings 3:22); 6. white (Job 6:6); 7. red (Rev. 12:3); 8. Black Sea; 9. red (Gen. 25:30-34); 10. brown (Gen. 30:32).

them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used is demanded, they fail for want of it. . . Their time of need has come, but their physical resources are exhausted. Everyone who violates the laws of health must sometime be a sufferer to a greater or less degree."—Counsels on Health, p. 99.

However, observe the following: "It is displeasing to God for Sabbath keepers to sleep during much of the Sabbath. They dishonor their Creator in so doing, and, by their example, say that six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away holy time. They then excuse themselves by saying: 'The Sabbath was given for a day of rest. I will not deprive myself of rest to attend meeting, for I need rest.' Such make a wrong use of the sanctified day."—Testimonies, vol. 2, p. 704.

10. What effect does too much study have upon the body? Eccl. 12:12.

Note.-"Moral, intellectual, and physical cul-Note.—"Moral, intellectual, and physical culture should be combined in order to have well-developed, well-balanced men and women. Some are qualified to exercise great intellectual strength, while others are inclined to love and enjoy physical labor. Both of these classes should seek to improve where they are deficient, that they may present to God their entire being, a living sacrifice, holy and acceptable to Him, which is their reasonable service."—My Life Today, p. 144.

Need for Periodic Relaxation

- 11. How many times a year did the children of Israel break their usual routine in order to attend religious gatherings? Deut.
- 12. What was one of the important purposes for which God instituted the Sabbath? Gen. 2:2.

Note.—"God reserved the seventh day as a period of rest for man, for the good of man as well as for His own glory. He saw that the wants of man required a day of rest from toil and care, that his health and life would be endangered without a period of relaxation from the labor and anxiety of the six days."—Testimonies, vol. 1, pp. 532, 533.

13. What evidence do we have that Jesus recognized the need for occasional periods of relaxation? Mark 6:31.

Note.—"When the disciples related all their experience to Jesus, He understood their need. . . . He knew that a season of rest and recreation, apart from the multitude and the scene of their labors, would invigorate them, and he sought to withdraw them from the busy cities to a quiet resort where they might have a season of precious fellowship with Him and with each other."—My Life Today, p. 133.

Questions for Meditation

 Am I avoiding extremes even in such matters as sleep, exercise, outdoor living, and abstemiousness?

2. Is it possible for a person to replenish the reserves of "vital force" which he has previously depleted through intemperance? See Fundamentals

of Christian Education, pp. 153, 154.

3. How much more than following a simple diet is included in the term "health reform"?



The 1.70-forint value stamp is one of a set issued by Hungary in 1961.

Animals of the Bible on Stamps—The Horse

by ERNEST N. WENDTH

UICKLY the speeding couriers mounted their horses and rode through the city gates of Shushan, the capital of Medo-Persia.

They carried a most important message that must reach all 127 provinces before the thirteenth day of the twelfth month. On that day all the Jews were to be slain, according to the decree that Prime Minister Haman had tricked King Xerxes into signing. At a banquet the truth was made known. It would also mean the death of Esther, the king's wife. The laws of the Medes and Persians were unchangeable, but the king could and did approve orders allowing the Jews to protect themselves in every way possible. This was the message the couriers were taking throughout the kingdom.

The horse played another important part in this story of Haman, Queen Esther, and her Uncle Mordecai. Earlier the king had discovered that Mordecai had not been properly rewarded for a noteworthy deed he had done some time earlier. To correct this oversight the king had Mordecai paraded through the streets dressed in the king's garb and riding the king's horse.

To ride on the king's horse in public was the greatest of honors. Naturally the very best animal was chosen and carefully groomed and cared for. Its most striking feature was, perhaps, the ornamental headdress. This was made from the horse's own mane, combed out and plaited into the form of a lotus flower.

Horses were rare among the He-

brews. This can be explained in part by the belief that since horses were then used only for war, God did not want the children of Israel to forget their dependence on Him for protection by placing their trust in war horses and chariots. Furthermore, mountainous Palestine did not lend itself readily to the movement of large bodies of horsemen for military purposes, nor for their use in agriculture.

God forbade the kings of His people to keep many horses. This was to prevent unnecessary taxes developing for the care and training of this rare and expensive-to-keep animal. He also did not want to encourage trade with Egypt, whence they had fled and from which excellent horses came.

King David lamed 1,600 horses he had captured during a battle with Prince Hadadezer of Zobah. This was done by hamstringing, or cutting the sinews of the hind legs, thus making the horses unfit for war. His son Solomon, however, had 40,000 stalls for his horses and 12,000 horsemen. For many years some scoffed at this possibility but recent excavations have unearthed large stables that Solomon possessed at Megiddo. Thus has credence been lent to the Bible statement.

In the Biblical narratives of the earliest patriarchs there is no mention of horses. Abraham did not possess one and did not receive any at the end of his sojourn in Egypt. They are mentioned first in the time of Joseph and next at the Exodus.

Until the time of Israel's exile the Bible only rarely mentions horses in Israel. When they were mentioned it was generally in reference to the armies of the northern and southern kingdoms. However, on the return from exile the Israelites brought back 736 horses.

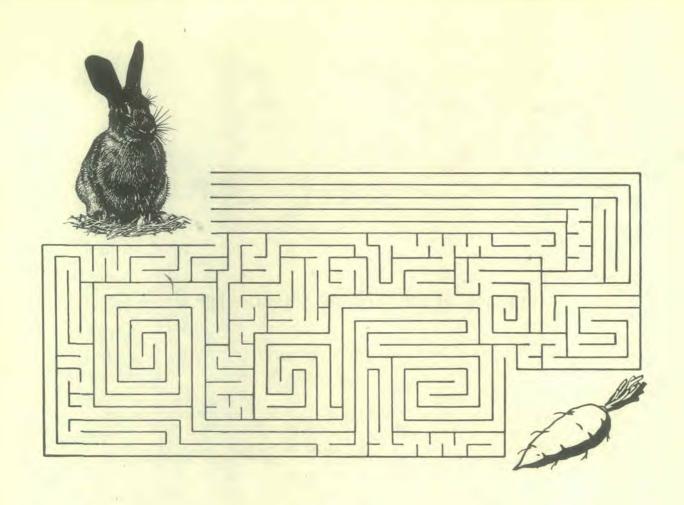
The body of Amaziah, the king of Judah, slain at Lachish, was brought back to Jerusalem on horses. The kings of Judah consecrated horses to the sun, and there was in Jerusalem a horse gate.

Finally, the Old Testament prophets made significant references to this animal. In the New Testament the only references are to the horse bit and the four horses of Revelation.

Horses appear on the stamps of many countries but among the nicest is the set of seven issued by Hungary.



The YOUTH'S INSTRUCTOR
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- When a horse dozes, a muscular reaction locks its leg joints in place.

 National Geographic Society
- In Britain 23,000 general practitioners look after about 90 per cent of all medical treatment. They may have up to 3,500 patients on their list.
- Twenty years ago only one out of ten new industrial plants was constructed in nonmetropolitan centers. By 1961 this was reversed, and eight out of ten new plants are built in nonmetropolitan areas.

 Aerospace
- As of April 1, 1960, 10,369 persons in the United States reported themselves as 100 years of age or older to the census enumerators. This was more than double the 4,487 centenarians at the time of the 1950 census. Sixty-three per cent of the centenarians were women.

California's Health

- Delaware's Winterthur Museum has probably the largest and richest collection of American decorative art, notably furniture, ever assembled. The eight-story museum near Wilmington was the private home of Henry Francis duPont until 1951. It contains some 200 rooms, halls, and alcoves reconstructed and furnished to recreate American interiors from 1640 to 1840.

 National Geographic Society
- In what may mark a notable first in man's exploration of the deep ocean, the U.S. Naval Civil Engineering Laboratory recovered a submersible test unit from an ocean-floor depth of 5,640 feet. Retrieval of the unit is part of a program to test materials and techniques in deepocean environments. The unit was lowered to the ocean floor in October, 1963, and recovered in February, 1964. It carried 1,337 specimens of 515 different materials and weighed 5,400 pounds loaded.

 Naval Research Reviews
- The main reading room of the Library of Congress in Washington, D.C., will be closed during the summer and fall months while workmen install a new heating-ventilating system and replace antiquated book conveyors. It will be the first extended shutdown of the great domed chamber since it was opened on November 1, 1897. Services of the main reading room will be temporarily transferred to the Thomas Jefferson Room in the annex. This modern study seats 244 persons, compared with 200 in the old reading room. It always has been well air conditioned, yet the old room has been more popular. National Geographic Society



Key to source abbreviations published January 14, 1964.

be Of 30 canal routes being studied by the United States for possible construction across the Isthmus of Panama, one goes through Mexico, seven through Nicaragua, 11 through Panama, five through Panama and Colombia, and six through Colombia. The possibility of using nuclear power to dig a new Isthmian canal has improved the prospects of some routes while limiting the chances for others. Engineering, technical, and political pros and cons must be considered for each route.

Christian Science Monitor

- P Overlooked for centuries, a poem written by England's Queen Elizabeth has been discovered by a University of California professor. The poem is written in Latin and is in reply to one addressed to the queen by Paul Melissus, musician and poet laureate of Germany. England's Renaissance queen was celebrated for her proficiency in both speaking and writing Latin.
- A Yemeni man's belt is his status symbol and most important item of clothing. It serves as pocket and brief case, lunch box, key ring, and cosmetic kit, and inevitably holds a *jambiyyah*, the huge curved dagger carried by most men in the southwestern Arabic republic. National Geographic Society
- Three hours from New York to London, and Moscow only another 90 minutes farther on—that is the amazing timetable that may be offered to the traveling public in the year 1970. Supersonic airplanes will make this possible.
- A supernova, a star that suddenly blazes forth with the brilliance of 20 million or more suns, has been discovered in Southern skies.

The Arsenal

► Between 1943 and 1963 the number of prescriptions filled for the average American increased from 1.7 to 3.9 a year.

- Nearly 75 per cent of all new rubber consumed in 1963 was synthetic.
 - The Highway User
- Established by a special charter of the Spanish crown in 1536, and still producing coins, the first mint in North America was in Mexico City.

National Geographic Society

About 7,000 United States Post Office employees were bitten by dogs last year, at a cost of about a million dollars in sick leave, medical expenses, and antirabies treatment.

California's Health

Today's high-altitude pressure suits worn by jet pilots and astronauts had their beginning in 1934 with experiments conducted by Wiley Post. Post asked the B. F. Goodrich Company to supply him with a full pressure suit so that he could take his plane, the *Winnie Mae*, for flights into the stratosphere.

Smithsonian

- Bullet-proof glass claimed to be stronger for its weight and more transparent than previous makes of glass of this type has been developed in Britain. It is possible to read a newspaper easily through a two-foot thickness of the glass. When a ¾-inch-thick sheet was subjected to a burst of fire from a submachine gun at point-blank range, the reverse side of the glass remained free of splinters.
- In early Colonial days in America, silver coins of all denominations were made from household silver and foreign coins. There were no silver mines. Owners took their silver articles to a mint, and had them melted down and coined to take home. George Washington supposedly was the first customer at the original mint in Philadelphia. He converted his silver spoons into half dimes, now replaced by the nickel.

National Geographic Society

Guard placed in operation the world's first atomic-powered lighthouse. An isotopic powered generator replaced the conventional means of supplying power for the Baltimore lighthouse in Chesapeake Bay, Maryland. Its operation will be monitored for about a year before final decision is made as to its future use in isolated areas. All windows, doors, hatches, and other means of access have been sealed up with steel plating, bolted into place from within the light. There are warning signs for trespassers because of the radiological hazard.

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