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SEPTEMBER 15, 1964

A university president concentrates on some enduring truths time has never tarnished

Trifling With Trifles

[Sabbath School Lessons for September 19]







THE YOUTH'S INSTRUCTOR is a nonfiction weekly. It is published for young adults who are capable of asking sincere 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 staff holds 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. 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 restora-tion of a sinless world to the universe of God.

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VOLUME 112, NUMBER 37 SEPTEMBER 15, 1964

Where Did the

DOLORES BRADBURY

by

Where did the summer go? In jars of golden peaches, Placed row on row; It is reflected in the alabaster glow Of canned pears, And is captured in the full, sweet flow Of amber honey On ragged slices of wheaten bread, Warmly fragrant from the oven.

Where did the summer go? Some of it seeped beneath the August sands, When children's happy hands Fashioned transient castles on the beach. A part of it lies, just out of reach, Recorded in the archives of the mind, Never completely left behind. A fragment lingers in each rosy dawn, A promise of renewal, beckoning on— Where did the summer go? It has not really gone.

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Trifling
With
Trifles

by GODFREY T. ANDERSON

NE DAY two winters ago I boarded a plane in New York City to fly to Chicago and then on to Los Angeles. Beside me on the seat was a copy of the current Saturday Evening Post, and I picked it up and casually turned the pages. My eye instantly caught the title of the lead article, "Air Crashes: Growing Peril in the Skies"—a matter calculated to be of interest to a traveler about to set out through the skies for a distant city.

This article told the story of a flight that had taken off from this very airport on March 1, 1962. On the plane were a university president, an oil millionaire, a grandmother who operated a successful restaurant, and eighty-four others, besides the crew of eight. Also aboard were a collection of famous paintings and a large sum of cash carried by the oil millionaire.

The 707 jet had taken off on a bright, sunny morning—the day of John Glenn's welcome to New York City—and had left by Runway 31-L. As we taxied out for our own take-off I glanced up and saw the runway marker for our take-off—that identical Runway 31-L. I read on and found that the flight had reached an altitude of two thousand feet and had started the slow turn away from the heavily populated area when it suddenly lurched to the left, rolled over on its back, and plunged into the sparkling waters of Jamaica Bay. In just eight seconds a violent explosion had taken the lives of ninety-five persons and had sent the debris of the plane and the water of the bay high into the sky in a geyser of steam and spray.

As I read these words I could look down into the water of Jamaica Bay, which had covered the wreck of the unfortunate 707 jet, and I wondered why, of all the planes that fly this route each day, that particular one should have made the fatal dive. Others had wondered that too. Hardly had the flying spray settled into the bay when a corps of experts from the Civil Aeronautics Board and the airline itself, and specialists on plane construction were at work to determine, if possible, the cause of the catastrophe.

The Post article went on to tell how this search was carried on. Every bit of recoverable debris from the plane was dredged from the silt and sand and made into a mockup of the plane. Suspected areas were studied by X-ray and microscope to find any hidden defect or weakness that might have caused the crash. For ten months the baffled, discouraged scientists worked from every angle, without results. Finally they came upon a tiny clue that led them to the culprit. In a servo unit housing the rudder controls they found a broken wire the length of a pencil and the thickness of its lead. This in itself would not cause a crash. However, if the broken end of the wire moved across other wires, it could make the rudder kick violently and throw the jet into an uncontrollable roll. The



position of the autopilot verified the theory that this was what had hap-

There are more than five miles of wire and cable on a 707 jet. There are tons of metals of various kinds and shapes. But it took only one small piece of wire, broken and undetected, to destroy not only the giant plane but its cargo of ninety-five lives and valuable freight. What a striking example of the

power of small things!

When I stepped off the plane in Chicago another example of the consequence of a very small thing awaited me. Here I was greeted by the distressing news of the death that very day of an old friend and schoolmate of childhood days. She was a girl who had had a good Christian home and had gone to our denominational schools. Then one fateful day, in a careless moment, she had been persuaded to take a drink of liquor. This was in the days of prohibition, when the hip flask was in vogue and it was considered the ultimate in sophistication to take a social drink with friends. This girl was one of those unfortunate persons who are potential alcoholics, and one drink was all it took to trigger catastrophe.

For years she struggled against alcoholism, then for a time she seemed to have it under control. Unfortunately, she married a man with the same weakness. They had moderate wealth and bought a lovely home, with things the rest of us might envy. But one day she forgot the past and drank again. Gradually she and her husband began the ever-accelerating slide downward. The day I arrived in Chicago she had been found dead in a Southern city in a home that had been denuded of all its furnishings to purchase the liquor she craved above all else. Here on a bare mattress her body was found by neighbors. She wore her only remaining possessions-three bracelets on her arm and a string of beads about her neck. One little drink many years before had led her inevitably to this irreversible catastrophe.

No one questions the significance of small things. In athletic contests a fraction of a second or a part of an inch will set new Olympic records. In sports, the same tiny fractions of time or space will make the difference between winning and losing a game or a championship.

In lives, as well, the little things are often crucial. A submicroscopic virus can reduce the body to a huddled heap of fever and pain. A single word spoken

BELIEVE IT OR NOT

but in Mülheim, Germany, the police used tear gas to remove a man lodged in a 165-foot church belfry, who awakened residents by tolling the bells at dawn. He refused to come down, and kept investigators at a distance by throwing debris at them. Police said he was under the influence of alcoholic beverages.

W. A. SCHARFFENBERG

can raise the heart to ecstatic heights of joy or plunge it into despair. A bit of hidden guilt can eat away one's self-respect and peace of mind. True faith, even so small as a grain of mustard seed, can carry a harassed soul through a multitude of trials. The Scriptures recognize the power and importance of trifles, and warn against the little foxes that spoil the vines, the little fire that can kindle a great matter, the little wagging tongue whose unguarded words can separate chief friends.

Small things are not only potentially powerful for harm; they are equally powerful for good. Christ compared the kingdom of heaven in human hearts to a bit of leaven, which has power to leaven a whole lump of dough many times its own size.

Often great and important things are dependent upon very small ones for their own spectacular performance. If you were to go to the Telstar installation in Andover, Maine, you would see a large black-and-white sign saying, "Earth Station for Communicating by Satellites." Close by is a twelve-storyhigh plastic and synthetic rubber radome, covering the giant horn of an antenna that sends and receives the signal from the Telstar satellite. The horn is 180 feet in length and 95 feet in height, and it weighs 380 tons, yet it has to run with the precision of a fine watch, and it must turn on its steel rail sometimes only a fraction of an inch.

To keep the track free from dust and ensure absolute precision in the movement of the horn, there is a little nineteen-cent brush installed in front of the wheels. This small, inexpensive bit of equipment makes it possible for the multimillion-dollar antenna to function well. The workers in this earth station do not despise the role of small things.

Oftentimes we are tempted to think of ourselves as very small and unimportant units in a large world and an infinite universe. We find it difficult to believe that the things we do or say would make much difference in the world's history, or that they would be noted outside our own small circle of influence. This, however, we cannot count on. The widow who dropped two small coins, her whole living, in the gift chest at the Temple in Jerusalem did not know that her surreptitious act was noted. Yet Christ saw, and told His disciples that she had given more than all the rest, and this small act of sacrifice was to inspire others as long as the world should stand. A full realization of the significance of even the small, inconspicuous things in our lives would cause us to be exceedingly careful of everything we do and say.

In the Lincoln Cathedral in England the ceiling is seventy feet above the floor. When the roof and ceiling were put in place it was necessary to insert keystone-shaped blocks of wood at the intersection of ceiling beams to hold them firmly in place. These blocks, or bosses, were made by hand from hardwood, and each one was carved in beautiful designs of leaves and flowers, made up by the artists themselves. At that time there were no binoculars or other optical instruments to enable folks below to see the details of these carved bosses, and once they were in place in the ceiling the artists did not expect them ever to be examined by human eyes again while the cathedral stood. Yet close examination today shows that each boss was carved with the utmost precision and care, as though its creator intended it to be under constant and careful observation. We marvel at their integrity and careful work.

This is the sort of care that makes of human lives things of beauty and strength and grace. It is not surprising for us to feel that our lives are very small and unimportant units among all the millions of other lives on this planet. Yet each has a place to fill. Our place may seem as remote and inconspicuous as a ceiling boss in the Lincoln Cathedral, yet someday it may be closely examined by many eyes. Then the care and the love that have gone into the multitudinous details of our daily lives, and the small unnoticed acts that go into the forming of our characters, will be noted and appreciated. The seeming trifles of life may prove to be of the greatest importance.



Class A The photographer titled the cover picture "Trade School Boy," and we're letting this title stand. Teuvo Kanerva entered the cover photo in Class A Activities of the 1963 Photo Mart. We hope to find more entries in the work phase of this classification in the 1964 contest closing two and a half months from now.

Staff James Joiner is now a member of our staff, having become a member of the Review and Herald family as of July 1. He is picking up the work carried by Alice Selivanoff. His first denominational post, following Army service, was as assistant manager of the Carolina Book and Bible House.

Staff Mr. Joiner was called from this work to the Southern Publishing Association. Assignments over six years included posts as copy editor, assistant editor of *These Times*, and associate book editor. His last post with the SPA was as associate editor of *These Times*. Before joining our staff he was editor of publications and director of public relations at Faith for Today. We heartily welcome him to The Youth's Instructor.

France "I have been brought up in the mission field, and The Youth's Instructor and the *Guide* were among our most treasured items. Now that I am here in France I still look forward to reading the library copy every week." LILLIAM GARBUTT, Collonges - sous - Saleve.

North Carolina "How inspiring and helpful The Youth's Instructor is to our family. Having been brought up in the SDA truth, I have read it for many years. Now that there are two teen-agers in the family, it is really welcome. It seems that every issue is the best ever. I have especially appreciated Dr. Shryock's articles. The series by Joe Engelkemier has been a real inspiration." Mrs. Harvey W. Murphy, Wilson.

Feedback "That which we do to others, whether it be good or evil, will surely react upon ourselves, in blessing or in cursing. Whatever we give, we shall receive again."—MB 136.

Ensuring Eternity

The first Spirit of Prophecy quotation used to close the Grace Notes column appeared June 24, 1958. Taken from Messages to Young People, it read, "The young have many lessons to learn, and the most important one is to learn to know themselves." 1

Satan's first and constant concern is that we shall never come to know our true selves. For when we do, particularly in the light of God's Word, changes may occur in the habits and attitudes of life that will draw us back into the image of God.

Sin entered the universe through disobedience. When Adam chose to follow Eve in exercising his will against the plain counsels of the Creator, he unleashed the tides of evil now engulfing our planet. And when in the inscrutable purposes of God, His accounts with the nations reach the point when He sums things up, those who have regained their appreciation of obedience will be prepared for translation.

Sin always deceives. Often, if not always, it counterfeits. It promises a thrill or a sensation right now that demands a fee we would never have to pay were we willing to wait for the proper season. The guilts that many men carry are in consequence of insisting on something today that was not due until tomorrow. The implications of that sentence can be applied to the whole world of society and morals.

Jesus authored the statement "In your patience possess ye your souls." ² Satan would hurry us to believe that we must satisfy every craving here and now or lose their enjoyment eternally, when in truth the disobedience by which some satisfactions are gained is that which shorts out our hopes of eternity.

Samuel as God's mouthpiece told Saul that "to obey is better than sacrifice, and to hearken than the fat of rams." ^a

When Israel possessed the land of Canaan, they left behind near Jordan "a great heap of stones." Under that heap were the remains of a man and all that he had. For a goodly Babylonish garment, two hundred shekels of silver, and a wedge of gold, Achan short-circuited his expectation of an estate in the land of promise.

It is appalling how many yield to the temptation of present circumstance and so barter their future possessions. Esau wasn't about to die of hunger when he exchanged his birthright for the mess of pottage. He wasn't that hungry. "A short time at most would have secured him food in his father's tents; but to satisfy the desire of the moment he carelessly bartered the glorious heritage that God Himself had promised to his fathers." ⁵

Are you a rebel? On how many points? Isn't it time you took some honest inward looks, and began the transformation that can end in translation?

WTC

coming next week

- "THE PERIL OF PRECEDENT"—Clarence Darrow was not a
 man for the Christian to emulate. Nevertheless, he had
 certain convictions worthy of a closer look. Precedent can be
 deceptive and deadly. By Herschel C. Lamp, M.D.
- "THE MARK TO BEAT"—Many people who come to worship are "goats"; they don't expect anything to happen. And usually they are right. But others believe, and are not disappointed. By Arthur L. Bietz.

¹ Page 445. ² Luke 21:19. ³ 1 Sam. 15:22. ⁴ Joshua 7:26. ⁵ Patriarchs and Prophets, p. 179.



The "Green House" is the cottage where nine Little Creek pioneers spent the first year,

"Seek Ye First"

by SUSAN ROZELL

ID YOU see that man hurrying down the hall a minute ago whistling a merry tune?" asked Shirley, one of my friends who had come in to help me unpack. "That was Prof." Then at my puzzled look she explained, "That's what we call Professor Straw, the principal of Little Creek."

"Do you mean that fellow in faded coveralls with a toolbox in his hand?" I exclaimed, taking a pile of folded clothes from my yawning suitcase. "I thought he was the janitor. Does he always wear those old shoes and that brown-visored cap?"

"No, but Prof looks like that most of the time when he's working." Shirley pushed back a wisp of hair, then hastily steadied a stack of books beside her on the bed. "He can fix almost anything on this campus, and he runs around getting more accomplished than anyone else ever could. He teaches, too—he dresses up then." She grinned as she saw my questioning look. "He and Mrs. Straw will come to dinner in the cafeteria, so you'll see them both then."

"Fine! What time is dinner served?" I questioned. This being my first day in a boarding school of any kind, it was good to have a friend who was familiar with the place.

Shirley jumped to her feet, and the pile of books fell like a row of dominoes behind her. "It's almost time now. Let me run and comb my hair, and I'll be back in a second."

Ten minutes later Shirley and I sat with four other students in the sunlit dining room. She nudged my elbow. "Prof and Mrs. Straw are sitting at the corner table by the window. They're facing this way. Do you see them?"

I looked up to see a middle-aged couple chatting companionably together as they ate, and recognized the man as the one I had seen in the hall that morning.

"You haven't met the Straws yet?" queried David, who sat at my left.

"Not yet," I answered.

"Oh, you will. Just wait till you get in Mrs. Straw's English class," exclaimed Lynda. "You don't have to like English to enjoy that course!"

"It's no snap, though," chimed in Bert. "You've got to know what verbals and verb tenses are when you're through. And Mrs. Straw always has her bag of tricks ready, as she calls her methods for motivating learning."

"Yes, Mrs. Straw always says she wants her students to want to learn," added Lynda.

The Youth's Instructor, September 15, 1964

As they accepted the challenge of beginning a school, friends questioned their wisdom. "You're just going to bury your talent in the backwoods of Tennessee."

"And she gives rewards when they do learn. She promises cherry or apple pie if everyone gets 90 per cent or more on her English tests. How I love those pie parties!" Don crunched another celery stick.

Lynda nodded, "She's really fair; that's for sure."

"Prof is too. He's always impartial and just in his classes," commented Bert.

"Yes, and he's interested in the way we do our work, too," spoke up David. "Let me tell you what happened to me last winter. I was picking kale greens out in the garden with Mr. Hale, the gardener. The stuff looked like junk to me. I thought I was wasting time, and I said so. Mr. Hale tried to explain that the kale needed to be picked and that we should be thankful for it, especially in the wintertime. I rather stubbornly disagreed and told him, 'You can pick your kale and I'll go talk to Prof. He'll let me work on construction.'

"Prof listened to my tirade against both kale and Mr. Hale. Then he quietly began to talk about the virtues of work, the joy of accomplishment, seeing what needs to be done, and assuming responsibility. 'David,' he said, 'you're a good worker, and Mr. Hale needs you in that garden. Why don't you go back and see if you can show him that you're willing to cooperate?'

"I couldn't disappoint Prof when he had that confidence in me, so back to the garden I went. Mr. Hale and I got along fine the rest of the year."

The other students at the table were then inspired to relate their experiences with the Straws. I listened to accounts of lives changed when worldly aims were forsaken for the high Christian principles that the Straws uphold. I learned of the appreciation for good music and for the beauties of nature and uplifting literature developed because of the example of these two people. Interested, I heard these young people tell of their determination to cultivate each talent to its fullest for

use in the Lord's service because of the interest and encouragement given by the Straws.

My respect for our principal and his wife was growing as I realized the tremendous influence for good the Straws have on the students placed under their direction.

After dinner Shirley and I stood in the lobby that serves as an entryway for the girls' dormitory and the cafeteria. It was a busy place in the middle of the day. Shirley introduced me to some of the faculty members and students as they passed through. Surprised, I felt a gentle arm around my waist and turned to look into two smiling

blue eyes set in a round, smooth face framed with dark brown hair only slightly tinged with gray.

"We're glad to have you with us. I'm Mrs. Straw and I'll be your mother while you're here." The blue eyes twinkled. "Are you going to get homesick at first as everyone else does?"

"I suppose so, but I hope not," I said.

We chatted while she waited for Prof to come out of the dining room. The warmth of her friendliness made me begin to feel at home in this academy seven hundred miles from my own home and family.

Prof smiled his greeting as he came



Prof. and Mrs. Leland Straw, founders of Little Creek, stand at the sanitarium entrance.



Little Creek Sanitarium and Hospital serves well its community. It represents the fulfillment of a vital vision.

through the lobby, then held the door open for Mrs. Straw and she stepped out into the bright August day with him.

So these two were Professor and Mrs. Straw, leaders of Little Creek School. What had brought them to this small self-supporting institution? I wondered. What were they really like? Their homey friendliness was appealing, and I wanted to know them better.

School began, and the weeks dissolved into the routine of academy life. One crisp autumn afternoon brought the welcome change of a school picnic, with rousing games and a bountiful supper. Night was silently pulling shut its velvet draperies as tired students in murmuring clusters gathered about a blazing bonfire that laughed as it challenged the lengthening shadows. After we had sung the old familiar choruses, Professor Straw led us in a short worship that set our minds in a more serious vein.

"'But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you,'" he read, and told us the importance of following the counsel of those words. When he had finished speaking we sat in a meditative silence.

Mrs. Straw spoke in quiet reflection. "The words of that text are really what brought Mr. Straw and me to Little Creek."

"When did you come?" a student questioned.

"They're the ones who started this school," another voice informed the first inquirer.

"Really? How did you do that?"

"We didn't do it by ourselves," Mrs. Straw quickly explained. "Friends gave their loyal assistance, and the Lord was our never-failing helper."

"What made you decide to build a school?" This question directed to Professor Straw brought a faraway look to his eyes.

"Well, our ideas for a school began way back in the 1930's, when Mrs. Straw and I were teaching music at Madison College." Prof spoke in thoughtful tones. "We were young then, and so was the college music department. I had organized a band and orchestra and used to take them on tours to nearby schools."

On the flow of his words twenty-two years slipped away and the crackling blaze before us became the steady glow of lamps in a cheery living room.

"Leland, are you taking the band somewhere again this weekend?" Petite Mrs. Straw sat on the bench drawn up to the small grand piano.

"Yes, we're going up to Chestnut Hill School near Portland."

"You know, Leland, it's almost getting to the place where I hate to see you give concerts at the self-supporting units any more. You're getting so many new ideas."

"I know, Alice. Those small schools are doing a fine work. There's a closeness, too, almost like that of a family, between the faculty members and the students that appeals to me. They're together, not just in the classroom but while they work, play, eat, and worship."

"But, Leland, I feel that our work here is important and that we're doing the Lord's will."

"Yes, I realize that. But I'd like to be in a position to help the students in all phases of their school life. Perhaps we could do more for them in a smaller institution. Well, I have to go to orchestra practice now, honey. I'll be back soon." Mr. Straw quickly donned his coat and was gone into the December night.

The small, trim figure at the piano sighed deeply and began to play a reminiscing melody. Why was her energetic spouse discontent? He was so very talented. He played his violin, the band instruments, and the piano, and had a definite gift for composing, too. She really ought to encourage him more in that. She was his associate in the music department, and they were certainly busy enough—too busy. That couldn't be the answer. A band trip this weekend, and she and Leland were to give a concert at Southern Junior College the next week.

A knock sounded at the door. "Come in, Florence. Do have a seat."

Miss Fellemende, a dear friend of Mrs. Straw's, refused and explained, "I just thought I'd stop in a moment before going home this evening. I heard you playing as I came up the walk, Alice. I love to hear your music. You and Leland are both so talented. We're glad you didn't accept the counsel of your music teachers to enter music professionally. You're doing an important work here at Madison."

"We feel it's the Lord's work, and we've never wanted the world's applause and wealth."

"Of course you haven't."

The women chatted a few minutes, then Miss Fellemende left with words of cheer for the approaching Christmas

As the door closed, Mrs. Straw sighed

again. Why, when she and Leland were doing a service here, did questions keep arising? "Lord, what do You want us to do?" she asked earnestly.

"Crack! Pop!" A log in the bonfire fell into the embers, restoring time to

its right perspective.

"That Christmas of 1939 Miss Fellemende gave us the book *Education*." Prof resumed the story. "As we read, it became to us a key that helped to answer the many questions that loomed very large in our minds and now required careful consideration."

Mrs. Straw and he, with a group of other young faculty members, met on

accept the challenge and rely upon His promise that if we seek first the kingdom of God, all our needs will be supplied. Let's tell the Layman Foundation of our decision and leave the rest in the Lord's hands."

The Layman Foundation had its offices nearby. Knowing that its purpose is to encourage laymen to open small schools and medical centers in needy communities, Mr. Straw went to the office of the president of the Foundation, also president of the college, and presented his problem. "Sir, my wife and I feel a challenge to do more for the Lord. We want to work out several ideas that have been filling our

of the Lord. We want to work out several ideas that have been filling our

The "log cabin," first building erected on the campus, was the Straws' home for two years.

Sabbath afternoons to study the Scriptures, and together they read *Education*.

The ideal pattern for schools as outlined in this small book unfolded before them. One statement made a particularly deep impress: "Success in education depends on fidelity in carrying out the Creator's plan." ²

Knowing the Straws even a little, I did not find it difficult to sense the earnestness with which they sought to find out God's will for them. They studied further the Spirit of Prophecy and pondered the Scriptures; many of their questions were answered, and they finally reached a conclusion. "There's a great work to be done for the young people who are struggling in the world today. We profess the name of Christ, and we must carry out His plan."

"Yes," the couple agreed, "we will

thoughts recently. Can you help us?"

Dr. Sutherland first questioned the Straws quite pointedly. When he saw their determination to carry out their plan, he encouraged, "I've been in this work nearly forty years. The wolf has been very near my door, but the Lord is a good paymaster, and I've never suffered want."

The Straws were told about a farm near Knoxville, Tennessee, that had been purchased by the Foundation several years before so that work could be begun in that area.

With a group of friends they went to look over the property in the spring of 1940. It lay in the rolling hills just west of Knoxville and was a picture of living green. There were only two buildings—a small green cottage near the main road and a large substantial barn set

out of view. But with the enthusiasm and optimism of youth they pictured beautiful school buildings, farm equipment, and all the modern necessities.

As they accepted the challenge of beginning a school, friends questioned their wisdom. "What will happen to your talent? You're just going to bury it out in the backwoods of Tennessee. Other people can build a school, but you both could have a brilliant career."

With the assurance and peace that comes from a knowledge of fulfilling God's plan, the Straws answered, "We love our music, and we won't give it up. We'll use it in a better way, sharing

it with young people."

"The Lord calls men to various tasks," Mrs. Straw added, "and we feel He is sending us where He wants us to be. We've told Him that when we go and begin that school we will stay as long as we live or until He sends us somewhere else."

That dedication directed them unwaveringly. Leland Straw drove east with a friend, C. R. Fredericks, to the farm near Knoxville in June of 1940. Mrs. Straw and their two small sons followed in September with Faye Hand, a young woman who wanted to help with the new school. They were confident that the Lord would work through them in establishing a school after His plan.

Unexpectedly that fall three teenagers came to go to school. School! Why, there was no school building, no teaching equipment, and not even a budget to work with.

"But we want to stay anyway," pleaded the Zollinger sisters and their brother. "We'll help you build the school."

How could the Straws turn these eager young people away? "All right, you may stay if you want to live with us, but we'll be crowded and may have some hard times."

The young people did stay, and that first year brought many hardships. Nine people lived in the small frame farmhouse together; water had to be carried up the hill from the spring in a barrel; and beans and bread were often their mainstay.

"But the Lord was good to us," reflected Mrs. Straw. "He gave us guidance and protection, and knew our needs better than we did ourselves. That first year He showed His care in a special way."

Another part of the picture took its place as Mrs. Straw recounted the incident.

"Tomorrow is washday again," Mrs. Straw reminded the household one wintry evening after the supper dishes had been cleared away. "Let's get things together now, and I'll get a head start tomorrow. Boys, check the water barrel."

"Well, we were real busy this afternoon and didn't fill the barrel before it got dark. But we'll do it in the morning, Miz Straw; we promise."

"We need that water up here tonight. I plan to get up and get started before the birds wake up in the morning, and I have to have the barrel full," she urged.

"Oh, please let us do it in the morning. We can get it just as well then,"

the boys pleaded.

"We need that water barrel full tonight. Leland will go with you. Go ahead. Now is the best time to get it done." Mrs. Straw kept urging until the men made their reluctant exit. She didn't know exactly why she had pressed the matter. They often did bring the water up in the morning. But it was just as well. She would be assured of an early start with the washing.

When the full water barrel was once again in its place by the door, the men trudged wearily into the house and warmed themselves at the cheery fire that roared up the chimney.

"Whew, on a cold night like this one we can be thankful for this heat!" exclaimed Mr. Straw.

After having worship together the group of families retired to their respective corners in the house. The two girls spread their mattresses on the living room floor and all settled down for the night.

Mrs. Straw awoke suddenly about midnight. What was that she smelled? "Leland, wake up! There's smoke all around us! The house must be on fire!"

"What? Fire!" he gasped as smoke filled his lungs. "You wake Faye and take the girls outside, Alice. I'll call C. R. and the boys to stop the blaze."

Excitedly the families awoke. The women stood shivering in a huddled circle outside as they watched the men carry buckets of water from the barrel at the back door to fling upon the ceiling that had been set ablaze by the overheated chimney.

Soon the danger was past. The group gathered in the soggy living room to lift grateful hearts to their heavenly Protector. What if the water barrel had been empty? What if Mrs. Straw hadn't urged the men to fill it? What if they hadn't wakened before the blaze

spread? Surely a loving Father was caring for them.

"All through the years He has cared for us," Prof said. "God has kept His promise to provide for those who seek to do His will first of all."

That evening as I sat in the friendly circle around the bonfire I heard only the beginning of the life of sacrifice that Professor and Mrs. Straw had

chosen. Through the next months I was able to fit more of the pieces together until I had a picture, a beautiful picture of the work done by them. Their lives of willing service have been an inspiration to me and to many, many scores of other young people to "seek ye first the kingdom of God."

The Block From Which I Was Chipped

by KEN WILSON

COULD not do him justice even if I could write about him with the ease of Shakespeare, the wit of Dante, or the love expressed by a mother for her newborn child. How can one measure the priceless gift of the love that exists between father and son?

I can remember our first fatherand-son banquet. My dad was different from all the rest of the fathers there. Not only did he bring his own son but he also brought several other boys along with him whose fathers could not attend. He was then, as always, a "community" father.

Dad never had a great number of material gifts to share with others, but of those that he had, he gave unreservedly. His motto was: "He that shares not, cares not." He was always well balanced in his opinions, which he suggested but never forced on others. There were as many radicals marching before him as there were conservatives creeping behind him. If he was the "block" from which I was chipped, I rejoice, because it is a block of pure heartwood. Dad was always a fisherman when anyone wanted to fish, a counselor when anyone needed help, a baseball enthusiast when anyone wanted to play, and a friend to those who could see no one but enemies.

I admire him because he was always making detours—that is, going out of his way to help others. He was practical in being able to make the most of his least. He would not look at the size of an opportunity or at the greatness of one's ability, but rather at how much they could be improved. His heart grew large by his attention to little things. He was loved by all because he loved all. His temper was warm, bless him, but so was his heart.

Dad was humble, but humility never became his prize possession, because he was always at home among princes or peasants and was always the same among saints or sinners. The way he could cheer people up and make them smile when there seemed to be nothing to smile at, was always puzzling. I never saw a man or a woman or a beast that didn't like my dad, because he never met anyone he didn't like.

Silently, dad would always give more than he was asked to, and would expect less than he usually got. He gave the most precious gift he could. He gave of himself to others. He seemed to know enough about every subject to contribute to a discussion, but he never knew so much about it that he became the discussion.

Dad would confess his faults, but I seldom heard him confess other people's faults. I will remember him most for the fact that he was always himself. The only "second face" he ever developed was the one in a mirror. He never had to ask people how he was doing, because he thought of others first, and his character was reflected in them. I loved him greatly. He was my dad.

¹ Matt. 6:13. ² Education, p. 50.



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F ALL the types of pain that man endures, headache is the most common. Headaches are a warning signal, and they always mean that something is wrong! Fortunately it more often means wrong pace, wrong direction, or wrong mental attitudes, rather than being a signal of organic disease. Whether resulting from organic disease or nervous tension, the intensity of the pain is such that it can interfere with your daily program.

Headaches are so common that 85 to 90 per cent of the people who live in the United States are troubled with them. A recent study correlating occupation with the incidence of headaches showed that students have the highest number (80 per cent), with executives (77 per cent) and housewives (70 per cent) being next. Physicians have the lowest incidence (45 per cent), with the farmers following closely behind (50 per cent). In most instances the older

an individual is, the less he has to worry about headaches. Those who are sixty years or over have the least amount of trouble, with only 29 per cent of them experiencing recurrent headaches.

People have so many headaches that in the United States alone 44 million aspirin tablets are used every day. This amounts to more than 16 billion pills a year. If these were placed in a row, edges touching, they would go around the earth nearly five times, or reach more than halfway to the moon! More than \$350 million a year is spent for headache remedies. In spite of all these pills, we are having more headaches than ever!

The majority of headaches can be classified under two types: The tension headaches and the migraine, or sick, headaches. The tension type is by far the more common, and accounts for 85 per cent of the headaches. However, the migraine type is much more incapacitating, and is usually more

painful. There are many people who suffer from a combination-type head-ache that starts with muscle-tension pain and then develops into a migraine headache, which involves blood vessels and nerve centers of the brain.

Although 85 per cent of the headaches result from nervous tensions, there is no special type of personality that predisposes to these headaches. The people who are normal and well adjusted seem to have headaches about as often as those who are not well adjusted. The determining factor is whether you exceed the capacity of your nervous system to stand nervous tension. If you do, you are very likely to get a headache.

Headaches caused by nervous tension are often accompanied by shakiness, irritability, dizziness, and nervousness. Tension headaches make you look worried and unhappy. The pain may last a few hours, or weeks, or months. You can usually tolerate this pain while

Most Americans are troubled by these enemies, but they can be stopped.

hould know about

Headaches

by JACKSON A. SAXON, M.D.

carrying on your daily activities. These headaches are frequently mild or completely gone in the morning, but come back or become worse later in the day. Even when the pain is intense it seldom interferes with your sleep.

The pain is of a constant and boring character, and often described as "pressure in the head," "top of the head about to blow off," "viselike," or "tight band around the head. These sensations are more often located in the frontal area of the scalp, but frequently the pain starts in the neck or the back of the head and moves to the forehead.

All the pain in tension headaches is produced in structures outside of the bony skull. Pain occurs mainly in the muscles that are found associated with the neck and scalp. The neck muscles of an individual who has a tension headache are often tender to pressure and feel tight. The feeling of pressure or of a tight band around the head is

caused by spasms of the muscles of the temporal and frontal region of the scalp.

The basic cause for tension headache is emotional tension and emotional conflict. Either condition overstimulates the autonomic nervous system, which in turn causes overstimulation of the motor-nerve centers. When the motor-nerve centers are excessively stimulated the muscles of the body become tense. The muscles of the scalp and neck are especially sensitive to this tension, and produce pain when they remain contracted for a long period of time.

The specific emotional conflicts that produce headaches are hostility, resentment, anger, frustration, worry, and indecision. Deadlines and intellectual, social, and financial demands that cause you constantly to strain near or beyond your capacity cause emotional tensions. Your mental attitudes toward such demands can increase or decrease the tension they produce in your life. If you

are happy with your work and daily activities you can tolerate much more pressure and nervous strain without getting a headache.

It is possible that you may not be aware of these tensions or conflicts in your life. Many of these are on a subconscious level. However, it is possible for you to gain some insight into what causes your headaches. You can often discover the most important factor in precipitating your tension headaches by becoming aware of the association of your headaches with certain activities.

I remember Mrs. Brown, who came into my office because she had had a continuous headache for three months. Her headache had become so severe that she was practically incapacitated, and felt that something must be done to bring relief. Physical examination showed that she was in good physical health. X-rays and laboratory tests were normal, and helped further to rule out organic disease as the cause of her trouble. It was the history of her illness that gave the clue to the cause of her chronic headache.

While talking to Mrs. Brown I discovered that she was a bookkeeper for her husband's business. She had been doing this work for nearly twenty years. However, in the last five years the business had grown so large that the bookkeeping was really beyond her ability to manage alone. Although he had offered to hire someone to help her, she had resisted this. Subconsciously she strongly resented having to continue to be her husband's bookkeeper after his business had become well established and successful.

Mr. Brown was advised to retire his wife from his business, although she still protested somewhat. This he did, and within a few days after she was relieved of her bookkeeping responsibility her headaches completely disappeared. Mrs. Brown's headaches were caused by an emotional conflict that she herself did not quite understand.

Some people have a delay between a tension-producing situation and the development of a headache. They are able to meet a crisis that puts a severe strain on their nervous system without getting a headache at the time. After the crisis has passed, the effect of the nervous

tension begins to produce muscle spasm, and the headache develops a day or two later. It is this delayed effect that accounts for so many weekend headaches.

There is much that you can do to reduce the frequency or bring about a complete cure of your headaches. The first and most important step is to see your family physician. He can make certain your headaches are not being caused by organic disease. Headaches can be caused by such conditions as sinusitis, eyestrain, malocclusion, tumors of the brain, infected teeth, or infections located anywhere in your body.

Once your physician establishes that your headaches are not a result of organic disease, then you must follow a tension-reducing program. Begin by keeping an accurate record of when your headaches occur. Also list the preceding and present activities associated with your headaches. Many times it is well to list events in the future that tend to cause you to worry or work under pressure. Deadlines that keep recurring seem to be important tension producers.

Keep this record for a few months. It will then often point to the specific activity that is causing excessive nervous tension. Once you become aware of the tension-producing activities you can change your daily program. Usually the change can be made in the extra interests outside of your regular work. Often only a few changes are necessary to keep the tension level below that which produces your headaches.

Chronic fatigue owing to the late hours that many keep can greatly lower one's ability to stand the stress and tension of daily living. Headaches are more frequent and intense when you fail to have enough sleep. Eight hours of sleep each night is the minimum.

Even though your work requires that you expend a great deal of nervous energy, you can help relieve the build-up of tension. A change of pace will prevent you from being on a constant nervous strain all day. Small breaks that allow you to take several deep breaths a number of times a day will keep your muscles from getting in knots and becoming painful.

Another important thing to learn is to say No to extra work or activities that put a drain on your nervous energy. Interests outside your work should use different talents than your work requires. If your work is of the mental type, then you should have hob-

bies and enter into activities requiring physical effort. If your work is of a physical nature, then it is best to have mental-taxing hobbies and interests.

One of the best tranquilizers available to mankind is daily exercise. Physical exercise will relieve nervous tensions when medicines will not. Exercise balances the nerve impulses to the autonomic nervous system better than any tranquilizer. It is practically impossible to feel tense when you are physically tired. Muscles that are tense will seldom relax in response to thoughts, but when they become tired they relax on their own. Exercise greatly improves the rest that you obtain during sleep. It actually increases your ability to stand

Another Martha

by ANN CLAYTON

"Lord, if——!"
Bowed down with grief,
I echo Martha's plea—
Half faith, half unbelief.
Then dropping to my knees—
Helpless, alone—
I hear a loving voice repeat,
"Take ye away the stone."

more nervous and emotional tension during the day without developing a headache.

An unhealthy nervous system will make you more susceptible to nervous tension. Vitamins and minerals are vital to healthy nerves. So be certain to obtain a well-balanced diet. The vitamin B complex and the mineral calcium are two important elements that make for calm, steady nerves. It has been estimated that 75 per cent of the American people have a subclinical vitamin-B deficiency. This means that the deficiency is mild, and does not produce outward signs of disease. However, this subclinical deficiency results in excessive nervousness, unexplained irritability, anxieties, and difficulties in getting along with others.

An experiment done by the Mayo Clinic with a group of women in an institution helps us see what the lack of vitamin B can do to our personalities. These women were picked because of their calmness and ability to get along with others. The most striking effect produced in them by the lack of vita-

min B was their inability to get along with one another. This problem became worse as the vitamin B deficiency increased. Don't let a diet deficient in vitamins and minerals cause unnecessary emotional problems that can give you headaches.

Some of the common factors that increase nervous tension to the point of producing headaches are TV programs. Those that are excessively exciting or full of suspense produce tenseness and tightness of your muscles. Radio programs can have the same effect and add tension to that which has already accumulated from your day's work. Reading suspense stories, especially those involving foul play of one human against another, can produce tremendous amounts of tension. All of these extracurricular activities can be factors in producing recurrent or prolonged headaches.

Remember these points to conquer your headaches.

1. Keep a record to correlate your activities with your headaches in order to discover and make a needed change in your program.

2. Obtain plenty of rest, as sleep makes it possible to withstand more

nervous tension.

3. Change your pace during the day with deep breathing to help your tense muscles relax.

4. Learn to say No to extra activities that especially drain your nervous en-

ergy.

- 5. Be sure to get daily exercise, enough to cause an increase in your circulation and to produce deep breathing. Daily exercise is nature's best tranquilizer, and it relaxes you without a hangover.
- 6. Be sure to get a well-balanced diet, with plenty of minerals and vitamins for your nervous system. Drink milk for calcium, take brewer's yeast or wheat germ, which are high in vitamin-B complex.
- 7. Always guard carefully what you see on TV or hear on the radio. Choose wisely the type of reading you do in your spare time. Excessive hearing, seeing, and reading can all be factors in causing recurrent tension headaches.

8. Keep cheerful and happy even if the day is not your best.

Your family physician can do a lot to help you with directions and suggestions, but the final reduction or complete cure of your tension headaches is up to you! Why not make your life more pleasant by beginning this program today?

PIETE DOEVE eased into an empty seat. How good it was to be on land again after spending nine days crossing the rough north Atlantic. Other immigrants crowded into the compartment, and the train was on its way. Three thousand miles stretched ahead of the traveler. Three thousand miles and then—he didn't exactly know what then, but life would be different for him; that much he knew. Everything would be new to him. He was in a new country, heading for a new home and a new job.

It was the second night. The eastern hills and small mountains and most of the prairies were already behind. The train rolled to a stop. The conductor said something in English to Piete, who looked at him hopefully. The conductor repeated what he said. Still the young immigrant did not understand. The conductor repeated it again, this time motioning that Piete should go

back through the train.

"Ja, ja," he answered, beginning to comprehend. By checking his maps and tickets he knew that this was where he was to change trains. He had expected the conductor to tell him to get off the train, but instead he seemed to want him to go to another car. Gathering his luggage, he went back to the first-class section, supposing that it was to be unhooked from the immigrants' train.

After a short wait the train was under way. Before long the conductor checked through the train and saw Piete sitting in the first-class car. "No! No!" he exclaimed, going through all sorts of motions.

The man's emphatic gestures made him understand that he should have gone clear to the back of the train and gotten off rather than merely changing cars. When he realized this he decided to go back to the immigrants' section, where his traveling friends were. At least they could speak his language.

At the next stop the conductor saw the bewildered youth off the train. He sent him to the track where he could get a train that made connections with the one he needed to be on. After boarding the waiting train, he settled himself on the bench. Then he asked a fellow traveler, "Dis train go Lethbridge?"

The man shook his head and answered something in English.

Satisfied that he was not on the right train, he gathered his baggage and went into the waiting room to watch for another train. It was early morning, and since he had not eaten a proper meal for some time, he went to the lunch counter. With difficulty he succeeded in ordering his meal. Then he made the waitress understand that he was waiting for the Lethbridge train.

She tried to tell him in both English and German how to get on the right train, but he could not understand.

At that moment one of the station hands came in. The waitress spoke to him, and he went over to Piete. "You want to know how to get on the Lethbridge train?" he asked in Dutch.

Piete thought his native language had never sounded so good, and thankfully he explained his problem. He learned that the conductor had sent him to the right track, but he had not understood that he needed to wait an hour for the train.

Soon he was on his way again.

As he traveled across the last of the prairies that day he kept his eyes glued to the snow-capped Rockies that seemed to lie just ahead. Mile after mile passed, until at last he was actually in the mountains. He had never seen such grandeur.

On and on they traveled, through the Rockies, beside beautiful lakes, and into other mountain ranges, until at last his journey was over.

He did not have long to wait until he heard a voice calling, "That you, Piete?"

"Ja," he responded, "it's me." And with that he loaded himself into the Sneijders' car and was on his way to his new home.

Mrs. Sneijders had his room ready, and after taking time to answer questions concerning relatives in Holland, he dropped wearily into bed. Four hours later Mr. Sneijders woke him. It was four-thirty, time for milking. It was not too soon to be initiated into the round of work.

Piete had known the Sneijderses in Holland, but they had left eight years before—he had been a boy of only thirteen then. In fact, Mr. Sneijders' parents still lived next door to his parents. Now Mr. Sneijders had a thriving dairy farm, and Piete had come to Canada to work for him.

The newcomer settled to his work

Days of Decision

of helping to milk the fifty cows morning and evening and doing the regular work of a farm hand. On his first day on the farm, he met a Dutch fellow only two years older than he, who owned the dairy across the road, and the two soon became great friends. Piete admired Roelie Bootsma, his new neighbor, and enjoyed his quiet ways. He seemed to be such a good Christian.

Not being satisfied with his Christian life, Piete hoped that when he came to Canada he would find a better way of life. What he wanted, he was not sure. On Sundays he went to church with the Sneijderses, but could not understand the English sermons. He felt that if he could only understand the sermons he might learn how to live a better life. The Sundays when he could understand something of the sermon were happy days for him.

His friendship with Roelie grew, and he became more and more curious as to why he was the kind of person he was. Roelie had something that he wanted. "You be careful with Roelie," Mrs. Sneijders warned. "He's a nice fellow, all right, but he has some funny beliefs. Most of the people in his church are funny. They don't believe in Christ; they believe only in the law. Anyway, that is what my husband's uncle says. So you had better be careful about listening to what he tells you."

Her warnings did not bother him much. Just because Roelie's beliefs were different, he was not going to stop being friends with him. Then one Saturday night Roelie took Piete to town. On their way home he asked a question that had been puzzling him. "Roelie, why do you go to church on Saturday? 'He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.' These texts tell me that the commandments are not done away with, but that they are for us to keep even now in these

"Now let us look at Matthew 24:20 for another New Testament text about the Sabbath. It says, 'But pray that your flight be not in the winter, neither on the sabbath day.' This text is a prophecy that would be fulfilled after Christ's crucifixion and ascension. If Sunday was to be kept, why did He speak of the Sabbath, or Saturday?"

Many other texts were compared by

His friend turned to the text that says our bodies are the temple of the Holy Ghost. "If my body is the temple of the Holy Ghost," he said, "I want to keep as physically fit as I possibly can, especially since we are given this admonition in the next verse, 'Therefore glorify God in your body.'* How could I glorify God and smoke? Smoking would only weaken my body."

From his own experience Piete knew that smoking was not good. He had begun to smoke before he was thirteen, then he became interested in sports. When he was fifteen he entered bicycle races, and soon found that he could not have a racing career if he did not quit smoking. So for his own physical benefit he quit. For the next three years he was one of the top local competitors in bicycle and skating events. Then came his call to army service. That ended his racing career, but in the army he joined many of the long-distance marches, and for those he still needed to keep in top physical shape.

During the few months he was in Holland after he finished his army service, he began smoking steadily again. It seemed the thing to do. Now he wanted to give up smoking, for Christ's sake. Still, smoking was getting a stronger hold on him. This was another matter he took to the hayloft, where he could plead with God.

A few days later another friend offered him the usual cigarette. He took it and had a few puffs. As soon as his friend was gone, Piete took the cigarette from his mouth and threw it into the gutter. He suddenly could not stand to smoke, and that was the last cigarette he ever had.

Mrs. Sneijders noticed that Roelie had more and more influence over Piete and she began to worry. She warned him even more strongly against Roelie's beliefs, but he would not be warned. He continued to do his work well, and Mr. Sneijders had no complaints.

Piete had been in Canada about three months when Roelie invited him to church. Early in the week he asked his employer for permission to be off work in order to go to church that Saturday. But Mr. Sneijders refused; then he got to thinking. Possibly, he thought, if Piete went to the queer little church once he might see what it really was like, and change his mind. So that Saturday morning he told him he could take the rest of the day off and go to church if he wanted to.

To a Dear Friend

by GRACE V. WATKINS

I heard a woman say, "Oh, there can be
Too much of anything," and thought of rain
And sun-bright wind and mountains and the sea.
"Why, even quietness or laughter can
Become a comradeship too full and wide."
Perhaps she's right, I told myself, and sighed.

I thought that later I would query you; But when we stood upon a twilight slope, Companioned by a rising star, I knew Without a phrase or word that love and hope And trust and faithfulness, and all of such Infinities, could never be too much.

His companion began to explain. Soon they were back at the farm, and there was still much to tell. So the two of them sat in the car and talked. Roelie took his Bible, and by flashlight read from the Scriptures. "You know," he said, "God gave commandments, and remember that the Jewish Sabbath, Saturday, is included in those commandments. Although many people and churches believe that the commandments are done away with, let us look at some texts in the New Testament and see what the Scriptures say

And why don't you work on Saturday?"

"Here is a text, Matthew 5:18, that says, 'For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.' And here are two more texts about the law. John 14:15 says, 'If ye love me, keep my commandments,' and 1 John 2:4 says,

the light of that little flashlight. Piete found all the explanations good, and he was rather impressed by the way Roelie knew his Bible. In his spare time he began studying his Bible to see whether Roelie was right. Many evenings each week the two of them studied together.

While working in the barn, Piete would ponder over their discussions. Many things in the Bible had been pointed out that he had never heard before. As his thoughts would struggle with these new ideas he would often slip up into the hayloft. There, looking from the open door into the depths of the sky, he would pour out his heart to God. He prayed for guidance in his life that he might understand the right way to live. He promised God his life if only he could find that way.

"Roelie," he asked one time later, "why don't you smoke? Has that got to do with your religion too?"

* 1 Cor. 6:20.

concerning them.

Eagerly he went to church with his neighbor. How he enjoyed that Sabbath! And he heard a sermon that day that he could understand. Before the next Sabbath he approached Mr. Sneijders again. "I'd like to go to church next Saturday too," he said.

"You'll just have to get those foolish ideas out of your head. You came here to work for me, and I need you on

Saturdays."

"But I will work on Sunday for any

work I miss on Saturday."

"If you plan to stay here you will have to work on Saturdays. You know that you are supposed to stay here for one year. Besides, if you left here where

would you go?"

He knew that since Mr. Sneijders had sponsored him he was bound to stay for one year. If he was sent away he did not know what he would do, for he hardly spoke any more English than when he landed in Canada, because everyone on the farm spoke mostly Dutch. However, nine months would be a long time for him to live against his conscience.

The next Saturday he worked, and tried to forget that it was the Sabbath. Then he saw Roelie drive away to church. His conscience smote him and for the rest of that miserable day he wished he did not know that the Sabbath is right. But how could he keep it against his sponsor's wishes? Before the day was over Mr. Sneijders asked him whether he still wanted to stay.

"I want to stay," he replied, "but I feel that I must keep the Sabbath."

He slipped away into the hayloft as soon as he could be alone, and there again looked out toward the Unseen and pleaded that the way be opened for him to keep the Sabbath holy.

The next day Mr. Sneijders questioned him again, "Well, Piete, have

you decided yet?"

"I must keep the Sabbath," he answered.

"Where will you go if I send you away?"

"When the need is the greatest, help is the nearest," he replied, quoting an old Dutch proverb. But he had no idea whence help might come, except from God, and no idea where he might go.

"You know that you are to work here for one year," insisted Mr. Sneijders.

"Yes, but I must obey my conscience as it is led by God. This is a land of religious freedom, and a man is free to live the way he believes."

"All right, if that is the way you want to believe. But what will you do?" Piete's mind was in a turmoil. He did not know which way to turn. When he had finished his work he went across the road. "What am I to do if Mr. Sneijders sends me away, Roelie? I believe what you have told me and I want to live the way God shows me. But what will I do?"

"I don't know what to tell you to do. The only thing I can do is to pray for

you.

Knowledge that his friend would be praying for him was a great comfort, and he went back to his work with a lighter heart.

Then his employer offered him a compromise. "How would it be," he asked, "if I gave you every second Sat-

The Mother

by HELEN SUTTON BOOTH

That led Him to the cross;
She saw Him take the bitter cup
And drain it of its dross.

So changeless still, a mother's love Glows through our weary years, And each, in his Gethsemane, Knows solace of her tears.

urday off so that you could go to church?"

"I cannot worship on one Sabbath and work on the next. You would not go to church one Sunday and work an-

other, would you?"

For the next few days nothing more was said about the hired man's new religious ideas, although Mrs. Sneijders took every opportunity to try to dissuade him. She didn't want to see such a fine young fellow get mixed up with those funny Adventists. She begged him to consider his parents' wishes and their religion. Had not their religion come down from the great Reformer Martin Luther?

"Yes," countered Piete, "my parents may belong to the old church, but they do not attend. Religion does not seem to mean anything to them. They sent us children to Sunday school when we were small, but they left our religion to us. Now I have found something I can believe in, and I would be violating my conscience if I did not live up to what I have learned. I have found answers

to many of my questions about God, and I intend to be baptized someday

"As for Luther, the Adventists are also followers of him. They have taken up where Luther left off. I've got to accept Adventism. For me there is no other church. I know that I have much to learn yet, but when I am ready I will be baptized."

Mrs. Sneijders began to realize that Piete could not be turned away from what he had been learning from Roelie. She had nothing against his friend. He was a fine neighbor, but couldn't

he keep his beliefs to himself?

Since Piete already had informed them that he wanted to be baptized, Mr. Sneijders knew he could no longer expect him to work on Sabbaths. So on Friday morning when they were working he asked, "Well, Piete, when are you going to leave?"

He straightened up from his milking, and looking at his boss, said, "I'll leave when you send me away. It is up

to you."

On Sabbath he went to church with Roelie as usual, and arrived home in time for evening milking. Nothing was said when he came in.

That week a three-week evangelistic series began in a nearby town, and nearly every evening the two young men drove the twenty-five miles to attend. Piete could understand what the services were about, for they covered many of the same subjects that he and Roelie had studied.

At the end of the three weeks he decided that he would be baptized by Evangelist Ernest Everett. Pastor Everett was satisfied that he had learned all the necessary truths for baptism. That night Dave informed Mr. and Mrs. Sneijders that he was to be baptized the next Sabbath. He also told them that he was going to a Seventh-day Adventist college to study for the ministry as soon as he left the farm.

The Sneijderses realized that their hopes were dashed, but still they had Uncle Klaas Sneijders come that Fri-

day night.

"Are you sure you know what you are doing?" Uncle Klaas asked. "You've got to be careful about joining that little church, you know."

He assured Uncle Klaas that he knew exactly what he was doing.

"But those people don't believe in

Christ," Uncle Klaas insisted.
"Christ is the center of their beliefs,"

Piete replied.

"But they keep only the law, and

they don't accept Christ's grace to save them."

"Oh, Uncle Klaas, I have learned that my Bible says that whoever says he knows God and does not keep His commandments is a liar. And it is only by His law that we know we are sinners."

"But, Piete, we are under grace, and not under the law. Don't you know that is what Paul tells us? We don't have to worry about keeping the old Jewish Sabbath. We are to take Christ as our example."

"Yes, I believe that we are to take Christ as our example, and I know that we are living and saved by His grace. In fact, it is through His grace that we are able to keep the Ten Commandments. The old Jewish law of Moses is what is no longer in effect. The whole system of sacrifices only pointed forward to Christ's death on the cross. But the Jews were too stubborn to realize this when Christ did come. Christ Himself even told them that they had made the Sabbath a burden to themselves, and He tried to show them how they were to keep it. I believe now that I have found a church that will help me to follow Christ's example."

"But," began Uncle Klaas again.

Piete had a struggle to retain his stand against Uncle Klaas's reasoning, but with the Holy Spirit's help he was victorious. And the next day he was baptized.

After Piete's baptism life at the farm continued as usual but for a few exceptions. The Sneijderses were more friendly toward him, and they made no more mention of his leaving. He had his Sabbaths off, and when Roelie was through with his own morning chores he would come over to help Piete with his share of the milking so they could always be on time for church. Mr. Sneijders still let him have his Sundays off, too, and he even gave him a raise only a month after he had been baptized.

When his year of work was finished, he prepared to leave for college. "Piete," Mr. Sneijders said when he was leaving, "if you don't like it at the school you can come back to the farm anytime you want and I'll give you another twenty-five-dollar raise."

"Thanks, Mr. Sneijders. I've enjoyed working for you, but I think I won't be coming back. I know what I want now. I've found the better way and I want to do the best with it that I possibly can."

GOAL

by JANE MERCHANT

A scallop shell upon one's coat of arms
Denotes that some ancestor, long ago,
Made the hard journey to the Holy Land
Where Christ our Lord was born to live and grow.

I go upon no outward pilgrimage,
I wear no shell to set myself apart.
I strive to treat this earth as holy land
And let Christ live and grow within my heart.



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SEPTEMBER 19, 1964

Prepared for publication by the General Conference Sabbath School Department

YOUTH - XII—The Ideal Young Woman

MEMORY GEM: "Who can find a virtuous woman? for her price is far above

rubies" (Prov. 31:10).

AIM: To show that the girl with high standards of conduct is still the one who is most desired and loved.

1-She Has High Standards

Read: Prov. 31:10-12; The Adventist Home, pp. 52, 56, 240; The Ministry of Healing, pp. 377, 378.

"If a young girl just entering her teens is accosted with familiarity by a boy of her own age, or older, she should be taught to so resent this that no such advances will ever be repeated. When a girl's company is frequently sought by boys or young men, something is wrong. That young girl needs a mother to show her her place, to restrain her, and teach her what belongs to a girl of her age."—Testimonies, vol. 2, pp. 482, 483.

"Easy come, easy go" is an old saying. Remember, girls, a pound of table salt can be bought for a quarter, while a pound of gold is worth more than four hundred dollars. What makes the difference? Ah, it is easy to get salt; it can be picked up almost anywhere. But it takes struggle, toil, and sweat to accumulate a little gold. The girl who is easy to get carries a cheap price tag.

a little gold. The girl who is easy to get carries a cheap price tag.

Any girl can attract cheap fellows. But only girls with high standards are respected by self-respecting young men.

Any girl can open a can of soup, but it takes skill to be a good cook.

Any girl can turn on the radio or phonograph, but only musicians can really play the violin.

Any girl can let down the hard but a let down the large targets.

Any girl can let down the bars, but only virtuous girls can marry men worth while. "And now, my daughter, fear not; I will do to thee all that thou requirest: for all the city of my people doth know that thou art a virtuous woman" (Ruth 3:11).

Ouestions:

- 1. Who has the strongest power on earth?
- 2. What is the greatest career anyone can have?
- 3. How do some girls become a byword?
- 4. When a couple allows themselves to get into compromising situations, who is their companion?

CLASS DISCUSSION: What should a girl do when she is treated with familiarity by boys or men? Can this be done without rudeness? Always?

2-She Is Industrious

Read: Prov. 31:13-24; Gen. 29:9, 17; Ruth 2:2, 17.

"My wife has made my fortune," declared one highly successful businessman. "By her thrift, her industry, her willingness to wait for things she eagerly wanted for her home, she enabled me to make wise investments, and I faced the world without a load of debt."

"My wife has cost me both my fortune and my hopes of making one," another man said. "She was not willing to wait until I had earned the means to purchase the things she craved. As a result of unwise purchases on her behalf, I became deeply involved in debt. I had to forgo my hopes for further education while I struggled to extricate myself. The struggle to keep the wolf from the door has embittered my wife and cast a cloud over our entire lives." my wife and cast a cloud over our entire lives."

Questions:

True or False Test on the industrious woman, according to Proverbs:

- 1. She sleeps late in the morning. __
- 2. Sees that her family has warm clothes.
- 3. Her room is in a mess.
- 4. Serves a variety of good wholesome food.
- 5. Has her meals on time. ..
- 6. Has a savings account.
- 7. Plants a garden.
- 8. Leaves all property investments to her husband.
 - 9. Spends money as fast as she gets it.
 - 10. Is kind to her neighbors.
- 11. Her home is neat and attractive.
- 12. Has pretty clothes to wear. ...

CLASS DISCUSION: What do we know about the work habits of the great women in the Bible?

3-She Is Cheerful and Attractive

Read: Prov. 31:25; 17:22; Ps. 144:12, 15; Esther 2:7; Job 42:15.

"All may possess a cheerful countenance, a gentle voice, a courteous manner; and these are elements of power."—The Adventist Home,

"Pleasant voices, gentle manners, and sincere affection that finds expression in all the actions, together with industry, neatness, and economy, make even a hovel the happiest of homes."— Ibid., p. 422.

Questions:

Complete:

"Strength and honour are her clothing; and she shall _____ in time to come." "A doeth good like a "_____is that people, whose God is "The maid [Esther] was ____ and "And in all the land were no women found so _____ as the daughters of Job."
"All may possess a ____ countenance, manner." _ voice, a __

CLASS DISCUSSION: How can girls make their homes the happiest places on earth?

4-She Is Intelligent

Read: Prov. 31:26.

A girl with a lazy, inefficient, stagnant mind A gri with a lazy, nemcient, stagnant mind can never make a happy or successful wife for any man. Intellectual growth and progress in the twentieth-century world are essential for any man who wishes to succeed. If his wife does not improve intellectually along with her husband, they may find themselves growing farther and farther apart. They cannot discuss together the same subjects. Their ideas of entertainment will begin to differ. How wonderful it is when a husband can share with his wife the thrill that comes with success with his wife the thrill that comes with success in his chosen profession and discover that she understands what he is endeavoring to do. How unhappy the man whose wife finds such things are matters boring to her.

"Woman should be trained to some business whereby she can gain a livelihood if necessary."—The Adventist Home, p. 91.

"Marriage should be put from your mind until you overcome the defects in your character, for you would not make a happy wife. You have neglected to educate yourself for systematic household labor."—Ibid., p. 90.

"Every girl should learn to take charge of the domestic affairs of home, should be a

the domestic affairs of home, should be a cook, a housekeeper, a seamstress."—Ibid., p. 91.

Questions:

- 1. How can one discern an intelligent girl? (Prov. 31:26.)
- 2. Why should every girl be trained in some kind of business or vocation?
- 3. What should every girl be trained to do?
- 4. What should every girl put from her mind until she is educated in housework?
- CLASS DISCUSSION: What kind of education should a girl have before she can be a happy

5—She Is a Charming Christian

Read: Prov. 31:27-31; 9:10; Matt. 25: 34, 36, 40.

How may a young man know that the girl he is interested in possesses the traits essential to a good wife, and one that will help him build a successful, happy home?

"Qualities to Be Sought in a Prospective

"Qualities to Be Sought in a Prospective Wife.—Let a young man seek one to stand by his side who is fitted to bear her share of life's burdens, one whose influence will ennoble and refine him, and who will make him happy in her love. . . . 'She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her,' saying, 'Many daughters have done virtuously, but thou excellest them all.' He who gains such a wife 'findeth a good thing, and obtaineth favor of the Lord.' "Here are things which should be considered: Will the one you marry bring happiness to

"Here are things which should be considered: Will the one you marry bring happiness to your home? Is [she] an economist, or will she, if married, not only use all her own earnings, but all of yours to gratify a vanity, a love of appearance? Are her principles correct in this direction? Has she anything now to depend upon? . . . I know that to the mind of a man infatuated with love and thoughts of marriage these questions will be brushed away as though they were of no consequence. But these things should be duly considered, for they have a bearing upon your future life,"—The Adventist Home, pp. 45, 46.

Questions:

- 1. What is more important for a girl than beauty?
- 2. What is the foundation of the wisdom that the youth need as they prepare for marriage and for life?
- 3. What should a young man consider when choosing a wife?

CLASS DISCUSSION: Can the girl of today meet the standards set forth in the Bible and in the writings of the Spirit of Prophecy for "the ideal young lady"? How?

SENIOR - XII—Mental Health

MEMORY VERSE: "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John

STUDY HELPS: Counsels on Health, pp. 94-97, 563-566; Counsels to Parents, Teachers, and Students, pp. 32-38, 294-301; The Ministry of Healing, pp. 241-259; The SDA Bible Commentary; SDA Bible Dictionary.

AIM: To discover what the Bible teaches concerning the relationship between physical well-being, and mental peace and happiness.

Introduction

"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves."-Testimonies, vol. 5, p. 444.

Controlling the Thoughts

1. What comment by the apostle Peter

indicates the need for discipline of one's mind? 1 Peter 1:13 (first part).

Note,-"We have each of us an individual work NOTE.—"We have each of us an individual work to do, to gird up the loins of our minds, to be sober, to watch unto prayer. The mind must be firmly controlled to dwell upon subjects that will strengthen the moral powers.... The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to Heaven and helpful to your associates."—My Life Today, p. 83.

2. What counsel does the apostle Paul give the Christian regarding the control of his thoughts? 2 Cor. 10:5.

Note.—"God wishes us to have the mastery over ourselves. . . Of ourselves, we are not able to bring the purposes and desires and inclinations into harmony with the will of God; but if we are 'willing to be made willing,' the Saviour will accomplish this for us, 'casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.'"—The Acts of the Apostles, pp. 482, 483.

The Value of Happiness

3. What is God's desire regarding the hap-piness of His children? Ps. 36:7-9; Prov. 29: 18 (last part); John 15:11.

Note.—"Those who are connected with Christ have happiness at their command."—Messages to Young People, p. 415.

- 4. What is the most important condition of happiness? Ps. 144:15.
- 5. What is the relationship between hap-piness and conscience? Rom. 14:22 (last part); 1 John 3:21.

Note.—"Happiness is to be achieved by the right action of the soul toward God."—Selected Messages, book 1, p. 56.
"If the mind is free and happy, from a consciousness of rightdoing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing

a freer circulation of the blood and a toning up of the entire body."-My Life Today, p. 150.

6. What is another important source of happiness for the child of God? Prov. 14:21 (last part).

Note.—"Seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. A word of cheer, an act of kindness, would go far to lighten the burdens that are resting heavily upon weary shoulders. It is in unselfish ministry that true happiness is found."

—My Life Today, p. 165.

Unfavorable Influences

- 7. What is an important cause of personal conflict and thus of poor mental health? Matt. 6:24; Gal. 5:17.
- 8. What is the acquiring of wealth unable to bring us? Eccl. 4:7, 8.

Note.—"I saw another futile thing under the sun—a lone man, kinless, without son or brother, and yet toiling on to make money; he cannot satisfy himself with what he gains, and he never asks for whose sake he is toiling and stinting himself of pleasure. This too is vain, a sorry business." Ford, 4.7.8. Moffatt. Eccl. 4:7, 8, Moffatt.

9. What happened after King Saul, because of disobedience, was rejected by the Lord? 1 Sam. 16:14, 15.

Note.—"[Saul] did not accept with meekness the chastisement of God; but his haughty spirit be-came desperate, until he was on the verge of losing his reason."—Patriarchs and Prophets, p. 643.

Mental Stability

- 10. What assurance does the child of God have that his basic personal needs can be met? Ps. 37:3-5, 18, 19; Phil. 4:19.
- 11. Why should the Christian not worry? John 14:27; Ps. 119:165; 127:2.

"The consciousness of rightdoing is the best medicine for diseased bodies and minds. The special blessing of God resting upon the receiver is health and strength. . . . "A person whose mind is quiet and satisfied in God is in the pathway to health."—My Life Today p. 150.

day, p. 150.

12. To what freedom from health-destroying worry is the Christian entitled? Ps. 4:8; 1 Tim. 6:6-8; 2 Tim. 1:7; Heb. 13:5.

Note.—"All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. . . . We must hearts, with nature, and with God. . . . We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, 'Be still, and know that I am God.' This is the effectual preparation for all labor for God. Amidst the hurrying throng and the strain of life's intense activites, he who is thus refreshed will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength."—Counsels on Health, p. 163.

13. As he faces life's stresses and strains, what advantage does the Christian have? Phil. 4:13; Ps. 9:9, 10; Rom. 8:35-39.

Note.—"Let the self-distrustful, whose lack of self-reliance leads them to shrink from care and responsibility, be taught reliance upon God. Thus many a one who otherwise would be but a cipher in the world, perhaps only a helpless burden, will be able to say with the apostle Paul, 'I can do all things through Christ which strengtheneth me.'"— Education, p. 256.

Questions for Meditation

- Is resort to worry a denial of faith?
 Is mental depression a judgment from God?
 What is the best remedy for a troubled con-
- 4. Where is the proper dividing line between self-confidence and trust in God?

As a Passing Day

by JEAN CARPENTER MERGARD

Soft and snug is my toddler's hand clinging to mine, his upstretched arm drawing mine down. Slowly we wend our morning way; his steps confirm, by double-time, the brevity of two-year legs.

Forward we move together, as brief time laughs by. Though awkwardness constrains our love for an afternoon, a chuckling grin croaks it away. Now I look up to catch his smile.

When day is done, I double-time to match his stepand stop; as he goes to explore beyond me, through a college door.

Question What happens to children of unbelieving parents when they die? Do they go to heaven? A friend and I were studying this question for a Bible study, and we came across a statement in Selected Messages, book 2, page 260, which says that the motherless infants will be received by the angels. If they are motherless, the mother wasn't faithful and didn't make heaven. Please explain.

Counsel I think there is no clear word on the salvation of children. The main ideas held are that they will not be raised; they will all be saved; they will go the way of their parents; they will be judged on the basis of what they might have been had they lived.

The commonly held view that their parents decide the issue has its difficulties. Supposing one parent is saved and the other lost, then what is the result? I know of no final solution to the question from Scripture or from the Spirit of Prophecy. I have the personal opinion-and remember that it is only an opinion-that all children who have not reached the age of accountability will be saved, simply on the grounds that they have not sinned. But that view also has its problems, just as do the others. Certainly children will be there apart from the faithfulness of parents. I wish I could be more definite on this question.

Counsel As to the destiny of children born to unbelieving parents, neither in the Bible nor in the writings of Mrs. White is the matter resolved with perfect understanding. It has been generally believed by Seventh-day Adventists that until a child is old enough to know right and wrong the parents' standing in the sight of God is accepted for the child. Jeremiah 31:15-17 indicates that the children slaughtered in Ramah would "come again from the land of the enemy" (verse 16). Thus the Lord encouraged the mothers to "refrain . . . from weeping, and thine eyes from tears: for thy work shall be rewarded, saith the Lord." See Prophets and Kings, page 239.

1 Corinthians 7:14 also indicates that the children of a believing parent are "holy"; otherwise they might not be.

There will be some infants in heaven whose mothers are not there. "As the little infants come forth immortal from their dusty beds, they immediately wing their way to their mother's arms. They meet again nevermore to part. But many of the little ones have no mother there. We listen in vain for the rapturous song of triumph from the mother. The angels receive the motherless infants and conduct them to the tree of life.

"Jesus places the golden ring of light, the crown upon their little heads."-Selected Messages, book 2, p. 260.

Perhaps these "motherless infants" received by the angels are there because of the faith and life of a believing grandparent, uncle, or aunt. God has always promised to bestow His blessings upon the children of His faithful servants. So it would seem that the little folks who have not reached the age of accountability, who have died and come up in the resurrection to live with the saints forever, are most likely those who have been the objects of the care and interest of Christian relatives and friends.

Just what God will do with the children of unbelieving parents is not clearly revealed. Certainly the children will not be punished, for they have not sinned; but will they receive the reward of faith? Neither they nor others close to them have exercised faith. Will they be entitled to heaven? If so, heaven will be filled with literally millions of babies slain in infancy by war, famine, and disease.

Question What is the Adventist position on the study of metaphysics?

Counsel It is claimed that the term metaphysics was first used by Andronicus. In editing Aristotle's works he applied the term to certain writings he designated as after the physics. This was later interpreted to mean beyond, or above, physics. In the writings of Aristotle thus referred to, the philosopher dealt with the science of being, the cause and kinds of existence, and the question of the existence of God. Later, ontology became the science of being, and this broadened into other

sciences including psychology. Certain phases of theology might be regarded as metaphysics.

From this we see that we are all involved to some extent in the study of metaphysics, so defined. However, like most sciences, certain propounded views are far from what we believe and what the Bible teaches. Metaphysics is not definable in one definite approach. Kant had views that were dramatically opposed to Hegel. We follow a basic Christian approach in our study of being and our belief in the existence of

We must remember that the human mind has its limits, and we must recognize these limits. When we attempt to probe too far into the nature of the Holy Spirit or the infinity and eternity of God, we are reaching into areas beyond human reach. "Canst thou by searching find out God?" (Job 11:7). The Revised Standard Version says, "Can you find out the deep things of God? Can you find out the limit of the Almighty?"

Question What are the opportunities for singing evangelists in our denomination? Is a degree necessary? How are they financially sponsored?

Counsel Almost every evangelistic group and organization appreciates the leadership of a singing evangelist. Many, or most, of these singing evangelists are men who have studied for the ministry. A degree is not a prerequisite, but vocal and music abilities are. It is preferable, however, for a singing evangelist in four college years to have majored in religion or theology, with at least a minor in music, to orient him easily with the evangelistic program and enable him to contribute his services in fields other than sacred music.

Conducting Bible studies and preaching occasionally have brought great help in evangelistic series. Singing evangelists, unless laymen who volunteer their services, are a part of the salaried evangelistic team of the conference or union.

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.

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- Brazil has an Atlantic coastline of almost 5,000 miles. Mooremack
- Cows were first brought to the United States by Virginia colonists.

National Geographic Society

- Today more than 9.7 million Americans, or one out of every seven in the working population, are on a government payroll.

 Du Pont
- Texas, thick groves of 90-foot-tall long-leaf and slash pine yield about 120 million board feet of timber annually.

 National Geographic Society
- Vancouver, B.C., reportedly handled the most cargo of any port on the North American Pacific Coast in 1963. Its general-cargo tonnage is estimated to top Seattle, Portland, and San Francisco combined.
- During 1963 the value of honey and beeswax in the United States was put at \$57 million. In addition, more than 50 commercially important seed, fruit, vegetable, and nut crops either depend entirely upon bees for production, or produce heavier crops when the flowers are freely visited by bees.
- From Tokyo, Japan, comes word of a major electronic plant that goes in for "yawn breaks" every half hour. These last for 90 seconds. The 2,000 female employees are soothingly urged over a loudspeaker to yawn and stretch to their heart's content. Higher productivity and improved labor relations are claimed.
- been published in 1,216 languages and dialects, but there remain well over 1,000 mutually unintelligible languages and dialects which have nothing of the Bible. Only 231 languages have entire Bibles and only 290 more have the entire New Testament. More than 3,000 translators in 130 nations are currently at work translating and revising previous translations, in more than 500 languages.
- In rehabilitation programs in many parts of the United States today, handicapped persons are working their muscles while floating under the surface on specially tailored equipment made of Ethafoam foamed polyethylene. The new material is resilient, tough, lightweight, water resistant, and high in flotation ability. With only three pounds of Ethafoam, a 150-pound handicapped person is able to float. Double amputees are learning to swim and even dive.

- By utilizing the National Driver Register Service in Washington, D.C., any State can keep irresponsible drivers off the public highways for the full period of their license suspension. No longer can an individual whose license has been revoked, renew his permit in another State. When his license was revoked, the motor vehicle department notified the driver service of the Bureau of Public Roads and the record was fed into a computer. Within minutes the computer can match records and electronically expose the driver. Already on file in the machine are 437,000 drivers. The Highway User
- Though bamboo often is thought of as a tropical plant, many of the 700-odd species flourish in temperate zones. Some of the hardy imported bamboos endure temperatures down to seven degrees below zero. In hot, moist weather, bamboo of some species can increase as much as three feet in 24 hours. The growth is concentrated in a five-to-eight-week period. A culm never increases in height or diameter after this spurt. National Geographic Society
- Sharks are becoming increasingly important as sport fish. In a recent year nearly 800,000 sharks were caught between Cape Hatteras and Maine. In nearly 100 years there are records of only 22 unprovoked attacks by sharks north of Cape Hatteras. Nine of the attacks resulted in fatalities, and five of these were attributed to the white shark—four of them to the same shark.
- Research in the field of communications reveals that masculine fingers are 10 per cent longer and 20 per cent wider than feminine fingers. Also, on the telephone, men's voices are two decibels louder than women's and men tend to talk even louder when talking with other men.

 C and P Call
- At the head of New York's Wall Street, less than 2,000 feet in length, stands renowned Trinity Church, founded by royal charter in 1697. In the churchyard are gravestones from Colonial times, including those of Alexander Hamilton and Robert Fulton.
- At its annual meeting the American Bible Society reported a record worldwide Scripture distribution of more than 34 million copies in 1963. This was an increase of almost 3 million Scriptures.
- About 7 out of every 10 adults in the United States carry at least one major credit card. Among motorists the figure rises to 9 out of 10.



Key to source abbreviations published January 14, 1964.

- There are about 11 million boys and girls in the United States who are members of families whose annual family incomes are less than \$3,000.
- About a million tons of dust from distant space fall on the earth every year. The cosmic particles are so small that a microscope and special equipment are needed to identify them.

National Geographic Society

▶ In World War I the total number killed was approximately 10 million, 95 per cent of whom were soldiers and 5 per cent civilians. In World War II, more than 50 million were killed, comprising almost equal numbers of soldiers and civilians (52 per cent to 48 per cent). During the war in Korea, of the 9 million dead, 84 per cent were civilians and only 16 per cent soldiers.

Bulletin of the Atomic Scientists

► Gabon, which became independent in 1960, is one of the few nations in tropical Africa that has a favorable balance of trade. The excess of exports over imports grew still larger in 1963. The lumber industry is the country's largest employer. The most important tree is the okoumé, source of a soft wood that is ideal for plywood. Gabon has virtually a monoply on okoumé, which is in great demand on the international market.

National Geographic Society

manned helicopter flights is generally credited to a Frenchman, Paul Cornu. In 1907 he took off and ascended near Lisieux, France, to an altitude of about one foot. On later flights he managed a height of five feet and was timed at six miles an hour in forward flight. Cornu's helicopter was a compact two-rotor machine, powered with a 24-horse-power Antoinette engine, practically set in the pilot's lap. The pilot sat atop the landing gear, which was composed of four bicycle wheels.



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ember of the medical team...

dedicated to maintaining and restoring health, the Christian nurse finds each day filled with opportunities. Techniques of medical procedures, and personal relationships with her patients afford satisfactions and rewards that enrich her work and life. Best of all, every need is an opportunity for cooperation with the Divine Physician.