

The  
**Youth's**  
Instructor

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[Sabbath School Lessons for June 3]



# The Youth's Instructor

THE YOUTH'S INSTRUCTOR is a non-fiction weekly. It is published for young adults who are capable of asking sincere questions, and who seek to know the counsels of Scripture. Its contents are chosen to serve readers who want to reach maturity—spiritually, socially, intellectually, and physically. Its 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.

Its pages reflect an expanding objective from 1852 to 1967. First it was essentially a vehicle for providing youth Sabbath school lessons. Now it also provides many added services for a generation that should witness the literal return of Jesus and the restoration of a sinless world to the universe of God.

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# Gate Crashing

Since the author and her son had taken Elder Crandall on

by YVONNE DAVY  
FIRST OF THREE PARTS

MOTHER, we may, mayn't we?" three voices pleaded as three pairs of eyes looked beseechingly at me.

"Well—" I hesitated. "I'd like to ask father first. How about it, Roy, could we give you our answer on Thursday? I'm sure Arthur will be home by then," I spoke to our friend Roy Riley.

"Yes, certainly, Mrs. Davy. I can come in to Tarime for supplies on Thursday and touch at the mission on my way home."

Ever since son Denzil and I had taken W. T. Crandall, editor of the INSTRUCTOR, on a visit to the Mara Valley, the rest of the family—father and two daughters, Anita and Gloria—had eagerly looked forward to spending a day in the game reserve not far from our mission station at Utimbaru.

Unfortunately, owing to the exceptional rains in our part of Tanganyika, it had been impossible to take the trip during the 1961 vacation. And this time there had been such a short dry spell that we had been afraid to try. Now Roy Riley, a prospector for the Williamsons' diamond mine, was suggesting that we camp out overnight the last Sunday before our three children returned to Helderberg College near

Cape Town where they attend school.

All week we hoped in vain for father to return, so when Roy came we had to make the decision ourselves, hoping that our decision would please Arthur.

At last came the welcome message over the radio: "The Tanganyika union committee has ended; you can come over to Busegwe to pick me up at noon tomorrow."

Early Friday Gloria, Denzil, and I set off in the Land Rover to meet Arthur while Anita stayed home to prepare Sabbath lunch, as well as goodies for Sunday. We had barely greeted the man of the house before the news of our big surprise came bubbling out.

"We want to sleep down by the tree house, Dad. Mother says it is a good idea. What do you think?" asked Denzil.

"But how will we manage for a tent?" the practical Arthur wanted to know.

"Tony Hall, who is going with us, says we can borrow the tent he uses when he goes out to do government research work. He and I can sleep in that tent. Roy has a tent for the girls, and you and mother can sleep in the back of the Land Rover. We will take along a foam-rubber mattress for you," Denzil hastened to add.

"Roy says he can guarantee that we'll see lions," Gloria chipped in.

If anything was needed to clinch the matter, that did it as far as Arthur was concerned, for though he had spent





a visit to the Mara Valley, the rest of the family had been eager to visit the game reserve.

more than thirty years in Central Africa (as the son of a missionary or as a missionary himself), somehow the lions had always eluded him.

Before dawn Sunday morning we packed the car, had worship and breakfast, and were ready to set off on our jaunt. We were to meet Roy at the bottom of the escarpment at eight-thirty. We were early. At last a Land Rover arrived, but Roy was not in it. Our spirits sank when the driver handed us a note. Quickly we read it. Roy had gone to set up camp early, and this African would lead us to the spot. That was fine, so we told the man to go ahead and we would follow.

"We should be getting to Rhino Swamp soon," I said.

"Schultzes and Moffats [missionaries from Uganda] wanted to visit the Mara Valley last July, but they got stuck in Rhino Swamp and had to come back," Arthur told us.

Just then we came round a bend and there was the swamp ahead of us, or rather, ahead of the African-driven car. It was a mess—the swamp, not the other car.

"We can never get through that!" I exclaimed.

"Sure I can," said Denzil, who was driving.

"I'm not so sure. Let me investigate," and Arthur climbed out, with me close behind him. He slushed over to the African. "You can get through there?"

my husband spoke very questioningly.

"Ndiyo, Bwana ["Yes, mister"]. Bwana Roy went through here. *I* can, and I think the Bwana Mdogo ["little mister," meaning Denzil] will make it," he replied.

In the meantime my feet were sinking deeper and deeper in the muck, and I stood looking helplessly down at myself.

"Come on, Marm. Just you jump in. Your little bit of weight won't make it any harder for the car," said my son, so I obediently climbed aboard.

Soon Arthur was back. "O.K. Go ahead. But take it slowly, Denzil," he admonished.

Our friend in front looked back to Denzil. "Take the middle of the road, Bwana. Just follow me," he advised, then he stormed through the mud, lurching like a drunken creature, out onto solid ground and on round the corner. We thought he had forsaken us, but no, back he walked to see whether we made it.

Denzil bit his lip, the only sign that he was scared, then putting the car into four-wheel drive, low range, he eased the vehicle along.

"Step her down, Denny, you'll get stuck." I could see Arthur was nervous.

At just the right moment Denzil put his foot down hard; the car lunged forward. We were through. For a moment the watching African looked at Denzil in silence. "You are a good driver,

Bwana Mdogo," he said as he turned and went back to lead the way.

Several other nasty patches had to be crossed, but each time our guide waited to see whether we negotiated them successfully. It was a good feeling to know that if we did get stuck he would help. He could rush through anything. It was not his car, and if he broke a tie rod or a differential he would not have to pay. But with Denzil it was different. He knew that if we broke something, we would have to pay for it ourselves, and he would be the one who would have to do the fixing!

One more river to cross, and beyond that lay the game scout camp. But we knew what a dangerous river this was. The bed was strewn with boulders over which the car would rock and teeter. Arthur got out to choose the safest crossing, but finding there wasn't much choice, he climbed back in and let Denzil do his best. We got through without banging anything vital.

At the camp we signed the book and exchanged greetings with the men there. Two of them were going to accompany us.

The men climbed into the back of our guide's Land Rover, and we set off for the tree house, where Roy had made his camp.

"Look, look! See the impala. And aren't those Grant's gazelles?" Anita exclaimed as she pointed excitedly to fifty or more antelope.



"No, those are Thomson's gazelles," Arthur corrected her. "They do look very much like Grant's, but they are too small. I remember them by opposites—the long name fits the short animal; the short name, the bigger gazelle," he explained.

The picturesque "Tommies" are reddish, paling toward the flank, with the white belly and the paler rump bordered by a black band on either side. Their lyre-shaped horns are quite short.

As we watched them, their little black tails twitched continuously. Their friends, the impala, were medium-sized, with long, slender lyre horns. Their sleek red-brown coats glistened in the sun. The contrasting white belly and black markings on face and hind quarters showed them up well. There was one ram with about twenty ewes in his harem.

We sat quietly enjoying the spectacle.

Suddenly one of the ladies decided that she did not like the looks of us. With a bound she was off, the rest of the animals not far behind; but we were not disappointed, for it was thrilling to watch them bound and leap so effortlessly that they seemed to be skimming over the ground almost like stones skipping across a lake.

When we turned our gaze from the fleeing gazelles we found the campsite just ahead of us. Two tents were pitched under the trees, and there stood Roy waiting to welcome us. As we drove past the tree house we noticed something black dangling from a crotch, but we did not stop to investigate.

"What is that in the tree underneath the platform?" we inquired of our host after we had greeted him.

"I had a stroke of good fortune. I came upon a lion and his kill, so I chased the lion off and appropriated the wildebeest. I towed it here, fastened it to a strong cable, which I threw over the crotch of a branch of the tree house. The other end I fastened to that piece of metal body lying to the side. Tonight I can promise you a treat, Pastor Davy," he said with a smile.

We wanted to make closer acquaintance with the wildebeest, but Roy advised against that.

"The thing is headless, so it doesn't look very pleasant. Besides, there are bees in the pipes holding up the tree house, and you never know how the bees may feel about intruders." We took his advice.

The tree house is an old truck body that a couple of miners had hoisted onto three pipes they had nailed to branches. Elder Crandall, Denzil, and I

had climbed up into this crude contraption by a steel ladder anchored to its side. But there were no bees in the pipes in 1961. We were glad we had not planned to sleep in the tree house.

While Arthur, Tony, and Denzil erected the tent, Roy arranged with his cook about the lunch, and the girls and I explored the bush. In a number of places the undergrowth had been flattened down as if by heavy bodies. We found several paths leading to the river, probably made as the hippo waddled along to graze during the night.

Somehow one thought of lions resting in the shady places, so we returned

to the company of the men, where we felt more confident. As we watched the tent being erected we noticed deep grooves in the trunk of the tree next to us. We asked Roy whether he knew what had scarred the bark in such a manner.

"Yes, I do. That happened when I was here two weeks ago. I tied a zebra in that tree, and during the night the lions tried to climb it to get at the meat," he answered.

We knew that leopards climbed trees, but lions? I did not voice my skepticism.

This is the first installment of a three-part serial. Part two will appear next week.

## ADVENTURE IN LANDS AFAR

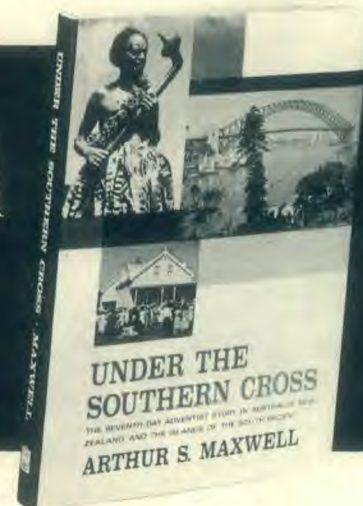


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## Costs

**Farmer** James Hummel was in Korea a year ago this spring. While there, he saw the farmer pictured on the cover, near Tong Du Chon. The "A" frame used by the farmer makes it possible for him to carry heavier loads than he could otherwise. As in many other places in the world, a man's back is still a chief burden bearer. A picture such as this is often helpful in keeping a sense of brotherhood from growing dim.

**Circle** Huey Weber did not live to see "Full Circle" in print. It is our expectation that readers will gain the inspiration his story contains. It can be yet another instance where a man's life continues to bless far beyond its span of years.

**Air** Among the natural remedies listed by the writer of *The Ministry of Healing* is the one considered by Dr. Flaiz this week and next. It is the first in a list of eight. "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies."—Page 127. This single sentence sets forth the remedies, and the implied preventatives that are available to nearly everyone.

**Diet** Twice in the past this magazine has published statements from Ellen G. White regarding the test on diet that Daniel faced. The first appeared August 18, 1898. We reprint an excerpt from it this week. The second was published October 29, 1907, and was similar.

**Diet** . . . "And now as Daniel and his fellows were brought to the test, they placed themselves fully on the side of righteousness and truth. They did not move capriciously, but intelligently. They decided that as flesh-meat had not composed their diet in the past, it should not come into their diet in the future, and as wine had been prohibited to all who should engage in the service of God, they determined that they would not partake of it . . ."

**Example** "The example of Christ in linking Himself with the interests of humanity should be followed by all who preach His word, and by all who have received the gospel of His grace."—MYP 403.

Would you be willing to give up the use of flesh foods if you were promised an additional ten or twenty or thirty years of life?

Would you be willing to give up the use of flesh foods if you knew that a neighbor would become a member of the Seventh-day Adventist Church if he knew you practiced what the church teaches?

Would you be willing to give up the use of flesh foods if you believed that your children yet unborn would have a better chance of avoiding some diseases that afflict mankind?

These are not theoretical questions. They are solid, down-to-earth questions every professed Seventh-day Adventist should answer now or soon. To this people was given the great health-reform program. It included more, far more, than diet alone. But diet was perhaps one of the major aspects of the message when it first began to be taught among us.

Did you read "A Vision of 1863"? We published an article under this title in the June 4, 1963, issue.

In it, Elder Arthur White stated that "a person could look forward to a life expectancy of somewhat less than forty years. One child in four died before the age of seven. Epidemics were rampant, and frequently diphtheria, smallpox, or scarlet fever would cut a family in half. Diagnosis was often guesswork; poisonous drugs were used freely; blood-letting was still somewhat in vogue; some still feared night air, and there was almost total ignorance in the field of nutrition."

If you didn't read this 1963 article, we invite you to go to some library where this magazine is filed, and read it. Why? Because we think the time must surely have come when any Seventh-day Adventist who wants the stamina to go through a time of trouble should heed the counsels first given prophetically that are now scientifically corroborated. All Seventh-day Adventists need to reread what the messenger to our church has so copiously provided for guidance in health.

If you have never eaten flesh food, don't start. If you have been a light eater, start a program that will exclude it altogether within a reasonable time, unless you are under doctor's orders to use it.

I have not always been a vegetarian. It is entirely possible that other failures in healthful living will cut my life short. None is guaranteed three score and ten years just because God used that figure as the goal toward which we could journey, if we behaved ourselves health-wise.

We have been a church since May 21, 1863. More than a century. And the health message first came to us within three weeks of that organizational date. Is it possible that a failure sensibly to adhere to principles given on healthful living throughout these years is a reason we are still here? Instead of being with Jesus and the saved from all the ages?

WTC

## Manuscript Positioning

- Have you ever wondered why certain items appear in certain areas of this magazine? Radarscope, for instance, used to be on the back cover. Then it moved to page 11 for a time.
- We decided that if it appeared on an inside page readers would open the magazine to locate it. Then we considered that for conscientious readers, wanting to distinguish between secular and religious reading, a place in the back might make it easier to save it for weekday enjoyment.





# The Badger

by ERNEST N. WENDTH

**B**ADGER or dolphin? Seal or hyacinth-colored? What is the real meaning of the Hebrew *tachash* that in the King James Version of the Bible is translated as "badger"?

The skin of the *tachash* must have been precious, for Ezekiel mentions its use in sandals as part of queenly attire that included fine linens and silks. It was also used, according to Exodus 26:14 and Numbers 4:6-25 to make coverings for the tabernacle and for many of the utensils used in the tabernacle service. It is in these texts that *tachash* is translated "badger skins."

Although badgers were found in moderate numbers in Syria, Palestine, and to a limited degree in the Sinai Desert, Bible scholars feel that far too few were available to supply the needs mentioned above. They also feel that badger skins are too light for sandals or the tabernacle cover.

Some ancient Scriptures have *tachash* suggesting a color, as crimson or blue-tinted skin. The Aramaic translation of Exodus 25:5 uses "brilliant" while the Septuagint and the Vulgate read "hyacinth-colored."

The Arabs of the Sinai Desert make sandals from the skin of a member of the porpoise family that is found in the Red Sea. The skin of the dolphin, also available in the Middle East, could be

similarly used. Such durable and waterproof skins would have been suitable for the tabernacle coverings.

A great deal of similarity exists between the Hebrew *tachash* and the Assyrian word for a ram. This is of interest since the Assyrians used ram skins as a covering material for many objects, including their boats.

For years "badger skins" has been under question and "sealskins," for a while, was an accepted alternative. *Patriarchs and Prophets* uses the term "sealskins" as the material for the tabernacle coverings. The Revised Version of the Bible also uses the term "sealskins." However, further research now suggests "prepared leather" as a translation. The *SDA Bible Dictionary* leans toward the belief that *tachash* is a word borrowed from the Egyptian language to describe a thin leather used in making furniture.

Let us now forget these translation problems and think of the badger itself. Its name comes from its striped face. *Badge* was the original Saxon word for "stripe," and *badger* thus became the name for the "striped one." Its striped head, as pictured on the stamps with this article, may be conspicuous by day, but it blends in perfectly with the shadows of moonlit woods.

Badgers are fastidious animals and

keep their nests, or sets, perfectly clean. Grass from the bedchambers is replaced as soon as it is stale or soiled. Sometimes a fox will take up residency with a badger, but he soon finds himself the sole possessor of the chamber, for the badger would rather leave than live alongside the untidy fox.

The European badger has a most complex burrow. It begins as a fairly short tunnel that ends in a nest. Since badgers associate in large family groups, this original nest is only the beginning of a maze of other burrows that are made as new families are established.

Special nesting areas serve as wards for the breeding females. Amazing as it may sound, records show some births taking place after a six-month gestation period while others take as long as fifteen months. After mating, female badgers are able to delay the actual development of the embryo for a time.

Badgers are among the few animals able to kill and eat the hedgehog, our porcupine's European cousin. They also eat insects, mice, rabbits, eggs, frogs, wild honey, and bulbs. If cornered or wounded a badger is a formidable opponent. Its jaws are so strong that it has been known to leave teeth marks on a steel trap. Yet, if obtained early and treated with kindness, a badger can become a playful and affectionate pet.



# Fulfillment of Faith

by SAM A. YAKUSH

*Radio speaker H. M. S. Richards and Elder Fordyce Detamore are reviewing details of early history of the Voice of Prophecy.*



ELDER H. M. S. Richards dared to be different. He tried what seemed impossible back in the early twenties by preaching the Advent message over the new invention of radio. As a result of his willingness to venture into a new field, millions have been blessed by his ministry and thousands have been added to the church.

On December 31, 1966, in Long Beach, California, more than 11,000 friends of Elder Richards joined with him to celebrate the silver anniversary of the first nationwide broadcast of the Voice of Prophecy.

After a number of years of fruitful pastoral and evangelistic work, both in the Eastern United States and Canada, Elder Richards accepted a call to California. As he looked over the crowds attending his evangelistic meetings he thought, If only I could preach on the radio I could reach thousands of people with the gospel where now I am reaching only hundreds. He was able

occasionally to preach over the radio and he greatly desired to use the medium more fully.

One day as he was camping with two friends in a little cabin in the San Fernando Valley, one of them turned to him and said, "Harold Richards, you say that you think God wants you to get on the radio regularly."

"That's right," Elder Richards answered.

They said, "You don't believe any such thing."

"Why, yes I do."

"No, we don't believe you do."

"Why don't you believe it?"

"Well," they said, "if you believed—if you really believed—that God wants you on the radio, and if you were willing to go on the radio, then you'd be on the radio."

He couldn't argue the point. The next night when he was preaching he told his audience he was going on radio. Since his offerings were needed to

keep his tent meetings out of the red, he invited his audience to bring their old watches, rings, old eyeglass frames, and other old gold to be sold to sponsor the broadcasts. The first sale of old gold brought in \$200. This put him on the air. Soon the entire evangelistic meeting was carried on the air for an hour each night by direct wire from the tent. Elder Richards also reserved his coat pocket for contributions for his radio work.

Those who first came to work for Elder Richards had to exercise faith, for salaries were dependent on offerings that were sent in by listeners. Betty Canon offered to work for a day, but soon was employed full time.

At first the program was called the Tabernacle of the Air. When the program went on an 18-station West Coast network the name was changed to The Voice of Prophecy.

A momentous event took place just a few weeks after the Japanese attack on





*Pacific Union Conference Pathfinders Timothy Peach and Gloria Cervantes present mammoth check.*



*Elder R. H. Pierson gives the main sermon.*



*Left to right: John Thurber, Jim McClintock, Elder Richards, Jack Veazey, Bob Edwards.*

Pearl Harbor. On Sunday evening, January 4, 1942, the Voice of Prophecy went on the first coast-to-coast broadcast. Elder Fordyce Detamore was the announcer, and his first words were, "Hello, America!" Elmer Digneo was the organist, and the King's Heralds Quartet consisted of Bob Seamount, Wesley Crane, George Casebeer, and Ray Turner.

A thrilling part of the anniversary celebration was a reunion of the sixteen different combinations of quartets that have been used by Elder Richards. Only two of the singers were missing. One could not attend, and Ralph Simpson had died just a few weeks before

the celebration. An appropriate memorial service was held in his honor during the anniversary meeting.

The radio broadcast's offices were located first in a renovated chicken house in South Gate, California, progressed to a double garage, and now are in a modern building in Glendale. It is being enlarged at the present time.

When the coast-to-coast broadcast had been on the air for just four weeks Elder Detamore introduced the Bible School of the Air. This was a way for thousands to study the Bible by mail. As a result of this course, as well as others that have been introduced, the English courses have had an enrollment

of more than 13 million, and 329,370 of those have graduated and received diplomas.

The Pathfinders of the Pacific Union Conference had a prominent part in the Long Beach program. They presented a mammoth check for \$1,600 to Elder Richards. They had been collecting this money for a number of weeks in dime folders. The audience in attendance gave an offering of more than \$16,000 to boost the 1966 offering.

"Forward in Faith" has been the motto of the Voice of Prophecy. Today 1,326 stations around the world are carrying the broadcast that was started by a challenge.



# Physical Fitness as Related to Pure Air

by THEODORE R. FLAIZ, M.D.

FIRST OF TWO PARTS

**P**HYSICAL fitness is a term honored in pious platitudes far more than in practical deeds. It is a quality most frequently associated with professional athletes. Their success, possibly their very livelihood, may depend upon it. The athlete knows that his profession is concerned with sharp competition and that the man with whom he will be competing is in the best of physical condition. He knows that unless he disciplines himself to highest standards of physical excellence he has little chance against the man who is disciplined.

Therefore, physical fitness with the athlete is a matter of his success in a career. He is willing to accept any rigors of discipline. He is prepared to do any amount of gym work, track work, or other training routine. He is prepared to forgo favorite entertainment to ensure sufficient sleep. He holds his weight within certain bounds, his food selection is guided by professional advice. Habits known to destroy strength and endurance are avoided. Tobacco, alcohol, and narcotics are eschewed.

All of this emphasis by the athlete grows out of his consuming ambition to excel and to win. His muscular coordination, strength, and endurance are basic to his success. These are all elements in his drive toward maximum achievement.

Are the elements of physical coordination, strength, and endurance of less importance to the student, the educator, the minister, the doctor, the businessman, and the farmer than to the athlete? Possibly the degree of physical fitness involves far more than maximum muscular development. Healthy, steady nerves, a sound heart and circulation, good digestion, healthy skin, and good respiratory apparatus are all part of the picture of physical fitness. Every person hoping to be successful in his chosen career must recognize their significance.

To be physically fit requires that all the organs of the body be in proper functioning condition. It also requires that the environment in which one lives be reasonably favorable to the optimum functioning of the body. Air, food



and water are some of the elements in the environment requiring evaluation. The air, the atmosphere we breathe, the substance in which we are so completely immersed, is pressed against every square inch of the body surface with a pressure of fifteen pounds.

A fish swimming in the deeper waters of a lake, say at a depth of one hundred feet, is pressed about on every side with a pressure of nearly fifty pounds a square inch. It is this kind of pressure that surrounds us and presses in upon us to the extent of fifteen pounds on every square inch of our bodies.

Just as the pressure under water is less in shallow water, so the pressure of air is less in the upper levels of the atmosphere. When you go up in a plane or climb a mountain to the height of 18,000 feet above sea level, the pressure has dropped to half that at sea level. At 36,000 feet, the height at which long-range jets often travel, the pressure has dropped to one fourth that at sea level. At 72,000 feet it has dropped

to one eighth. Even so, there is still sufficient atmosphere to support some of the ultra-high-speed planes and those with a high wing-area-weight ratio. It is this reduced air density in the upper levels that makes necessary the pressurization of airplane cabins.

The extent of the difference in pressure at sea level and, let us say, at 18,000 feet is well illustrated by a tragedy that overtook one of our constellation planes a few years ago. The plane had a plastic dome in the roof to permit the navigator to "shoot" the sun or a fixed star as part of his work as navigator. As he carried out his duties under this plastic bubble the greater internal pressure in the cabin blew out the bubble with great force. The blast of air literally blew the navigator out through this opening in the roof of the plane to a terrifying 18,000-foot drop to the waters of the Atlantic.

Variations of the oxygen supply in the air affect markedly the physiology of the body. Some years ago I was trav-



eling in South America with the division president, Elder Murray; Elder Blake, the treasurer; and Mrs. Blake. We were booked to fly from Iquitos down on the Amazon to the Peruvian capital of Lima on the Pacific. The Andes Mountains at this point rise to 20,000 or 22,000 feet. The regular plane flying this run was to come into Iquitos on Thursday evening, stay overnight, and return to Lima the next day. On arriving at the airport Friday morning, we learned that the plane, coming to Iquitos the evening before, had attempted to fly through a fog-bound pass on instruments. Whether the navigator miscalculated or the instruments failed was of little significance to the sixteen passengers who

perished in that mountainside crash.

The airlines people were finally able to warm up an old C46 cargo plane for the morning run to Lima. The cabin was not, of course, pressurized, but a tank of oxygen was brought on board. Through rubber tubes oxygen was made available at each of the twelve occupied bucket seats. The oxygen was turned on at 16,000 feet.

Desirous of learning the clinical effect of oxygen deficiency, I laid my tube aside and began writing a letter to my wife. It was mostly a report of the activities of the past few days, including a couple of days on one of the Amazon medical boats. I wrote as the plane climbed first to twenty, then twenty-two, and finally to twenty-four thousand feet,

the highest point of the trip. As the plane began to descend toward Lima, I picked up the tube and breathed in the oxygen. The experience was like stepping from a mist-enshrouded, depressing chamber into a clear refreshing spring morning.

That evening in the hotel I examined the writing I had done while short of oxygen. There was a graduated increase of misspelled words, incompleting words, incompleting sentences, inaccurate statements, and a general lack of coherence and sequence. As the altitude increased and the oxygen of the air decreased there was a proportionate increase in obvious confusion of thought.

First of all, let me advise strongly that others not try the same experiment. It could be dangerous. However, millions are going through much the same experience though perhaps to a lesser degree. Drowsiness in gatherings in close, unventilated quarters, with possibly the additional symptom of headache, arises from the same cause. Sleeping in unventilated rooms may result in headache, dizziness, and even confusion. This matter of varying air pressure or air and oxygen supply is of critical significance as it relates to human physiology.

Air is composed of approximately one part oxygen and four parts nitrogen. The nitrogen is a transparent and inert gas, which in the human body undergoes no chemical change. It serves to provide essential dilution of the oxygen. There are also in the air very small quantities of hydrogen, carbon dioxide, argon, neon, and helium. These last-mentioned gases are in such small amounts as to have no physiological effect on the body. Oxygen, on the other hand, is vitally active in body function, and without it death would ensue in minutes.

Oxygen is taken into the body as a part of the air we breathe. Air inhaled passes down the trachea to the bronchial tubes. These branch into smaller and smaller air passageways till they become microscopic. The air ultimately reaches minute thin-walled air sacs, surrounded by a network of capillaries. So thin are the walls of these sacs that they permit the passage of oxygen from the fresh air into the blood in these capillaries. As the oxygen is passing through the wall in one direction, waste products from the body are passing from the blood through this membrane into the air to be carried from the body in the expired air.

This is the first installment of a two-part serial. Part two will appear next month.

# ENJOY The Beauty of

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# Lifesavers for Swimmers

from THE AMERICAN RED CROSS NEWS SERVICE

TEN "LIFE PRESERVERS" are recommended by the Red Cross for the millions of Americans who will take part in water sports this summer.

The swimming and boating season opens officially on this holiday weekend. Together, the two sports are the most popular with Americans.

"Also, they are responsible for most of the annual drownings in this country—6,800 in 1965," declared A. B. Murphy, national director of Red Cross Safety Services.

"By exercising proper care, many of these fatalities could have been avoided," Mr. Murphy said.

He listed these precautions against drowning and other waterside accidents:

1. Learn to swim. If you can swim a little, learn to swim better. Your Red Cross chapter can tell you when its next swimming class is scheduled.

2. Always swim with a companion—never alone. For long-distance swimming, have someone in a boat accompany you.

3. Swim in a safe place. The presence of lifeguards usually indicates the area is safe for swimming.

4. Before diving, make sure the water is deep enough and there are no hidden objects such as submerged rocks.

5. If you have not been swimming since last summer, take it easy at first. Recognize your limitations and don't try to go beyond them.

6. Wait at least an hour after eating before going into the water, and don't swim when overheated or overtired.

7. Don't depend on a tube or inflated toy to hold you up. They can slip away from you.

8. Watch your step. Walk, don't run, around pool decks. Don't skylark.

9. Try to remain calm in case of trouble in the water. Assume a face-up floating position, keep your hands under

water, and slowly move hands and feet.

10. If your boat capsizes, don't swim away from it. Most small craft will float, even when filled with water.

Along with its safety suggestions, the Red Cross issued the following checklist by which a swimmer can grade his swimming knowledge:

## What Is Your Water-Safety IQ?

1. You are swimming in open water and get a severe cramp in your leg. You should:

a. Roll over to a face-down position and massage the aching part. b. Swim to shore as quickly as possible. c. Tread water and call for help.

2. You are out in a boat in rough water and the boat capsizes. You should:

a. Get away from the boat, tread water, and call for help. b. Try to swim to shore. c. Hang on to the boat.

3. You are swimming in heavy surf and find yourself being carried out to sea. You should:

a. Swim toward shore at an angle. b. Swim to one side and not against the current. c. Stop swimming and float with the current.

4. You are walking out into the water and you step into a deep hole. You should:

a. Drop your head forward and move your arms under water dog-paddle style. b. Throw up your hands and yell for help. c. Sink to the bottom and push off with your feet to bring yourself up.

5. You want to test your endurance with some distance swimming. You should:

a. Ask the lifeguard to keep an eye on you. b. Swim parallel to the

shore. c. Arrange for a boat to accompany you.

6. You are climbing up a pool ladder when you notice someone in trouble behind you, about 4 feet from the side of the pool.

You should:

a. Hold onto the ladder and extend your leg back for him to reach. b. Call the lifeguard. c. Swim out to him and bring him back to the side.

## Scoring

Give yourself 2 points for each correctly checked blank. The maximum score possible is 16. If you scored less than that, better investigate your Red Cross chapter's water safety classes! If you reached the top mark, you might qualify for water safety aide or instructor courses.

## Answers

1. a. The face-down position enables you to float while you are relieving the cramped muscle.

2. c. Boats usually float.

3. b. This maneuver takes you away from the current and conserves your energy so you can swim back to shore in a straight line.

4. a. and c. Either way will take you out of a hole. If you use c., you will continue to push up and down, in a bobbing manner, until you're clear.

5. b. and c. Even if a lifeguard could concentrate on a single individual, if you swim out, you must get back. This might overtax your ability.

6. The easiest and safest rescue technique is a., to extend your reach, whether by an arm, a leg, or a reaching pole. Time is the important factor, therefore b. would be a secondary answer. Swimming rescues should be a last resort unless a person is trained.





# Full Circle

by GLADYS O. MURRY



THE CALIFORNIA coastal air smelled tangily of salt as Huey Weber left the school he had been attending. It was a day for reminiscing. His mind may have been flitting back and forth between this present environment of sun and sea and the dry, cold climate of Spearfish, South Dakota, where he had been born thirteen years earlier.

Perhaps he was thinking of his mother, who had died when he was only seven years old. Whatever his thoughts, they had nearly caused him to miss the bus that took him to and from school each day. "There it is now!" he mumbled to himself. "Can I still catch

it? Yes, if I try!" He started running, but nearly lost the race when a scattering of gravel sent his feet flying out from under him.

"There was no great amount of pain either then or afterward," Huey told me, "only a strange numbness that bothered me a little at first, then grew increasingly worse. It was a hard blow to take. Gradually my legs became so paralyzed that my father and step-mother took me to Mercy Hospital in San Diego."

"There many tests were given me. X-rays were made, and the cause of my paralysis was discovered—a tiny blood clot lodged in my spine. It was the re-

sult of my fall on the slippery gravel."

Huey was admitted to Mercy Hospital on October 11, 1947. He was in and out several times during the next three years. During that time he was indoctrinated into the Roman Catholic faith, which sponsors the hospital.

"My medical and hospital expenses wiped out the family savings," he confided. "I was then transferred to the county-operated Children's Hospital. At Children's there was some improvement in my condition, and in a few months I was allowed to go home. Though my legs were still useless, I was able to sit up."

"The time passed slowly for me. I





*Sara Miller, one of the leaders of a group of enthusiastic young people in the El Cajon church, encourages bedridden Huey Weber.*

dreams wiped out by a spot of dusty gravel, Huey was unusually patient and kind. Since he was extra small for his age, it was not hard for the Armstrongs to take him straight to their hearts. Mrs. Armstrong recalls that they thought of him as a son. She said, "Glenn carried the boy in his arms wherever he needed to go."

The Armstrongs gave Huey a series of Bible studies.

One day the Armstrongs had to leave the sanitarium for a while. When they returned, the admitting nurse said, "I took another boy in today, and I'm wondering whether I should have."

"Why the doubting?" inquired Mrs. Armstrong.

"Go and see for yourself," was the reply.

Mrs. Armstrong entered the boy's room. When she did so, she found herself staring into the barrels of two very real-looking six shooters.

"Bang bang! Bang bang! I'll shoot you dead!"

Handling the shootin' irons was beligerent, fair-haired Jerome Neustadter, twelve years old, and a victim of muscular dystrophy. The cowboy garb he wore was in keeping with his weapons.

"And his attitude," said Mrs. Armstrong, "his attitude— Well, never in my life had I seen such an indignant child. He had me shot dead from the moment I entered the ward, and he continued to shoot me and all other employees for the next six months. Yes, I guess it was every bit of six months before we succeeded in getting Jerome to give up those guns and come out of that cowboy garb."

"How did you do it?"

"Well, Huey was already well under way with his Bible studies. Being of such a kind nature, he found it easy to put his newly studied Christian attitudes into practice.

"We had a plan whereby the boy who was currently taking Bible studies would take over the next boy to be admitted. Thus Huey was to take Jerome under his wing and get him interested in Bible study and Christian life.

"I pointed out to Huey that he was now responsible for Jerome's soul, that we all were, and it was up to him to help us point out the way of salvation to surly Jerome."

Though unbaptized himself, Huey met the challenge. He began to work with and pray for the aggravating Jerome. His most persuasive power over Jerome was that which all young people can use to the best advantage—the power of example.

When it came time for morning care, Huey was always kind and patient during the cleansing routine and the changing of beds. While Jerome upbraided both the Armstrongs and the nurse, Huey would smile and say, "Take it easy, Jerry. After morning care we'll have some fun. First, we'll read awhile, then if we pull our bed tables together, we can play some games."

Little by little Huey began to gain Jerome's respect. In several weeks' time they were studying the Voice of Prophecy lessons together. Meantime the younger boy kept those guns right there on his hips, but former nurses agree that they were used aggressively less and less.

Before the two boys had advanced very far in their Voice of Prophecy lessons another twelve-year-old muscular dystrophy patient was admitted to their ward. Like Huey, the new boy, Dickie, was nonbelligerent and easy to get along with.

When Dickie was admitted, Mrs. Armstrong made her usual appeal, but this time to Jerome. "Now, Jerome," she said, "Dickie is the new patient, and as such is your responsibility, spiritually speaking."

By this time Jerome had made the great decision to lay down his arms. He put forth special efforts to interest Dickie in the same truth that was being pointed out to him. Together the three boys studied the Bible lessons. Together they solemnly pledged, "We accept Christ as our Saviour and intend to serve Him the rest of our lives."

Together they made their decisions to be baptized, but at the last moment it was decided that little Dickie was too weak to go through with the ritual. He was taken into the church on profession of faith. Huey and Jerome, however, were taken to the church and baptized. Huey had to be carried into the water.

Now the boys were launched on a new life of growing in grace. Mrs. Armstrong said, "It was a revelation to

occupied part of my time by keeping up with my education at the fastest rate possible under the visiting-teacher plan.

"Soon the paralysis began to creep into my hip joints and lower back region. Before long I was bedfast and had to be hospitalized again."

It was at this time that the county began placing some of the younger patients in a rest home that was later purchased by Mr. and Mrs. Glenn Armstrong. The Armstrongs were Seventh-day Adventists. With the taking over of Huey's care, they began to plan for the salvation of his soul, as well as for the care and treatment of his body.

For a boy who had just had his life's



watch Jerome in the great amount of faith he was acquiring. He strongly believed that he was going to be healed. He made a request for the elders of the church to anoint him and pray for him according to Bible instructions.

"When there was no improvement in his condition," she continued, "friends began to fear that bitterness would take over and weaken his faith. They could have saved themselves the worry, for though Jerome was sorely disappointed, he accepted God's will without question and continued on in the faith. He read anything and everything pertaining to the message of the three angels, and remained hopefully looking ahead, both morally and spiritually."

Dickie too grew strong in faith and continually prayed that his body would be healed.

The three boys stayed at Armstrongs until, owing to a rotating system carried on by the county, Huey was sent home when he became eighteen years old. "Though I missed my friends and way of life at the sanitarium," he said, "it was good to be with my family. My stepsister was about my own age and was company for me."

Since no religion was practiced in his home, it was hard for a helpless boy to live up to his Christian principles. His stepmother had to make a trip to the East. Mrs. Williams, his former nurse at the rest home, gladly consented to go to his home daily during her vacation to care for the boy. After three weeks she had to return to work.

There are differing opinions as to why Huey lost faith. Some say that he was forgotten by church members, and that there were no young people to keep in touch with him. Others report this a misjudgment, and say that various church members did visit him. Whatever the reason, he did drift away.

When his stepmother did not return to care for him, Huey was moved to Edgemoor Geriatric Hospital. Though it was a hospital for the elderly, it also took care of some younger patients whose afflictions seemed permanent.

"After I got settled at Edgemoor in 1952," Huey said, "I became acquainted with a girl of Roman Catholic faith. When she found that I had at one time been a Catholic she sent a priest to call on me. I don't know how it happened—perhaps because of my fondness for the girl—anyhow, before long, the priest was calling regularly on me to hear my confessions."

Mrs. Armstrong visited Huey about that time. Seeing a crucifix upon the wall above his bed, she exclaimed,

"Why, Huey, what does this mean?" "I'm a Catholic again," the boy stated.

"Huey, you know that you do not believe that way any more."

"Yes, I do," he replied with certainty.

Mrs. Armstrong said, "I left, feeling very sad, and to this day I cannot understand it, unless it was because Huey had been in the church for such a short time before he was removed from the sanitarium."

Huey had been at Edgemoor several months when two new patients arrived. Imagine his surprise when he discov-

## Tramps in My Garden

by GRACE LYON BENJAMIN

As I stroll through my garden  
I'm startled to face  
Tramps that have settled,  
Well rooted, in place,  
Not planted by me,  
For I had not planned  
To have daisies in bloom  
In the midst of my land.

They just wandered in,  
Seeds dropped by a bird  
Or blown by the wind.  
I guess they had heard  
That I'm friendly to tramps—  
That I'll never glower  
When a stray comes to call—  
If it is a flower.

ered them to be Jerome and Dickie. Still happy in their beloved faith, they soon became acquainted with Mrs. Kroll, a Seventh-day Adventist nurse who was on the staff at Edgemoor. Mrs. Kroll belonged to the El Cajon church, which was blessed with an energetic youth group of more than fifty members. These young men and women really worked at being Christians.

Upon the suggestion of Mrs. Kroll the singing band called on these two boys often. One day when they were visiting, a pale-faced young man said to them, "I used to be a Seventh-day Adventist too." It was Huey.

Under the influence of Jerome and Dickie and the El Cajon youth group, Huey came back, although he was in no hurry to do so.

Huey studied his Bible over and over, thoroughly sifting truth from fallacy. Carefully, very carefully, he re-examined every point of doctrine. "This time

it was for keeps," Huey said. "I felt that I had to be very sure."

Mrs. Miller says that when Huey was discussing his return to the Adventist Church he said, "Well, there is one thing that I haven't settled in my mind yet, and that is about dancing."

Puzzled, she stated, "Why, Huey, you know that in your condition dancing is no problem to you."

"Yes, but it's the principle of the thing," he answered honestly. "I have to decide whether I would give up dancing if I had good use of my legs."

Such honest conviction is what Huey based his reconversion upon. In 1959 he was taken into membership by the El Cajon church and Dickie and Jerome rejoiced to have their "trio" complete again.

For a time Huey was well enough to attend church regularly. Mr. and Mrs. Oliver Kroll and Dale McBride were faithful in taking their station wagons to transport him and his stretcher to Sabbath services. He and Jerome were both taken to some of the social functions held by the young people. Their friend Dickie was in such a condition that he could not leave the hospital. However, he was cheered by the weekly visits of the singing band. It was not long before both Dickie and Jerome were laid to rest, to await the coming of the Saviour they loved so well.

Since returning to the church, Huey has had opportunities to do much witnessing. For more than a year he was able to take an active part in the youth division of the Sabbath school. He often gave the mission story from his stretcher bed. During this time he finished his secondary education, graduating from Grossmont High School. He also completed a correspondence course in Bible doctrines from the Home Study Institute. His condition has now worsened, until he is no longer able to leave the hospital.

Huey has an electric stretcher that he can propel around the hospital corridors by himself. It was purchased for him by the Kiwanis Club and other private contributors. At the presentation he appeared on television. Several newspaper articles have been written about him and his accomplishments.

At various times, when his health has permitted, he has worked for expense money, doing such chores as folding linens for the hospital.

Through all his affliction Huey has been thankful for good eyesight. His compassion for those who cannot see influenced him to take up transcribing

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# Be Careful!

by ALBERT J. WARREN

**W**HAT a sight it must have been! A two-hundred-pound man, almost six feet tall, sat in a cedar tree facing a mountain lion cub, while his wife danced from one foot to the other crying, "Oh, honey, please leave it alone. That old lioness is around here somewhere, and at the first outcry from that cub she'll be here clawing us to pieces!"

We were on our way to inspect an old homestead in the Siskiyou Mountains of northern California. It was an isolated place, and we had been told that anything could happen before we reached it.

It was isolated! Five miles north of Hornbrook we turned off Highway 99, and from there until we came almost to the cabin we were enveloped with swirling clouds of red dust that the wheels of our Volkswagen threw high in the air. The road we traveled, hardly more than a glorified cow trail, reminded us of a roller coaster, turning and twisting as we went over the small hills.

I suppose the dust would have been easier to take if it hadn't been for the exasperating gates we had to open. It seemed that we no sooner had re-entered the car than we had to stop and get out again. Besides, we had found at our ages, getting out of a Volkswagen can become a small project.

The day was hot, we were excruciatingly thirsty, and we could taste the peculiar, flat, clay taste of the red dust. Naturally, under these conditions, we would find unfit-to-drink water. The Volkswagen slid and squirmed through three streams of turbulent, muddy water. It took all our self-control to keep from drinking from the murky streams, such was our feeling of thirst.

Slowly the dusty road began to feel

firmer. At the side of the road small patches of green grass appeared, and we came to a grove of huge ponderosa pines mingled with cedars. Alongside two of the pines flowed a beautiful stream, clear as crystal, and bubbling and murmuring as if it were as happy to meet us as we were to meet it.

Our joy was even greater as we found a spring of great size that fed the stream. This we became intimately acquainted with. I let the cool water flow over my head and neck, which left a red ring of dirt with many streaks where the water stopped. My wife was much more civilized. She splashed water on her face with her hands, leaving, instead of a ring, small patches of red here and there. It took a long time to wash the clay taste from our mouths.

Here, under these majestic trees, we rested awhile. We had wanted to get away from the noise and discord of the city. We had even wanted to get away from all people. We wanted a rest, and it looked as though this homestead would give us just that.

A shadow flitted past us, and we looked up in time to see a Stellar jay flying overhead. It was he that had been squawking ever since we had taken possession of the spring. Now he was squawking even louder than at first. Off in a lonely cedar we saw several robins and many sparrows playing in the branches. This little grove of trees was alive with birds. Many we had never seen before. We liked that!

The sun was starting the second half of its race when we pulled ourselves away from our little oasis and found what used to be a road and started walking. We had about a quarter of a mile to go. As we walked we could see where heavy flows of water had washed away the left side of the road, leaving it

almost impassable. In other places it was full of chuck holes, and several trees had fallen across the width of it.

We had entered a large canyon now. On one side was a bank of red dirt, thickly covered with manzanita bushes. The other side fell away into a rocky creek bed, then turned upward and formed a high mountainside that ended in a peak on which several scrawny trees stood. Under the trees I thought I saw two deer, but the distance was so great I couldn't be sure.

A short distance farther, the bank halted abruptly, the rocky bed turned away from us, and we found ourselves facing a slab of granite that must have been a quarter of a mile wide, sloping gently upward and to our left. The only living thing between the granite and the bank was a lonely cedar, dwarfed and gnarled.

Strolling along the road, my wife and I had been having a lively conversation, but as I saw the granite I thought, There mustn't be a soul within four miles of us. Anyway—"Hey, what's that?" In my surprise I had spoken aloud. My wife asked what I had said.

"I don't understand it. I thought this place was deserted, but look up there."

"Where?"

"Up there at the top of that ridge of rock. Can't you see that big dog? Who would have a dog 'way out here?"

"Honey," whispered my wife in a strange excitement, "that isn't a dog. That's a mountain lion!"

"Are you sure?"

"I'm positive! I saw them in New Mexico when I was a girl."

"Well, I'll declare! What do we do now? I think we had better get out of here."

"No, let's stay and watch what happens. It won't hurt us. Mountain lions won't attack unless they are very hungry, or unless someone bothers their cubs. Then watch out!"

"Yes, but how can you tell whether they are hungry or not? That's the question that bothers me right now!"

"Oh, don't worry. It won't bother us. Shush! It's coming this way."

It was coming our way, and it was getting close too. We watched as it loped down the granite slab, heading directly for us. It came within seventy-five feet, then turned slightly and headed for the lone cedar. We held our breath. It was about forty feet away.

We held our breath for two reasons. The first was that we didn't want to become a sandwich. The second was because we knew that the scene we were witnessing was rare, and probably never



again would we have the chance to see it. Up to this time the lioness hadn't caught our scent, perhaps because she was carrying a squirrel in her mouth. We feared that at the least sound she would either attack us or flee. We wanted neither.

At the trunk of the cedar the lioness dropped the squirrel. We heard strange barking sounds, or perhaps coughing sounds would describe it better. Then we saw what looked like one of the biggest, most beautiful house cats we have ever seen. It was a brownish-orange color with stripes on it.

About this time the old lioness lifted her head, sniffed twice, then unhurriedly loped off toward the bank, went up a pathway into the thicket of manzanita bushes, and disappeared, the cub scrambling close behind her.

"Hey! I wonder where the other cub is," whispered my wife. "They usually have two, you know."

I didn't know, but I was glad for the information.

We went over to the tree then, and to tease my wife I said, "It's probably up in the tree—eee."

No sooner had I spoken than we saw it, crouched along a branch of the tree. Its big round yellowish eyes stared at us, watching every movement, never blinking. I watched that cub for at least twenty minutes and never once did I see it blink its eyes.

This is where the two-hundred-pound, almost-six-foot man decided to climb the tree to get the cub for a pet.

Before climbing I had tried throwing rocks at the cub. I must have thrown a ton of them, at least it seemed so, but the cub just crouched lower on the branch and stared at us the harder.

When my arm ached sufficiently I picked up a good-sized stick and went up after him. I was facing the cub now. He was about twenty inches away. I pushed the stick forward and within an inch of his nose. That was a mistake. He let out a ferocious snarl and bared his teeth. I saw right then that I was going to have my hands full trying to get this vicious bundle out of the tree.

To make matters worse my wife was dancing from one foot to the other crying, "Oh, honey, please leave it alone. That old lioness is around here somewhere and at the first outcry from that cub she'll be here clawing us to pieces!" She then proceeded to relate stories of people attacked by lions. One in particular impressed me. It seems that a child had been attacked one evening. The search party found only a small hand, nothing more.



#### *Voice of Prophecy Titles for June*

June 4	How to Be Happy
June 11	How to Have Peace in Your Life
June 18	How to Pray
June 25	Bible Questions

But there I was. So close to my prize. I had made my boast, and my pride wouldn't let me back down. Isn't that the way with sin? We walk on Satan's ground. He isn't far away. He is ready to pounce on us at the first opportunity, but we feel that we are well able to get the prize.

What a prize I would have gotten! A beautiful lion cub? No! I would have been torn to pieces by the old lioness, unless the Lord intervened. I am happy that He did. Years later, as I write this, I can still feel butterflies in my stomach thinking about what might have happened.

Someone reading this will exclaim, "How stupid can a man get?" That's a good question. I often ask the same question when I meet the problem of sin. How stupid can we get?

Did I get the cub? No. After another pass with the stick the little fellow turned around on the branch and slid down the outer leaves of the tree, dropping from one branch to another until he reached the ground. Before he headed for the manzanita bushes he stopped and looked up at me as if to say, "Better watch it, tenderfoot. Next time I'll call my ma!"



## *What's for Dinner? Vegetarian Salisbury Steak!*



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**Salisbury Steak Supreme**  
Open can of Salisbury Steaks. Reserve gravy for sauce. Place steaks in casserole or electric skillet. Cover with Supreme Sauce and heat thoroughly 15-20 minutes at 300°. Serve from chafing dish or casserole. Makes 4 servings.

#### **Supreme Sauce**

1 small Onion chopped  
1/2 Green pepper chopped  
2 T. oil  
1 8-oz. can tomato sauce  
2 t. sugar  
Water and gravy to make 3/4 cup  
Saute onion and green pepper in oil until tender. Add tomato sauce, sugar, steak gravy and water. Simmer to desired consistency. Oregano or other seasonings may be added.



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# Friend Indeed

by BONNIE H. MOYERS

ANN flitted from the kitchen to the living room, trying to make things look presentable. Her steady boy friend, Carl, was coming soon.

Nearly all the housework had fallen on her slender shoulders since her younger sister, Jean, had been hospitalized for a quadruple illness. For three days and nights mom had stayed constantly by her child's bedside. Jean was getting better, and perhaps mom could come home soon.

Ann did not have too much trouble keeping the house straight and preparing easy-to-fix meals, for her sister Estelle and her brother, Dave, helped her, but getting the washing and ironing done was something else!

Perhaps she should call Mr. Jacques, her boss, and ask him whether she could take Monday off so she could get those two jobs done. "No," she decided, "not unless there is no other way out." It was quite enough to have to ask him for Friday off, although he had very kindly granted her request.

She had wondered whether she should call off this date—but dismissed that idea. Carl was a very understanding person, and he would always be welcome at her house. The date would be an at-home one, since someone was needed to stay with Estelle and Dave. A knock at the door told her Carl had arrived. Answering the door, Ann asked, "Wouldn't you like to be the banker for our Monopoly game? Come in and make yourself at home!"

They sat at the table with the game. With forced gaiety, Ann started to play.

"Ann," said Carl, his eyes searching hers, "I know trying to work and keep up a house too, isn't easy. You've had it pretty rough since Jean has been sick. Is there anything I could help you do?"

Visions of soiled clothes rose before her eyes. Aloud she said, "Nothing but the wash, and you certainly wouldn't want to tackle that!"

"Oh wouldn't I?" he rejoindered. "Although I've never done a wash before, I'm willing to learn. Let's get started."

She was surprised, but responded, "O.K. Let's."

So they did. Estelle was too small to help, and she played in the basement while Carl and Ann sorted, washed, and wrung the clothes. Dave's job was to hang them up and help starch them.

At 11:00 P.M. the wash was finished. "I don't know how to thank you." Ann's eyes were shining as she tried to stammer her gratitude. "This was rather an unusual way to spend a date."

"Rather," smiled Carl, "but I enjoyed it—and would have no matter what we had planned to do. Anything is pleasant when you are with someone you love."

"Well," he continued, as he took Ann's small hands in his large ones, "it is late, and I had better get started on the long drive [30 miles] home. Good-night." And so they parted.

When her mom came home the next day, she looked wearier than Ann had ever seen her.

"How's Jean?" Ann asked anxiously.

"She's much better, I'm glad to say. You've done a good job of cooking and keeping the house clean. Guess I'll have to turn in tomorrow and do that huge wash." And she sighed wearily at the thought.

"Oh, no you don't!" said Ann. "Carl and I did the wash last night."

"You mean you two spent your date doing the wash for *me*?" cried mother, unable to believe her ears.

"How can I ever thank you enough?" The smile that lit her tired face was wonderful to see. "You know, Ann," she added with a twinkle in her eye, "I really like your young friend. He's thoughtful and considerate. He'd make a good husband."

"No doubt he would," agreed the girl blushing. "He certainly was a friend when I needed one the most."

Mother was right. Carl is now my husband.

## Impermanence

by JOHN D. ENGLE, JR.

Yesterday the mighty jets  
vaped their giant signatures of ownership  
on the slate of sky.

With swooshing roar and boom  
they pushed back all horizons,  
struck time with pointed sonic fists,  
turned gulped air to screaming trails of flame,  
and asserted their dominion over all.

Today a modest little wisp of breeze  
sings about last night's activities.  
The sky, now clean, no name left to erase,  
holds smiling silence in a blue embrace.



# Counsel Clinic



**Question** *Sister White, I believe, has said that God took the Garden of Eden to heaven before the Flood.*

**Counsel** *Spiritual Gifts*, volume 3, page 83: "At the end of one thousand years, Jesus . . . descends from the holy city . . . upon the mount of olives. . . . As his feet touch the mountain, it parts asunder, and becomes a very great plain and is prepared for the reception of the holy city in which is the paradise of God, the garden of Eden, which was taken up after man's transgression." See also page 55, and *The Story of Redemption*, page 58.

**Question** *I am 19 years old and about to enter college. I'd like to know if there is a need within the denomination for translators and interpreters. Also, how much demand is there for artists in the publishing work of this denomination? Which languages are the most important?*

**Counsel** We think you are wise to give thought to a choice of career as early in your school life as possible. And it is certainly practical good sense to do this on a basis of the need. There is nothing like being prepared to do a certain job when people are needed to fill that specific requirement.

There is obviously a great need for translators and interpreters within the Adventist Church. In fact, there are not many churches that have as great a demand for this service as does the Adventist Church, since so much of its work is scattered over vast sections of the world outside the United States. It would be difficult to say which language would be the most useful. But if one has a working knowledge of English, French, and Spanish, there should be a large number of fields in which he could serve. He might find it necessary to learn another language or dialect, but the fact that he has already mastered three languages would make it easier for him to learn the fourth.

As for artists, I would say again that there is a demand, although it does not appear to be as widespread as the need for linguists. We need people who can do illustrations, and who excel in

layout and design. An outstanding artist, of course, will always be in demand. The denomination has a large number of magazines and periodicals that require efficient people to do the creative work necessary to make them attractive. This will be true, increasingly, as time goes on. If you prepare yourself we do not doubt that there will be a place waiting for you in either or both of the fields you mention.

There are two general observations, however, that we feel you should keep uppermost in your thought. One is that our whole life ought to be subject to the Lord's will and ordered by Him. "In all thy ways acknowledge him," the writer of Proverbs says, "and he shall direct thy paths" (Prov. 3:6). Pray that the Lord will impress you with the specific course you should pursue, and He who knows each of us better than we know ourselves will reveal to you, step by step, His particular design for the work He wants you to do and how He would have you prepare for it. Seek to know all that you can about what we believe and why. Try to secure a good general education, for you do not know, in the years remaining, what responsibility you may be called to bear. And you do not know where you may be called upon to give your particular and unique witness for the Lord.

The second point is that you should aim for life's most essential goal—purity of heart and simplicity of life. The greatest ambition is not knowledge or achievement, but it is in being pure, and strong, and gentle, and glowing for God. These qualifications will often recommend you for a place in God's service when the other qualifications you consider essential will somehow fail to impress those whose responsibility it is to make the choice. Remember, too, that this highest achievement of life is open to all of us.

**Question** *In comparing the Sabbath commandment as it is given in Exodus 20:8-11 with Deuteronomy 5:12-15 it is noted that the Exodus reading refers to the Creation, whereas the Deuteronomy rendering ignores the Creation and speaks of the bondage in Egypt. Inasmuch as there is a conflict here,*

*wouldn't it be better to use the example of Jesus as the basis of Sabbathkeeping rather than any Old Testament references? If Jesus isn't in a doctrine it really isn't binding as far as I'm concerned anyway.*

**Counsel** I am so thankful that we can follow and should follow the example of Jesus in everything we do. As we study the Scriptures, which is God's admonition and counsel to us, we should always read all that goes before and after the statements, in order to fully and clearly understand them.

Exodus 20 contains the law of God as given by God through Moses to humanity. Verses 8-11 are the very heart of God's ten-commandment law, and here we find God asking us to remember that He is our Creator and that He rested, blessed and hallowed the seventh-day Sabbath. As we read verse 2 of the chapter we note that He wanted the people to remember that He as their God brought them out of Egypt, the house of bondage.

Forty years later we find Moses, the leader of Israel, calling the people together and again calling their attention to the law of God as set forth in Exodus 20. Deuteronomy 5 uses a little different wording in some sentences from what was used in Exodus. We note that in Exodus 20:11 God calls attention to Himself as the Creator, whereas in Deuteronomy 5:15 He calls attention to the fact that He was their Saviour who brought them out of the land of bondage. There is no conflict of doctrine in these two passages. He was their Creator as well as their Saviour, and He is our Creator and Saviour, as well.

Notice also that in Exodus 20:2 God is appealing to Israel to remember how He brought them out of the land of Egypt and bondage. If we truly follow the example of Jesus in our Sabbathkeeping and follow His counsel in the Old, as well as in the New Testament, regarding the Sabbath, and we are sincere in our desire to follow His example, I am sure that we will be following the right path.

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

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



# Sabbath School Lessons

JUNE 3, 1967

Prepared for publication by the General  
Conference Sabbath School Department

## SENIOR

### X—Gethsemane

LESSON SCRIPTURES: Matt. 26:31-68;  
Mark 14:27-50; Luke 22:31-53; John 18:  
1-14.

MEMORY VERSE: "Watch and pray, that  
ye enter not into temptation: the spirit in-  
deed is willing, but the flesh is weak"  
(Matt. 26:41).

STUDY HELPS: *The Desire of Ages*, chap-  
ter 74; *The SDA Bible Commentary*, vol. 5.

### Jesus Warns His Disciples

1. How did Jesus seek to prepare His dis-  
ciples for their coming trial and disappoint-  
ment? Mark 14:27.

NOTE.—"Through the crowded streets they made  
their way, passing out of the city gate toward the  
Mount of Olives. Slowly they proceeded, each busy  
with his own thoughts. As they began to descend  
toward the mount, Jesus said, in a tone of deepest  
sadness, 'All ye shall be offended because of Me  
this night: for it is written, I will smite the shep-  
herd, and the sheep of the flock shall be scattered  
abroad.' Matt. 26:31. The disciples listened in sor-  
row and amazement. . . .

"In their self-confidence they denied the repeated  
statement of Him who knew. They were unpre-  
pared for the test; when temptation should over-  
take them, they would understand their own weak-  
ness."—*The Desire of Ages*, p. 673.

2. What special warning did Jesus give to  
Peter? Luke 22:31, 34.

3. What protestation of loyalty to the Sav-  
iour did Peter make? Mark 14:29-31; Luke  
22:33.

NOTE.—"When Peter said he would follow his  
Lord to prison and to death, he meant it, every  
word of it; but he did not know himself. Hid-  
den in his heart were elements of evil that circum-  
stances would fan into life. Unless he was made  
conscious of his danger, these would prove his eter-  
nal ruin. The Saviour saw in him a self-love and  
assurance that would overbear even his love for  
Christ. . . . Christ's solemn warning was a call  
to heart-searching."—*The Desire of Ages*, p. 673.

4. With what comforting promise did Jesus  
seek to assure His disciples? Mark 14:28. Com-  
pare John 16:20.

NOTE.—"These things I have spoken unto you,"  
He said, "that in Me ye might have peace. In the  
world ye shall have tribulation: but be of good  
cheer; I have overcome the world." Christ did not  
fail, neither was He discouraged, and His followers  
are to manifest a faith of the same enduring nature.  
They are to live as He lived, and work as He  
worked, because they depend on Him as the great  
Master Worker. Courage, energy, and perseverance  
they must possess. Though apparent impossibilities  
obstruct their way, by His grace they are to go for-  
ward. Instead of deploring difficulties, they are  
called upon to surmount them. They are to despair  
of nothing, and to hope for everything."—*The  
Desire of Ages*, p. 679.

*The Youth's Instructor*, May 30, 1967

## Jesus in Gethsemane

5. Upon arrival at Gethsemane, whom did  
Jesus take with Him to a retired spot for  
prayer? What statement and request indicated  
the crisis He was facing? Matt. 26:36-38.

NOTE.—"Now He [Christ] seemed to be shut  
out from the light of God's sustaining presence.  
Now He was numbered with the transgressors. The  
guilt of fallen humanity He must bear. Upon  
Him who knew no sin must be laid the iniquity  
of us all. So dreadful does sin appear to Him, so  
great is the weight of guilt which He must bear,  
that He is tempted to fear it will shut Him out  
forever from His Father's love."—*The Desire of  
Ages*, p. 685.

6. Going a little way from His companions,  
what anguished petition did the Saviour  
make? Matt. 26:39, 42, 44.

NOTE.—"As Christ felt His unity with the Fa-  
ther broken up, He feared that in His human na-  
ture He would be unable to endure the coming  
conflict with the powers of darkness. . . . Now  
the tempter had come for the last fearful struggle.  
. . . Everything was at stake with him. If he failed  
here, his hope of mastery was lost. . . .

"The conflict was terrible. . . . The sins of men  
weighed heavily upon Christ, and the sense of  
God's wrath against sin was crushing out His life."  
—*The Desire of Ages*, pp. 686, 687.

7. In what condition did Jesus find the  
disciples? Matt. 26:40, 41, 43, 45.

NOTE.—"In the supreme agony of His soul He  
[Christ] came to His disciples with a yearning de-  
sire to hear some words of comfort from those  
whom He had so often blessed and comforted. . . .

"They did not intend to forsake their Lord,  
but they seemed paralyzed by a stupor which they  
might have shaken off if they had continued plead-  
ing with God. They did not realize the necessity  
of watchfulness and earnest prayer in order to  
withstand temptation. . . .

"Thus when the Saviour was most in need of  
their sympathy and prayer, they were found asleep."  
—*The Desire of Ages*, pp. 687-689.

8. In this crisis hour, who was sent to  
strengthen Jesus? How was His intense agony  
revealed? Luke 22:43, 44.

NOTE.—"The awful moment had come—that  
moment which was to decide the destiny of the  
world. The fate of humanity trembled in the bal-  
ance. Christ might even now refuse to drink the  
cup apportioned to guilty man. . . .

"Three times has humanity shrunk from the last,  
crowning sacrifice. . . . The woes and lamentations  
of a doomed world rise before Him. He beholds its  
impending fate, and His decision is made. He  
will save men at any cost to Himself. . . .

"Having made the decision, He fell dying to the  
ground. . . .

"In this awful crisis, when everything was at  
stake, when the mysterious cup trembled in the  
hand of the sufferer, the heavens opened, a light  
shone forth amid the stormy darkness of the crisis

## YOUTH

### X—Gethsemane

MEMORY GEM: "Watch and pray, that  
ye enter not into temptation: the spirit  
indeed is willing, but the flesh is weak"  
(Matt. 26:41).

LESSON STORY: Matt. 26:31-68; Mark  
14:27-50; Luke 22:31-53; John 18:1-14.

ILLUMINATION OF THE TOPIC: *The De-  
sire of Ages*, pp. 685-697; *The SDA Bible  
Commentary*.

### Introduction

Go to dark Gethsemane,  
Ye that feel the tempter's power;

hours, and the mighty angel who stands in God's  
presence, occupying the position from which Satan  
fell, came to the side of Christ."—*The Desire of  
Ages*, pp. 690-693.

## The Betrayal

9. As Jesus and His disciples were about to  
leave, who came to the Garden? Matt. 26:47;  
John 18:3-5.

10. What was the effect on the mob as di-  
vine glory was revealed? John 18:6.

NOTE.—"As these words were spoken, the angel  
who had lately ministered to Jesus moved between  
Him and the mob. A divine light illuminated the  
Saviour's face, and a dovelike form overshadowed  
Him. In the presence of this divine glory, the mur-  
derous throng could not stand for a moment. They  
staggered back. Priests, elders, soldiers, and even  
Judas, fell as dead men to the ground.

"The angel withdrew, and the light faded away."  
—*The Desire of Ages*, p. 694.

11. With what sign did Judas betray his  
Lord? How did Jesus respond? Matt. 26:  
48-50; Luke 22:47, 48.

NOTE.—"Judas the betrayer did not forget the  
part he was to act. When the mob entered the gar-  
den, he had led the way, closely followed by the  
high priest. To the pursuers of Jesus he had given a  
sign, saying, 'Whomsoever I shall kiss, that same  
is He: hold Him fast.' Matt. 26:48. Now he pre-  
tends to have no part with them. Coming close  
to Jesus, he takes His hand as a familiar friend.  
With the words, 'Hail, Master,' he kisses Him re-  
peatedly, and appears to weep as if in sympathy  
with Him in His peril.

"Jesus said to him, 'Friend, wherefore art thou  
come?' His voice trembled with sorrow as He  
added, 'Judas, betrayest thou the Son of man with a  
kiss?' This appeal should have aroused the con-  
science of the betrayer, and touched his stubborn  
heart; but honor, fidelity, and human tenderness had  
forsaken him."—*The Desire of Ages*, pp. 695, 696.

12. What principle did Jesus set forth as  
He corrected Peter's rash act? John 18:10, 11;  
Matt. 26:51, 52.

13. What did the disciples do as Christ re-  
ferred to all this as but fulfilling the Scrip-  
tures? Matt. 26:54-56.

NOTE.—"The disciples were terrified as they saw  
Jesus permit Himself to be taken and bound. They  
were offended that He should suffer this humiliation  
to Himself and them. They could not understand  
His conduct, and they blamed Him for submitting  
to the mob. In their indignation and fear, Peter pro-  
posed that they save themselves. Following this sug-  
gestion, 'they all forsook Him, and fled.' But  
Christ had foretold this desertion. 'Behold,' He had  
said, 'the hour cometh, yea, is now come, that ye  
shall be scattered, every man to his own, and shall  
leave Me alone: and yet I am not alone, because  
the Father is with Me.' John 16:32."—*The Desire  
of Ages*, p. 697.

Your Redeemer's conflict see;  
Watch with Him one bitter hour;  
Turn not from His griefs away;  
Learn of Jesus Christ to pray.

—JAMES MONTGOMERY

### I—The Disciples Warned

1. How did Jesus seek to prepare His  
disciples for their coming trial and dis-  
appointment? Mark 14:27.

"It may be that the dimness, the silence,  
the desertion of their position, the dull echo  
of their footsteps, the stealthy aspect which  
their movements wore, the agonising sense  
that treachery was even now at work, was be-  
ginning already to produce an icy chill of cow-  
ardice in their hearts; sadly did Jesus turn and  
say to them that on that very night they  
should be offended in Him—all find their  
connection with Him a stumbling-block in  
their path—and the old prophecy should be ful-



filled, 'I will smite the shepherd, and the sheep shall be scattered abroad.'"—FARRAR, *The Life of Christ*, vol. 2, p. 306.

2. With what words did Jesus warn Peter of his particular danger? Luke 22:31, 34.

3. How did Peter repudiate the suggestion that he would deny his Master? Mark 14:29-31; Luke 22:33.

"How true was the Saviour's friendship for Peter! how compassionate His warning! But the warning was resented. In self-sufficiency Peter declared confidently that he would never do what Christ had warned him against. 'Lord,' he said, 'I am ready to go with thee to prison and to death.' His self-confidence proved his ruin. He tempted Satan to tempt him, and he fell under the arts of the wily foe. When Christ needed him most, he stood on the side of the enemy, and openly denied his Lord."—*The SDA Bible Commentary*, Ellen G. White Comments, on Luke 22:31-34, p. 1123.

4. By what two statements did Jesus seek to assure His disciples that His death would not be the end? Mark 14:28; John 16:20.

It seems strange to us that the disciples during that sorrowful Sabbath did not recall the promise of Jesus that He would see them again in Galilee. The angels reminded the disciples of this fact when they appeared to the women at the sepulchre on the morning of the resurrection (Matt. 28:7). At the time it must have struck them as one of the statements of Jesus for which they could give no explanation. If Jesus was going to Galilee, would they not be with Him? And they dismissed His words from their minds.

## II—Jesus in Gethsemane

5. Who accompanied Jesus into the inner recesses of the Garden? What request did Jesus make of His disciples? Matt. 26:36-38.

"Jesus knew that the awful hour of His deepest humiliation had arrived—that from this moment till the utterance of that great cry with which He expired, nothing remained for Him on earth but the torture of physical pain and the poignancy of mental anguish. All that the human frame can tolerate of suffering was to be heaped upon His shrinking body; every misery that cruel and crushing insult can inflict was to weigh heavy on His soul; and in this torment of body and agony of soul even the high and radiant serenity of His divine spirit was to suffer a short but terrible eclipse. Pain in its acutest sting, shame in its most overwhelming brutality, all the burden of the sin and the mystery of man's existence in its apostasy and fall—this was what He must now face in all its most inexplicable accumulation."—ERDMAN, *The Life of Christ*, vol. 2, pp. 308, 309.

6. What agonizing prayer did Christ utter three times? Matt. 26:39, 42, 44.

"The conflict was terrible. Its measure was the guilt of His nation, of His accusers and betrayer, the guilt of a world lying in wickedness. The sins of men weighed heavily upon Christ, and the sense of God's wrath against sin was crushing out His life.

"Behold Him contemplating the price to be paid for the human soul. In His agony He clings to the cold ground, as if to prevent Himself from being drawn farther from God. The chilling dew of night falls upon His prostrate form, but He heeds it not. From His pale lips comes the bitter cry, 'O My Father, if it be possible, let this cup pass from Me.' Yet even now He adds, 'Nevertheless not as I will, but as Thou wilt.'"—*The Desire of Ages*, p. 687.

7. Seeking comfort from His disciples, what did Jesus discover? Matt. 26:40, 41, 43, 45.

"In the supreme agony of His soul, He [Christ] came to His disciples with a yearning desire to hear some words of comfort from those whom He had so often blessed and comforted. . . . They did not intend to forsake their Lord, but they seemed paralyzed by a stupor which they might have shaken off if they had continued pleading with God. They did not realize the necessity of watchfulness and earnest prayer in order to withstand temptation. . . . Thus when the Saviour was most in need of their sympathy and prayers, they were found asleep."—*Ibid.*, pp. 687-689.

8. Who came to give Jesus strength to drink the bitter cup? Luke 22:43, 44.

## III—The Betrayal

9. Who arrived as Jesus and His disciples were ready to leave the Garden? Matt. 26:47; John 18:3-5.

"The spirit in which Jesus prays is that of willing obedience to his Father. His matchless words are these, 'Nevertheless, not as I will, but as thou wilt.' He wins his victory by submission to the will of his Father. When the traitor approaches, Jesus is ready; the agony and the storm are past; Jesus steps forth to meet his enemies and his cross with kingly calm."—ERDMAN, *The Gospel of Matthew*, p. 211.

10. What effect did Christ's glory have on the mob? John 18:6.

"As these words were spoken, the angel who had lately ministered to Jesus moved between Him and the mob. A divine light illuminated the Saviour's face, and a dovelike form overshadowed Him. In the presence of this divine glory, the murderous throng could not stand for a moment. They staggered back. Priests, elders, soldiers, and even Judas, fell as dead men to the ground. The angel withdrew, and the light faded away."—*The Desire of Ages*, p. 694.

11. By what sign did Judas betray Jesus? With what words did Jesus point out

the baseness of His disciple? Matt. 26:48-50; Luke 22:47, 48.

"In contrast with the princely form of Jesus is the contemptible figure of Judas. The manner in which he concludes his foul crime is in perfect keeping with its essential baseness. Into the garden where he knew Jesus was accustomed to retire for prayer, he leads a great crowd armed with swords and clubs, and there he betrays his Lord with a kiss, a sign agreed upon, that one of the disciples might not be mistaken for the Master. Thus acts of disloyalty to Christ often seem the more repulsive because of the scenes in which they are committed and of the protestations of love by which they are accompanied."—ERDMAN, *The Gospel of Matthew*, p. 211.

12. As He gently reversed Peter's rash act, what great principle did Jesus set forth? John 18:10, 11; Matt. 26:51, 52.

"Those who resort to force may, sooner or later, find themselves at the mercy of cruel and heartless men. Furthermore, since Heaven does not approve of resort to force, those who profess to be God's servants cannot expect divine protection and assistance when they violate Heaven's principles. The power of the gospel is the power of love. Victories won by force or by other devious methods are at best temporary, and in the end result in greater loss than the immediate gains can possibly counterbalance."—*The SDA Bible Commentary*, on Matt. 26:52.

13. Seeing Jesus meekly submitting to the power of the mob, what did the disciples do? Matt. 26:55, 56.

## What Is in This Lesson for Me?

Is this not the question Christ would ask me today? What will my answer be?

I gave My life for thee, My precious blood I shed,  
That thou might'st ransomed be, and quickened from the dead;  
I gave, I gave My life for thee, what hast thou given for Me?

—Frances Ridley Havergal.

## FAMILY FARE

# As I Have Loved You

by MAXINE WESSMAN

MARLON, age seven years, and Timmy, three, have about the usual amount of disagreements known to little boys. But they also have that deep love which all little brothers should share.

One particular day Timmy could not resist the temptation to go down to the creek, as his shoes gave evidence, in spite of the fact that he had shortly before been warned not to. When I went outside he came to me crying as he suddenly remembered what was doubtless in store for him.

As he waited for me to find my special little strap, Marlon followed

me slowly and pleaded with tear-filled eyes, "Mommy, would you spank me instead of Timmy? I don't want him to be spanked." Later, he sat with his arms around little brother, whispering words of comfort and advice.

As I looked at his earnest face, I thought, Little son, you must possess a spark from the flame that burned in our Saviour's heart when He pleaded with His Father. Possibly He too went slowly with tear-filled eyes and begged, "Father, let Me take their punishment. I love them so much, I don't want them to be 'spanked.'"



From page 14

ing Braille. He is highly praised for his work in transcribing Braille textbooks for the blind.

Huey said, "I am now doing work required for a certificate in Braille transcribing. I have written to the Review and Herald Publishing Association for permission to transcribe a portion of *David Dare* for this requirement."

Recognizing the importance of his transcription work, officials at Edgemoor have recently ruled that Huey should have a private room for his work. There he works in quietness, and has plenty of room for his equipment and supplies.

He has now been at Edgemoor for nearly ten years. In November he celebrated his twenty-eighth birthday. He is in good spirits and is holding fast to the faith.

Various pastors have gone to the hospital to hold communion services with Huey.

Huey misses attending church very much, but the five-mile trip by station wagon into town tires him so badly that he is quite ill the next day. So it is better for him to worship alone on Sabbath morning, and with friends who call on Sabbath afternoon.

Periodically the hospital sends him by ambulance into a San Diego clinic for checkups. On the last trip he was found to be in a serious condition, and was kept for weeks in a San Diego hospital. Many believed that Huey would never return to Edgemoor. Nevertheless, they pleaded with God to spare his life, if it was in accordance with divine will. God willed, and Huey is now back at Edgemoor carrying on his transcription work.

Besides his Braille transcribing, Huey's main hobby is reading. He also spends much time in meditation. "I think often of Jerome and Dickie," he comments, "and how they remained faithful to the end. Though their pleas for healing were not granted on this earth, I believe that we will all be reunited in the new earth. There we will all have strong healthy bodies."

I am sure that both Jerome and Dickie realized that God had a plan for them in helping to bring back their dear friend, the one who was instrumental in bringing them to Christ. Thus, with the aid of Christian nurses and a missionary-minded youth group, three boys witnessed in a full circle.

# Recipe Box

*"To the health and happiness of the whole family nothing is more vital than skill and intelligence on the part of the cook."—Ed 216.*

## CREAM OF TOMATO SOUP

## SOUP ENCORE

**Yield: 6 cups**

3 cups canned or stewed tomatoes	3 cups milk
1/4 cup chopped onion	Salt
3 tbsp. oil or margarine	Bay leaf if desired
3 tbsp. flour	Paprika

1. Cook tomatoes, onion, and bay leaf together for 10 minutes.
  2. Press through sieve or put in blender until smooth.
  3. Make a white sauce with flour, oil, and milk.
  4. Reheat tomato part and combine with the white sauce just before serving. Season to taste and serve at once.
- (If soup curdles, beat with a rotary beater until smooth or return soup to the blender.)

COURTESY, SEVENTH-DAY ADVENTIST DIETETIC ASSOCIATION

## GREEN LIMA BEANS IN SQUASH NESTS

## VEGETABLE ENCORE

**Yield: 4 servings**

2 cups cooked squash (Hubbard or banana)	Oil
Salt to taste	1 1/2 cups cooked green Lima beans

1. Mash and whip squash until light. Season with salt.
2. Place in four individual mounds on oiled cookie sheet.
3. Make a hollow in center of each mound.
4. Fill with seasoned Lima beans. Heat in moderate oven.

COURTESY, SEVENTH-DAY ADVENTIST DIETETIC ASSOCIATION

## CASHEW NUT LOAF

## ENTREE ENCORE

**Yield: 8 servings**

1 1/4 cups cashew nuts, raw	3 eggs
1 large onion	1 tsp. Savorex
1/2 cup milk	2 tbsp. oil
1 tsp. paprika	2 tbsp. parsley, minced
2 cups Vegeburger	1/2 tsp. celery salt
1/2 cup whole-wheat bread crumbs	1 tsp. Smoke

1. Put nuts, gluten, and onions through food chopper (med. blade).
2. Combine all ingredients and mix well.
3. Pour into oiled loaf pan.
4. Bake 45-60 minutes at 350° F.
5. To serve, unmold on platter, slice, garnish with parsley.
6. May be served cold with cranberry sauce or hot with mushroom gravy.

COURTESY, SEVENTH-DAY ADVENTIST DIETETIC ASSOCIATION



# Games for Family Enjoyment

Highly entertaining games for all age groups. The happiest families are the ones that have regular periods of recreation. Provide your family with the best.



*...families  
that  
play  
together  
stay  
together*



## Select several from this list:

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<b>FOUR DUZIT</b> —Approximately 10 or older. One to 6 or 7 players.	1.50
<b>I HAVE A BIBLE SECRET</b> —Juniors or older. Two or more.	2.00
<b>LARGE WILD ANIMALS OF THE WORLD</b> —Three or more players. Youth or adult.	2.50
<b>MUSICAL FUN</b> —Age 10 or older. Three to 18 players.	3.00
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<b>SPACE FUN</b> —Juniors or older. Two or more.	2.00
<b>SPELLING GAME</b> —Juniors and younger. Any number.	1.50
<b>TREES OF THE WORLD</b> —Three or more players. Youth or adult.	2.50
<b>VERSE-O-GRAM</b> —Two to 8 players, any age. A Bible verse game.	3.00

"Let the parents study to get up something to take the place of more dangerous amusements. Give your children to understand that you have their good and happiness in view."

—Testimonies, vol. 1, p. 514.



## YET TO COME—4 new games:

- Answers Game
- Bookmates Game
- Benefit Game
- Minerals Game

## ORDER FROM YOUR BOOK AND BIBLE HOUSE

Please send the following games:

Quantity	Name of Game	Price
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
		Total enclosed _____

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Prices slightly higher in Canada. Add sales tax where necessary.



► Almost 23,500 miles of the 41,000-mile Interstate System are now open to traffic, and construction is under way on another 5,653 miles. *Highway User*

► It is roughly estimated that 20,000 American scientists now join with some 80,000 foreign colleagues at approximately 2,000 international scientific meetings each year.

*Bulletin of the Atomic Scientists*

► Studies of infrared radiation from Jupiter indicate it gives off about three times more heat than it receives from the sun. Energy emitted by the planet every second is equivalent to the explosion of a 1,000-megaton hydrogen bomb.

*National Geographic Society*

► Considering the King James Version of the Bible as a newfangled translation, the Pilgrims refused to bring a copy of it on board the *Mayflower*. However, by 1770 Benjamin Franklin said that the Bible was not being read in the colonies because the King James Version was out of date.

*ABS*

► Milk that is said to taste farm-fresh up to six months after it has been processed at a special plant in England is expected to arrive in Malawi and Zambia shortly. "Long-life" milk, the result of a special treatment that has taken British scientists ten years to perfect, has received enthusiastic welcome in other countries of Africa.

*MDI*

► First built in A.D. 326, the Church of the Holy Sepulchre in Jerusalem is to be restored to its original beauty. A two-million-dollar program has been begun by the three major sects whose shrines occupy the greater part of the church—Armenian, Greek Orthodox, and Roman Catholic. The church stands where, in Christian tradition, Christ was slain and buried. Richly ornamented altars and mosaics mark the traditional site of the crucifixion and tomb.

*National Geographic Society*

► The Eureka, the first diamond discovered in South Africa in 1866, has been presented by De Beers Consolidated Mines to the Houses of Parliament in Cape Town, where it will be on permanent exhibition. The yellow-tinted brilliant cut stone weighs 10.73 carats. Weighing 21 carats in its uncut form, the diamond was first picked up by a 15-year-old boy 200 yards from the Orange River near Hopetown in the Cape. It formed part of his collection of colored pebbles until it was given to a neighboring farmer. Subsequent sales brought it to De Beers.

*ISSA*



## Radarscope

► Under study by the United States Navy is a plan for establishing the first undersea habitat devoted exclusively to the scientific study of the ocean bottom. A report concludes that one of two systems would best serve the purpose. The first, OSCILAB, is a nonpropelled vessel in which six men would live and work continuously at a maximum depth of 300 feet for periods of as long as two weeks. It would lower and raise itself by winching along an anchor line. Access to the sea would be through a 48-inch diameter wet-room trunk. A surface support ship would tow it from site to site. The second system, SEADOPD, would require permanent installation of a habitat on a surface support barge. Periodically a submersible delivery capsule would be mated to the SEADOPD to receive as many as six diver scientists. Upon separation from SEADOPD, the capsule would be lowered from the barge to the ocean bottom to enable scientists to make observations for as many as six hours.

*Naval Research Reviews*

► Many beautiful and innocent-looking common plants are poisonous. The lily of the valley's fragrance and delicacy do not reveal the fact that the flowers contain a drug similar to digitalis, the powerful heart stimulant. As a safety precaution, the lilies of the valley on Luci Johnson's wedding cake were plastic-coated to prevent shedding. Oleander and rhododendron are deadly; hunters have been hospitalized after eating steaks cooked over a fire fueled with oleander branches. Contact with the smoke alone can make the meat highly toxic. Three seeds of the castor bean plant have been known to kill an adult.

*National Geographic Society*

► More than 150 nuclear engineers, scientists, and educators from eight countries met in March at the University of California to discuss development and use of nuclear energy in Latin America. The first meeting of this kind, the conference was hopefully to lead to future cooperation between North and South American universities in the nuclear energy field.

*UCAL*

► War dogs of the ancient Gauls were outfitted in armor and collars bristling with spikes.

*Gaines*

► Two thirds of Indonesia's 575,893 square miles—about the size of Alaska—are covered by rain forest, inhabited by both Asiatic and Australian forms of life.

*National Geographic Society*

► In the two decades following 1945, Canada welcomed as potential citizens among others 658,000 persons from Britain, 358,709 from Italy, and 232,767 from Germany.

*GIC*

► Rockefeller Center in New York has a daily population of 208,500. One and one-half miles of underground passageways lead to restaurants, stores, banks, and even the Center's own post office.

*NYCVB*

► Man is changing the earth's atmosphere. If present trends in the increasing concentration of carbon dioxide continue until the year 2000, global atmospheric temperatures could be increased, through a greenhouse effect, by as much as 4°C.

*Science*

► Squids, torpedo-shaped, tentacled mollusks, can outswim most fish. They exhibit behavior bordering on active intelligence, can change colors faster than a chameleon, and operate a system of blinking, colored lights like a firefly. Squids range in size from dime-size species to the giant squid, which may grow 60 feet long and weigh two tons.

*National Geographic Society*

► Designed to train the nation's young in the hazards of the road, a children's traffic park is to be built in every Spanish city and town of more than 50,000 inhabitants. At present the nation has 25 such installations, some in relatively small population areas, while a mobile team tours towns to drum traffic discipline into the very young and encourage local authorities to build traffic parks.

*IDES*

► Air taxis are the fastest growing segment of aviation and one of the nation's fastest growing businesses. More than 5,000 planes were in the business in 1964, and 13,000 is the forecast for the 1975 period. Air taxis are transporting cargoes ranging from baby chicks and reindeer to high-paid executives and cannery workers. All in all, there are about 9,500 airports in the United States, and the trunk and feeder lines reach about 600 of them with scheduled service. Air taxis have made 7,000 additional communities accessible by air.

*FAA*



*The Perfect Gift for Every Occasion*

# The Pocket-sized Bible-Hymnal Set



This is the *Church Hymnal* with full-reference concordance Bible to match. The size is convenient and handy—easily carried in pocket or purse, yet the print is exceptionally readable.

The *Hymnal* is less than  $\frac{1}{2}$ " while the Bible is only  $\frac{5}{8}$ " thick—each measures only  $4\frac{1}{4}$ " x  $5\frac{1}{4}$ ".

The set is printed on India paper and weighs a total of only 17 ounces. 20,000 sets sold the first eight months following publication date. Ideal for everyone, especially those who travel.

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