



KEY NOTE



Volume 3

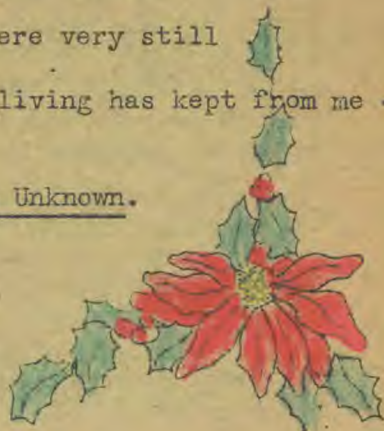
December, 1940

No. 12

LEISURE

I shall attend to my little errands of love
Early this year,
So that the brief days before Christmas may be
Unhampered and clear
Of the fever of hurry. The breathless rushing that I
Have known in the past
Shall not possess me. I shall be calm in my soul
And ready at last
For Christmas, "The Mass of the Christ," I shall kneel
And call out His name;
I shall take time to watch the beautiful light
Of a candle's flame;
I shall have leisure - I shall go out alone
From my roof and my door;
I shall not miss the silver silence of stars
As I have before;
And, oh, perhaps - If I stand there very still
And very long -
I shall hear what the clamor of living has kept from me -
The Angels' Song!

--Author Unknown.



GOLD, FRANKINCENSE, AND MYRRH

By Mildred Wood-Harris



Many years ago in the dim light of a stable in ancient Bethlehem three men knelt before a Child. Across the trackless desert from the East they had come, these wise men, following a Star to seek a King. There, in the manger, they found Him, and "when they had opened their treasures, they presented unto Him gifts; gold, and frankincense, and myrrh." Matthew 2:11.

There is a beautiful significance to these gifts of the magi. Gold, the symbol of power and royalty, was indeed a fitting offering to One who was born King of kings and Lord of lords. Frankincense is a resinous substance, pure white in color, which is obtained from the bark of a certain tree in Arabia. It will burn a long time with a steady flame. It is the symbol of holiness and purification. Myrrh is the perfume of sorrow. It is an aromatic gum whose fragrance is greatly increased as it is crushed. It was one of the ingredients of the oil of holy anointing.

Earth-children today have not to seek a manger to spread before an infant King their gifts. The King is in His Father's house, far above the sky that lies so blue over Bethlehem and the desert of the East. He would have His children who would be wise offer Him greater riches than the treasures of the magi; namely, the gold of their faith which shows itself in their loyalty and obedience to all the things which the King commandeth; the white frankincense of their hope which works itself out in tender service and ministry to even the least of the children of the King; and the myrrh of their love, by which is proved their willingness to lay down their lives for His sake.

These are my only riches; these I bring
As Wise Men brought their gifts in days of old;
My hope, my love, my faith, these for my King--
Greater than frankincense and myrrh and gold.
(Condensed from Canadian Watchman, December, 1940.)



This is the last issue of the KEY NOTE -- until 1941. We all appreciate the attractive and interesting numbers that we have received month by month during 1940, and we know, too, something of the hours of thought and labor that have been bestowed upon them by editors, contributors, and production staff. We thank you, KEY NOTE Staff!

As we look over our list of sponsors we are unable to decide which of them deserves the most commendation. Each one has served generously and successfully. We would have the sponsors know, individually, and as a group, that we are truly grateful to them for their efforts.

And we would not be unmindful at this time, of the generally helpful, cooperative attitude on the part of all the Keepers through the year that is passing. In spirit we are united in accomplishing worthy undertakings. We feel that with your help our organization has attained some objectives which mark progress on our way, and we look forward to greater accomplishments during 1941.

Perhaps it would not be quite truthful to say that we relinquish our duties with regret. Rather, we are happy to pledge to our incoming officers our loyal support and understanding helpfulness at all times. Our counsel to them is-- "Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest."

Evelyn Wells
Mary Paul
June Norton
Esther Benton



SPONSORS

DIAMOND JUBILEE

Jan Sibelius, one of the best-loved contemporary composers, noted particularly for his work "Finlandia," was born on December 8, 1865. In honor of the 75th anniversary of his birth, a National Sibelius Festival has been announced for the week of December 7. Musical organizations throughout the country will participate in this diamond jubilee which is sponsored by For Finland, Inc.

Although for several years now, Jan Sibelius has been in semi-retirement, he has, in the past decade, become known as one of the great composers of all time. His art has been so widely accepted that his music was voted, not long ago, the most loved of living composers' works, in a poll of radio listeners to the New York Philharmonic Sunday broadcasts.

Since 1900, when Sibelius' music was first acclaimed outside of his native Finland, his star has been in the ascendancy. He made one visit to the United States, in 1914, at which time "Oceanides" had its world premiere. Yale University took the opportunity to award him a Lus.D. degree, of which Sibelius is very proud.

--Bethel Rice, Music Sponsor.



What? A Christmas party.
When? Tuesday evening, December 17.
Who? Why, all the Keepers of the Keys, of course.
Where? In the Review and Herald chapel.

--Marjorie Marsh, Social Sponsor,

CALLING



KNOW YOUR CALORIES

[Condensed from talks given in chapel by Dr. H. M. Walton]

The following is a suggestive distribution of calories and foodstuffs for an adult worker whose estimated food requirement is approximately 2200 calories:

| | Total calories |
|---|----------------|
| Milk (boiled or pasteurized) | 20 - 25% |
| Grains and cereals | 15 - 20% |
| Fats, oils, butter, cream, olives, etc. | 10% |
| Sugar, jelly, desserts, etc. | 5 - 10% |
| Eggs, cheese, legumes, nuts | 15 - 20% |

Suggested foods for supplying protein requirement for one day:

One pint milk

Three slices entire grain bread

One egg

Choice of--serving cottage cheese or cream cheese,
large serving dried peas, soybeans,
beans or lentils, or serving of nut meat



With these as foundation foods in the day's menu, the additional amount of protein required will be adequately met by the other articles of food.

"If half of the needed food calories are taken as fruits, vegetables, milk and eggs, and if half of whatever breadstuffs and cereals are used are taken in the whole-grain or 'dark' or 'unskimmed' forms, there will almost certainly be provided an ample supply of Vitamin B-- and of many other important nutritional factors as well.




"In fact, this suggestion should bring the dietary into accordance with the teachings of the newer knowledge of nutrition at practically all points."--H. C. Sherman.

Stella Thompson.

THE ATTITUDE OF PRAYER

By Nina Mae Munson

(These few words on prayer came in response to a request. Miss Munson formerly worked in this office as Miss Jensen's assistant, as many of the Keepers will remember. She is now connected with the Loma Linda Sanitarium.)



On entering into the attitude of prayer, does it not fill us with reverent awe to remember that angels veil their faces when they speak the name of God? If we are the sincere followers of our Saviour that we have publicly professed to be by our baptism into His fellowship, we will enter into communion with Him reverently, with meekness, when possible bowing on bended knees, closing the eyes to shut out the world, and closing the mind against the static of distracting thoughts which would press in to disrupt our contact with heaven. Such an attitude in prayer permits heaven's strengthening calm to flow into the soul as we voice our plea, or give grateful thanks to the God of heaven and earth who created us. Lip-prayers fall back unanswered, but such heart-prayers carry a force that sends them straight to the ever-listening ear of the Saviour.

And this we know: Whether kneeling in the quiet of the chamber, or walking in the confusion of the busy thoroughfare, we may enter into instant communion with our Father, and may send heart-prayers heavenward that He hears before they can be uttered.

--Submitted by LaVerne B. Case
Spiritual Sponsor

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SECRETARIAL NOTES

Although voting machines were not supplied, the Keepers of the Keys enthusiastically cast their ballots on Wednesday evening, November 13, to elect officers for 1941. They are:

President: LaVerne Case
V.-President: Edna Helms
Secretary: Alice Love
Treasurer: Helen Porter

Alice LaBonte, Emma Howell, and Marie Mooney were chosen to assist the new officers in selecting Sponsors and KEY NOTE staff for 1941.

--Esther Benton

Several of the Keepers were out-of-town guests on Thanksgiving Day or week-end. The Twins were with friends at Fredericksburg; Nell Hunter accepted an invitation to spend the day in Philadelphia; Marion Nyman spent Thursday and Friday with Virginia Kimball-Wilcox in Wilmington, going to Philadelphia to do Christmas shopping; Kathryn Haynal visited friends at Glenmont, Maryland, for two days; Edna Helms visited her parents in Allentown, Pennsylvania, over the week-end. The two Thelmas and Mildred Davis went to New York City, where Thelma Durrell spent the week-end with Josephine DiBenedetto, Thelma Wellman was the guest of her brother Sterrie, and Mildred visited the Statue of Liberty! And Christmas shopping! Irma Lee Hewett made the week-end long-distance record, visiting her family in Chicago--most especially Penny (aged three years and four months!) who is getting cuter and sweeter by the day; in proof of which Irma Lee brought back several new snapshots. And so, back to work--until Christmas!

DOINGS OF THE "KEEPERS"

Those who were in St. Paul during Autumn Council wonder if the food markets managed to keep their windows tempting with those luscious strawberries, during the four days the city was snowed under by that terrific blizzard early in November.

Visiting sisters have been a pleasant diversion for a number of the girls recently: Virginia Butler's sister Irene from New Jersey, Ora Williams' sister Matilda from Louisville, and Marie Mooney's sister Margaret (Mrs. Arthur Strettle) from --of all places!--New York City.

The middle of November Miss Ginther spent a part of her vacation at Atlantic City, enjoying the ocean breezes.

Irene Walters entertained a niece from Ohio, also her son Louis from Shenandoah Valley Academy, over Thanksgiving weekend.

Shh! Hazel Peter is taking a course in Interior Decorating at Roosevelt High School. Perhaps the Purchasing Bureau may later on add another valuable service to its already long list.

All who were not otherwise occupied went shopping on Friday, November 22--and decided that there were not many who were otherwise occupied!

Mrs. Flora Williams went to Florida by auto, with Vernon and Mina Kirstein. She will spend a week visiting the Kirstein family at Forest Lake Academy.

Juno Norton will soon prove the efficacy of the class in Gregg shortcuts she has been pursuing, in preparation for reportorial duties, for she accompanied Doctor Walton and Elder Hollister in attendance at a Medical Convention held at the Boulder Sanitarium, in Colorado.

