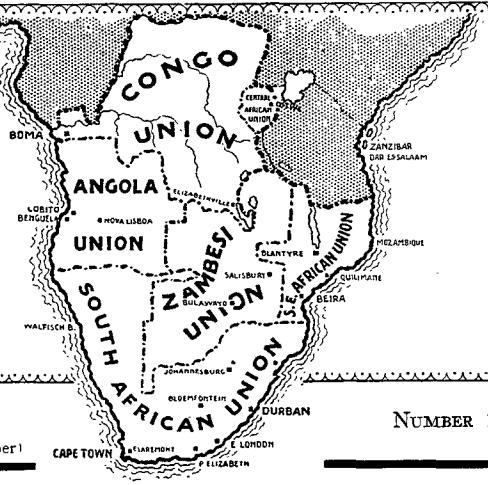


The SOUTHERN AFRICAN DIVISION OUTLOOK



VOLUME XXXIII

KENILWORTH, CAPE JANUARY 15, 1935
(Registered at the General Post Office as a Newspaper)

NUMBER 1

Helderberg College

Report for Year Ending November, 1934

G. E. Shankel

THE year just closed proved to be one of progress. The cause of Christian Education continues to meet with increasing support among the constituency of this field. Students are coming from farther afield. Of the 161 students enrolled in 1934, more than 25 came outside the Union of South Africa.

Under the favour of God the college has enjoyed one of the most prosperous years in its history. We have much for which to be thankful, both materially and spiritually. With more than 80% of the students paying their way in full or approximately so, the college has been free from financial embarrassment.

High Spiritual Tone

Spiritually, the tone of the school was maintained at a consistently high level. A spirit of Christian harmony prevailed. The plan was followed of holding a number of spiritual meetings at the beginning of the term even before the students became absorbed in class work, at which time the true aims and objectives of life were placed before the students. The results of this effort were gratifying. The spiritual tone thus engendered was maintained throughout the year. The consecration meetings were marked by a spontaneity, more than 100 sometimes taking part. The prayer bands too were well organised and planned throughout. The baptismal class was organised at the beginning of the year and the entire term spent in study. As a result those baptised are all firmly ground.

Material Progress

Materially, considerable progress has been made during the year. A large amount of labour has been expended on the campus. The grading has been practically completed and shrubs planted. More than 11,000 gum and pines have been set out, and with a favourable season have

made good progress. The classrooms have all been brought to a state of completion, the library and science room having been completed since the close of school.

The enrolment reached the highest figure in the history of the school, namely 161. The problem of accommodating this large number taxed our housing capacity to the limit, and in some cases four students were compelled to share a room originally intended for two. An outbreak of measles in the middle of the year made evident the necessity for an infirmary where students may be isolated.

Scholastic Standard

By faithful effort on the part of each teacher the classwork has been held to a high standard. Some of the teachers have carried a heavy burden. While efficient work has been done it may be well to mention here the desirability of having external inspection within denominational control. This I feel the board ought to provide.

The staff have maintained a fairly rigid system of grading as may be instanced by the fact that 125 failing grades were given in the final results. Twenty-eight students fell below the required passing average of 70%; twenty-two students had three or

more failing grades, totalling 102 failing grades, twenty-one students had only one or two failing grades, with a total of twenty-three failures. Seventy-eight students, or 64% of the students had no failing grades.

I mention these figures to disprove the oft repeated assertion that the grading at Helderberg is easy, and that students seldom if ever receive failing grades.

The distribution of the students in standards follows a fairly satisfactory curve. Of the students above the primary grades

- 16% are in Standard VII
- 20% are in Standard VIII
- 18% are in Standard IX
- 14% are in Standard X
- 30% are in College grades
- 2% are specials

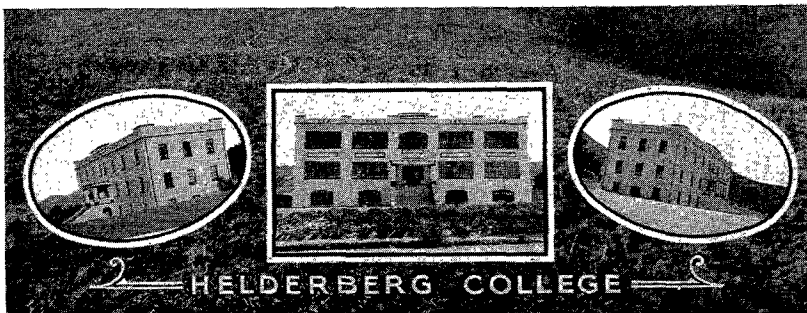
Standard VII is low comparatively. Twenty-six pupils were enrolled below Standard VII.

The enrolment at the close of the year was 148 in comparison with a total enrolment of 161, thus showing a loss of 13 students or about 8% in comparison with an average of around 20% for our Junior College overseas at a similar period.

Fifteen students were in attendance neither of whose parents are Adventists. About six of these are still non-Adventists. Thirty-eight students or 24% of the students were from divided homes in comparison with 19% the previous year and 17% in 1932.

Building Operations

Satisfactory progress has been made with the building plans authorised at the June



meeting, the plans of which were approved as late as September. The new four room cottage was completed about the end of school. About fifteen students have been retained at the school for the summer, and progress both on the new dining room and the teachers' flat have been satisfactory. The completion of these will furnish considerable work during the next school year. The rearranging of the ground floor of Meade House into living quarters for students still remains to be accomplished as well.

Suitable quarters for the large Normal Department is one of the unfulfilled needs of the college. The present quarters are not at all satisfactorily located, as they are in a basement partially underground. Besides, the presence of the primary pupils in and around the Administration building is unsatisfactory from several points of view. The practice teachers are seriously handicapped by an insufficient number of practice rooms. I feel that the board should look forward to providing a suitable building for this purpose at an early date.

A four room infirmary is also a great necessity in case of contagious diseases. Much illness could be prevented with such a building.

The Three Year Course

The three year course has met with a varied reception. Some feel the financial strain, but I think on the whole it will be well received particularly if further credit can be secured toward a degree. The vocational subjects added to the various courses have met with unmistakable approval.

Speaking further of the three Year Course I believe that we should plan as soon as possible to enrich this course by offering further electives, so that students will not be restricted to the present rather narrow course. The chief obstacle to enriching the course is, of course, a limited staff. Since the work of Standard VII-X is foundational, it will not be necessary to provide much election there, but in the college years, further specialization would undoubtedly be desirable.

Our Needs

As soon as it is at all possible the board should give very definite attention to building up equipment, or the tools with which to work. The emphasis has been upon buildings and the improvement of the grounds. We shall soon have to build up a working equipment especially in the matter of increased library and laboratory facilities, equipment of a domestic science room, a sewing room and a woodworking department. At least £100 a year should be spent on the library for new books alone, for a period of years. The library is still considerably below the minimum of the General Conference Education Department for Junior Colleges.

We feel that the board has taken a most sympathetic and liberal attitude toward the college and its upbuilding. Much has been done. However, to properly

equip an institution is a work of many years of consistent effort. We recognise that spiritual interests are paramount, but with the maintenance of the spiritual we likewise need to make provision for sending forth increasingly efficient workers whose hands and mind and spirit are equally trained.

Recent Helderberg College Board Action

J. F. WRIGHT

Chairman of the Board

For several years some of our workers and lay members have felt that steps should be taken by our College Board which would make it possible for such students as desire to do so to take the Matriculation examination. Thus this problem has been given study recently by a large representative commission appointed for the purpose.

While it is impossible to give the details of the Commission's report in this issue of the OUTLOOK, we will say that after very careful study of the problem the Division Committee and College Board adopted the report of the Commission. The main facts of the report will appear in another issue of the OUTLOOK.

As this number of the OUTLOOK goes to press, we simply wish to announce that beginning with the new school term of 1935, plans are being laid to make it possible for students who wish to take the Government examination, to do so. Tutoring will be given during the Summer holiday period each year for this purpose.

We trust this recent action taken by the College Board and Division Committee will enable the College to serve this larger sphere of service in the field which has been desired by a number of our people.

"By obtaining a knowledge of God's Word, and giving heed thereto, men may rise from the lowest depths of ignorance and degradation, to become the sons of God, the associates of sinless angels."

Soul Hunger

NATHANIEL KRUM

My soul is hungering for Thee, my God,
Is craving for the food that satisfies,
Too long I've fed on empty husks of earth,
And sought the wisdom of the worldly-wise.

But now I turn to Thee for Bread of Life,
And Living Water Thou hast promised men,
That I, who've known the hunger-pangs
of sin,
May drink of Thee and never thirst
again.

S. A. U. Conference

President

J. E. Symons Secy.-Treas.
Box 468, Bloemfontein, O. F. S.

Quiet Talks With the Medical Secretary

"It is a religious duty for those who cook, to learn to prepare healthful food in a variety of ways, so that it may be both healthful and palatable." *Counsels on Health*, p. 116.

Breakfast is the first meal of the day. Porridge and milk, bread and butter, and some form of fruit, makes a palatable and well-balanced breakfast. The porridge may be oatmeal, mealie-meal, mabela, or one of the wheat preparations, cream of wheat or semolina, according to individual taste. It is wise not to use much cane sugar on your porridge. A more wholesome form of sweetening can be had by using dates or sultanas. Much cane sugar tends to clog the system, and is not healthful.

Milk is, in itself, quite a well-balanced article of diet. But one must remember that unless it comes from a pure source and is handled hygienically, and with much more care as to cleanliness than obtains on farms where the milking is left to the native boys, it is much safer to boil it. It is true that one sacrifices the vitamins by boiling milk, but it is a question of the lesser of the two evils. The alternative method is pasteurisation. This consists of heating the milk to not less than 142 degrees fahrenheit for not less than 30 minutes, and then quickly chilling it. This does not sterilise it, but it destroys most of the harmful germs—those which cause the diseases that may be transmitted through milk,—and it also retards the growth of the less harmful germs.

The best way to cook porridge is in a double boiler. Make it by stirring the meal into the top portion of the double boiler, in which there is sufficient boiling water. Let it boil for a little while on the stove, then place it in the lower portion, and let it cook two or three hours. Be sure, of course, that you keep the bottom of the double boiler full of water.

For the growing child, the breakfast should be the heartiest meal of the day. Plenty of brown bread, fresh butter, and a glass of milk in addition to the porridge. Bread made from the whole-wheat meal is better still. As an alternative, an egg may be given two or three times a week. It is better to give it boiled or poached. Hard boiled and fried eggs are less digestible. Too many eggs are not good, for they are rather stimulating, especially for children.

Breakfast should always be served promptly, and should give the child plenty of time for mastication, and to attend to the bowels before leaving for school.

These little details are of the greatest importance to the health of the family. Stewed fruit goes well with porridge, and it is a good plan to have some fruit at each meal, for the sake of the vitamins. "The Lord desires those living in countries where fresh fruit can be obtained during a large part of the year, to awake to the blessing they have in this fruit. The more we depend upon the fresh fruit just as it is plucked from the trees, the greater will be the blessing." *Counsels on Health*, p. 473.

Next time we shall talk about dinner.



The Literature Ministry

F. H. FICKER

A HUNDRED thousand lights every night in every city of South Africa beckon and throw out a challenge to you, dear reader.

The homes need the light of the last message, and you can supply it through our literature. Many Jewish priests in the time of Christ accepted Christ as their Saviour, and I firmly believe that there must be some honest hearted ministers in the other churches who will accept our message too.

In a small article in "The Arsenal" I read that in the island of St. Lucia, B.W.I. two Roman Catholic priests have publicly preached in the church that the seventh-day Sabbath ought to be kept from sunset Friday until sunset Saturday. They got the message from reading one of our papers. Marvellous is it not? And yet this should be multiplied manifold times. If you really believe that we are the last generation then every minister, school and public library, reading room and railway institution should receive the "Signs," "Tekens" and our books.

One afternoon while travelling by train from Durban, I met a stranger returning from his holiday to his home town in Northern Rhodesia. What was my surprise when, after telling him that I was an Adventist, he at once asked me for our literature because it is so interesting. I thereupon decided that I would distribute our books and papers as I have never done before because God says, "It shall accomplish that which I please, and it shall prosper in the things whereto I sent it." Isa. 55:11.

On another occasion while visiting a Dutch Reformed minister I noticed in his library four of our big subscription books. Drawing his attention to it, he said, "You people know the art of binding and selling books. I wish that my church would do the same."

While helping Brother Frikkie Jonker deliver his books at Bloemfontein one lady said to me, "I will not sell my 'Home Physician' for £20, because it has taught me things which I never knew before" and she generously helped her son to buy one for himself.

"The greatest wealth of truth ever entrusted to mortals, the most solemn and

fearful warnings ever sent by God to man have been committed to Seventh-day Adventists to be given to the world, and in the accomplishment of this work our publishing houses are among the most effective agencies. *Mrs. E. G. White.*



A Wonderful Advance

F. E. POTTER.

Our faithful men and women of the literature ministry laboured earnestly and diligently during 1934, and in spite of many difficulties recovered much of the ground lost through the past three years of depression. The year 1930 is our banner year, with sales amounting to £18,407. The three years following each showed a considerable decrease, with 1933 registering only £12,159—the lowest level since 1926. The year just closed will produce a total of £17,000—when all reports are in, and our colporteurs are to be commended for this splendid result. During 1935 even greater efforts will be put forth to increase the circulation of the printed pages, which is performing such wonders in the proclamation of the truth.

Our laity could give the literature ministry a greater impetus still if only more of them would take up the sale of small books and periodicals in their neighbourhood. Truly we have a wealth of literature, and among it can be found something to meet the need of all classes of people. The Sentinel Publishing Company is mailing to every reader of the OUTLOOK a copy of their latest catalogue, free of charge. In this catalogue will be found a revised list of all our publications with a brief synopsis of each, together with prices. We urge our readers to carefully examine the catalogue and see if they cannot find some kind of book, periodical, or tract which they feel they can sell to their neighbours. Then write to the field Missionary Secretary, care of P. O. Box 256, Bloemfontein, and all the necessary information and particulars as to how to go about the work will be furnished.

There are many of our people everywhere who could do great things in soul-winning by means of the literature ministry if only they would launch out in faith and cast their fear of failure to the winds.

"Success, It's found in the soul of you,
And not in the realm of luck,
The world will furnish the work to do,
But you must provide the pluck.
You can do whatever you think you can,
It's all in the way you view it.
It's all in the start you make young man;
You must feel that you're going to do
do it."

One of our lay-sisters won three souls

to the truth last year and had the blessed inspiration and comfort of seeing them recently baptised into church fellowship. This sister is an invalid in a precarious state of health, yet she finds time to work among her neighbours. In spite of pain and discomfort she goes forth with the printed page trusting in the Lord to give her strength and wisdom to do the work. Her success lies in the fact that she "feels" that, by the grace of God, she can be a soul-winner. Won't you feel that way? Won't you permit God to use you in your neighbourhood to win some poor soul to the kingdom?

Our student colporteurs also did a splendid work during 1934, and the possibility of several scholarships being earned is most promising. Please remember the Literature Ministry daily in your prayers.



Good Hope Training School Closing Exercises

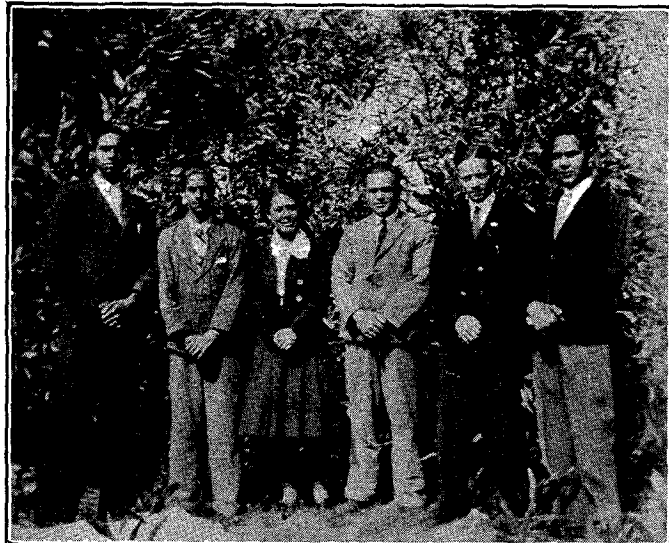
P. H. MANTELL

THE closing exercises of the Good Hope Training school were held during the weekend, December 7-9, when a class of six graduates received diplomas for the Primary Normal Training Course.

Consecration Service

On Friday evening at the Salt River Church, which was simply and tastefully decorated in blue and ivory, Elder L. S. Billes conducted the consecration service, after Miss J. Less had sung "Nearer My God to Thee." Elder Billes spoke of the building of God's spiritual Temple, to which the Word likens the work of building up the church of God through the centuries. Attention was called to the fundamental position Christ occupies in the building, as the "Chief Corner Stone, in whom all the building fitly framed together groweth into an holy temple of the Lord." He is the only safe foundation in this 20th century, the rock which has withstood the storms of the ages.

The erection of the temple as the builders through the centuries brought their material carved out of the world's great quarry of souls, was vividly portrayed. The disciples of all ages acted their noble part, but the structure is not yet complete. This generation must add the finishing touches. Shall we, who are called to finish the building, measure up to the builders who have gone before? Shall we match them in their royal manhood and splendid womanhood; in their rugged courageous strength; in their devotion to duty; their clear-eyed faith and pure spirituality? To this stirring appeal the class briefly but very earnestly responded, and this impressive service was concluded by the words of a song touch-



ingly sung by Miss L. Adams—"God Keep Thee Pure."

Class Sermon

On Sabbath afternoon in the Salt River church Elder A. E. Nelson preached the class sermon, which was built on the class motto "Character is the only true Diploma." The speaker dwelt upon Education as accepted by the world, with its aim of intellectual and cultural development, but pointed out its sad lack of emphasis upon the building of character. He then contrasted the principles of Christian Education as given to Seventh-day Adventists, which aims at the harmonious development of the spiritual and moral, as well as the mental and physical powers. Character, he said, is best matured when the spiritual development is a force in the life. Character is the passport to a useful life here and an entrance finally to heaven.

During the service Miss V. Wasser sang, "The Beautiful City," and the Salt River Choir rendered "Living for Thee."

Class Programme

The class programme was given on Sunday evening, December 9, in Forrester's Hall, Woodstock. The stage was transformed into a lovely, yet simple setting of blue and ivory. A large number of friends were present. Following the processional, which was played by Miss A. V. Sutherland, the Wynberg Choir sang "White Pages Before Us." After Kenneth Landers had offered prayer, Ben Abney welcomed those present. Miss L. Adams in a poem "God Forward," encouraged the class to work in the Master's field. She also sang, "Father of Light." A. G. Kohen spoke of the great field of labour among the constituency of the Cape Field, whilst Gilbert Marks in a splendid address showed that "Character is the only true diploma." Kenneth Landers spoke stirringly of the "Higher Heights to Attain." The history of the class was delivered by Peggy Damon. The class song was of their own composition. Victor Heeger recited the class poem and gave the valedictory address.

With a call to service, a male quartette fittingly sang, "Hear the Trumpet Calling," to close the programme.

Mr. R. Buckley then presented the diplomas, and a word of appreciation by the class president to the teaching staff, the ministry, the parents, and to all those who had helped through the past year, concluded the service. Every item of the evening combined to make a stirring appeal, and presented vividly the high aims and aspirations for our youth. The programme was a fitting climax to the years of faithful endeavour. Many of the parents presented declared that with renewed courage and devoted sacrifice they were determined to give to their children a Christian education.



Baptism at Cape Town

A. G. KOHEN.

ON Sunday afternoon, December 16, 1934, the Cape Town church was the scene of a happy gathering. Fourteen precious souls were added to the church. Elder L. S. Billes conducted the service, taking as his text Luke 17:20, 21. He pointed out that the kingdom in which Jesus reigns supreme is not an earthly kingdom, but is the kingdom of the individual heart. It is

Christ reigning in this kingdom within, which prepares us to share in the future kingdom of glory. Entrance to Christ's kingdom on earth makes a great spiritual change in the life. The old inherited slavery to the carnal nature is overcome by Christ's nature being implanted within. The repentant sinner, once corrupt and vile, is renewed in heart and mind, and becomes the temple of the Holy Ghost. This is why Jesus said, "Ye must be born again,—Born of water and of the Spirit."

Those entering this kingdom are united together to form the spiritual body of Christ, the church of God on earth. As an outward symbol of this mighty spiritual rebirth, baptism marks the beginning of a continued growth in grace, a constant walk with God, which shall continue on into the kingdom of glory.

Most of those baptised were interested ones who attended Elder Staples meetings in Woodstock in February 1934.

Elder D. F. Tarr assisted during the service, and our thanks is due to the members of the Cape Town church for the kind invitation to meet with them on this memorable occasion,

S. A. Conference

L. L. Moffitt _____ President
P. W. Willmore _____ Secy.-Treas.
Box 256, Bloemfontein, O. F. S.

Kroonstad Missionary Volunteers

A. W. STAPLES

THE Missionary Volunteers have been greatly interested in the work at Kroonstad. They not only raised the funds for the efforts, but have continued to pray that the Lord would use Elder Raubenheimer and his co-workers in that town. The sacrifices made were not in vain; all our prayers have been answered.

It has been the writer's privilege to visit the Kroonstad church. They worship in a Masonic temple and have all the



○
MISSIONARY
VOLUNTEERS
AT
KROONSTAD.
○

facilities needed for a real neat and comfortable Sabbath home. We met a group of earnest and intelligent believers. God has given a new church to this cause in South Africa.

But we are most interested in the young people. The new Missionary Volunteer society is a live one. Under Sister Raubenheimer's leadership the young people have yielded their lives to the Master and are marching with us under the Missionary Volunteer banner. They are loyal to our aims and ideals.

A large group gathered in the temple on Wednesday night, November 28th. Expectation was written on every face. It was "Friend" investiture night. Eleven "Friends" pledged their lives and spoke of their ideals as Missionary Volunteers. One by one they came forward and received their pins. This group is shown with Mrs. Raubenheimer and the writer in the accompanying picture taken in the temple after the service.

We do welcome Kroonstad Missionary Volunteers to the colours. May the Lord keep them all faithful and make them workers. Already they are in action, working for souls and sacrificing for the coming Graaff-Reinet effort.



Baptism at Ladysmith

A. C. LE BUTT

THE writer had the happy privilege of meeting with the new believers in Ladysmith, and conducting week-end services with those who accepted the truth as the result of the tent effort held during the early part of 1934. It was very encouraging to see the faithfulness of these new believers, and to notice their joy and confidence in the message. On Sunday all went out to Spion Kop College at which place we had our first baptism. Before the baptism ceremony Pastor E. M. Howard gave a short but stirring talk in regard to the candidate's God-given responsibility. It was with great joy that the writer led these dear souls through the watery grave.

We have now a splendid company of zealous believers in Ladysmith, whose numbers will be increased for there are others who will join this company in the very near future. Pastor S. G. Shone has been caring for these believers, and Sister C. Dixie, who is now located in Ladysmith, will also greatly help these new believers. Please pray for this company.



Helderberg Kollege

Verslag van die Prinsipaal vir die jaar geëindig November 1934

Die pas afgelope jaar was een van vooruitgang. Christelike Opvoeding vind al meer en meer byval en steun onder ons geleedere. Studente kom van heinde en ver. Van die 161 studente wat gedurende 1934

○
BELIEVERS
AND
INTERESTED
PERSONS
AT
LADYSMITH.
○



ingeskryf was, het vyf-en-twintig van streke buite die Unie gekom.

Deur die guns van God het die kollege een van die voorspoedigste jare in sy geskiedenis beleef. Ons het baie stof tot dankbaarheid, beide op tydelike en geestelike gebied. Daar meer as 80% van die studente meer of min ten volle betaal het, was die kollege vry van geldelike moeilikhede. Die finansiële staat wat later voor-gelê sal word, sal meer besonderhede verskaf.

Hoër Geestelike Toon

'n Hoë geestelike peil was deurgaans gehandhaaf. Daar het 'n gees van Christelike samewerking geheers. Ons het die beleid gevolg om by die begin van die jaar, voordat die studente te verdiep geraak het in hul studies, 'n aantal geestelike dienste te hou, by welke geleentheid daar nadruk gelê was op die ware doel van die lewe. Die uitslag hiervan was bevredigend. Die geestelike stemming wat dus geskep was, was die hele jaar gaande gehou. Almal het spontaan deelgeneem aan die toewydingsdienste, soms het 'n honderd getuies afgelê. Die gebedskringe was goed georganiseer. 'n Doopklas was aan die begin van die jaar georganiseer en die hele jaar was aan studie bestee. Die gevolg hiervan is dat almal wat gedoop is 'n hegte fondament ontvang het.

Vooruitgang op Tydelike Gebied

Op tydelike gebied was daar ook aansienlike vooruitgang gemaak gedurende die jaar. Daar was baie werk gedaan aan die skoolgronde. Die gronde is so te sê klaar uitgelê en met struik beplant. Daar was ook oor die 11,000 denne- en bloekombome uitgeplant—hulle maak goeie vordering. Al die klaskamers is nou afgewerk.

Die ledetal was nog nooit so hoog as verlede jaar nie, n.l., 161. Dit was 'n probleem om almal te huisves, en in sommige gevalle moes ons vier studente in 'n kamer sit wat maar vir twee bedoel was. Die uitbreek van masels in die middel van die jaar het die behoefte vir 'n siekehuis aan die lig gebring waar studente geïsoleer kan word.

Skoolstandaard

Deur die getroue werk van elke onderwyser was die klaswerk op 'n baie hoë peil gehou. Sommige van die onderwy-

sers het swaar laste gedra. Alhoewel goeie werk gedaan was mag dit goed wees om die wenslikheid aan die hand te gee van 'n inspeksie deur iemand buite die skool, dog onder die beheer van die denominasie. Ek voel dat die raad hierin moet voorsien.

Die staf het 'n hoë standaard in die toekening van punte gehandhaaf soos blyk uit die feit dat daar in die finale eksamens 125 grade was wat benede die vereiste standaard geval het. Daar was 28 studente wat nie daarin geslaag het om die vereiste 70% punte te behaal wat nodig is vir bevordering nie; 22 studente het in drie of meer vakke gesak en 21 studente het in een of twee vakke gesak. Agt-en-sewentig studente, of 64% het in geen een van die onderwerpe gesak nie.

Ek het hierdie syfers aangehaal om te bewys dat die bewering dat Helderberg te maklik punte toeken en dat ons maar baie selde studente laat sak, ongegrond is.

Die studente is bevredigend verdeel oor die verskillende klasse. Van studente bokant standerd ses is daar

16%	in standerd VII
20%	in standerd VIII
18%	in standerd IX
14%	in standerd X
30%	in die kollege klasse.
2%	neem die spesiale kursus.

Vergelykenderwys is daar maar min in standerd VII. Daar is 26 studente in klasse onder standerd VII.

Ons het die jaar geëindig met 148 studente, terwyl die inskrywing aan die begin 161 was—'n verlies van 19 studente of 8% vergeleke met 20% in ons junior kolleges oorse.

Vyftien van die studente, wat die kollege bygewoon het, se ouers is nie Adventiste nie. Omtrent ses van hulle (die studente) is nog nie Adventiste nie. Agt-en-dertig studente—of 24%—het uit huise gekom waar net een van die ouers aan die genootskap behoort, vergeleke met 19% die vorige jaar, en 17% in 1932.

Die Bouwerk

Goeie vordering word gemaak met die bouery. Die woonhuis van vier kamers was klaar toe die skool gesluit het. Omtrent vyftien studente het vir die somer agtergebly en daar word goeie vordering

gemaak met die nuwe eetsaal en onderwyserswoning. Hierdie bouwerk sal heelwat werk verskaf gedurende hierdie jaar. Die verandering van die eerste verdieping van Meade Tehuis in slaapkamers vir studente moet ook nog gedoen word.

Een van die groot behoeftes waarin nog nie voorsien is nie, is 'n geskikte gebou vir die Normaal afdeling. Die plek wat op die oomblik gebruik word is nie geskik nie—dit is in die onderste verdieping en gedeeltelik ondergrond. En dan nog is die aanwesigheid van die primêre studente in en om die hoofgebou, uit verskillende oogpunte ongewens. Daar is groot gebrek aan meer oefenkamers vir die normaalstudente. Ek voel dat die skoolraad planne behoort te beraam om in die nabye toekoms in hierdie behoefte te voorsien.

Daar is ook groot behoefte aan 'n siekehuis van vier kamers in geval van aansteeklike siektes. Baie siekte kan vermy word as daar so'n gebou is.

Drie-jaar Kursus

Die idee van 'n drie-jaar kursus is op verskeie maniere begroet. Baie sien op teen die ekstra onkoste, maar ek dink dat dit oor die algemeen byval sal vind, veral as daar meer krediet gegee sal word met die oog op die verwerping van 'n graad. Die beroepsvakke wat by die verskillende kursusse gevoeg is, het groot byval gevind.

In verdere verband met die driejarige kursus glo ek dat ons so gou moontlik 'n wyer keuse van onderwerpe moet aanbied as wat op die oomblik die geval is. Die vernaamste struikelblok in die weg hiervan is die beperkte personeel. Aangesien die werk van standerd VII tot X grootliks dien om 'n fondament te lê, sal dit nie nodig wees om hier ekstra onderwerpe by te voeg nie, maar dis in die kollegekursusse waar dit gewis nodig is.

Ons Behoeftes

So gou as moontlik behoort die skoolraad hul aandag te skenk aan die verskaffing van uitrusting en gereedskap om mee te werk. Die geboue en die verfraaiing van die gronde het tot dusver die aandag geniet. Ons sal eerlank die biblioteek moet uitbrei, en die uitrusting van die laboratorium moet aanvul, asook die van die huishoudkundige, die naaldewerk, en die houtwerk afdelings. Vir die biblioteek alleen is daar jaarliks, vir 'n aantal jare, £100 nodig vir nuwe boeke. Die biblioteek is nog ver benede die peil wat die Wêreldkonferensie Opvoedingsdepartement gestel het vir junior kolleges.

Ons voel dat die skoolraad, wat betref die opbou van die kollege, 'n baie liberale en simpatieke houding openbaar het. Daar is baie gedoen; dog om so'n inrigting behoorlik uit te rus, is die werk van jare se onafgebroke inspanning. Ons besef dat die geestelike belange eerste plaas gegee moet word, maar waar ons die geestelike sy handhaaf, moet ons ook toesien dat ons werkers oplei van wie die hand, hart, en verstand eweredig ontwikkel is.

'n Onlangse Besluit van die Helderberg Kollegeraad

J. F. WRIGHT

Voorsitter van die Raad

SOMMIGE van ons werkers en leke het al vir jare gevoel dat die Kollegeraad behoort stappe te neem om dit moontlik te maak vir studente wat dit verlang om die Matriekulasie eksamen te neem. Hierdie probleem is onlangs oorweeg deur 'n groot verteenwoordigende kommissie wat spesiaal vir die doel benoem was.

Dit is onmoontlik om in hierdie uitgawe van die *OUTLOOK* op die rapport van die kommissie in te gaan, maar ons wil meedeel dat die Divisiëkomitee en die Kollegeraad, na ernstige oorweging van die probleem, die rapport van die kommissie aangeneem het. Die hooftrekkende van die rapport sal in 'n later uitgawe van die *OUTLOOK* verskyn.

Nou dat hierdie uitgawe ter perse gaan, wil ons net aankondig dat voorsiening gemaak sal word aan die begin van die skooljaar 1935 vir studente wat dit verlang om die Goewermentseksamen af te lê. Spesiale onderrig gedurende die somervakansie sal gegee word vir hierdie doel.

Ons vertrou dat hierdie besluit van die Kollegeraad en die Divisiëkomitee ons kollege sal in staat stel om hierdie groter diens, wat baie van ons mense verlang, aan die veld te bewys. Meer sal later oor hierdie saak verskyn.

Buurtsending Dept

F. E. Potter, *Sekretaris*

Goëe Vordering

F. E. POTTER

DIE getroue manne en vroue van die leesstofbediening het ernstig en ywerig gewerk verlede jaar, en, ten spyte van baie moeikhede, het hulle heelwat teruggewin van wat ons gedurende die drie jare van depressie verloor het. Die jaar 1930 was ons puikjaar; daardie jaar het ons boeke ter waarde van £18,407 verkoop. Die drie daaropvolgende jare toon 'n aansienlike vermindering aan, met maar net £12,159 in 1933—die laagste sinds 1926. Vir die pas verstreke jaar sal die totaal op £17,000 staan,—wanneer al die rapporte in is—en ons kolporteurs verdien alle lof vir die prysenswaardige prestasie. Gedurende 1935 sal nog groter pogings aangewend word om die sirkulasie uit te brei van ons boeke en blaie wat so 'n groot rol speel in die verkondiging van die waarheid.

Ons kerklede kon die leesstofbediening nog verder aanhelp as meer van hulle ons kleiner boeke en tydskrifte verkoop in hulle buurt. Ons het werklik 'n groot verskeidenheid leesstof wat voorsien in die behoeftes van alle klasse. Die *Sentinel* Uitgewers-

Maatskappy sal aan elke leser van die *OUTLOOK* hulle jongste katalogus kosteloos stuur. Hierin sal u 'n hersiene lys van ons publikasies vind met 'n kort oorsig van elk, saam met die prys. Ons wil ons lesers dit op die hart druk om hierdie katalogus sorgvuldig deur te kyk om te sien of daar nie een of ander boek, tydskrif of traktaat is wat u onder u bure kan verkoop nie. Skrywe dan aan die Veld Sendingsekretaris p/a Posbus 256, Bloemfontein, en alle informasie en besonderhede in verband met die werk sal verskaf word.

Daar is baie van ons mense oral wat siele kan win deur middel van die leesstofbediening as hulle net die werk in geloof wil aanpak en die vrees dat hulle nie sal slaag nie laat vaar.

„Sukses! Dit word in die siel gevind,

En nie in die land van geluk!

Die wêreld gee jou die werk, my vriend,

Maar die durf vir die daad kom van jou.

Jy kan alles doen wat jy dink jy kan,—

As jy net wil sien soos jy moet—

Dit hang net af van jou wil, jong man,

En die moed waarmee jy dit pak.”

Een van ons leke susters het verlede jaar drie siele vir die waarheid gewin. Dit was vir haar 'n bron van inspirasie en troos om teenwoordig te wees toe hulle gedoop is. Hierdie suster is 'n invalide en haar gesondheid is in 'n bedenlike toestand, nogtans vind sy tyd om onder haar bure te werk. Ten spyte van pyn en ongemak gaan sy uit met ons leesstof en vertrou op die Here om haar krag en wysheid te gee om die werk te doen. Haar sukses is te danke aan die feit dat sy voel dat sy deur die genade van God wel in staat is om siele te win. Wil u nie ook so voel nie? Sal u nie die Here toelaat om u te gebruik om in u omgewing een of ander arme siel vir Sy koninkryk te win nie?

Onse student-kolporteurs het 'n pragtige werk gedaan gedurende 1934 en dis baie bemoedigend dat daar 'n moontlikheid bestaan dat 'n aantal beurse sal gewin word. Bid tog daeliks vir die leesstofbediening.

S. A. Unie-Konf.

President

J. E. Symons, Sekr.-Tes.

Bus 468, Bloemfontein, O. V. S.

'n Onderhoud met die Mediese Sekretaris

„Dit is die sedelike plig van diegene wat kook om te leer om gesonde voedsel op 'n verskeidenheid van maniere voor te berei, sodat dit smaaklik sowel as gesond kan wees.”—*„Counsels on Health,”* bls. 116.

Ontbyt is die eerste maal van die dag. Pap en melk, brood en botter, en vrugte, vorm 'n smaaklike en gebalanseerde ontbyt. Die pap kan hawermeel, meliemeel,

mabela, een of ander vorm van koring, „cream of wheat” of semolina wees, na u persoonlik verkies. Dit is verstandig om nie te veel suiker by die pap te voeg nie. 'n Gesonder manier om dit soet te maak is om dadels of sultanas te gebruik. Te veel wit suiker is ongesond; dit verstop die gestel.

Melk is op sigself 'n goed-gebalanseerde voedsel. Maar tensy dit uit 'n suiwer bron afkomstig is en higiënies gehanteer word, met groter sorg en reinheid as wat die geval is op die meeste plase waar die melkery aan die volk oorgelaat word, moet ons onthou dat dit veiliger is om ons melk te kook. Dit is waar dat ons die vitamines vernietig deur kook maar dit is 'n kwessie van die minste van twee ewels. 'n Ander metode is om die melk te pasteuriseer, d.i. om dit tot 142 grade fahrenheit te verwarm vir minstens 30 minute en dan skielik af te doel. Dit steriliseer die melk nie, maar vernietig tog al die gevaarlike kieme—die wat die siekte veroorsaak wat deur melk oorgedra word—en dit vertraag ook die aangroei van minder gevaarlike kieme.

Die beste manier om pap te kook is in 'n dubbelde kastrol. Maak dit deur die melk in die kookwater in die boonste kastrol te roer. Laat dit 'n rukkie op die vlam kook, sit dit dan op die onderste gedeelte van die kastrol en laat dit vir drie uur stoom. Dra sorg dat daar altyd voldoende water in die onderste gedeelte is.

Vir groeiende kinders is ontbyt die belangrikste maaltyd van die dag. Hulle moet voldoende growwe brood, vars botter, en 'n glas melk by hulle pap hê. Vir 'n verandering kan 'n eier twee- of driekeer per week by die ontbyt gevoeg word. Kaalgekookte of gewone sag gekookte eiers is die beste. Hardgekookte en gebakte eiers is minder verteerbaar. Te veel eiers is nie goed nie, want hulle is nogal stimulerend, veral vir kinders.

Ontbyt moet op die tyd bedien word en kinders moet voldoende tyd kry om goed te kou en te sorg dat hulle opelyf kry voordat hulle skool-toe gaan. Hierdie dingetjies is van die grootste belang vir die gesondheid van die gesin. Gestooftde vrugte kan saam met pap geëet word. Dit is 'n goeie plan om elke maaltyd vrugte te hê, terwille van die vitamines. “Die Here verlang dat diegene wat in lande woon waar daar byna die hele jaar deur vars vrugte verkrygbaar is, die seëninge wat hulle in die vrugte het, sal te baat neem. Hoe meer ons vertrou op die vars vrugte net soos dit van die boom gepluk word, hoe groter sal die seën wees.”—*„Counsels on Health,”* p. 473.

Volgende keer sal ons oor die middagetse gesels.



„SATAN trag voortdurend om ons aandag op mense te vestig in plaas van God. Hy beweeg die mensdom om op biskoppe, leraars, en professore van teologie te vertrou om hulle te lei instede van self die Skrifte te ondersoek om vir hulself uit te vind wat hul plig is.”—*E. G. White*,

Kaapse Veld

L. S. Billes Superintendent

Good Hope Opleidingskool Sluitingsplegtighede

P. H. MANTELL

Die sluitingsplegtighede van die Good Hope Opleidingskool het plaasgevind van 7 tot 9 Desember. Ses studente het graadueer en diplomas ontvang vir die Primêre Normaalkursus.

Toewydingsdiens

Op Vrydagaand, 7 Desember het Leraar L. S. Billes die toewydingsdiens gehou in die Soutrivierse kerk wat eenvoudig dog smaakvol versier was in blou en ivoor. Voor die preek het Mej. J. Less „Nearer My God to Thee” gesing. Leraar Billes het gepraat oor die bou van die geestelike tempel van God, waarby die Woord die opbouing van Gods kerk deur die eeue heen vergelyk. Die aandag was gevestig op die plek van Christus in die gebou; Hy is self die hoeksteen, in Wie die hele gebou, saamgevoeg, verrys tot 'n heilige tempel in die Here. Hy is die enigste veilige fondament in hierdie twintigste eeu; die Rots wat die storms van die eeue weerstaan het.

Die opbouing van die tempel was lewendig voorgestel. Die bouliede het hulle materiaal gebring uit die wêreld se groot steengroef van siele en die dissipels van alle eeue het 'n edele werk gedoen, maar die gebou is nog nie voltooi nie. Hierdie geslag moet die werk klaar maak. Kan ons ons meet met die bouers wat ons voorgaan het? Besit ons die moedige krag, pligsgetrouheid, helder-siende geloof, en suiwer geestelikhed van daardie stoere manne en reine vroue? Die klas het kortliks dog ernstig geantwoord op hierdie kragtige oproep, en die indrukwekkende diens is afgesluit met die innige sangsolo „God Keep Thee Pure” deur Mej. L. Adams.

Klaspreek

Op Sabbatagtermiddag het Leraar A. E. Nelson die klaspreek gelewer in die Soutrivierse kerk. Die klas se leuse: „Karakter is die enigste ware diploma” was die onderwerp van die preek en die spreker het gewys op die opvoeding van die wêreld met die nadruk op verstandelike en kulturele ontwikkeling en die betrouenswaardige verwaarloosing van karakterbouing. Daarmee het hy kontrasteer die beginsels van Christelike opvoeding wat Sewende-dag Adventiste huldig, wat die harmonieuse ontwikkeling van die geestelike, morele, verstandelike en liggaamlike kragte beoog. Die beste karaktervorming vind plaas, het hy gesê, as daar ware geestelike groei in die lewe is. Karakter is die paspoort tot 'n nuttige lewe hier en verleen eindelijk 'n

ingang tot die hemel. By die diens het Mej. V. Wasser „The Beautiful City” gesing en die kerkkoor „Living for Thee.”

Die klasprogram was gegee op Sondag-aand, 9 Desember, in die Forrestersaal, Woodstock. Die verhoog was eenvoudig dog fraai opgemaak. Die kleurskema was blou en ivoor. 'n Groot aantal bloedverwante en vriende was teenwoordig. Na die prossiemars wat Mej. A. V. Sutherland gespeel het, het die Wynbergse kerkkoor „White Pages Before Us” gesing. Kenneth Landers het voorgestaan in die gebed en Ben Abney het die aanwesiges verwelkom. Mej. L. Adams het die gedig „God Forward” voorgedra, waarin sy die klas aangemoedig het om in die Meester se wingerd te werk. Sy het ook die lied „Father of Light” gesing. A. G. Kohen het gepraat oor die uitgestrekte arbeidsterrein wat die Kaapse Veld aanbied, Gilbert Marks het in 'n skitterende toespraak getoon dat „Karakter die enigste ware Diploma is,” en Kenneth Landers het op 'n indrukwekkende wyse gepraat oor „Higher Heights to Attain.” Peggy Damon het die geskiedenis van die klas geskets. Die klaslied was deur die klas self gekomponeer. Victor Heeger het die klasgedig voorgedra en die afskeidsrede gevoer.

'n Mannekwartet het die gepaste oproep tot diens „Hear the Trumpet Calling” aan die einde van die program gesing.

Mnr. R. Buckley het toe die diplomas uitgereik en die president van die klas het met 'n woord van dank—gerig tot die staf, die leraars, die ouers en almal wat die klas hulp verleen het—die verrigtinge afgesluit.

Die items het 'n diepe indruk gemaak en lewendig die hoë ideale van ons jongmense voorgestel. Baie van die ouers wat teenwoordig was, het besluit dat hulle met hernude moed en opoffering sal werk om hul kinders 'n Christelike opvoeding te gee.



Doopdiens te Kaapstad

A. G. KOHEN

SONDAG, 16 Desember 1934 was vir ons 'n heuglike dag. In die kerk te Kaapstad is daar veertien kostelike siele deur die doop aan die kerk toegevoeg. Leraar L. S. Billes wat die diens waargeneem het, het gepreek uit Lukas 17:20, 21. Hy het daarop gewys dat die koninkryk waarin Christus regeer nie van die wêreld is nie; dit is die koninkryk van die hart. Dit is die regering van Christus in die koninkryk in ons wat ons voorberei vir die heerlike koninkryk van die toekoms. As ons die koninkryk van Christus op aarde intree, kom daar 'n groot geestelike verandering in ons lewe. Die ou ingebore onderwerping aan die vlees word oorwin deur die inplanting van Christus se natuur in ons. Die boetvaardige sondaar, eers so verdorwe en afskuwelik, word vernuwe na hart en verstand, en word die tempel van die Heilige Gees. Daarom het Jesus gesê, „Julle moet weer gebore word.” “Gebore uit water en Gees.”

The Southern African Division Outlook

Published semi-monthly by the
General Conference of Seventh-day Adventists
(Southern African Division)
Subscription price, 2/6 per annum

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Grove Avenue, Claremont, Cape

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Diegene wat hierdie koninkryk ingaan vorm die geestelike liggaam van Christus, die kerk van God op aarde. As 'n uitwendige bewys van hierdie kragdadige geestelike wedergeboorte, vorm die doop die begin van 'n loopbaan waarin ons opwas in die genade en met God wandel totdat ons die koninkryk beërf.

Die meeste van die dopelinge was belangstellendes wat Leraar Staples se dienste laas Februarie in Woodstock bygewoon het.

Leraar D. F. Tarr het deelgeneem aan die diens. Ons wil die lede van die Kaapstadse kerk ons dank betuig vir die uitnodiging om saam met hulle te aanbid by hierdie geleentheid.



Integrity Rewarded

THE Lord tests His people in various ways concerning the observance of the Sabbath. An incident we have just come across shows how one person was tested, how he stood the test, and finally how his integrity was rewarded. We quote the experience as follows:

"Elder Kaplan gave an appealing talk on 'The Home of the Saved' at which time he exhibited a large picture painted by himself. The picture represented a scene in the new earth as it is depicted in the Bible. At the close of his lecture, he made an appeal for those to raise their hands who wished to take their stand for the truth. Five responded. One of these was a young married man who works in a large New York department store. He had an interesting experience to tell. He said that having determined to keep the Sabbath, he recently went to the head of his department and said, 'I am resigning my position next Friday.' 'Why?' asked the man in surprise. 'Because I am joining the Seventh-day Adventist church, and from now on I am going to keep the Sabbath.' When the manager became convinced that he was really in earnest, he said, 'It may not be necessary for you to resign at all. Let's go to the head manager and see what can be done about it.' The conclusion of the matter was that he re-

ceived permission to have the Sabbath off, and was also admonished to continue to stand for his principles."



The Soul-Winning Teacher

A. F. TARR

Is your work as a Sabbath school teacher a success? Are you satisfied with what you are doing for your class—spiritually as well as intellectually? Or are there problems which come up in your work which you do not know how to meet, and which if solved would lighten your burdens and give you greater confidence in your teaching? Here is one test by which to measure your success: "The real test of a teacher's work is not what he says to his pupils, but what his pupils say and do as a consequence of his teaching. . . . Teaching fails of its purpose if it does not affect decision, and change the standards and purposes of the pupil." As you measure your work by this test can you say that it has been a success? Is your class being moulded after spiritual things as a result of your teaching?

The quotation used above is taken from the new book, "The Soul-Winning Teacher" (L. Flora Plummer, Publishers Fleming H. Revell Co.) an advance copy of which has just been received. Following closely the title of its predecessor, that splendid book, "The Soul-Winning Sabbath School," but leaving the more general field of Sabbath school problems, the new book applies itself to the specialised work of the Sabbath school teacher.

Practically every problem of teaching is dealt with, and all in a most simple and attractive way. It avoids completely that element of professionalism that makes so many otherwise suitable books irksome reading to the average Sabbath school teacher. To the teacher who has difficulty in making the class period interesting, to the one who is at a loss to know how best to prepare his lesson, to the kindergarten teacher especially who needs help in maintaining order and in sustaining interest but above all to that earnest band of teachers who seek to enter more fully into the experience needed as under-shepherds to the flock, this little book will come as a veritable godsend.

In it the work of the teacher is raised above the level of an instructor; it becomes the training of pupils "in Christian habits, and to think and act as Christians"—the leading of the pupils "all the way to Jesus." Nor is this presented in a merely theoretical way. Practical suggestions are offered which enter into the minutest details of the teacher's life, his dress, his daily deportment, his conversation, his preparation for class, his social life, his mental habits, in fact everything that has a bearing upon his ability, mental, moral or spiritual. It emphasises with a forcefulness one seldom finds, the calling to be a teacher of the things of God to the pupils entrusted to one's care.

One cannot read the book without earnestly wishing that some means might be devised to ensure that every teacher and Sabbath school officer might have it in his possession and use it constantly as a guide and a measuring rod for his work. Every succeeding paragraph that one reads seems to intensify this wish.

The "Soul-Winning Teacher" and the "Sabbath School Worker" constitute the Sabbath School Teachers' Training Course for 1935. We heartily commend it to every teacher and officer. And after you have begun the course watch for the improvement in your school. The book contains 192 pages, and the price is 6/-. Order through your Book Depository. The first lessons appear in the January number of the Sabbath School Worker.



Nursing Work

WILL applicants please note that all present vacancies in the Government Hospital at Maritzburg for male nurses are filled. No further vacancies are likely for a year, so applicants are advised NOT to depend or wait for same. Should an unforeseen vacancy occur, unsuccessful applicants, whose applications have been filed, will be notified individually, in due course.

DR. E. W. INGLE.



Notice

OCCASIONALLY it is necessary for workers and laymembers in the Union of South Africa to send money to individuals residing in the Rhodesias. In order to help all concerned we should like to suggest that when remitting money to Rhodesia it be done by Money Order or British Postal Order as there is no exchange on these. Do not remit Union Postal Orders for these are payable only in the Union of South Africa.

Obituary

FREDRIKA JORDAAN.—Died at Cape Town on the 21st ultimo at the age of 58 years, and was laid away to rest at Woltemade on the following day, Sabbath.

It was about 26 years ago that the deceased accepted the message under the writer's labours at Salt River, and became a member of the Salt River church.

Through domestic troubles she was left alone to struggle with her three children, but her faith in God and in His truth sustained her. The writer, assisted by Brethren Kohen and Jackson spoke words of comfort to the family and friends from Revelation 14:13, "Blessed are the dead that die in the Lord."

D. C. THEUNISSEN.