

**Trans-Africa Division**  
**OUTLOOK**

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## For Such a Time as This...

# DO IT RIGHT NOW

by J. DE WITT FOX, M.D., L.M.C.C.  
Editor of *LIFE AND HEALTH*

WHEN I WAS a student in college I had a little fact of life indelibly impressed on my mind: *DELAY IS DAMAGING*. Although I learned this principle while delaying writing a term paper, I have since learned that to do every task right now is the best way. Doing it immediately saves much grief.

One of my mentors in surgical residency, Dr Joseph Ponka, of Henry Ford Hospital, Detroit, Michigan, used to have an axiom for his residents. He would say, "There's only one way to do anything—the right way; and only one time—right now."

Now comes news from brain specialists to tell us more about why delay in doing something is damaging—why doing your tough chore, changing your bad habit, or tackling your new job can be so health-giving that it can even lengthen your life.

Acting with decision has to do with your subconscious mind, the deep centres of your brain known as the thalamus and the hypothalamus, the inner chamber of your brain, where resides the emotional focus of your thoughts.

Every thought you have and every action you anticipate doing must be fed through the subconscious mind, where it is played upon by the emotional overtones of your experience, environment, state of mind—whether anger, hate, peace, or love.

Let us assume that you have a bad habit you would like to change. It matters little to your subconscious mind whether it is smoking, being late habitually, or whatever. If you know you should change your way for your own comfort and best good, the sooner you do it the better, because already your conscious brain (the cortex) has sent a message down to the subconscious mind to do this noble task of changing from a habit that is bad to one that is good.

Now, if you do it right away you feel great. Tension is released and action follows as smoothly as power-glide transmission. Your subconscious mind takes over, and away you go to eat an apple, drink a glass of cool water, or chew a piece of celery instead of reaching for a cigarette.

Let us take a look at the delay pattern. If you say, "I know I should quit smoking, but I will do it tomorrow," you put your subconscious mind into a dilemma. It does not know which you mean. Frustration, anxiety, and tension build up. Your conscious mind says you should, and the subconscious says go ahead. But you hold back and delay.

Damaging tension sets in. It is like driving with the brakes on. You get nowhere, but you damage the car. The same is true of your brain and body. Tension is created by delay and fear. You play a mental tug of war and get nowhere.

If you decide on a course of action, move and act quickly, the sooner the better. Surely you will make mistakes, but you will quickly correct them. As Dr Maxwell Maltz says in his book, "*Psycho-cybernetics*": "Man is a goal-seeking device, a servo-mechanism, which once started toward a target will not go straight, but once off its course will correct itself automatically."

If tension is your problem, you lack forward motion, and no great thing is happening in your life. Like my term paper that had to be written. The longer I delayed, the harder it was to get started and the poorer the thought process. Because I was tense and upset it was time to move and act, not delay. As soon as I sat down to write it, thought began to flow.

May I apply this philosophy of "Do It Now" to good health habits? If you are overweight, underexercised, tired from lack of sleep and rest, frequently nervous, why not rid yourself right now, once and for all, of these needless problems? Make a decision now as we talk together by the printed page and say, "I will eat less, I will get more exercise, I will go to bed early and get up early, I will eat a good breakfast, I will find time for my health, I will have more fun with my family." Once you have said that, **ACT IMMEDIATELY.**

If you fail to follow through you are going to be miserable. You will notice more tension building up the longer you delay.

I hope you go through agony, so that you will return to the better way of life. My greatest joy is in getting good people like you to enjoy a richer, fuller, healthier life. And do not think I do not have to preach to myself often as the jobs pile up and the patients demand my time.

"Everyone lives by selling something," said Robert Louis Stevenson. I am here to sell you confident living in place of fear and frustration. I know that fear is sown in the soil of delay and procrastination.

If you are a salesman you may fear to call on a certain prospect. The long-

### DAY OF FASTING AND PRAYER

Dear Believers in Trans-Africa,

I just want to send along this little note to remind you that the first Sabbath of the General Conference Session is to be a day of fasting and prayer.

I hope you will do all you can to spread this word around your churches and among your friends and fellow-believers. We want our people to know of this, so that the delegates to the Session can plan for it, and our dear people who will be staying at home can join with us.

Thank you, one and all, for whatever you can do to help in this. May the Lord richly bless you as you pray for the General Conference Session. We ask an interest in your prayers as we prepare for it here at the headquarters office.

Cordially yours with Christian greetings,

(Signed) Robert H. Pierson, President,

GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS.

#### COVER:

ADVENT PARK NURSING HOME,  
Johannesburg, South Africa, where senior  
citizens are given tender loving care.

Photo by A. E. Cook

er you delay, the more you will fear him, the more tension will build up, the less chance you will have of selling your product. Like a little boy going into a cold swimming pool. If he goes to the edge, then backs away, the less likely he is ever to go in. But once he plunges in, acting on his desire and decision, he finds it great fun and an invigorating sport.

This will be your experience in selling to a tough prospect. Call on him right now, do not delay. Once you approach him you find that he is as human and as nice as you are, and you no longer fear him. With fear gone, you become relaxed, and when you are relaxed you can present your case more favourably.

Public speakers suffer stage fright. The longer they have to wait before giving their speech, the more tense they become. Once they are before the audience and have begun speaking and acting, their tension disappears.

Once you can get yourself to take the initiative and begin to establish habits that are going to help you mentally and physically, you will find that life is less frustrating. Instead of waiting until tomorrow to begin those daily walks, do it today. Get up a little earlier, then walk part way or all the way to work, if that is possible.

When you have tasks that must be done eventually, why keep delaying them? Your income tax, for instance. As soon as you have received all the necessary forms to be filled in, do that task immediately, and you will not dread it later.

If you would like to dispel tension, worry, headache, backache, jittery nerves, do not delay in doing what you set out to do; do it right now. This quick action is better for you than any tranquillizer I could prescribe.

This principle shows why exercise is a great relaxer of tension. When you exercise you put muscles into motion, you act, you release the subconscious mind and tell it to go forward.

If you have been reining in your subconscious mind with delay, sitting and thinking instead of being up and doing, it is time to let go and enjoy the thrill of action. You will be improving your peace of mind and bodily health and enjoying sound sleep, because you got up at once, took a walk around the block, and set out to change the habits you had been wanting to improve.

## Editorial—

# SPIRITUALISM'S SPRING TIDE

UNDER THE TITLE, "Life After Death Inquiry," the *Argus* of Cape Town recently published the following letter from a lady who lives in a far-off land beyond the sea:

"Recently four of us sat round a table and somewhat sceptically held a 'finger-on-the-glass' session. We had been discussing life after death and were anxious to see if we could communicate with the spirit world. To our utter amazement we appeared to make contact with a Helen Shie (e) who had 'just passed on' and we were given such details that we could not resist the temptation to try to verify them.

"This spirit was said to have come from South Africa and as none of the four round the table have ever been to that country or have any friends or relatives there, we thought a leading newspaper might possibly find this investigation sufficiently newsworthy to bear checking upon. I now give details conveyed to us through the glass.

"Helen Shie (e) was single and had been born in Johannesburg, South Africa, on December 11, 1905. She had allegedly died of lung cancer in Cape Town on January 16, 1970, at the age of 64. During the latter years of her life she made tea in an office canteen in Cape Town. We were asked to convey a message to her sister, Mrs Lawn Ann Meama, aged about 57, whose address was given as Gan (n)s, Cape Town.

"We should be grateful if you could treat this as a serious attempt to prove life after death and assure you most sincerely that this is neither a gag nor are any of us eccentric or 'way out.'"

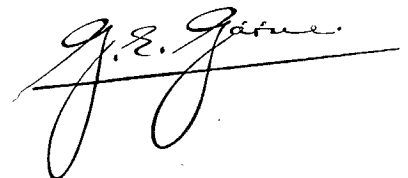
The editor at the *Sentinel* has written to this correspondent. Please join us in praying that our letter will touch a responsive chord in her heart.

This dear lady represents millions who are feeling around in the darkness for a ray of light, and who are being swept into the treacherous ocean of spiritualism, which is today pounding the shores of international public interest at spring-tide level.

*Newsweek* of April 6, 1970, published a feature in its Religion column entitled, "How America Lives With Death."

The article states that "*Americans are exploring psychic phenomena as never before. More significant, psychic research is rapidly gaining tolerance among intellectuals—and in some circles, academic respectability.*" The writer, Kenneth L. Woodward, quotes Dr Lawrence LeShan, a New York psychologist as saying: "We know that mental telepathy exists, we know that clairvoyance exists, we know that sometimes people have specific, concrete information that they could not get any other way except through extrasensory perception."

When we put statements like these next to Revelation 16:14-16, they tell us that Armageddon, "the great battle of that great day of God Almighty" is right upon us. Let us heed the warning in verse 15, "Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments. . . ."



# MARK

# SET - - - GO

# INGATHERING

# 1970

## *Care Enough to Participate*



## THERE IS NO LIMIT

by R. H. HENNING, *President*  
*Tanzania General Field*

ONE OF THE golden opportunities given to us year after year is the Harvest Ingathering campaign. Many may think of this as a burden, but it is really a thrilling experience to get out and acquaint people with our work. I have the assurance that many of our business friends like to have a small part in this great world-wide work. There are so many needs where these funds, under the blessings of the Lord, can accomplish great things. If every Seventh-day Adventist around the world would devote some of his time to Ingathering we would have funds to build hospitals, dispensaries, schools, and help people in need in our welfare work.

Another need is for a greater vision of what can be done. Our goals are set too low. We can work harder to pass our goals.

A year or so ago I was just a beginner in the Harvest Ingathering work. It was nice to associate with the rest of the team, more experienced than I. Working from shop to shop in the business section of Dar-es-Salaam, Tanzania, I came to a large firm. I asked my fellow-worker at lunch time about the possibilities of getting a do-

nation from this office. He told me their head office was in Nairobi, Kenya, but this did not satisfy me. I felt I could not pass it by.

It was not easy to get into the manager's office, but finally I sat across the desk from the general manager in a beautiful office. My approach was answered in the same way as the previous years. Smiling happily I invited the gentleman to think of the needs in this developing country of Tanzania. I told him how his business friends like to contribute. I left his office with a letter to the chief accountant. After a big "Thank you" I hastened along the passage, eager to know what message the letter contained. Soon I wrote a receipt for US\$70.00 (R50.00), at that time a very handsome donation for us.

The following year I introduced our Division medical secretary to the general manager, telling him how much we had appreciated his contribution. We suggested an even higher amount, and receipted US\$140.00 (R100.00)

This man has become a good friend of mine. Meanwhile changes in business have put him into another posi-

tion. It is more difficult now to get a donation. In spite of this, last year our good friend gave us US\$280.00 (R200.00), another unusual donation for Dar-es-Salaam. I believe we can get even greater amounts than these.

Harvest Ingathering calls for new methods. After seeing the Trans-Africa Division film "KAPALA, THE TENTH LEPPER," I was impressed this could be used in our Harvest Ingathering campaign.

During the 1968 and '69 campaigns, Pastor H. W. Peterson succeeded in getting a large welfare organization to donate US\$280.00 (R200.00). But little progress was made in our attempts to show this film. However, this year our visit coincided with a business meeting this organization was to have one Saturday evening. Our offer to show the film was accepted, and the board members of the welfare society were so favourably impressed that the cheque we received was US\$560.00 (R400.00), double their previous contribution.

There is no limit to the success we might achieve if we pray for greater vision and work harder.

# AROUND OUR UNIONS

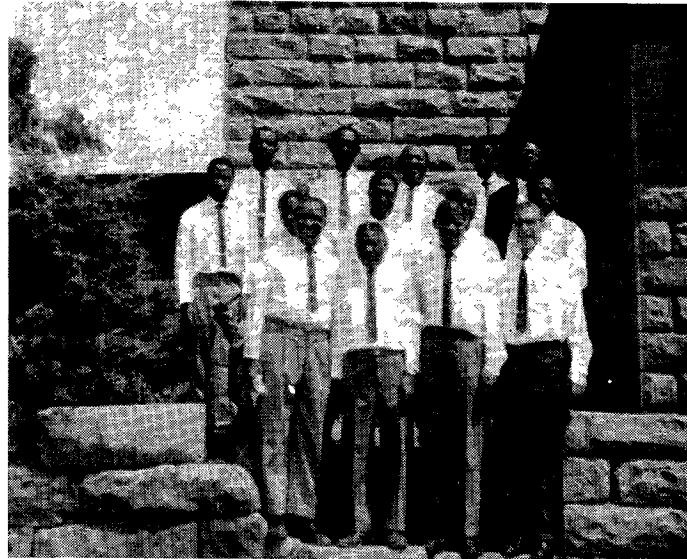
## PROFILE



PASTOR W. M. SOJOLA is president of the Cape Field and the Southern Union's representative on the Division Committee. In his earlier ministry, he served as a district pastor in the Grahamstown and Port Elizabeth areas, and membership, as well as tithe and offerings, increased under his able direction. In 1960 he was called to be president of the Cape Eastern Field and today leads the amalgamated Cape Eastern and Western fields under the new name of the Cape Field. The headquarters of this field are at Mndantsane, near East London, and a new church, parsonage and field offices are being erected. Pastor Sojola is one of Trans-Africa's tried and faithful servants, a wise and able leader.

## IMPORTANT DATES

- June 13 ..... *Disaster and Famine Relief Day and Offering.*
- June 20 ..... *Challenge to Youth*
- July 4-11 ..... *Special Literature Sales Week*
- July 11 ..... *Free Literature for Colporteur Distribution Offering*



Stewardship Secretaries in Lesotho.

## STEWARDSHIP COUNCIL IN LESOTHO

by DAVID M. MALOTLE  
*President, Lesotho Field*

THE WORKERS AND BELIEVERS in the Lesotho Field have caught a new vision of their responsibility towards God in regard to the paying of a faithful tithe. Recently two days were spent in a Stewardship Council when workers from various sections of this field met to discuss these important matters. Pastor John G. Evert, Southern Union Stewardship secretary, led out and Pastor P. M. Mabena, the Administrative secretary of the Union, was also present. Tithe increases are becoming evident and the members seem happier in the consciousness of rendering to God His own.

In the accompanying picture can be seen (front row from the left) the writer; E. L. Nteso, secretary-treasurer, Lesotho Field; P. M. Mabena, SU Administrative secretary; J. G. Evert, SU Stewardship secretary; (second row) P. Lichaba, J. N. Nkhethoa, D. Makola, E. T. Maqache; and (third row) J. Mohapi, D. W. Chalale, H. T. Motloheloa, N. M. Matsietsi, E. P. Komota, and P. M. Mawela.

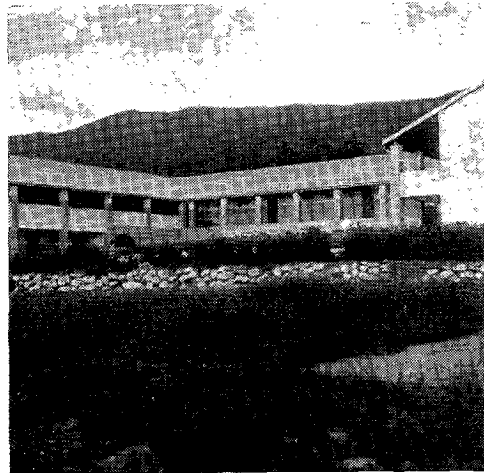
## LIVING THEATRE— BIBLE SOCIETY STYLE

DRAMATIC presentation of Bible parables is one technique developed by the Bible societies in Africa for attracting people with a view to distributing Scriptures among them. As part of a recent Scripture Distribution Training Course held at Nyegezi, Tanzania, the delegates prepared for market selling by producing a dramatic presentation of the story of the Good Samaritan. One of the market authorities was a Moslem, and this resulted in some initial problems which were eventually overcome. Hundreds of people gathered to watch the presentation. So vividly was it done that when the robbers attacked the traveler, one member of the crowd ran to his rescue! When the presentation was over, members of the training course moved among the crowd with Gospels and in a few hours some 640 Scriptures were sold. The twenty-six members of the course included pastors, evangelists, and booksellers representing all the major Protestant denominations.

Taken from UNITED BIBLE SOCIETIES "NEWS AND VIEWS"

No. 193, March, 1970.

**First Right:**  
Buildings of the Steinthal Dutch Reformed Church Orphanage were damaged beyond repair.



**Second Right:**  
The Felix family, church members at Saron, receiving a gift package and cheque. Their home was completely destroyed.

**Pastor M. C. du Plooy surveys damage to a home after the earth tremor in the Western Cape.**



# DISAST EARTHQUAKE

**M. C. du Plooy presenting a cheque to M organization**





**Second Left:**  
The Williams family, also church members, living in a tent supplied by the Army.

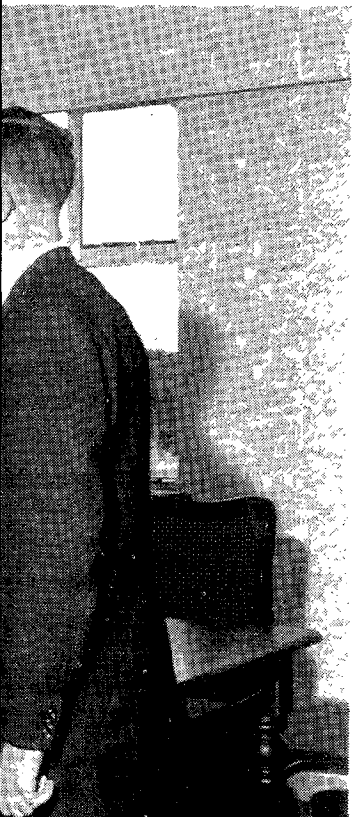
**First Left:**  
Destitute people living in tents and caravans in Wolseley.

# AND FAMINE BELIEF

## DAMAGE, WESTERN CAPE, SEPTEMBER, 1969

secretary of the relief

The dignity of this beautiful church was marred by earthquake damage.



## DISASTER AND FAMINE RELIEF OFFERING

by H. W. PETERSON, *Secretary,*  
*Lay Activities Department, Trans-Africa Division*

ON MONDAY NIGHT September 29, 1969, shortly after ten o'clock an earthquake rocked the Western Cape Province and severely damaged the towns of Tulbagh, Wolseley, Ceres, Prince Alfred Hamlet and Saron. These towns are in close proximity to each other and about 100 miles from Cape Town.

Eleven people were killed in the quake, ten of whom were children aged between one month and seven years. Most of the dead were residents of Tulbagh which is said to be nearest the epicentre of the quake area.

It was also established that 1,572 houses were damaged and that one-third of these would have to be completely rebuilt. More than 1,000 people were left homeless and had to be housed for a time in tents supplied by the army. The amount estimated to cover reconstruction costs was well over \$23,800,000 (R17,000,000.00)\*

Seventh-day Adventists welfare workers were given permission by the army to survey the stricken areas and were prepared to give immediate assistance to the people needing food and clothing. Since the great need was for funds to rebuild homes, our church accepted this challenge also and presented the secretary of the Relief Organization with a cheque for R6,000.00. Later other amounts were added. Besides these amounts several families whose homes were completely destroyed were given individual cheques by Pastor S. van Ster, Welfare secretary of the Good Hope Conference. Because of the Disaster and Famine Relief offering, which is taken up in our Division every year, sufficient funds were on hand to help in this tragedy.

We never know when disaster will strike. It comes suddenly and unexpectedly. Therefore, we have to be in a state of readiness at all times. One of our great needs in Health and Welfare currently is the training of our welfare workers. They must know what to do when disaster strikes. Another of our great needs is to build up our Disaster and Famine Relief offering in order to have sufficient funds on hand to help when the need arises.

In spite of the promotion given to our Disaster and Famine Relief of-

fering in 1969 we received only \$3,000.00 (R2,000.00), for this important phase of our work. This is not a large offering for such a large Division. This year you will have another opportunity to give for Disaster and Famine Relief. The offering will be received in all churches on June 13. Let us make this the largest offering ever in the history of the Trans-Africa Division. It will bring new life to our churches and God will pour out His blessings upon us in rich measure as we remember those in need.

The great gospel commission places upon the Christian church the responsibility of making God's love real by meeting human needs, physical, mental and spiritual. This is the ministry of the church of Jesus Christ. This is the pattern marked out for His followers. For the Christian such personal ministry is mandatory. It is to be carried out irrespective of rewards. True beneficence means more than mere gifts. It means a genuine interest in the welfare of others. True charity reveals itself in sympathy and acts of kindness toward all men. It strengthens every Christian virtue. It motivates prayer. It reveals to the world the essence of true religion.

\* A further fairly severe quake on April 14 and some milder tremors since then have caused further losses and damage.

## GENERAL CONFERENCE SESSION SLIDE INFORMATION

by ROBERT L. SHELDON, *Nebraska,*  
*U.S.A.*

Whether you plan to attend the General Conference Session or not, you will want a set of colour slides of the main events. A set of 80 slides will be available just a few days after the close of the Session. You can guarantee having your set by ordering now.

These slides will bring back memories of the colourful mission pageants, unique national costumes, outstanding musical groups and your church's leaders. The set will be sent postpaid, by sea mail, for just US\$20.00 (R14.00). Eighty slides in all with a description of each slide—all taken by a professional. Do not be disappointed. Only authorized photographers will be allowed to take pictures in the auditorium.

Send your name and address with US\$20.00—(US\$2.00 (R1.40) additional for registered AIR MAIL) to: Robert L. Sheldon, G. C. Slides, Box 6021, Lincoln, Nebraska 68506, U.S.A.

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A CABLE from P. G. Werner, Central African Union, reads:  
FIRST NIGHT ATTENDANCE BU-  
JUMBURA EFFORT ALMOST ONE  
THOUSAND INTEREST HOLDING  
UP WELL.

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### TO PARENTS—

Should Your Sons or Daughters Canvass During the Next Holidays? Here Is How They Can Profit:

1. They will learn self-reliance.
2. They will practise courtesy and learn how to get along better with people.
3. They will learn the value of time and promptness.
4. They will become more alert and be able to act more quickly.
5. They will understand better the real problems of humanity.
6. They will be better able to analyse themselves and chart their own course.
7. They will learn the value of prayer and Bible study.
8. They will learn the value of money and the importance of economy.
9. They will have the satisfaction of personal achievement in soulwinning.
10. They, like thousands of other youth through the years, can earn scholarships which will help pay their school expenses.

Why not talk this over with your family and contact your conference or field Publishing Department secretary for details?



## "We Have Prayed"

*An Experience in Pastor Tarr's Life*



LAST MONTH we published the obituary of a veteran missionary, Pastor Walter Claude Tarr. We take pleasure in recounting in this issue, the remarkable story of how God wrought through His servant in the establishment of the work in the Transkei.

In 1915 Pastor Tarr pitched a tent near the town of Butterworth and invited the populace to attend some meetings. People crowded in for the opening meeting, but just before Pastor Tarr rose to speak, a man stood up and said: "We don't know you people, but no doubt you can see the condition of our country. We are in the grip of a terrible drought—our cattle and sheep are dying everywhere."

"We have prayed in our churches," the man continued, "that God might send us rain. We have prayed on the hill-tops and down at the sides of river-beds, but not a drop has fallen. God has not seen fit to answer our prayers. My request is that before you begin your meeting, you pray for rain. Perhaps God will hear you."

Pastor Tarr and his brother-in-law, Pastor I. B. Burton, who was working with him, looked upon this request as

a challenge. Though there was not a cloud in the sky and the stars were gleaming brightly they prayed most earnestly. They had scarcely begun their preaching service when it had to be discontinued. Without warning, heavy drops began to fall on the tent and in a few minutes water was running inches deep. People had to stand on the benches as three inches of rain fell. Rivers and streams became swollen to such an extent that many people had to remain in the tent for the night or until the rivers might be forded. The result was that calls came from all over the territory for the missionaries who had brought the rain, to come and hold meetings in their villages. The interest grew to such a degree that in 1916 Pastor Tarr felt the time had come to open a new mission station, and a 300-acre farm, six miles from Butterworth, was purchased for this purpose.

### At Rest

KENDALL-SMITH.—Emma Fredrika, nee Burgess, was born in Queenstown, C.P., on July 25, 1887. When 17 years of age she came to live in the beautiful Rhodesian town of Umtali where she married and accepted the Advent message, being the first white person to be baptized there. Later she moved to the city of Salisbury where she lived until the end.

Sister Kendall-Smith was a diligent and loyal church worker. For forty-six years she was a faithful Seventh-day Adventist, living in accordance with the principles that we hold. Her zeal and energy were spent in Dorcas work.

Through her last long illness her niece, Sister Dorothy McNeillage, and her sister, Mrs Wright, who is 92 years of age, cared for Emma. Through the years of infirmity she was patient, and now sleeps in Jesus. We laid her to rest in the Pioneer Cemetery, Salisbury.

—J. B. Cooks.

WE DEEPLY REGRET to report the untimely death of Brother Warren Ramsdell, the pilot-mechanic of the Tanzania Union, in a motor car accident in the early hours of Friday, April 10. A full obituary will appear in the June issue of the OUTLOOK.

DENNIS.—Thomas Edward, was born in Salisbury, Rhodesia, on April 4, 1925, and passed to his rest at the Salisbury Central Hospital on the evening of February 25, 1970. His illness was a sudden one and his passing, after a serious brain operation, was a shock to all who knew him.

He was a man of outstanding practical ability, who loved the out-of-doors. He was a devoted family man with a very generous disposition. He sought to help others in many ways and was respected by all who knew him. He believed the Advent message and saw in the conditions around him unmistakable evidence of Christ's soon coming.

There remain to mourn his passing, his wife, Dawn; two sons; a daughter; two sisters; three brothers-in-law; three sisters-in-law; his parents-in-law, Mr and Mrs A. C. Harebottle; also many other relatives and friends.

Assisted by the writer, Pastor J. B. Cooks of the Salisbury Central Church conducted the funeral.

—John M. Stephenson.

### HOME AND HEALTH GIVEN RECOGNITION BY VEGETARIAN SOCIETY

The following encouraging words of appreciation appeared as a news item in the February issue of the Cape Vegetarian Society's "Newsletter" which recently came to our desk. As an unsolicited testimony it demonstrates how far-reaching the influence of our health message can be once it is drawn to people's attention! Here is what this society had to say:

"Another pleasant surprise . . . is the publication here in the Cape of a new periodical called "Home and Health." This is a really first-class production, with articles by leading authorities on, for instance, coronary heart disease, stomach ulcer, hernia, baby care, outdoor living, and vegetarian cooking. Yes, it's a vegetarian magazine! Published by the Sentinel Publishing Association, Rosmead Avenue, Kenilworth, Cape. Subscription rate, one rand per annum. It's not so often that one has the opportunity of investing a rand quite so sensibly."

This society has subsequently voted to enrol all its members for "Home and Health" as a membership benefit.

On Wednesday evening, April 29, the editor of Home and Health was invited to address the Vegetarian Society on "The Beliefs of Seventh-day Adventists" in the Shell Theatre, Cape Town. In our June issue we will publish a transcript of Pastor G. E. Garne's talk.

## IN ESTABLISHMENT OF FAITH IN THE SPIRIT OF PROPHECY

### THE SPIRIT OF PROPHECY SAYS:

"Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible. It excites and then paralyses the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system. Its use excites the thirst for strong drink, and in many cases lays the foundation for the liquor habits."—*The Ministry of Healing*, pages 327, 328.

"Among children and youth the use of tobacco is working untold harm. The unhealthy practices of past generations affect the children and youth of today. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same practices, con-

tinued by the children, are increasing and perpetuating the evil results. To this cause in no small degree is owing the physical, mental, and moral deterioration which is becoming such a cause of alarm."—*Ibid.*, pages 328, 329.

### NOW SCIENCE SAYS:

#### ANOTHER WARNING FOR THE SMOKER

"A new warning on cigarette smoking as a menace to health has been issued by the British government's chief medical officer (Sir George Godber) at the congress of the Royal Society of Health at Eastbourne, Sussex.

"He said one in seven of all people who died in Britain last year died earlier than they need have done because they smoked cigarettes.

"It was highly likely that one-fifth of absence from work because of sickness was also related to cigarette smoking.

"A great deal was heard about pol-

lution and the environment, Sir George said, but the biggest noxious influence in the environment was cigarette smoking.

"In spite of the talk about amounts of carbon monoxide breathed by drivers in rush hours in congested city streets they were considerably less than the amount normally present in a cigarette smoker's blood.

"It is a fantastic situation that we promote by our own voluntary and surely no longer ignorant actions by far the biggest single avoidable cause of death in Britain today.

"There is no other agent in our environment that approaches the cigarette in menace to health and life," he said.—*Argus*, April 29, 1970.

How privileged we are to have the clear light of the Spirit of prophecy on this and many other subjects—light which is being endorsed by more and more evidence from scientific research.

You will find a vast array of statements like the one given above in our health magazine, *Home and Health*.

Have you availed yourself yet of the wealth of valuable material our health journal contains? If you haven't, send in your subscription today. If you have, please introduce the magazine to your friends! May we stress that the magazine is a quarterly, not a monthly. The second quarterly edition is now available. Subscribe by sending the coupon below, with R1.00 per year.

To *Home and Health*,  
67 Rosmead Avenue,  
Kenilworth, Cape Town.

Please send *Home and Health* for one/  
two year(s) to:

Name .....

Address .....

.....  
for which my remittance of R..... is  
attached.

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## TREASURED THEMES . . .

### From Familiar Hymns by H. M. Tippet

"How Shall We Stand in the Judgment?"—*Christ in Song* No. 42.

"Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." *Luke 21:36.*

It was two o'clock in the morning in the castle yard of the old Akershus fortress in Norway. A cold rain was falling as a dim figure was led out of the prison shadows and placed in position up against the courtyard wall. Ten young men in the uniform of the national police filed silently out and formed a firing line. A fusillade of shots rang out and Vidkun Quisling paid with his life for his betrayal of his country.

Gone were the proud parades in which he displayed his power and despotism during the German occupation of Norway. Vanished were the satellites who had fawned upon his infamous orders. Perished was the hope of a place of preferment through vainglorious conquest. For Quisling it was judgment day in the court of an earthly tribunal. Outraged by the starvation, the indignities, and the atrocities forced upon them, his countrymen rose up in relentless fury against their captors, and their judgment was swift and decisive.

But if earthly justice is severe, what will the judgments of God be when mercy no longer pleads in behalf of the human race? Awesome is the thought that none of us can escape that last tribunal before the Judge of all the earth. For God, who judges only righteous judgments, will reward or condemn us according to the incentives and motives that prompted our actions. The eulogistic epitaphs that men have inscribed on our tombstones will avail nothing if the secret sins that have plagued our lives have not been covered by a living faith in the atoning blood of Jesus Christ.

Heartening is the assurance, however, that God will take care of the tares if the harvest of virtue is bountiful. Not by individual sins or moral lapses will we be judged worthy or unworthy, but by the general trend of the life. "The character is revealed, not by occasional good deeds and occasional misdeeds, but by the tendency of the habitual words and acts." *Steps to Christ*, pages 57, 58.

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# REPORTING ON PEOPLE AND EVENTS

All eyes are turning towards Atlantic City in New Jersey, U.S.A., where the 51st Session of the General Conference will be held. Trans-Africa's delegation is a large one and soon its members will be winging their way across continents and oceans to be there on time for the opening meeting on Thursday, June 11. Some will be attending the pre-Session meetings starting on June 7. Elder Pierson writes that the theme of this important Session is "Revival and Reformation."

Dr Jack Harvey, medical director of Malamulo Hospital in Malawi, has been appointed a delegate to the Session, representing the Medical Department. His return flight to Africa will take him via the Far East where he will be visiting hospitals and medical institutions in order to accumulate facts and figures which might be helpful in up-dating our medical work in Trans-Africa.

Dr and Mrs Ronald Bettle of Maine, U.S.A., were recent visitors at headquarters. They have just completed a three-month voluntary assistance visit to Mugonero Hospital in Rwanda.

It is with regret that we bid farewell to workers who are returning permanently to their homelands. Pastor and Mrs Norman Doss and their son, Gordon, are among this group. They have served in Malawi for a number of years, he as president of the South-East Africa Union and Mrs Doss as an office secretary. Miss Julia Hoel leaves her post at Songa Hospital after 25 years of most creditable and valuable service in medical work in the Congo. Miss Emma Binder, another of our efficient and dedicated nurses, is leaving the Blantyre Clinic in Malawi. Both nurses plan to retire from active service when reaching home.

Miss Jennifer Gosling, Malamulo Hospital; Miss I. Ornehult, Mugonero Hospital, and Brother E. J. van der Colff, Mwami Hospital, are other medical personnel returning permanently to their homelands, leaving behind them records of faithful and consecrated ministry to the sick and afflicted.

Pastor and Mrs J. J. Blanco and family are leaving Solusi College for their homeland, and after their holiday there will proceed to the Far East to join the staff of the Philippine Union College. Pastor Blanco has served as head of Solusi's Theological Department.

Pastor and Mrs P. A. Venter and family of the Sentinel Publishing Association fly on May 31 to spend their periodic leave in the States, including attendance at the General Conference Session. Brother Venter is head of the Afrikaans Department at the publishing house.

Mrs Corina Piercey and Mrs Ethel Ainslie of the Treasury Department of the Division office will be spending their furloughs in Europe and the States. Mrs Daphne Pullin of the Sentinel Publishing Association will be accompanying Mrs Piercey in Europe during her holiday.

The H. W. Peterson and J. T. Mason families from headquarters will also be on furlough during the coming months.

Brother Velyo Vinglas, formerly of the Division's Treasury Department, has accepted a call to the Mashonaland Field to serve as secretary-treasurer. He and Mrs Vinglas and little Robert go on furlough and on their return will take up their new work.

On the educational front we learn that at Songa Seminary plans have been presented to the Congo Union for plant improvements including a new dormitory block, dining-room/administration block, and later a dispensary unit. The principal of this school, Brother Alberto dos Santos, was due to go on furlough and study leave, but is now staying on for an additional year inasmuch as they are offering the fifth year of education at Songa now.

## OUTLOOK

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## SUNSET CALENDAR

### JUNE 1970

	5	12	19	26
Cape Town	5.44	5.44	5.44	5.46
Johannesburg	5.23	5.23	5.24	5.26
East London	5.08	5.08	5.08	5.10
Port Elizabeth	5.16	5.16	5.16	5.18
Bloemfontein	5.24	5.24	5.25	5.27
P'maritzburg	5.05	5.05	5.05	5.07
Durban	5.03	5.03	5.03	5.05
Windhoek	6.12	6.13	6.14	6.15
Bulawayo	5.32	5.33	5.34	5.35
Salisbury	5.25	5.26	5.27	5.28
Gwelo	5.26	5.26	5.28	5.29
Lusaka	5.37	5.38	5.39	5.40
Blantyre	5.15	5.16	5.17	5.19
Lubumbashi	5.54	5.55	5.56	5.58
Nairobi	6.33	6.35	6.37	6.38
Mombasa	6.16	6.16	6.18	6.19
Kisumu	6.45	6.46	6.48	6.48
Kampala	6.52	6.53	6.55	6.55
Dar-es-Salaam	6.15	6.16	6.18	6.18
Tabora	6.42	6.43	6.45	6.45

### JULY 1970

	3	10	17	24	31
Cape Town	5.48	5.51	5.56	6.00	6.05
Johannesburg	5.28	5.31	5.34	5.38	5.41
East London	5.12	5.16	5.20	5.24	5.29
Port Elizabeth	5.20	5.23	5.28	5.32	5.37
Bloemfontein	5.29	5.32	5.35	5.39	5.43
P'maritzburg	5.09	5.13	5.16	5.20	5.24
Durban	5.07	5.11	5.14	5.18	5.22
Windhoek	6.17	6.20	6.23	6.26	6.29
Bulawayo	5.37	5.40	5.42	5.45	5.47
Salisbury	5.30	5.33	5.35	5.38	5.39
Gwelo	5.32	5.34	5.36	5.39	5.41
Lusaka	5.42	5.44	5.46	5.47	5.49
Blantyre	5.20	5.21	5.25	5.26	5.28
Lubumbashi	5.59	6.00	6.03	6.04	6.04
Nairobi	6.39	6.40	6.41	6.42	6.41
Mombasa	6.22	6.23	6.25	6.24	6.23
Kisumu	6.49	6.50	6.52	6.51	6.50
Kampala	6.57	6.58	7.01	7.00	6.59
Dar-es-Salaam	6.19	6.20	6.22	6.24	6.21
Tabora	6.48	6.50	6.52	6.51	6.50

# HOW DO YOU PRAY?

by MERLE L. MILLS,  
President, Trans-Africa Division

A FRIEND OF MINE lay dying. He was a conference builder and had been supervising the construction of a building on the campus of one of our secondary schools. The fatal accident was caused by building material which had shifted from the ceiling above, falling through the joists and striking him while he was walking through the partially constructed building. He was knocked to the floor, falling through the floor joists to the basement twelve feet below. Tenderly and cautiously the workmen, risking their lives, pulled his body from under the debris, and laid him on a board on the ground, awaiting the arrival of the ambulance. He was still conscious but it was apparent that he had either a broken back or a broken neck. The steel workers, brick masons and carpenters working on the building, solemnly gathered around as our friend lay in great agony and pain. Despite his death throes, this good man did not yield to panic or hysteria. Rather, as I arrived upon the scene the steel foreman related to me how he had prayed and he remarked, "Pastor I have never seen a Christian or heard one pray like this man."

With the cold sweat of death upon his brow our brother calmly and trustingly prayed to the Lord as if he were talking audibly to a friend. It was evident that God was no stranger to him, for he reminded God that he had done his best to witness for Him during his life and that he was now ready to commit himself to His care. He had nothing to fear and was prepared to accept the inevitable. And so he continued to pray in this natural and intimate manner until the ambulance arrived and took him away. There was many a moistened eye in that crowd of godless men who witnessed this resigned Christian committing his life to the Lord. It was evident to them that this was a man who knew God, who knew how to pray and who had developed a friendship with the Master which enabled him to keep his aplomb and maintain an unwavering faith when confronted with death. His religion was more than a profession. It was evident that Christ

was a friend whose acquaintance he had developed through prayer during his lifetime.

How we pray is of tremendous importance to the well-being of the soul. Prayer is as essential to the Christian as air is to the lungs. Neglect will lead to spiritual anaemia which, if not corrected, will result in death. Prayer is communication between heaven and earth, God and man. Only through this medium can one become acquainted with his Maker. It is the opening of man's heart to God as to a friend. As familiarity is developed through communication between two parties which leads to a deepening friendship, just so is communion with God through prayer. It is a personal and individual affair. A son cannot depend upon his mother to do his praying for him, nor can a husband rely upon his wife or vice versa. Each must approach God directly and individually.

Friend of mine, how do you pray? Some pray by spinning a wheel containing printed prayers on the inside and with each revolution a prayer is repeated. Others pray with beads which are symbols of certain prayers. Then there are those who say a quick prayer before they jump into bed at night and still others pray only when they are threatened with or involved in trouble. It is little wonder that prayer to many people is meaningless and ineffectual, giving no surcease from their troubled souls which are enmeshed in the web of life's perplexities.

There is no point in praying when one does not have faith that God will hear and answer prayer. Therefore, as we approach God we must do so without doubt or reservation. Just as in Bible times when a father approached Christ in behalf of his sick child, stating that if He would but speak the word, he was confident his boy would be healed, so we must approach God before the throne of grace.

It is essential that we be persistent in our prayers. "By importunate prayers we give evidence of our strong faith in God. The sense of our needs leads us to pray earnestly and our heavenly Father is moved by our sup-



plications."—**Christ's Object Lessons**, page 172. Our persistence does not mean that God has a hard or insensate heart and can only be moved when importuned, but for our own good we are to persist in placing our needs before the throne of grace.

While we must be importunate in our prayers and have absolute faith that God will hear us, we must also be prepared to resign ourselves to God's response. He sees the end from the beginning and will not withhold any good thing from us. We may be anxious for certain requests to be granted, but we should also include in our prayers the thought, "Thy will be done."

Consistency in daily prayer is also revived if prayer is to be efficacious. We are not to wait until trouble develops, then call upon God in prayer, placing Him in the role of a policeman or fireman who is called upon only in times of distress or disaster. We must communicate with God each day. Not only should our prayer seasons begin and end the day, but we must develop the habit of communicating with Him throughout the day. While we are driving along the highway, riding above the clouds in the plane, sitting behind the desk, washing the dishes, and working in the field or in the shop, we can silently and inaudibly communicate with our heavenly Father, conscious that He is near and eager to grant us an audience. It is in this sense that we are to "pray without ceasing."

Friend, what about your prayers? Are they stilted, infrequent, demanding, unbelieving or stereotyped? God will become real to you and the presence of Christ will flood your soul, if you faithfully and regularly communicate with Him as you would with a trusted friend.