

BRITISH
HONDURAS

BAHAMA
ISLANDS

The British West Indies

VISITOR

CAYMAN
ISLANDS

WEST JAMAICA

EAST JAMAICA

TURKS AND CAICOS
ISLANDS

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NUMBER 1

Your Hospital Needs You

By Clifford R. Anderson, M. D.

The administrative and surgical wings of the new main building of the Andrews Memorial Hospital are now completed. The new building was officially opened by His Excellency the Governor on Tuesday, January 25, at 4:00 p. m. Already a number of patients are being cared for in this new building. But we desperately need a little more money with which to finish some of the rooms and offices in the medical wing. The General conference has given liberally to help establish medical work here in the West Indies. But we cannot expect any more help from overseas. There are so many calls from other fields. We must do our part here to finish this building and furnish it.

And so we are asking our church members in Jamaica to help us by giving an average of one shilling each. This would be a wonderful lift just now when help is needed so badly in finishing the new building. Of course we realize that there may be some who cannot spare even this small amount, but there are others who can give more than this. Already a number of gifts amounting to £5 and more have come in from members and friends. The Honourable W. A. Bustamante has just sent us a personal cheque for £25, to help furnish the hospital. Many other

prominent people have given liberally. And so the British West Indies Union Committee is appealing to our

believers everywhere to help us at this time. You as church members receive special discounts at both the Hospital and clinic. Perhaps you have not yet been a patient, but one day you may need medical care. Remember our medical and nursing staff are always ready to help you and yours.

What will your gifts buy? Could the gifts from your church purchase something of real value for the hospital? Take a look at this list of items and see what you could donate.

- 1/- will buy an electric bulb.
- 2/- will buy a hospital towel.
- 10/- will buy a pillow.
- £1 will buy one hospital sheet.
- £2 will buy a surgical instrument.
- £3 will buy a bedside table.
- £5 will buy linen for one hospital bed.
- £10 will buy one chest of drawers.
- £20 will buy a hospital bed.
- £30 will buy a small sterilizer.
- £40 will buy a microscope.
- £50 will furnish a room.
- £500 will buy an X-ray machine.

The Andrews Memorial Hospital and Clinic have been

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Meet Our Workers



This month we take great pleasure in presenting to our VISITOR readers Pastor and Mrs. H. S. Walters who are well known to many of our believers, especially those living in the East Jamaica Conference. Pastor Walters has done very excellent and outstanding work in East Jamaica, and he has accepted the invitation of the Union Committee to serve as Educational and Missionary Volunteer Secretary for the Union. We welcome Brother and Sister Walters to the Union Office Staff.

Here and There Over the Union

We were very happy to have with us over the year-end and a few days in January Elders Dunn and Franklin of the General Conference and Elders Murray and Culpepper of the Inter-American Division. Elders Dunn and Murray assisted in organizing the East and West Jamaica Missions into Conferences. Elder Franklin gave yeoman service to the Union Colporteur Institute and was ably assisted by Elder J. C. Culpepper. We were also happy to have over the year-end Elder and Mrs. Lenheim. Elder Lenheim is president of the Lake Union conference in America. Their services in the pulpit and in song were greatly appreciated.

We were also happy to have from various parts of the Inter-American Division the following workers: Elder Manoram, Educational and M. V. Secretary of the South Caribbean Conference; Evangelist Walker of Antigua; Elder C. J. Ritchie, Former President of the Caribbean Union; Elder A. Ward, M. V. and Educational Secretary of the Leeward Islands Mission, and Elder Archbold and wife of the Panama Industrial Academy. Three of our Latin-American friends also visited us in the persons of Publishing Department Secretary Fleitas of Mexico, Publishing Department Secretary Escandon of the Central American Union and Publishing Department Secretary Abreu of the Venezuela Mission. These brethren were in transit to and from the Inter-American Division Council held in Santa Clara, Cuba December 8-21.

Around the middle of January we were also happy to welcome Elder F. F. Hackman, President of the Inter-American Division. He assisted in board meetings held at the Andrews Memorial Hospital, Kingsway High School and West Indian Training College. He gave a very timely message to the students of the West Indian Training College on Sabbath, January 15. We are always happy to have our Division brethren with us.

As we looked into the face of Brother Clyde Nebblett on his return recently from the Turks and Caicos Islands we felt we were looking into the face of a consecrated hero. After working devotedly for God in the Turks and Caicos Islands for a period of three and a half years we are now happy to have Brother and Sister Nebblett and their three children back home. Brother Nebblett is now the Associate Publishing Secretary of the East Jamaica Conference, and Sister Nebblett

is in charge of the culinary department of the Andrews Memorial Hospital.

Elder Franz left recently for British Honduras where he hopes to audit their books and take a survey of the field to ascertain their immediate needs.

Elder Colburn also left Jamaica a few days ago for the Bahamas Mission where he will assist in the mission session and give counsel to his departmental workers; he will also assist in the Ingathering Campaign there.

Within a few days Elder E. E. Parchment will be leaving for the Bahamas where he will also assist in the mission session there and give counsel to his departmental leaders. He will surely not forget to look into the needs of our building projects.

We are glad to welcome into our publishing department family Mr. Joe Fletcher, 1948 graduate of the West Indian Training College, who is now the Associate Field Secretary to Pastor B. E. Hurst of the West Jamaica Conference.

It was with a deep sense of our loss that we saw Elder W. U. Campbell lay down his armour in East Jamaica for a time to enter West Indian Training College. Elder Campbell has done, under God, very excellent and meritorious work.

After giving to the Jamaica Book and Bible House very valuable and appreciated service as Manager, Mr. Hamilton has accepted the call of the Andrews Memorial Hospital to be Business Manager of that institution.

We gladly welcome Mr. L. A. Morrison as our Manager of the Book and Bible House. Mr. Morrison has given many years of faithful service to the West Indian Training College.

Miss Olive McCartney, former accountant of the Book and Bible House, has accepted a call to work in the Treasury Department of the West Indian Training College.

Miss Zeta Boyd who was secretary to the President of the West Indian Training College has accepted a call to work in the Book and Bible House as accountant.

We are glad to state that Brother W. A. Osbourne was ordained to the gospel ministry during the conference session of West Jamaica held in Montego Bay in December. He is now Business Manager and Treasurer of the West Indian Training College.

Among our welcomed visitors recently was Elder J. O. Gibson of the West African Union Mission. He is Home

Missionary and Publishing Department Secretary of that Union. While visiting with us he was inspired as he attended one of our lay preachers institutes and also saw the convocation of nearly 200 full and part-time colporteurs. He said that was "food for thought".

Mr. Caleb Clayton, a graduate of the West Indian Training College, Class of '48, has accepted a call to be in charge of the Belize School in British Honduras. He has promised to do his best, and being an excellent canvasser he will assist Brother Vasciannie to get many of the young people working on the scholarship plan.

We were happy to welcome to the Union colporteur institute Colporteur Sydney Vasciannie, missionary colporteur to British Honduras. Brother Vasciannie has since returned to British Honduras and reports a new and more dynamic attack on the citadels of evil. He pledges to endeavour to keep alive the colporteurs and auxiliaries recruited while Pastor Hing was in the field in October.

NOTICE

We the members and officers of the North Street Temple take the medium of the "VISITOR" to announce to you our intention to procure an electric organ in our Temple. At present we have a "Dominion Orchestral" organ with two manuals, and we feel, that we should give the preference to our own people to have the first option in getting it. It is a very good instrument but not suitable for our ever growing congregation. We are asking One Hundred Twenty-five pounds for this instrument, and we would appreciate an early reply from any interested person or church. It is an organ with 23 stops.

Any one desirous of purchasing this instrument may address all correspondence to the Seventh-day Adventist Temple, Corner North and James Streets, Kingston, or 176 Orange Street.

of their time in order to assist in this work, and the results will be seen in the Kingdom of Heaven.

Special mention should be made of the fine assistance given by Miss deLattibeaudiere in visiting the members of the baptismal class. Brother Brown, one of the elders of the church, very faithfully attended every night, and his presence and help were greatly appreciated.

Sunday night, at the Tabernacle in Trench Town, a welcome was given to all the candidates who were baptized in the morning. One by one as brother Fletcher called the names each one came up to the platform to receive his baptismal certificate, and was greeted by Pastors Pierson, Haig, Nation and Crofoot. Following the distribution of certificates, Pastor Pierson, president of the British West Indies Union, delivered an inspiring sermon, which was appreciated by the many hundreds who had gathered for the service.

This occasion will long be remembered in Kingston, as all hearts were stirred, and it was very evident that the Spirit of the Lord was working in a most remarkable manner. At the close of the sermon, forty more individuals came to the front requesting special help that they too might be prepared to meet their Lord in peace. All who have watched the progress of these meetings in Trench Town have recognized the mighty working of the power of the Lord as the first fruits were seen in this most unusual baptismal service, and all were led to exclaim, "To God be the glory". It is hoped that the scores of people still in the baptismal class will soon be ready in order that another fine baptismal service might be held.

Historical Sketch

North Street S. D. A. Church

As we look back over the past forty years, a paean of praise and thanksgiving rises from our hearts, and we are constrained to say like King Solomon of old "Lord God of Israel, there is no God like thee in heaven above or in earth beneath who keepest covenant and mercy with thy servants that walk before thee with all their hearts."

It was on the 24th of May, 1907, that the stone-laying ceremony of the first North Street S. D. A. church building was held. A procession of children and young people with banners bearing the inscrip-

tion — "The commandment of God and the faith of Jesus," and with their voices raised in a song of victory, marched from the old church in Text Lane, along Beeston Street, up Wildman Street, along North Street to the present site. The stone was laid by Sister U. Bender, wife of the president of the Union, and the sermon delivered by the late Pastor J. A. Strickland who was a very fluent speaker. Brother C. C. McCatty of blessed memory, was the contractor who had the responsibility for the erection of the building. In those days the believers built in accordance with their faith in the imminent return of our Lord.

The Church at this time had about 250 members and contributed approximately the sum of £150. 0. 0. yearly.

On the completion of the church building in 1908, Pastor J. A. Strickland conducted evangelistic services and a rich harvest of souls was gathered in. It was the greatest triumph that had ever come to the work in the island in the large number of souls who embraced the Third Angel's Message and went forward with their Lord in baptism.

Then followed a long succession of pastors who gave their witness in no uncertain way and left their mark in loving and devoted ministry:— W. E. Baxter in 1909, Pastor Farman in 1910, who having remained nine months had to return to the States on account of his wife's illness; J. E. Shultz who served eight months, followed by J. N. Aalborg a man with a tender heart, who called on sinners to repent with tears of entreaty. It was about this time that treatment rooms were opened at the Mission House, 124 Manchester Square. Brother Hyner, Sisters Hubert Smith (nee Johnston) and Constance Johnston were the nurses who gave a great deal of self-sacrificing service to this first venture of a medical institution in our midst. In 1917 G. A. Roberts, who subsequently became the president of the Jamaica Conference, and at present is Medical Extension Secretary of the General Conference, became our pastor. He continued until 1917. Then C. H. Keslake an Englishman of Torquay, Devon, assumed the pastorate. He was an excellent Bible student and a gifted writer. M. B. Butterfield followed, and on leaving for the States in 1923, W. J. Hurdon, a Canadian, took up the duties he had laid down.

It was a great joy to Pastor Hurdon when he met recently in one of our churches in Toronto, the youngest daughter of Pastor S. U. Powell and the DeLeon

family from Jamaica. It was W. J. Hurdon who conceived the idea of establishing other churches in the suburbs of the City of Kingston, and during his stay Regent Street and Kencot churches were organized. He also had plans for a church in Rollington Pen which were carried into execution after his departure. In all these instances, goodly numbers of the members of North Street, the mother church, became charter members of these branch organizations. On W. J. Hurdon's becoming president of the Conference, S. U. Powell was ordained and in 1927 became the first Jamaican to take over the duties of the pastorate. It was also during Pastor Hurdon's regime that four Jamaicans were ordained to the gospel ministry after 25 years!

L. L. Hutchinson who was president of the Panama Conference accepted a call to North Street and remained until 1934. He and his wife were greatly beloved and respected. Pastors G. A. E. Smith, A. C. Stockhausen, B. A. Mecker acted as pastors for short periods in succession until in 1936, Fred Miller was released from work in Cuba, and came to Jamaica to minister to us. In 1937-38, C. E. Andross president of our Conference, directed building operations of the new church in which we now worship. The General Conference had given a substantial appropriation to the project; G. A. Roberts president of the Division and A. R. Ogden of the Antillian Union did all in their power to see to it that we were liberally assisted by their respective organizations. A. R. Ogden who was still our Union president laid one of the stones at the stone-laying ceremony. It was a remarkable feat when under the direction of C. E. Andross assisted by C. C. McCatty our veteran pioneer moved the old building intact to where it now stands. The gallery of the old building was left, and it may be mentioned that the gallery was erected during the regime of G. A. Roberts because of the large numbers that were joining the believers. Our members gave the usual whole-hearted co-operation in means and free labour. E. C. Boger a former president of the Jamaica Conference came to us early in 1939. He died most suddenly after six months' ministry, during an evangelistic effort in which he was associated with Evangelist Roy Anderson, at the Ward Theatre. And so he died and was buried at the May Pen Cemetery among the people he loved and for whom he gave his life. A. C. Stockhausen returned to us and ministered for nearly two years. E. W. Storing, son-in-law of M. B. Butterfield who served 1920-23, came to us in 1940, and in 1942 R.

BRITISH HONDURAS MISSION

J. N. WILLIAMS, President.

IVY USHER, Secy.-Treas.

P. O. Box 170, Belize, British Honduras

Stann Creek Valley Dedication

In the annals of human history the growth of nations, the rise and fall of empires, appear as dependent on the will and prowess of man. The shaping of events seems, to a great degree, to be determined by his power, ambition or caprice. But in the word of God the curtain is drawn aside, and we behold, behind, above, and through all the play and counter-play of human interest and power and passions, the agencies of the all-merciful One silently, patiently working out the counsels of His own will.

It was in the year 1934 that Brethren Clough, Robertson and Malseed started a little work in this district. They worked hard to establish present truth in this valley. Brother Malseed, who owned eight acres of land by the roadside, gave a spot where a booth was erected for meetings. Soon people began to accept the message and in 1936 eight souls were buried in baptism. Brother Conalley came and carried on the work of the good brethren. Soon we were organised into a church with eighteen members. Brother Malseed shortly after returned to Jamaica, his native land. The lands were returned to the government but this did not prevent us having our meeting there. Representation was made to government for the spot for a church building and they gave us half an acre of land for which we are thankful.

A meeting-house was erected, but wood ants ate this down. The brethren began making plans to have this building re-erected. A sum was collected from among the brethren, but this was very small. The Union and Mission came to our rescue, helping us with funds to achieve our ends. We all worked together to see the fruition of our labours. To our joy we had Pastor Haig who preached the dedicatory sermon on the 4th of November. To God be the glory, great things He hath done!

—B. A. G. Woodburn.

History — Monkey River Church

Several years ago a Carib teacher, after reading some of our literature, asked that a worker be sent into this village.

Elder Astleford, a hard working minister, went in answer to this call. He started his meetings in July of 1939. There were difficulties to be met, and even persecution but Elder Astleford continued his good work. In January of 1940 eight precious souls were baptized. In 1941 with two more members added by letter they were organized into a church.

Sister C. I. Wells, who thought that her place must be the gateway through which one can walk into the Kingdom of God, gave the house, an upstairs, and the spot to the Great Cause.

In 1945 a hurricane hit Monkey River and this building though not shaken down was badly damaged. The brethren wanted to dismantle the building and make it into a church and put it back in a straight line. The means were not forthcoming but with faith in God, the brethren, with the help of the Mission, got started in June to dismantle and rebuild the church. They worked strenuously, inspiring, and co-operatively to reach their goal. Every member did his part until the job was done. It was interesting to see how they co-operated. One would go out fishing while the others worked and would supply the homes of all the brethren. The following day another brother would go out and supply all the brethren. To God be the glory, great things He hath done!

—B. A. G. Woodburn.

WEST JAMAICA CONFERENCE

W. S. NATION, President.

MERTIE RODRIQUES, Secy.-Treas.
Mandeville, Jamaica.

Lapland Church Stonelaying

The stonelaying at the new S. D. A. church building at Lapland came off successfully on January 2, 1949 at 3:30-5:00 p. m. when the following ministers and their wives were present:—

Pastors C. O. Franz, the chief speaker; J. A. Reid, Frank Fletcher and the writer; also S. G. Lindo, Miss Whitney, Head Nurse from West Indian Training College, Mandeville; Nurse Bromley from Springfield and Nurse Brown from Seaford Town.

The building was packed to its utmost capacity with many standing outside, and from what was heard, all went home thoroughly satisfied. We laid 36 stones and the amount raised well warrants the undertaking.

—Frank Hall

EAST JAMAICA CONFERENCE

K. S. CROFOOT, President.

E. W. PARCHMENT, Secy.-Treas.

176 Orange St., Kingston, Jamaica

Baptism at Trench Town

Sunday morning, November 28, a glorious sunrise depicted a remarkable scene by the sea at Greenwich Farm, Kingston. Approximately four thousand people had gathered together during the pre-dawn darkness. As the sun gloriously rose over the eastern mountains, changing the clouds from a deep purple to finally the full light of day, beautiful hymns broke forth from the lips of the thousands who had gathered together, along with the Regent Street church choir, under the direction of Brother A. C. Stanford. The singing of many familiar hymns could be heard on the morning air, while the scores of candidates prepared themselves, for their burial in the watery grave. At the appointed hour Pastor C. F. Edwards of the Upper St. Andrew District led the congregation to the throne of grace, after which Pastor K. S. Crofoot, President of the East Jamaica Conference, gave a short talk, asking the question, "What Thinkest Thou of Jesus?" At the close of this an appeal was made for all to give their hearts fully to God. While the choir and those assembled sang the old familiar hymns the three pastors — H. S. Walters, M. G. Nembhard, and K. S. Crofoot, went down into the water to receive the candidates. Three by three they were lowered into the water, thus signifying their death to the old life of sin and a resurrection to a new life in Jesus Christ. Thirty times as each pastor alternately spoke the appropriate words the three candidates were baptized. Then with the last one to be baptized, Pastor Walters gave a few words of thanks to God, and the ninety-first candidate was buried with his Lord.

The ninety-one candidates who were baptized on this long-to-be-remembered occasion, were the results of the meetings held in Trench Town, by Pastor H. S. Walters, Home Missionary Secretary of the East Jamaica Conference, and pastor of the Regent Street Church, assisted very faithfully by the Regent Street Church, and its choir, and with the direct assistance of Brother Harold Fletcher.

From the very start a remarkable interest was manifested by the people of Trench Town, and all knew that a great harvest of souls would result. Very faithful efforts were put forth to visit the interested ones. Many lay-workers gave

H. Robertson started an effort in our church, and proved an outstanding evangelist. After nine months' ministry, Pastor Robertson had to seek medical aid abroad and D. B. Reid served from 1944-46.

It was during Pastor Reid's tenure of office that the new church was dedicated to the glory of God, and funds raised for the purchase of the land on which the Andrews Memorial Clinic now stands. Stanley Bull, B. A., headmaster of what was then known as New Hope College, acted for some months and was finally relieved by M. G. Nembhard. Dr Glenn Millard then assumed office 31st December, 1946, remaining through 1947, when M. G. Nembhard returned to the church in January 1948. He is still with us and we wish him a long and fruitful ministry in our midst.

There is every evidence that all through these years God has been with us. His own hand planted this memorial of His truth. The Church situated as it is bears a silent testimony to passers-by, and tells them of a peculiar people who are heralding the last warning Message to a dying world. The gates of hell shall never prevail against it. Steady progress has marked our work these forty years so that today we have a membership of 1,220 loyal believers who subscribed in tithes and offerings exclusive of local funds during 1947, the sum of £4,105. Out of the hundreds who have worshipped God in this house of prayer, God will save those who have made a covenant with Him by sacrifice. We look forward with glad anticipation to the day that is soon to dawn when we shall sing our glad hallelujahs in the kingdom of God.

To those who have been with us through long years we say, "Be patient unto the coming of the Lord." "Quit you like men, be strong." To the young believers we say, Be inspired and strengthened by the long years of toil and devotion of these pioneer brethren; to those who once rejoiced in the Message but have grown cold and indifferent, and those who have not yet joined the ranks of God's last remnant people, we intreat you, "Come thou with us for the Lord hath spoken good concerning Israel."

We are but a small part of a colossal movement that is sweeping the world and preparing a people for the soon return of our Lord. And this be our prayer while we work and wait for the coming of the Bridegroom. "The Lord our God be

with us as He was with our fathers; let Him not leave us, nor forsake us."

— R. F. Harriott.

East Jamaica Mission Session

On the evening of January 6, a capacity crowd assembled in the North Street Temple for the first meeting of the East Jamaica Mission Session. At that time Pastor Crofoot read the report of the president, and there were many encouraging items included in the report. All appreciated the marvellous growth in membership and also the evidence of God's blessing in the increase of tithes.

On Friday morning at 9 o'clock the regular business session assembled in the large tent on the Kingsway High School grounds, and after the delegates were seated by districts the business of the session was started. Throughout the entire session from first to last a marvellous spirit was manifested by all in attendance, and all joined together in seeking the blessing of the Lord.

Most of the delegates were housed in the Kingsway High School building, and they were all served their meals in the largest room of the school building under the capable direction of Sister W. U. Campbell.

One of the most important items of the business session was the acceptance of the new constitution of the East Jamaica Conference. This constitution was first surveyed by a committee of the delegates, at which time a few changes were suggested. It was adopted unanimously and the delegates all seemed pleased at the new status of the constitution of the East Jamaica Conference. Pastor K. S. Crofoot and Miss E. W. Parchment were elected officers of the conference. Pastor Stockhausen was appointed Home Missionary and Sabbath School Secretary, and Pastor Hilbert Nembhard was chosen to serve as Missionary Volunteer and Educational Secretary of the conference.

The Conference Session closed Monday night, January 11, at which time Pastor Murray of the Inter-American Division spoke to the assembled delegates at the North Street Temple. God's spirit was manifested in all of the dealings of the Conference Session. All the delegates returned to their homes feeling that God had given a special blessing to His people.

Opening of the School at Gayle

Monday morning January 17, forty children assembled at the Gayle Church

school room. This was a fine beginning for this new school, which will be under the direction of Brother A. G. Lawrence, a recent graduate from the West Indian Training College. Quite a group of the parents and members of the church assembled for this auspicious occasion, Pastors Stockhausen, Crofoot, Walton, Walters and Hilbert Nembhard spoke words of encouragement regarding the new school.

It is believed that this fine light for Truth will be a great asset to our work in the community.

Pray for the school at Gayle.



Medical Dept.

C. R. Anderson
M. D., Secretary.

Cancer Research

Through a grant from the National Cancer Institute of the U. S. Public Health Department, a Gastric Cancer Research Centre has been established at the White Memorial Hospital of the College of Medical Evangelists, Los Angeles.

The object of the research centre is to make a survey of Seventh-day Adventist people to determine whether or not the denominational principles of diet and other habit reforms have any influence on the development of cancer of the stomach or other forms of cancer.

We are taking this opportunity to ask any Seventh-day Adventist who has or has had cancer of the stomach, or any Seventh-day Adventist having a close relative who has had this disease to write this research centre giving us their name and address.

We are desirous of obtaining certain facts about habits of eating and drinking, as well as certain diseases that may influence the incidence of cancer of the stomach. Even though the person who had cancer of the stomach may not be living we wish to contact close relatives who can give us information about him. Please address correspondence to the Secretary of the Gastric Research Centre, 312 North Boyle Avenue, Los Angeles 33, California.

Diet and Health

In view of the light that we have as Seventh-day Adventists, the clear understanding of the prophecies, and other portions of the Bible and the gifts of the Spirit of Prophecy, I hardly think we realize as much as we should the great responsibility that we have as the Remnant Church. With darkness covering the earth, with thousands dying of disease, caused many times by bad habits of eating, how great is the need for us to build such body temples as will be specimens of the gospel of health proclaimed by the Divine Healer, and how important that we should impart to others the knowledge which fortunately we have.

The apostle Paul says: "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God." The food that we eat undergoes some complicated processes and finally becomes blood. The blood is the life, thus it is well said that "a man is composed of what he eats"

There are several points to be considered in the subjects of diet and health. The first is the selection of our food. When God created the earth, He declared that "it was good." He gave to man; nuts, fruits, grain and vegetables for food. These supply us with what is needed for an adequate diet. God's original is still the best. Our food should be selected according to our age and occupation. Children need plenty of body-building foods to help them develop strong and healthy bodies. Older folks need much of the energy foods to provide strength for hard work. The aged who do little or no work should have a light diet and guard against over-eating. A good variety is essential, but too great a variety is more harmful than none at all, as it encourages over-indulgence.

A very important point is the preparation of our food. "God places a high esteem on those who prepare wholesome food. It is a religious duty to prepare healthful food." Thus the one who does this work well is equal to the doctor and nurse who takes care of the sick. There are a few prominent points to be stressed in the preparation of food. The use of baking soda is harmful and prolonged use causes inflammation of the stomach. The small amounts we use each day may not do much harm all at once, but in the long run, the doctor will be breaking some sad news. Our cereals, such as whole wheat flour, corn meal, oats etc. require much cooking. To allow them to boil for a few minutes is wrong. From 30-40

minutes is ideal time. Improper cooking increases the work of the stomach and renders it less efficient to perform its work. Cow's milk and sugar is a bad combination. They both ferment in the stomach and undergo processes similar to that in the brewing of rum. The servant of the Lord warns against this combination. Too much sugar is used. This may cause diabetes, as the sugar mechanism in the body may not be able to take care of all that is taken.

Irregularity in eating overburdens the stomach and causes bad dreams. The story is told of a little girl who lived with her grandmother who had plenty of cows. She used to make her own butter and the little girl had the job of churning the rich cream until it became butter. One day she churned and churned until her arms ached terribly and she thought that the butter must have been made, but just then her grand mother came and threw another pailful of cream into the churn, and the little girl had to start churning all over again. How tired her arms became, and then another pailful was thrown into the churn, and the little girl was so tired that she began to cry, and her arms ached so much that she could do no more, but go to sleep right then and there. That's just what many of us do to our stomachs. We just eat from morning till night and keep the poor stomach working when it needs some rest.

Foods too hot or too cold should not be taken. Those that are too hot depress other vital functions and those too cold use up too much of the energy needed to carry on the digestive processes. Heavy work should not be done immediately after meals, as this robs the stomach of much of the blood it needs to help digest the food. Some relaxation after meals is ideal for food digestion. Food that is hastily eaten will not be sufficiently masticated and as the stomach is not provided with teeth, it will be overburdened with work and we will fail to get the benefit desired from the food we take.

On the Sabbath our diet should be simple, and palatable and should not be too much. It should be a change from the week day menu, but this does not mean that it should be expensive. Simple things may be so tastily prepared that they will be enjoyable. On the Sabbath we need to spend much time in studying God's word and works. Too much food will rob the brain of the energy it needs for this extra activity. If we would re-

member that our body is God's temple, we would put no injurious material in it. In building a house, we naturally put the best in it that can be obtained. God wishes us above all things to prosper in health.

In view of the fact that men and women are seeking our help as to better ways of living, we should be examples to them even in our habits of eating and drinking.

We should willingly accept the teaching of the Bible on this subject and also the instructions given by the Spirit of Prophecy. We have a great task ahead. God is counting on us to do our part faithfully and well. We need healthy men and women to carry the gospel to the world in this generation. Let us adopt right principles of diet and health discontinuing the injurious habits and thus glorify God in our eating and drinking.

— R. Harriott, Second Year
Student Nurse.

Why I Chose Nursing

"Choosing a vocation for one's future seems to be the chief concern of youth as they pass through their years of adolescence."

To a great extent their final decision is always influenced greatly by environment and somewhat by the early training as instilled by parents.

Too many young men and women have tried desperately to attain or do something that only ends in final failure and disappointment. Regardless of consequences one's future work should always have one's wholehearted service and devotion.

The Nursing Profession offers to the would-be-nurse many fields of adventure and opportunity accompanied by satisfaction. The true nurse is propelled in to the nursing world by an honest desire to serve suffering humanity. The love for service, and the unselfishness portrayed in this profession seemed to have captivated my powers of choice, and with an earnest longing desire did I dream of being someday the Christian Nurse so much needed in a world of suffering and sin.

The keen sense of detecting easily the unhealthy ways of living, and the spirit of service, wanting to impart to others the flaws of wrong living, seem always to be an important part of a nurse's lifework. The inward satisfaction received from

service rendered, far surpass any monetary gain received by a true Christian Nurse. She is always privileged to impart to patients, friends, and acquaintances not only the things which pertain to healthful living but also the wonderful truths of God's word. Her responsibilities are great, but the fruits of her labours are gratifying.

Often when a small girl I delighted in being in a hospital not as a patient but just as an on-looker. There I often received new inspiration to work the harder to achieve my one cherished ambition.

A very sacred duty of the nurse is to hold in confidence all personal matters committed to her keeping. This ethical code is one which should be developed to a considerable extent in the prospective nurse beforehand.

The past few months I have spent in my career have revealed to me more vividly the vast fields of study, work and experience to be covered before one can truly be a well trained nurse. An extensive study of the scientific subject coupled with a small portion of hard work has only partially revealed the mysterious creation of God.

"As practised today professional nursing is a smooth blending of knowledge, skill, and art. This blending is flavoured with humane purpose, warmed by compassion and served in generous helpings wherever it will do the most good. Nursing is an Art — The finest of fine Arts."

— A First-year Student Nurse.



Publishing Dept.

A. R. Haig
Secretary

Many years ago the General Conference developed the plan whereby young people desiring to attend our Training Schools and Sanitariums might earn scholarships by or through the sale of our God-blessed, message-filled books and magazines. The action taken then reads as follows:

"That all our denominational colleges, junior colleges and academies, join with our publishing houses and Book and Bible Houses and local conferences in offering scholarships at a discount of 30% to all who will earn such scholarships wholly by the sale of denominational subscription books or magazines, these scholarships to cover board, room and tuition and text books."

Thousands of our workers and other stabilised believers sleeping in Jesus or alive, owe their training, knowledge of the Message and their call to scorching tropics and icy mountains to this heaven-sent plan.

A Solemn Fact. Were it not for our Colleges and the Scholarship Plan, thousands of our youth and their Parents would never be saved or receive a Christian education — which is God's ideal for training.

Invitation to our Ambitious Young People. Write to your Conference President or Publishing Department Secretary and find out how it is possible for you to sell for example, £84 worth of books or magazines and receive as your portion and profit, £60 to apply to your school expenses. If you sell three-fourths of £84, you will receive £45. If you sell one-half of £84, you will receive £30 and if you sell one-fourth of £84, you will also receive a substantial credit.

Rules to Guide You.

1. Inform the Publishing Secretary of your Mission or Conference immediately.
2. You must work at least 400 hours, in the case of a man; and 350 hours, if a woman, and pay your tithe into your conference office and settle fully with your Book and Bible House.

One person may earn two scholarships in one year without working any more hours than the above. Parents are invited to earn scholarships for themselves or their children and brothers and sisters may earn scholarships for each other.

Youth and Parents, now is your chance. Jesus cries, "Buy up the opportunity, O children buy today."

— A. R. Haig.

Report of the Publishing Department of the B. W. I. Union October 1948

Names	Hours	Orders	Deliveries
Bahamas	192	84 9 0	53 12 0
British Honduras:			
Vasciannie, S.	140	39 0 5	39 0 5
Other Canvassers	20	10 0 5	1 1 3
Brigade	60	17 1 5	17 1 5
East Jamaica:			
Gerrison, A. A.	138	40 13 0	8 3 0
King, J. M.	127	25 12 0	10 14 6
Rose, Florence	117	10 5 9	9 7 3
Samuels, L.	136	7 10 0	6 16 6
White, George	120	67 14 9	4 1 3
Wright, R.	126	5 7 6	5 14 9
Other Canvassers	1503	209 6 2	255 13 3
Students	595	170 15 0	163 2 9
Brigades	117	26 12 4	37 6 10
Magazine Workers	164	38 5 3	40 10 3
West Jamaica:			
Brown, V. E.	153	60 11 0	1 0 9
Carnegie, R. K.	172	29 19 6	6 8 9
Campbell, Mrs. E.	168	17 17 0	3 12 0
Donaldson, S. O.	273	106 4 0	55 12 0
DaCosta, Mrs. F.	129	2 18 9	2 13 3
Gaynor, Mrs. E.	115	1 10 6	1 14 0
Hepburn, C. H.	163	23 11 0	22 4 9
Lunn, Miss I. B.	108	15 12 0	9 7 0
Martin, G.	161	9 0 6	2 7 0
Morgan, C. H.	184	71 3 0	5 8 0
McDonald, J.	123	26 3 1	2 12 11
McLaughlin, Mrs.	106	27 8 3	3 13 3
Stewart, H.	125	11 5 6	2 17 5
Other Canvassers	2085	272 11 2	265 6 10
Students	119	18 15 0	6 15 0

In order to be a regular colporteur, men must put in regularly at least 120 hours per month and women must put in at least 100 hours.

Colporteurs' Report Summary for October 1948

Missions	Hours	Orders	Deliveries
Bahamas	192	84 9 0	53 12 0
Br. Honduras	220	66 2 4	57 3 1
Salt Cays			NO REPORT
East Jamaica	3161		NO REPORT
Caymans		603 1 9	541 10 4
West Jamaica	4230	784 11 0	391 13 1
TOTALS	7854	1533 4 1	1643 18 1

Attention !! Parents and Youth

A careful study of the Testimonies proves that the Student-Colporteur Scholarship Plan was ordained of God and is under the direct supervision of the Holy Spirit.

"We have no righteousness of our own with which to meet the claims of the law of God. But Christ has made a way of escape for us. He lived a sinless life. He died for us, and now He offers to take our sin and give us His righteousness. If you give yourself to Him and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ's character stands in place of your character, and you are accepted before God just as if you had not sinned." *Steps to Christ*, p. 67.

"The Lord does not work to bring many souls into the truth because of the church members who have never been converted, and those who were once converted, but who have backslidden." *Vol. 6, p. 371.*

COLPORTEUR SCHOLARSHIP APPLICATION

Desiring to be prepared for life's tasks as well as for the coming of our Lord Jesus, I hereby apply to be accepted to work for scholarships for:
 Myself and/or my child or children and/or my brother
 or sister.

Full Name: _____
 (Miss, Mrs, or Mr.)

Address: _____

Name of Church: _____
 Please place a check in the square desired and send to your Publishing department Secretary.

- I. Benson, East Jamaica Conference, 176 Orange Street, Kingston
- B. E. Hurst, West Jamaica Conference, "Hazelrigg", Mandeville
- O. P. Jones, Bahamas Mission, Box 356, Nassau, Bahamas
- J. N. Williams, Box 170, Belize, British Honduras

"God's Answers to Man's Excuses"

Excuse: I have been out of employment much of the time and what little I earned the days I did work had to be used as fast as it came in, to support my family. I could not think of paying tithe while my wife and children were suffering at home.

Answer: It is true that there has been and will continue to be at different times many of our brethren affected by the shutting down of shops, etc., which has thrown them out of employment many days and perhaps weeks during the year.

The pay-envelope has been much less while rent, living expenses, etc., have not lessened a particle. We have deep sympathy for brethren who are passing through such trials, but does this offer any Seventh-day Adventist any real excuse for not being faithful with his God in the matter of tithe paying? Does the Lord give any man the right to hold back the tithe, just because his income is less than it used to be? Is the tithe something that belongs to man, that he can pay or withhold just as he chooses, whenever he sees fit? What would happen to the progress of this third angel's message if every one would hold back the tithe whenever his work was slack? Tithe paying, is not something merely to be carried out when times are prosperous. The fact is, if there ever is a time when a man should be faithful to God in tithe-paying, it is when he is not earning much, for if we are faithful then, God promises to rebuke the ferverer for our sakes and to bestow upon us a divine blessing.

He states that if the sparrows are cared for by our Heavenly Father, He will surely care for us. He tells us to seek first the Kingdom of God and His righteousness and all these things (the necessities of life, such as proper food and clothing,

shelter, etc.,) shall be added. When the widow woman of Zarephtha was destitute and was getting her last meal ready, the prophet of God asked her to bake him a little cake first. She saw in Elijah a representative of God's organized work in the earth and when she was willing to make God's cause first then heaven sent temporal blessings as well as spiritual. The tithe is God's own sacred money reserved by Himself for just one purpose: namely, to support the ministry in its efforts to carry the gospel to a lost world. If any Seventh-day Adventist brother or sister will make God's cause first, regardless of whether or not they have had much work or have had heavy home expenses, if they will faithfully pay tithe on what income they do have, God will not only care for their families by supplying their needs, but will give them a peace and joy that only come to those who are honest with the Lord. Let us be true in supporting God's cause with the tithe, then the Lord promises to see that our families are cared for. It is a positive sin in the sight of heaven to use tithe-money to care for home expenses.

"The portion that God has reserved for Himself is not to be diverted to any other purpose than that which He has specified. Let none feel at liberty to retain their tithe to use according to their own judgment. They are not to use it for themselves in an emergency, nor to apply it as they see fit even in what they may regard as the Lord's work.

"Let no one, when brought into a straight place, take money consecrated to religious purposes, and use it for his advantage. Far better cut down the expenses to correspond with the income, to restrict the wants and live within the means, than to use the Lord's money for secular purposes." (Vol. IX, p. 247).

The British West Indies Union Visitor

Clyde O. Franz

Editor
 Asst. Editor

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Your Hospital Needs You

(Continued from page 1)

erected to serve the people of Jamaica and the West Indies. They are here to reveal the glory of God in these last days, monuments to the Master whom we serve. Brethren, it is up to us to do all that we can to make this work a real success. For this reason opportunity is now given each church in Jamaica to receive a special offering for the medical work. The time of this offering will be announced by your Conference and your district pastor. Your district pastors are giving one day's salary. What will you do? Perhaps you may have friends who might like to help.

Remember it is not the size of the gift so much as the spirit of the giver that makes the difference. The widow's mite meant more to the Master than all the gifts of those who gave just to be seen of men. Today the Master is again calling us to consecrate our gifts and ourselves to Him. It is our sincere prayer that every gift and every giver may have the approval of the Master who said, "It is more blessed to give than to receive."

"The more we contemplate the cross of Christ, the more fully shall we adopt the language of the apostle when he said, "God forbid that I should glory, save in the cross of our Lord Jesus Christ."

G. W., p. 29.

OBITUARY

On October 20, 1948, Sister Matilda Howell of the Broadgate Church fell asleep in Jesus at the age of 88. She leaves two daughters, ten grandchildren and many great-grand children, and a host of brethren and friends to mourn her loss. She awaits the call of the Life-giver. The funeral service was conducted by Pastor Stockhausen.