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ADVENTIST HEALTH "BOMBSHELL" BLASTS SINGAPORE

THE STRAITS TIMES, AUGUST 4, 1978

Heavy meals at night harmful, says expert

HEART attack or no heart attack, Singaporeans are continuing to tuck in to their hearty content at hawker centres and other eating places at night. The warning that heavy meals taken at night are harmful to the heart came from Dr. Charles Thomas, associate professor at



Wired with electrodes and on the ergometer bicycle is Chaplain Ng Gan Theow being carefully monitored on the telemetry by Drs. Al Parchment and Charles Thomas during Health Workshop Weekend in Singapore. Photo—Courtesy New Nation

Some of Singapore's affluent car- and motorbike-riding populace were jolted out of smug complacency concerning their optimum health levels early in August. On hand to trigger this concern was health expert Dr. Charles Thomas originally from India, and now Associate Professor in the Department of Health Science at Loma Linda University, southern California, U.S.A. Championing the cause of Adventist health reforms for the past 12 years, Dr. Thomas said he owed much to the inspirational counsel given in the late 1800's by Mrs. Ellen G. White in her books *Counsels on Diet and Foods* and *The Ministry of Healing*.

A simple diet, a simpler life-style, adequate exercise, pre-meal drinking of plain water and a vibrant faith in God can work wonders in preventing our modern society's

many ills. A heavy meal at night can be "a killer"! Dr. Thomas warned in diametric opposition to a favourite pastime in Singapore. Further maxims were: have a "maxi" breakfast, a "medium" lunch and a "mini" supper. Don't "squeeze" juicy fruit, *chew* them, pulp and all. Eat more natural whole grains, fruit, vegetables and nuts in preference to refined foods and sugars depleted of vitamins and minerals. Walk, jog, swim or cycle daily if you cannot get a good work-out in a garden or in a fresh-air country area. Avoid stress-inducing situations, the glare and blare of city-life, job, school and domestic tensions. Learn how to unwind, relax, depressurize to thwart heart attacks and high B.P. (blood pressure) levels which are increasing among younger city-dwellers every year.

Evening lectures and the latest

supportive films on coping with stress and Alan Larkien's "How to Control Your Time & Your Life" met with packed audiences at Southeast Asia Union College's ample auditorium, thanks to arrangements by Pastor Koh Kang Song and President Don Halenz. Demonstrating at the *Water Seminar*, Dr. Thomas strongly advocated simple hydrotherapy procedures to ward off colds at their onset, relieve pain and reduce fever. All should have a practical knowledge of these, he urged, to promote medical missionary work in the community and in the home.

Physical profiles at Youngberg Memorial Adventist Hospital were conducted on a cross-section of almost 300 of Singapore's residents. They were supervised under the expertise of Drs. Thomas and *More . . . on Page 6*

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THE MESSENGER

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Home—The Most Important School



by Dr. Lily Wong

Chairperson
Education Department
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There is a time for training children and a time for educating youth, and it is essential that in school both of these be combined a great deal. Yet the early education of the child **in the home** shapes the character of the youth in both the secular and the religious life.

HOME is no doubt the first and most important place that builds and influences the character of the child. Solomon says, "Train up a child in the way he should go; and when he is old, he will not depart from it." This training could be interpreted as the direct education and development of a little child in the formative years toward a good positive character. That the home offers by far the most important opportunity for character-building and education found in the life of the individual is indicated by two facts: **FIRST**, it is in this environment that the child spends the most impressionable years of his life, and **SECOND**, it influences very vitally every one of his important day-to-day interests be they mental, physical, spiritual, moral, emotional, social and recreational. Little wonder then that it is purported, "Home is the chief school of all virtues."

Hartshorne, in commenting on the results of a careful study of fifty 'most honest' and fifty 'most dishonest' children states: "The home from which the worst offenders came, might be best characterized as exhibiting bad parental example, parental discord, bad discipline, unsocial attitudes toward children, impoverished community and changing economic or social situation. The homes from which the more honest children came revealed the opposite of these conditions."

Careless and incompetent parents are by no means excusable from the roles given by God. Thus the specific opportunities and responsibilities that shape the whole life of the child are indelibly helped or hindered by his first and most important school . . . **THE HOME.**

For kind assistance, the Editor conveys her gratitude to: (in the U.S.) Elder Robert Pierson, Jane Allen; (in Thailand) Dennis Tidwell; (in Singapore) Robert Grady, Robert Heisler, Al Parchment, Tom Huang, Elaine Halenz and *New Nation* news media.

Find it hard to "SHARE YOUR FAITH"? Then read on ...

Mixing Racing with Religion!

For many Seventh-day Adventist Christians, sharing one's faith often comes under quite comfortable conditions as sitting, standing or perhaps even walking with others while talking to them of things eternal. But to 23-year-old Bruce Dewsberry, a vegetarian and an SDA from Toronto, Canada, it came the hard way.

He was one of 1,640 contestants



Seen here are only some of the 1,640 runners in the Hidden Valley Marathon, 85% of whom were non-Adventists.

in the toughest race of his life. It was the strenuous 26¼ mile Hidden Valley marathon, now in its third year and attracting participants from all over North America. This long distance race first beckoned 160 runners, besides countless bystanders, to its beautiful but rugged hill-and-valley course.

Public prayer for the safety and success of the runners precedes the starting gun and at the race's conclusion, a delicious vegetarian dinner is served. *Life and Health* and other health literature is made available besides the launching of 200 Temperance balloons, each good for a year's subscription to a nation-

al health journal for the recipient.

Gradually pulling away from the other 1,638 runners, men and women of all professions, young Bruce found himself neck and neck with last year's winner, Frank Bazanich, a captain in the U.S. Marine Corps. The captain had previously won the race in a scorching 2 hours 39.17 minutes. Bruce determined not only to better that time, but also to use this golden opportunity. So as they relentlessly pounded the track together, puffing hard at the enormous physical strain on each, our young hero was happy to answer many questions concerning SDA beliefs, healthful living and God's wonderful love. Did he win that race? Oh sure! Way ahead of



Winning the marathon, Bruce Dewsberry not only witnessed for the truth while racing, but also on the plane returning to Canada when questioned about his 30-inch tall champion's trophy.

the others in a stupendous 2 hours 28.59 minutes. But what was more important to Bruce and to the marathon sponsors: Newbury Park Adventist Church, Academy and the Southern California Conference, can be expressed in young Dewsberry's words . . . It was the best race I have been to. The course is tough . . . I hope to return next year. I know the Lord reached many people that Sunday. Only time will reveal how rich the harvest will be.—JWP as gleaned from May 18, '78 *Canadian A. Messenger* and the May 25, '78 *Review* story by Theda Kuester

Contact! At 35,000 feet

Eighteen months ago, Stephen Lin was flying between Hong Kong and Japan when three friendly-looking strangers on the same flight approached him and asked directions to the Adventist Sanitarium in Tokyo, Japan. It just happened that Stephen lived on the same road and



From left: Stephen, Grace, Brent and Brian Lin with Pastor T. K. Pang, formerly of YMAH and the VOP.

being a helpful young man, invited Pastor and Mrs. J. W. Popowich and Dr. J. W. White, returning to North America from service in India, to share his taxi after clearing Japanese customs. "Just happened" did someone say? Don't you believe it! Nothing "just happens" when God is involved. It's all part of His meticulous plan, worked out to the minutest detail, precision-timed to a fraction of a second to win precious souls for His Kingdom.

The next two days found Stephen becoming quite acquainted with Adventism and with his new-found **More . . . on Page 12**

berry's words . . . It was the best race I have been to. The course is tough . . . I hope to return next year. I know the Lord reached many people that Sunday. Only time will reveal how rich the harvest will be.—JWP as gleaned from May 18, '78 *Canadian A. Messenger* and the May 25, '78 *Review* story by Theda Kuester



Hearts! Not Heads are Wanted

In May 1977, the Sabah Mission Executive Committee took an action to appoint Pastor Ginduk Laung to be an evangelist. Since his appointment, Pastor Laung has held seven



public efforts, the last of which was in April, 1978. The following story is told by him.

February and March are the best months of the year for the farmers to plant, to tap rubber and to do business in this part of Sabah as it is the dry season of the year. But best of all, it is a good time to conduct evangelistic meetings. I have been thinking since last year to hold a public effort in Tamu Darat; but I could not find a suitable meeting place to do so. At last I decided to hold it in one of our small jungle chapels at Batu Lapan (Mile 8), Kota Belud, Jalan Ranau. The jungle chapel was officially dedicated on July 15, 1973. Funds for this jungle chapel were donated by Mr. Carter Innocent. It measured 16 feet by 24 feet. Since it is quite small, we made temporary extension on both sides of the jungle chapel by using bamboo and canvas.

On the opening night, we invited the Honourable Ahli Dewan Undangan Negeri, Sabah (Assemblymen of Kota Belud District), Mr. Apin Gimpton to declare open the meeting. Everything went smoothly on the first and second nights of

the meetings. But on the third night, word reached us that a certain individual came to the meeting with the intention of causing trouble! It was reported that he came from another denomination, but some people said he was a "head hunter". So the people in the community warned those who had been attending the meetings not to continue to attend. "It will be quite dangerous to go to these meetings. You might lose your heads," they cautioned. Some of the parents would not permit their children to come to our meetings for fear that their children might lose their heads.

After hearing the above-mentioned rumour I discussed the matter with my associates, Pastor Padir Juman and Mr. Nelver Sikul and also consulted our church members what we should do about the rumour. We finally decided to report the matter to the Police at Mile 10. At the same time we encouraged the people to continue to attend the meetings and not to fear the "head hunter", as our God is more powerful than the "head hunter" and even more powerful than Satan.

The gracious Lord was truly blessing the meetings, for in spite of the rumour of the "head hunter" being present the attendance continued to increase each night instead of decreasing. They came like ants looking for sugar. So much so that we were obliged to pull down all the walls of the jungle chapel so that



everyone could at least see and listen to the speaker. The average attendance each night was around

900. There were some nights when well over 1,000 people were in attendance! At the conclusion of the meetings, fifty precious souls were baptized into the church, two of whom were village chiefs of Kota Belud District.

Sabah is indeed ripe for the harvest; but we need many more workers to gather it in.

"Therefore said he unto them, the harvest truly is great, labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest." Luke 10:2—*Pastor Ginduk Laung*

Radio Hams to the Rescue

Pastor Bob Heisler, 9V1SY/WA7BAG, recently relayed a message to the members of the West Coast Amateur Radio Bible Study Group of the critical need to supply a transceiver for an outpost mission school at Goshen in Sabah. This will enable immediate communication with its mission headquarters in North Borneo. There is a separation of 70 rugged miles between these two points, and it requires a rough 4-hour journey by car to travel just one way.

The West Coast Amateur Radio Bible Study Group enthusiastically entered into this project and in only 16 days had the funds in hand to provide the radio.

This photograph shows some



who had a part in this emergency project. From left to right: Bert, WB6QDM; Harry, WB6QDQ; Doc,

W6TAV; Barbara, WB6QDK; Rod, WB6QDN, and Reuben, WA6HHR.

We praise the Lord for such kind-hearted folk who can respond to the needs of the Far East.

Sandakan Youth Go Camping

27 junior and 7 senior youth gathered together for camping at the compound of the Sandakan Church, Sabah, on April 2-9 this year. Directing the activities was Tony Chew who was strongly assisted by Elizabeth Lee and the other senior members of the MV Society. Church Pastor Chin Kong Loi was the camp adviser and chaplain.

The campers who were housed in four large canvas tents greatly enjoyed the eight days of camping. They had singspirations, Bible studies, story-telling, devotionals, group games, hikes, community service, campfires, and many other related activities. The last Sunday in camp was spent on an island across the bay where the campers went swimming and played group games.

To help defray their camp expenses, the young people went out many times before the camp to sell "How to Stop Smoking" magazines. They certainly were able to "shoot two birds" at the same time!

Of the 34 campers, 15 were from non-SDA homes. Let us pray that the experience they had in camp will inspire them to continue attend-

HOSPITAL NEWS



What's yonder fragrance in the air?
Oh it's the yummy food everywhere.
Participants take the very front pews,
As our pastors spread the spiritual news.
Health educators broaden the health scope,
With food demonstrations ready to build
our hope,
They chop or blend or stir till done
Now isn't vegetarian cooking a lot of fun?
—Albert Khor

Held at Youngberg Memorial Adventist Hospital in May of this year, this Nutritional Seminar was yet another of YMAH's community benefit projects. 26 women and men were in constant attendance and the lectures and demonstrations were ably conducted by the director of Nursing Service, Mrs. Ethel Heisler with Mrs. Janice Huang, Mrs. Lillian Goh, SAUC's Doug Anthes and ing church and make decisions for Christ.

A number of the church members contributed to the success of the camp by helping to prepare food for the campers who themselves enjoyed doing this and helped in gathering sticks for fuel and washing the dishes.— Tony Chew

Dr. Marjorie Young-Nelson is no foreigner to mission service. Hailing from New Zealand, Dr. Marjorie hopes to spend at least a year in Singapore. She first saw service in Karachi, Pakistan; in India; in Bangladesh; in Taiwan and spent 7 years in Hong Kong. She has even answered a medical call to the highlands of New Guinea for the Australian Government. With her effervescent personality, Dr. Nelson cheers the hearts of all with whom she comes in contact. We trust her stay with us proves equally rewarding to her.

Samuel Teo and many others who gave of their time and talents. Much appreciation goes to all who helped. And to those who missed this seminar, keep watching for announcements concerning others that follow. We also have fresh wheat germ and bran among many other items at our health store and enclose two recipes which we recommend that you try:

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Lillian Goh

Doug Anthes



The campers are boating to picnic on the last day of the camp. Some of the Sandakan Church members join the picnic. Elder Henry Chow offered free trips by using two of his boats.



The best part of the Cooking Class!

Health . . . from Page 1



Dr. Thomas gives Jerry Ee hydrotherapy

Youngberg's Chief-of-Staff Alwin Parchment. Also helping were his wife Jill, the Health Department's Albert Khor and Lawrence Tan who both assembled the whole Health Workshop, Director of Nursing Service Ethel Heisler and nurses Dorothy Amundson, Dameria Rejab, Ho Lai Fong, Echo Stevens, Kathryn Smith, Janice Huang and Sherry Anthes. Among a host of cheerful helpers were SAPH's Audrey Ngui and Mrs. Ngui, VOP's Andrea Tan, FEA students Kathy Wick, Lisa Parchment, Barbara and Bruce Heisler, maestro Sam Benjamin and wife Leela who first invited Dr. Thomas to Singapore, SAUM's Juanita Bissell, Shirley Chase and Edsen Donato, YMAH's Chaplain Ng Gan Theow and wife Ivy, dietician Mrs. B. C. Goh, Personnel Manager Birthe Chan and Thomas Huang who arranged for the use of the ergometer bicycles, courtesy of Asia Health Equipment Ltd.



Albert Khor and Dorothy Amundson monitor FED's Winston Clark

Included in the Physical Fitness Seminar were individual tests (\$25 per person) at 10 stations: B.P. and pulse; cholesterol; triglyceride; weight and height evaluation; chest & waist measurement; posture profile; grip strength; skin fold test; vital (lung) capacity and endurance (heart) testing.

Tabulations from YMAH's Health Department reveal of the 230 tested, 43.8% among Seventh-day Adventists, while 33.9% among non-SDAs, had normal blood cholesterol; and 86.8% of the SDAs but only 75.2% of non-SDAs, had normal triglycerides. In physical fitness testing, 85.4% of the SDAs and only 64.1% of the non-SDAs rated in the good and very good categories. Falling into the poor level were 4.2% of the SDAs, while double that percentage 9.8% non-SDAs found themselves in poor shape!

We know Dr. Charles Thomas'



Helpers (from left): Laurence Tan, Audrey Ngui, Barbara and Bruce Heisler, Lisa Parchment



Ethel Heisler

Samuel Teo



Tom Huang

Janice Huang

Mashed Potato Patties

Boil 4 or 5 potatoes and mash
 ½ tin gluten burger
 ½ cup oats
 10 cents worth of Tau Foo mash
 Spring onions

Fry the gluten burger lightly.
 Season with 1 tbsp dark sauce and 1 tsp vetsin.
 After frying, add in the above ingredients and mix well.
 Mold into patties and fry brown on both sides.
 Serve with tomato sauce or a garnish of parsley sprigs added on top.

Oat and Wheat Cracker

3 cups rolled oats
 2 cups fine wholewheat flour
 1 cup wheat germ
 1 tbsp sugar
 1 tsp salt
 1 cup water
 ½ cup oil

Combine dry ingredients in a large bowl. Mix well.
 Measure water and oil in a 2-cup measuring cup and beat to emulsify.
 Pour slowly into dry mixture, stirring with fork all the while to distribute the moisture evenly.
 Mix well and knead lightly.
 Divide into 2 equal portions.
 Place each portion on a 10" x 15" well-greased cookie sheet.
 Flatten with fingers and roll with small rolling pin or cylindrical glass until crackers are thin and even and entirely fill the space.
 Sprinkle lightly with salt and roll to embed in dough.
 Cut with pastry wheel into 2" x 3" rectangles. A clean yardstick is useful in obtaining a uniform size.
 Heat oven to 400°F.
 Place trays in oven and reduce heat at once to 325°F.
 Bake 25 minutes or until lightly browned.
 Reduce heat and let dry thoroughly.
 Watch very carefully when nearly done as they brown very quickly at this stage. (It may be necessary to remove some of the crackers along the edges if they start browning before the ones in the center.)
 Loosen with wide spatula or pancake turner and let cool on cookie sheet.
 These crackers are crisp, tender and delicious as well as of good nutritional value. They should be browned very slightly.

magnanimous efforts can never be repaid. He has accomplished much for the benefit of many on this and other global ambassadorial trips of good health and good will. We shall never be the same again. Nor will Youngberg who, it is hoped, will add a permanent physical testing unit to its Health Department. Individual health, Adventist-style, has gained many new adherents in Singapore and around the world. — *JWP*

Medical Specialists Visit YMAH

A group of one dozen American medical specialists recently visited Youngberg Memorial Adventist Hospital in Singapore. These doctors belong to a club in California which sponsors annual trips to give their members first hand exposure to the practice of medicine in other lands.

The group met in the hospital chapel where Dr. Parchment ex-



Al Parchment

Ed Heisler

plained to them the practice of medicine in Singapore in general and at Youngberg in particular. They were bursting with questions and were pleased with the answers. They felt they had learned a great deal from their visit. The group represented specialists from all over the U.S. One surgeon who uses the facilities of the Florida Adventist Hospital in Orlando offered in all sincerity to come and do relief work here for three months.

A tour was organized and they were shown the facilities of the hospital. The tour leader promised to send another group next year. — *Edward Heisler*

A Mission Clinic by M. Lucas Continued . . .



Early in 1947 the Division, the late Pastor V. T. Armstrong, FED President asked Lucas to go back to Penang Hospital and work there. In reply he said, "How can we shut the door in the face of these patients who are looking to us for help?" This made a deep impression on Pastor Armstrong. He called the General Conference for a doctor to carry on the medical work in Singapore. Dr. G. G. Innocent answered the call immediately. January, Lucas returned from furlough. The very next day he and Dr. Innocent went out looking for a suitable place to purchase. They found three houses but, owing to some problems they decided to purchase the one nearer to their Mission Office. Soon after the purchase of the building they terminated the Mission Clinic and transferred the supplies to this new place and continued the work there. This institution was generally known to the public as the American Hospital. Later on the Division and Union Committees named it Youngberg Memorial Adventist Hospital in honour of Pastor Youngberg, a pioneer missionary to Sarawak who died in the internment camp in Kuching during the Japanese occupation. Youngberg Hospital is a direct growth from Mission Clinic and it is the Mission Clinic that inspired the idea to start a hospital in Singapore and is thus the nucleus of the YMAH.

God had great respect for this humble medical work started in perilous times. It was a spot where thousands received healing who would have perished otherwise.

God has wonderfully blessed it. Drugs and supplies were provided providentially. Seventy percent of the work done in this Clinic was *charity*. This Clinic was a living testimony of God-fearing people who had a vision to start such a charitable endeavour. Gratitude goes to Pastor K. O. Tan, Y. H. Phang, K. T. Kong, Daniel Liem, and to all those who put in their time in making this Clinic a success and the initial effort and support of the late Mr. C. M. Lee is sincerely remembered. — **TO BE CONTINUED**

Lighthouse's Third Spot

Early in May 1978, the *Lighthouse Singers* of Ekamai SDA Church, Bangkok, started their 3rd witnessing trip. Thus we beamed our light to the southern part of Thailand, at the cities of Haadyai and Phuket.

Going down to Haadyai from Bangkok, we witnessed for God to our fellow train passengers.

In Haadyai, we sang during the church service. On other days, we spent our time visiting the church members and singing and praying with them. We also helped in their Branch Sabbath Schools.

Besides singing, we distributed tracts. We had the chance of singing in a Sunday-keeping church. Our most exciting experience there came when we were invited to hold a real live concert on TV! The *Lighthouse Singers* will never forget that experience.

On our arrival in Phuket, we were brought to the Phuket Mission Hospital compound.

The schedule we had for Phuket was almost the same as what we had in Haadyai, but in addition, we also sang to groups gathered at our two jungle chapels in that area.

On this trip we not only witnessed; we also learned more about the *More . . . on Page 12*

SARAWAK STORYBOOK

Christian Flesh is Sweet to Eat

—Geoff Pauner

Do you believe dreams can keep people from coming to church? Here is a true story that happened recently in Sarawak.

Ani, an eighteen-year-old girl had been attending our church at Ng. Luau, Sarawak, very regularly. One night her father dreamed that the devils in his village were looking for Christians to eat. The flesh of Christians is very sweet, but the flesh of heathens is bitter, they had said. Convinced of this the father of Ani forbade his daughter from ever attending church again. No matter what Joebenny, the pastor, had said, nothing could make the girl come.

A few months later Ani had a more specific dream. She dreamt that when Gemong, the church elder at Ng. Luau, took his youngest child to church the devil would come and eat her up. Gemong's wife was terrified. When Sabbath came, Joebenny went to visit Gemong and his family. Gemong's



Gemong and family

wife now refused to let anybody take her daughter to church. Gemong, however, insisted and took the child to Sabbath School and stayed on for church service while his wife screamed and screamed in fear.

The day passed on peacefully, and nothing disturbed Gemong's

"God Sent You Here!"

—Paull Dixon

"Are you Roman Catholics?" "No," replied Jenny, who was with Icha. "Are you Anglican?" "No." "Are you Methodists?" "No." "Well, I can tell by looking at you that you are Christians, what are you?" "I'm a Seventh-day Adventist," Jenny smiled and prayed silently. She had just arrived in the heathen village, and couldn't understand why the slender talkative man was asking so many questions. The man's cigarette fell from his mouth and he looked pale. "Are you okay?" Jenny asked. "Yes. Yes. God sent you here." Pointing to his twelve-year-old daughter, he told of how an Adventist layman on the Tatau River had prayed for his daughter years before when she was at the point of death. "You must listen to what these girls tell you. They will tell you the truth!" he announced over and over again to the villagers, preparing the way for Jenny and Icha to do child



Icha and Jenny

evangelism there.

After six months of teaching, a new Sabbath School was organized in this village of Nganga Dia. God is preparing a big harvest of souls in this place. One night after hearing a sermon on "I Am The Way," a middle-aged man saw a person dressed in white in his dreams. "Follow me and I will show you the way to heaven," the person said. A sincere young lady has stopped eat-

Sarawak Safari

—Case Ketting

Earlier this year, six of us youth from Far Eastern Academy were settled in a plane droning from Singapore. Mike Ryan was sponsor of the Temperance Team, and John Stuvenga was the sponsor of the Seminar Team, with three of us students in each team.

Pastor Dixon, head of the Sarawak Mission, met us when we landed at the Kuching airport at about midnight. Somehow, we managed to get our piles of assorted necessities through customs and into the land rover that Pastor Dixon had brought to meet us. Even then, a few of us guys had to hang on precariously to the outside.

We settled down in a vacant mission house and slept the few hours until dawn. That day, the Temperance team gave two programs, one at Sunnyhill School and the other at Ayer Manis School.

Later, Pastor Dixon flew Bill Cochran and our Seminar team,



Bill Cochran

Paull Dixon

which consisted of Herbert Giebel, Bobby Christensen, and me, to Kapit which was about a five-hour boat trip up the Rajang River from Sib. Bill Cochran and Pastor Dixon were going to help us get the meetings started, then leave us on our own once everything was going smoothly.

At the VOP Center where we would be staying, Pastor Dixon and Bill Cochran introduced us to the

Flesh . . .

child. All the while Ani was watching to see if her dream would come true. When she was convinced that her dream was false, she persuaded her husband to accompany her in attending our church. Both she and



Ani and husband

her husband are now in the baptismal class and hope to be baptized very soon this year. Praise God for His mighty power!—*Geoffrey Pauner*

Safari . . .

workers. They were Pastor Stephen Agong, his wife and their small daughter, and Frankie and George, both TEE students, meaning that they were ministerial students who were doing on-the-spot training.

We all began to plan for the eight meetings we would be having at the government school, the first of which would be that night. Our team and the workers were to become one group working to present the theme: *What a Christian is and has*.

The whole point of the meetings was not only to reach the students with God's love and salvation, but to reach the longhouses that they came from, *through them*. There were 1,200 students in the school and 800 of these came from outlying longhouses. If we could reach just a few, the initial outreach of the places they came from would really be wonderful!

We chose to use an approach which would be very informal but which would get "our" students involved. We planned to start with



Case Ketting in action!



Stephen Agong

Bobby Christensen

Herbert Giebel

a song service accompanied by my guitar. Then we'd move into what we called an exercise. This would be some sort of question or situation which they'd have to write a solution to. From these solutions we would select some funny ones and some which hit the *target area* for that meeting's talk to read back to them. Then we'd parallel this to some aspect of the Christian experience. For instance, for the talk on the Holy Spirit we had them draw a picture of the wind.

During the school days we gave two meetings a day. When we were through with the meetings we found that we'd had over 800 different students attending at one time or another.

The day we left, we asked the audience if they wanted to tell some of their friends and family back at their longhouses about what they'd learned. Many raised their hands, and I know only the Holy Spirit could have brought such a response.

Since we didn't give meetings all day, we had some time for other things. We also tried to paddle the chief's dugout around, but we didn't get far. By the time we'd discovered that we didn't know how to paddle a dugout, we had swamped the boat. When we finally re-
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Kuching Church Hold Health Seminar

The Kuching SDA Church sponsored a four-session nutrition seminar with health lectures and cooking demonstrations during the first quarter of 1978.

Lindy Su, a staff member of the



Lindy Su stirs a stew

Public Health Education Department of the Sarawak Mission, gave health talks on various topics and also gave demonstrations on vegetarian cooking. Janet Ho, Home Economics teacher of Sunny Hill School and Mrs. Becky Dixon, wife of Mission President Pastor Paul Dixon, demonstrated the cooking of some nutritious vegetarian recipes.

The church members responded enthusiastically to the seminar and at the final session, the attending members brought their favourite dishes for a joyful potluck along with the recipe for each dish presented. We wish to thank all those who helped to make this seminar a success.—*Liang Ah Onn*

God Sent . . .

ing pork, even though it has never been mentioned to her. She followed the example set by Jenny and Icha. "I want my family to hear about Jesus, and very soon I will travel far up the river to share this story with them," she said. The woman feels that God healed her of a longstanding illness. God is certainly at work here.—*Paul Dixon*



THAILAND

Mixing Rice and Religion

It was harvest time in the Karen mountains where Pastor Muak had asked me to help him with evangelistic meetings he was conducting in Red Flower Village, an area where he is opening new work. Each morning, rising before dawn, we quickly downed our rice stew and by the time it was light, with borrowed sickles in hand, we were following the villagers along the trail to their rice fields an hour or so away.

Rice harvest time, I discovered, is one of the big social occasions for the Karen. Hardly anyone harvests his own field alone. Instead, neighbors and friends join in and harvest each other's fields together. The farmer who has a teenage daughter or two is lucky, for the young men from surrounding villages arrive dressed in their best, ready to help and impress! (Apparently they succeed, too, because the winter season, just after harvest time, is a popular time for weddings among the Karen.) Everyone brings his own rice wrapped in a large leaf and at noon gathers to eat the curry prepared by the family whose field is being harvested. The mood is light and there is much joy over another good harvest.

When he asked me to join him for the meetings, Muak also asked for a small tape player and a good evangelistic sermon or two from our Tribal Cassette Ministry tape file. I was curious to see how he planned to use them. I found out in the rice field. Placing the tape player in his Karen shoulder bag, he turned the volume up and played a sermon and music while we all bent over the sheaves of rice. Very few had ever heard music and preaching like

that, so while we rested Muak had the opportunity to answer questions and explain some of the teachings. Choosing a field where there was no radio blaring, Muak tried to meet a felt need and at the same time arouse interest in Christianity with the tape player.

The Tribal Cassette Ministry is continuing to develop and expand to meet the spiritual needs of our Adventist members, for both their own spiritual growth and to provide them with an effective tool for witnessing to their animist relatives and friends. Each month a new batch of tapes containing sermons and the Sabbath School lessons for the coming month are carried to each village where we have placed tape players. Next month we hope to inaugurate the daily morning watch program on tape.

Recently, in addition to the 8 Karen villages where we send tapes each month, we began the extension of the cassette ministry to three Maew villages. These three villages are located in remote areas where there are no local pastors and a pastor doesn't visit more often than once a quarter. The members were overjoyed when we took the tape player and the first batch of tapes to them.

No Maew pastors live close to Mae Sariang, so it is not easy for them to come and record very often. The first batch of Maew sermons were recorded by Pastor Rungsit at the Tribal Center in Mae Taeng.

To help with the expanding program of the Tribal Cassette Ministry, we have asked Miss Say Bay,



Miss Say Bay edits children's Sabbath School lessons

"Silver Piece", to work full-time as recording studio technician. She is now taking over more responsibility in the studio as she quickly learns the intricacies of VU motors, tape editing, etc.

We are considering purchasing a high-speed cassette tape duplicator. As our cassette ministry expands we are finding that copying cassettes using our open reel recorder and two cassette tape decks at normal speed is not only time-consuming, but also ties up all our machines for any other purpose. This new duplicator will be expensive (\$750), but we know it will make up for this in time saved.

Pastor Aw Gaw Paul just com-



Aw Gaw Paul

pleted recording a series of tapes comparing Karen traditions with the Bible. (See following article.) We think it is fascinating how the Karen have a cultural heritage that closely coincides with the biblical record. This is certainly evidence that the Holy Spirit has been preparing the Karen people for many generations to one day return to Christ and receive the power of the "latter rain."

These special tapes on Karen traditions are going to be used primarily by laymen who will take them to play to their animist neighbors. This is one of the best points of contact which we can think of to turn the hearts of the Karen animists back to their Creator. We pray for wisdom that the Tribal Cassette Ministry will fulfill its purpose among the tribal people in northern Thailand and that a rich harvest will follow.—*Dennis Tidwell*



W. MALAYSIA-SINGAPORE

Singapore's San Yu Hi Celebrates

In 1958 the San Yu High School, operated by the Seventh-day Adventist Church, opened its doors to admit students to serve the people of Singapore. At that time there were very few Chinese secondary schools in Singapore and many of the students were over age. It started with an enrollment of 167 students in 4 Secondary One classes. In 1970, 2 Pre-U classes were added and the present enrollment is now 350.

A few years ago, the school realized that in order to give a better environment to its students to study well, it had to expand its existing facilities. It decided to construct a 4-storey classroom building.

On Tuesday July 4, 1978 the principal, faculty and students celebrated their school's 20th anniversary. Mr. Chai Chong Yii, the Senior



From left: Dr. O. C. Edwards; D. Barnett; M. C. Chai; H. C. Wang; M. Lee; Hon. Chai Chong Yii; T. K. Chong; K. O. Tan; J. Ng; Y. F. Chong; Dr. L. Bissell

三百中學創校廿週年慶典
暨新課室大樓落成
SAN YU HIGH SCHOOL'S 20TH ANNIVERSARY CELEBRATION
AND
OPENING CEREMONY OF NEW SCHOOL BUILDING



Jane Hutapea directs Advent Singers



SAUC Spotlited on Weekend

Christian education at Southeast Asia Union College, Singapore, was featured over the weekend of July 7 through 9 with College Open House and visits from the community. Activities started as the second-year students from the San Yu High School and the Secondary 4 students of the SDA School visited the college focal point where young people from Singapore and the Malaysian countries meet with students from Thailand, Indonesia, the Philippines, and Korea. Speech Day ceremonies were opened by Mr. Ivan C. Baptist, Member of Parliament for Potong Pasir. This was followed by an oratorical contest. First prize of \$50.00 was won by George John with his oration entitled, "How to Die Younger". Following the oratorical contest, there was a coronation of SAUC's



Hon. Ivan Baptist with Dr.s Halenz and Wong

Minister of State for Education, was invited to be guest of honour. He spoke to the congregation that morning in church and later he officially declared open the new school building.

Among the distinguished guests present were high-ranking officers from the Ministry of Education, principals from different secondary schools, leaders from the Division, Union and Mission, and brethren and sisters from different churches in Singapore.

king and queen of courtesy. Courtesy queen is Miss Christina Lau from Sibul, and courtesy king is Jimmy Toh from Malacca. On Sabbath, Christian education was featured in the various Singapore churches with student and faculty teams fanning out from the College to conduct the church services in each one of the local churches.

On Saturday night, the faculty, students, and community were entertained by a variety program produced by the students. The Fair got underway. Featured were dishes from various parts of the world including such things as gado-gado, kimchi, curry, lasagna, kueh lapis, cookies, American deserts, and you name it.

If you missed the first College Weekend and International Food Fair, why not plan to be here next year. Watch for an announcement in your local church.—Donald R. Halenz



SAUC's Gymstars

In the evening of July 4, 1978 an announcement of our school's celebration was broadcast over the radio and on TV. The next morning, the two big Chinese newspapers published, in detail, the school programme of the 20th anniversary and the opening ceremony of the new school building.

We thank the Lord that our teachers and students have greatly benefited from this celebration and that we have glorified His name.—H. C. Wang, Principal



Ray

Harriet

Ammon Family Among Friends

Arriving late August, Ray and Harriet Ammon and their 3 children, Eddie, Jodi and Julie found themselves among friends in the vast Southeast Asia Union Mission family. Ray, the new Publishing Secretary of SAUM, was involved in this in the Washington and in the North Pacific Union Conferences and has promoted Literature Evangelism for over 8½ years.

We welcome the Ammons to this area of the "finishing" world work and know the Almighty will direct and bless all their endeavors for Him.

Contact . . . from Page 3

friends, and the White and Popovich families in turn, invited him to visit their homes in Canada and in the U.S. This he did on two subsequent trips and shared studies from their *Bible, Desire of Ages*, and *Steps to Christ*. At a camp meeting in Hope, British Columbia (Canada) Stephen met Pastor Pang Teck Soon who was once chaplain at Youngberg Memorial Adventist Hospital and later the Chinese head of the Voice of Prophecy in Singapore. This led to visits in the Lin and Pang homes in Vancouver with Bible studies and Sabbath church attendance for Stephen and the Presbyterian minister visiting him. Later, his wife Grace and their two sons joined him from Japan and they all studied and were baptized together. Stephen is now reading for his doctorate in economics at



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Safari . . . from Page 9

moved our dripping bodies from the river we were definitely glad that there were no alligators in the river!

I thought it could rain hard in West Malaysia where I live, but when we got up the next morning at about 5:00 a.m., the sky was really outdoing itself. Since the Rajang is a tidal river and it was low tide, there was about 20 feet of steep, rain-slicked, muddy bank to negotiate before we got to the river level where a boat would pick us up to take us back up-river to Kapit. We had plenty of heavy baggage, too, so we were in for a time of it. We started down the bank with the intention of carrying our baggage down with us, but by the time we'd reached the bottom, most of us had let our baggage carry us the majority of the way. We eventually did make it back to Kapit, muddy and cold, but in time for our morning meeting.

The Temperance team also gave their program for the school at Kapit, and this is where they got their best attendance. There were at least 700 people.

Later we missed the express boat to Sibul and I wondered why when I found myself on the all-night boat

the University of British Columbia and with his wife and sons, are part of God's remnant family awaiting His rescue-return to a ravaged world.—*JWP gleaned from Canadian Messenger's Story by Mrs. L. White*



YMAH is privileged to have Dr. Glen Stevens and his sweet wife Echo from Loma Linda for 3 months. An internist, Dr. Stevens assists greatly in the church services too. The Stevens are not new to SAUM and are avid bird lovers.

to Sibul, packed in with a load of durians (Phew! Not my favorite food!) But when we reached Sibul Sabbath morning and found out about the rescheduled boats, I realized why. I could see that God had been with us the whole trip; He hadn't deserted us at the last minute like it had seemed! Even the Temperance Team had their program. They hauled out the projector, cranked up the generator and showed the movies with one of the boat's passengers doing the interpreting.

Through God's leading we finally caught the plane back to Singapore. We left a little bit sad, because we really liked life in Sarawak and had received wonderful blessings from our stay there. I am sure that if we received so many blessings there, the people we reached must have, too. I praise the Lord for the chance to go to Sarawak. It brought me closer to Him.—*Case H. Ketting*

Lighthouse Singers . . . from Page 7



Ekamai Enchanters

love and care of our God. We had really felt His presence with us all the time. We also learned to love people and hope that those we met will find consolation through Christ and prepare for His soon coming.—*David Macarewa*