



## Shall We Sit or Kneel in Prayer?

By W. E. READ

WE should ever remember what a wonderful privilege is ours to come into the presence of the Lord and make our wants and wishes known unto Him. As we approach the mercy throne in the attitude of worship and devotion, we should ever seek to be reverent before God. While Jesus is our Saviour and our Elder Brother, we should remind ourselves of the fact that He is also the Holy One of Israel—He is the Creator and we are the creatures of His hands. When Moses came near to the burning bush he was reminded of the fact that “the place whereon thou standest is holy ground.” Yet, notwithstanding this, we are invited to come boldly to the throne of grace and earnestly seek our great Advocate for the grace and help we need. Our attitude in worship is one to which we need give very careful consideration.

### I. The Exhortation

When we enter the audience chamber of the Most High we are ushered into the divine presence. Nowhere in the Scriptures are we counselled to sit while praying to God. Sometimes we find the servants of God standing when pouring out their petitions before Him. This is true concerning Abraham. It is said that he “stood yet before the Lord.” Gen. 18:22. Then follows Abraham’s earnest entreaty for the people of Sodom. Concerning Jehoshaphat, it is said that he “stood in the congregation of Judah and

Jerusalem.” 2 Chron. 20:5. Then follows his prayer of earnest supplication to God for deliverance from the enemies which surrounded Israel. In the case of Nehemiah we read that the Levites stood when pleading with God and exhorted the people also to “stand up and bless the Lord your God for ever.” Neh. 9:5. The remainder of the chapter is not only a prayer, but an earnest confession of wrongdoing to Jehovah.

The general attitude in prayer as we find it in the Scripture is that of kneeling. “O worship the Lord in the beauty of holiness: fear before Him, all the earth.” Psa. 96:9. “O come, let us worship and bow down: let us kneel before the Lord our Maker.” Psa. 95:6.

### II. The Examples

There are many instances in the Scriptures of the ministers of God kneeling when offering their supplications to Him. Let us notice the following:

*Solomon.* 1 Kings 8:54.

“And it was so, that when Solomon had made an end of praying all this prayer and supplication unto the Lord, he arose from before the altar of the Lord, from kneeling on his knees with his hands spread up to heaven.”

*Ezra.* Ezra 9:5. “And at the evening sacrifice I arose from my heaviness; and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the Lord my God.”

## Welcome!

THE Doctor has arrived at last! For many months we have been awaiting definite word from the General Conference concerning our application for a Superintendent for our medical institution at Stanborough Park. First of all, the application for a special permit to the Home Office failed. Then a later application brought success. Following this were negotiations with the General Conference and with California, and finally our good friends at St. Helena very kindly released Dr. Nelson to come over to our field to take charge of our Sanitarium.

Now the Doctor is here, and we are all very glad to see him. We accord him a warm British welcome and pray that God will bless him abundantly as he takes charge of our medical work and joins hands with us all in seeking to push the triumphs of the message in these islands.

W.E.R.

*Daniel.* Daniel 6:10. "Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime."

*Jesus.* Luke 22:41. "And He was withdrawn from them about a stone's cast, and kneeled down, and prayed."

*Stephen.* Acts 7:60. "And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge."

*Peter.* Acts 9:40. "But Peter put them all forth, and kneeled down, and prayed."

*Paul.* Acts 20:36. "And when he had thus spoken, he kneeled down, and prayed with them all."

Acts 21:5. ". . . And we kneeled down on the shore, and prayed."

When the benediction is pronounced at the close of a service, it would seem that the scriptural injunction is for all to stand. This is seen in the experience of Solomon, in the dedication of the temple of old. His prayer as recorded in 1 Kings 8 was offered while he was kneeling, with his hands spread out toward heaven. At the conclusion of this remarkable prayer he arose, and the record as given in verses fifty-five and fifty-six states: "And he stood, and blessed all the congregation of Israel with a loud voice, saying, Blessed be the Lord, that hath given rest unto His people Israel, according to all that He promised: there hath not failed one word of all His good promise, which He promised by the hand of Moses His servant."

### III. The "Testimonies"

The counsel of the spirit of prophecy is very clear and definite on this question, and we would commend the following paragraphs to the careful study of all.

"Both in public and in private worship, it is our privilege to bow on our knees before the Lord when we offer our petitions to Him."—*"Gospel Workers,"* page 178.

"When the minister enters, it should be with dignified, solemn mien. He should bow down in silent prayer as soon as he steps into the pulpit and earnestly ask help of God. What an impression this will make! There will be solemnity and awe upon the people. Their minister is communing with God: he is committing himself before he dares to stand before the people. Solemnity rests upon all, and angels of God are brought very near. Every one of the congregation, also, who fears God, should with bowed head unite in silent prayer with him, that God may grace the meeting with His presence, and give power to His truth proclaimed from human lips. When the meeting is opened by prayer, every knee should bow in the presence of the Holy One, and every heart should ascend to God in silent devotion. The prayer of faithful worshippers will be heard, and the ministry of the Word will prove effectual. The lifeless attitude of the worshippers in the house of God is one great reason why the ministry is not more productive of good. The melody of

song, poured forth from many hearts in clear, distinct utterance, is one of God's instrumentalities in the work of saving souls. All the service should be conducted with solemnity and awe, as if in the visible presence of the Master of assemblies."—*"Testimonies,"* Vol. 5, pages 492, 493.

Let us remember the injunction of the psalmist as given centuries ago, that when we come into the presence of Jehovah we should "kneel before the Lord our Maker."

### Notes from the Union President

THE Winter Council of the Northern European Division will convene at Stockholm, Sweden, this year. The date set is November 16th to 24th. Preceding this, there will be a Publishing Convention from November 10th to 16th. This Convention will call together the leaders of our publishing work from all parts of the Division. It is many years since a meeting of this character was held. It should mean much for the progress of the publishing work in all parts of the field. The Winter Council will be a very important occasion. We should be much in prayer as our leaders gather together at that time that God may guide them as they seek to lay plans for the coming year.

ARRANGEMENTS have been made for a series of district meetings to be held during the month of October. As there are five week-ends in this month ample opportunity will be given to meet with a large number of our believers. The plan is to hold twelve such meetings, five in North England, five in South England, and two in Wales. The centres chosen are; Birmingham, Blackburn, Bristol, Kettering, Leeds, Nottingham, Norwich, Newport, Plymouth, Southampton, Swansea, and Wood Green.

Members from neighbouring churches are invited to come to these centres and thus share in the blessings which these special week-end meetings will bring. Let us pray that God may visit His people with real blessing, and that these occasions may be seasons of refreshing from the presence of the Lord.

THOSE who attended the recent annual meetings in North and South England will remember that when the constitution was up for consideration, the question of the name to be given to the special Delegates' Committee was referred to the Union Committee for study and decision. At the recent meetings of the Union Committee this matter was gone into, and the name chosen for that special committee was the "Recommendations Committee." This is how it will read in the new constitution.

ARRANGEMENTS have been made for a series of new tracts to be published, and it is hoped that these will be ready for the early Spring. There are to be eight eight-page tracts, three four-page and two two-page leaflets. These will cover the various points of the message, and the titles will be announced in due course.

GOOD reports have been received from several of

our evangelists. We have just had word of a number of baptisms which are being planned during the remaining months of this year. After all, it is news of this kind which means encouragement to us all as believers in the Advent cause. A letter just received from Brother S. G. Joyce in Aberdeen tells of crowded meetings at his tent, and that prospects appear very promising for a good ingathering of souls. Brother J. McMillan, who is located at Larne, in Northern Ireland, also reports in a recent communication that he is having splendid attendances. The brethren are praying and working very earnestly that a good harvest of souls may be gathered in.

THE superintendent of the Philippine Mission passes on to us word that in 1910 they had in all the Philippines only thirty members. At the close of 1931 the membership had increased to 30,990.

## THE PAPACY IN MISSION LANDS

BY SPENCER G. MAXWELL

As much has been written of the activities of the Roman Catholic Church in Europe, a little glimpse of the progress of its activities in the mission field may not come amiss.

The revival of papal power is prophesied for the last days. We have many evidences of this fact in the great Protestant countries of Europe and North America. But probably nowhere are the activities of Rome more apparent than in the mission field.

Rome has a programme for world conquest as broad and as comprehensive as anything Seventh-Day Adventists have ever visualized. Her resources in money and man power are enormous, probably one thousand times greater than the remnant church. Nothing short of world dominion is her aim and she is using every means available to accomplish it.

From the time of the agreement of the Italian government with the Vatican See, which gave to the Pope many millions of pounds, a great increase in Roman Catholic activities in Africa is noticed. Hardly a steamer calls at the East African ports to-day without discharging a contingent of priests and nuns. New missions are being opened continually. These are built solidly and well and compel the admiration of visitors.

Training schools for priests and teachers are found in all strategic parts. They manifest a great desire to meet the government requirements on educational standards and are in the forefront of those who are commended for efficiency. In the government examination for teachers in Tanganyika Territory last year, Roman Catholics carried off seventy-five per cent of the passes.

While the bulk of their membership are still ignorant of the elementary principles of education, selected men are trained in masonry, carpentry, and kindred trades. The government are pleased that such practical workmen are available to the general community. Their methods of dealing with the

The baptisms during the first six months of 1932 were 1,037, as compared with 894 in the same period of 1931. These are certainly tangible evidences of the mighty power of God moving upon the hearts of men in these days. How we should pray and work that similar results may be seen in our own beloved land!

THE Field Missionary Secretary of the Austral Union tells the story of how Brother Niz, a colporteur of Uruguay, found a Jamaican in a little town by the name of "Thirty-three," and began to give him Bible studies. In due time six Jamaicans accepted the truth and others became interested, until now there is a group of thirty-three believers in that town, all of whom desire to canvass. This is another instance of how the Lord goes before the faithful colporteur and uses him to win believers to the Advent message.

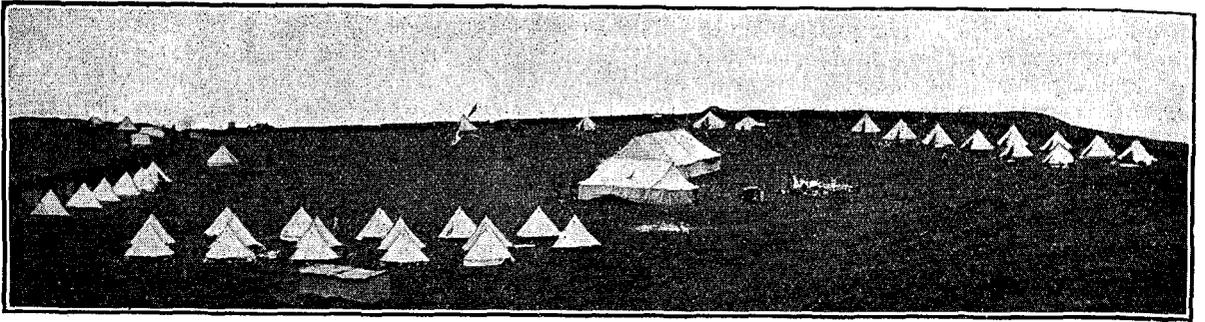
W.E.R.

native, instilling into him discipline and ability to work, commend themselves to the European settlers.

Roman Catholicism increases rapidly in East Africa. A few years ago the Protestant church in Uganda was well ahead in membership, but they have now been overtaken and left behind. Protestant societies generally are just holding their own or retrenching. It is left to God's remnant people to make the only Protestant advance. Strong opposition breaks out as soon as we begin work near any Catholic district. An evangelist had gathered an interest in ———. His people were all from that immediate district and desired a school. Strong opposition was shown when a request for a permit was made to the government. Later false charges were brought against the evangelist and he was put in prison. However, permission was obtained for the school and the prospects are bright for a good ingathering of souls.

Whereas we have only eleven mission stations in all East Africa, Rome has probably one hundred or more. We are looking forward to entering Tabora soon. This is a Roman Catholic stronghold. With the exception of the Moravian Mission, they have had this large field to themselves for over forty years. They have recently occupied many new centres where we should have been preaching the message years ago. We must advance in spite of shortage of funds or doors now open will soon close for ever. The activities of the Papacy in the mission fields at this time constitute a mighty challenge to the remnant church. We should be up and doing if we really believe we have the last warning message for this generation.

Roman Catholicism, Mohammedanism, and heathenism are the great forces with which your missionaries are seeking to do battle in Africa. Pray for them that they may be mighty through the power of the Spirit to finish the work which lies before them.



*The camp ground at Clarach Cove, near Aberystwyth.*

## Camp Memories

### The Well-Digger of Clarach Cove

ON the last Sabbath of camp Brother H. T. Johnson was coming away from the marquee, when one of the men who was working in the field sinking a well (hopes had run high for some fourteen days, after much digging and blasting, that water would be found) came and asked if he might have a chat with him.

It was a thrilling story—the story of a struggle in a tiny cottage in the Welsh hills by the candle light. Nine o'clock—ten o'clock—and still the intense struggle went on—midnight struck—then—yes “truth” had gained yet another victory.

In rough yet sincere language this hardy son of Wales tells how the Spirit of God strove with him that Friday night and how at last he submitted his will to the convincing, pleading voice which said, “This is the way, walk ye in it.”

Then he tells how it came about. For three years he had been out of work, and then the farmer on whose land we were encamped sent for him and requested that a well be sunk in our field as the other supply had failed. While on his new work, he was much impressed by the conduct of our young people, by their general behaviour, by the morning devotional meetings and the singing of grace, and all the details which were, as he expressed it, “different.”

Then he told how one of the young people had given him a copy of *Faith of Our Fathers* and how by reading that wonderful little book he had seen the truth of the Sabbath. His one desire was that he might be obedient to his heart's conviction.

He went home that Sabbath afternoon six miles, and returned after tea to join us in our evening worship, as we met to close the Sabbath. As he left us that day, he said, if it had been ten miles each way instead of six he would not have missed that meeting.

Surely this was a repetition of the story of the woman by the well—this man came to draw water and found the living water—being as he said fully persuaded that it was not chance that brought him there while we were in camp but it was indeed God's hand leading him.

### Unsolicited Testimonials from Campers

THE president of the North England Conference has sent along the following testimonial from one of his members: “I find the camp is an excellent advertisement for our truth. I am quite envied for having had such an excellent holiday with such nice, respectable, jolly people. Truly the camp was a great success in every department of it. ‘The Ideal Camp,’ I term it.”

From the tremendously hard-worked members of both the advance and rearguard parties (and no one will ever really know how hard these lads worked with us!) comes this cheering word: “I enjoyed every moment of my work as a navvy (!) and every moment of my camping. Thanks ever so much for it all.”

And here is a young lady from South England expressing herself regarding the camp: “A thousand thanks for all that was done for us at the camp. Am looking forward to the next camp—but make it a month next time.”

And now a word from an elderly member who was at the camp: “I would not have missed this camp for worlds. Apart from the enjoyment of camp activities, I learned wonderful lessons in self-control from — and —. I think the camp was the best time I have ever spent.”

Pastor and Mrs. Maxwell and family spent a long week-end with us and while we found it hard to let them go, they found it hard to leave us. In witness whereof the following: “We arrived home Monday evening after a very pleasant journey, and on at least two occasions we almost turned the car round and came back to Clarach. We all enjoyed the week-end tremendously and are only sorry that we did not stay with you longer.

“On the way home, we stayed to see the Devil's Bridge, and I am quite prepared to admit now, that it is really one of the grandest sights in the world. . . . I am delighted that the camp is turning out such a huge success. It is really a ripping idea and will become more and more popular with our young people as the years go by.”

One evening at the camp, while the main body of campers were in the meeting, we found three or four young men in a tent, and spent a long time with them discussing various spiritual and intel-

lectual difficulties that had brought them to a state of real discouragement. Listen to these words from a couple of these boys after camp closed and they had reached their homes and were back at their every-day work: "I have been thinking a great deal about the camp since returning, and I want to tell you that I enjoyed myself immensely and that it was the best holiday I ever had. I want to tell you of the influence the camp has over me. When I was at camp, I never realized how much difference the constant meeting and talking with our own young people made in me, but no sooner had I talked with the young men in my school on my return home, than I felt as though half of the life was drawn out of me. It was so nice at camp to hear no coarse word or anything amiss, and I think, Brother Lowe, if these are the kind of young people we will meet with when we get to heaven, we should strive all the better to get there. . . . When I left the camp, my eyes were dimmed with tears to think that it would be a whole year before we would meet again."

"Just a few words of thanks and of appreciation for the blessings, both spiritual and physical, which I have derived from camp. My faith in God has, I sincerely believe, been renewed. Somehow, since I have returned, the world seems brighter and a happier place to live in. I think memory is one of God's most precious gifts and the incidents and thoughts from camp will be a source of strength and help to me in the year to come. When I came to camp, I felt quite discouraged. I think I had become rather cynical. Not that I should ever lose faith in Jesus Christ, but simply that, in the church where I am. . . [The members of this particular church would be grieved at heart if we printed all that follows, though it is no bitter criticism. H.W.L.] The result was that I lost interest both in my lesson study and in my Bible till I felt utterly frozen out. I am glad to be able to tell you that this attitude has gone since I attended camp. Amid the beauties of nature and the pleasant society of companions of the same age as myself, and facing the same difficulties, somehow one cannot but believe in God, and Christ Himself becomes more real. I look ahead to the future with pleasure in the light of Christ's presence. The discussions in the morning helped me exceedingly and especially the services of the last Sabbath. God seemed to be very near to me then. I believe on Him more and more and that He will be my Friend in future.

"Perhaps you will not believe it, but I cannot sleep in my own bed now, after being used to Mother Earth for one week."

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#### Change of Address

THE friends and members at High Wycombe wish to notify the readers of the MISSIONARY WORKER that the Sabbath meetings are now held in the Lincolnshire Hall, Queen Victoria Street. The mid-week service is held in the Church House, White Hart Street. A hearty welcome is extended to all visitors. Times of services: Sabbath-school, 10 a.m.; Preaching service, 11.15 a.m.; Prayer meeting, Tuesday, 7.15 p.m.

HAROLD W. McCrow.

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## Welsh Mission

*Superintendent:* Pastor G. D. King.

*Office Address:* 80 Australia Road, Heath, Cardiff.

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### District Meetings in Wales

WE feel confident that there will be a hearty response on the part of our members to the plan of district meetings. It is proposed that two such meetings shall be held in the Welsh Mission during October as follows:

*Swansea District.* October 14th-16th, Y.W.C.A. Hall, Swansea.

*Newport District.* October 21st-23rd, S.D.A. Church, Chepstow Road, Newport.

The first meeting will be on the *Friday evening at 7.30*. There will be services all day on the Sabbath and the closing service on the Sunday at 6.30 p.m.

Notice has been sent out to the various churches in these areas but all our members are asked to take note of the date and plan to attend the district meeting nearest to them.

Pastor W. E. Read will be with us for at least one of the gatherings and other strong help will be sent us by the Union.

The conditions in the world clearly indicate that it is time to heed the exhortation of Zephaniah 2: 1-3. Let all who possibly can "gather together" for spiritual refreshing at the district meetings.

G. D. KING.

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## At Rest

**JAMES.**—On Tuesday, June 28th, we laid to rest little Elsie James at the age of seven years. After a short illness she fell asleep in Jesus till she shall be awakened to the joy and happiness of immortal youth. Being the only child our hearts go out to Brother and Sister James and we pray that He Who gave His only-begotten Son will be the God of all comfort to them. The funeral service was conducted at the Llanelly Cemetery by the writer. M. C. MURDOCH.

**WAYMOUTH.**—On July 14th last, Sister Waymouth, of Babbacombe, Torquay, fell asleep in Jesus and was laid to rest in the St. Mary Church Cemetery to await the call to eternal life. The deceased accepted the truth some four years ago and was baptized in Plymouth by Pastor L. E. A. Lane. She was a devout follower of Jesus and a faithful Seventh-Day Adventist, being a beloved member of the Torquay Company, by whom she will be sorely missed. Sister Waymouth had been unwell for some considerable time but though she suffered very much, the Lord wonderfully sustained her in body and spirit. Truly of her it can be said, "She fought a good fight, she finished her course, she kept the faith." For many months Sister Waymouth was tenderly nursed by her sister, Mrs. Grute. The funeral service was attended by a large number of devoted relatives and friends. The service and last rites were conducted by the writer assisted by Brother A. C. Johnson, the leader of the Torquay Company. F. S. JACKSON.

**HARVARD.**—On Sabbath, August 20th, Brother Edwin Harvard was laid to rest in the Cardiff cemetery at the age of sixty-eight years. We extend our deepest sympathy to Sister Harvard, who has been a faithful believer for over thirty years, and pray that she may be comforted by the great Comforter in these days of loneliness. MATTHEW C. MURDOCH.

**JENKINSON.**—We regret to record the death of Sister M. Jenkinson, age sixty-three, of Castle Farm, Littleborough, Lancs, following a long period of much suffering, patiently borne. Sister Jenkinson was an Adventist of some twenty-four years' standing, having accepted the truth under Pastor Knight. She fell asleep on September 7th, and was laid to rest in the churchyard of the Wardle parish church on the following Sabbath. Brother Jenkinson, her husband, and two daughters remain of the family to continue the witness for present truth in that district of Lancashire, and to await the fulfilment of the blessed hope of a happy reunion at the coming of Jesus.

J. H. PARKIN.

# THE MINISTRY OF THE LITERATURE

## De Valera's Duties on "Good Health"

WE have received word from our people in Dublin that the new duties imposed by the De Valera Government amount to three farthings on every copy of *Good Health*!

*Present Truth* fortunately escapes duty, being a religious magazine.

## Up the Great River

It is astonishing to see how far the little *Bedtime Stories* journey. An order for six full sets has just been received from the city of Rosario, 2,000 miles up the Parana River, in Argentina. The page sent as a sample has been scribbled over in red crayon in true child fashion. Evidently it has had good use.

## The Quest for Eternal Youth in Old Babylon

ACCORDING to *The Christian* an interesting tablet has been found in Mesopotamia.

The tablet is inscribed with the legend of Gilgamesh and Enkidu, who bravely slew some monster of the Lebanon. Enkidu was killed shortly after and his death caused Gilgamesh to go on a great quest for something which would give men eternal life.

According to this legend Gilgamesh was successful. When he crossed the Western Sea, to his delight he found in the Isle of Ziusadra the magical plant of "never grow old."

But, alas, misfortune befell the traveller and the precious treasure was lost. So death claims his harvest still.

*The World's Quest for Eternal Youth* gives a great new hope. That "plant" will soon be in the hands of mankind again.

Why not sell this little book with its wonderful message of joy?

## The Colporteurs Are Selling More

THE past five issues of the weekly Colporteurs' Report have shown an increase over last year.

Isn't that good?

Just look at this little table. It shows what six colporteurs have sold in one week this year as compared with the same week last year. It is the week ending September 24th.

	1932	1931
H. D. Howard	£10 2 0	£6 2 0
W. H. Woodfield	10 15 5	3 18 5
H. G. Hardy	12 3 0	9 18 0
W. Rowland	10 14 0	4 8 6
F. J. Kinman	12 14 0	9 10 0
Mrs. Matthews	6 2 0	5 7 6

Does not that show the Lord's protecting care for His workers in difficult times?

## Twenty-Five Million Weeks Off Through Sickness

THERE is a fruitful field here in Great Britain for

the sale of *Good Health*. A total of 25,000,000 weeks' work were lost as a result of sickness last year!

No wonder the *Testimonies* say, "The people are in sad need of the light from the pages of our health books and journals."—*Vol. 8, pages 136, 137.*

## Watch the Steamers to Africa

If you lived at Tilbury or Gravesend on the Thames, you would have great satisfaction in the thought that many of the great steamers gliding down the river were carrying Seventh-Day Adventist literature to remote parts of the world.

The steamship "Dixcove" sails out from Millwall Dock with a small consignment for Sierra Leone, while the "Trafford Hall" has on board almost three tons of our literature bound for Cape Town—*Bible Readings, Health and Happiness, World's Quest, and Bedtime Stories.*

A.W.

## Other Health Journals Copy "Good Health"

SOME months ago in connection with the development of the "Children's League of Health" it was decided to increase the size of the Children's Corner of *Good Health* and to incorporate it as a special four-page supplement on coloured paper in the centre of the journal, so that it could be detached by the children each month and kept as their very own.

On receiving the latest issue of *Ivory Castles* this morning we were most interested to find that our idea had been copied exactly by the editor of this magazine even to using paper of almost identical colour!

Another appreciation of our journal came to hand the other day in the form of a request from the editor of *The Chiroprapist*, the official journal of the Society of Chiropradists in this country, for permission to reprint the article, "Do You Walk Gracefully?" which appeared in the August issue of *Good Health*, and to reproduce the illustration we used in connection with it. We were, of course, very pleased to grant this request.

Quite a number of other contemporary journals such as *First Aid, The Temperance Advocate, Health and Efficiency*, and *The Health* have also in recent months reprinted articles from *Good Health*, the first and last mentioned particularly making quite frequent use of them.

These facts clearly reveal that our health journal is taking its place in the forefront of this class of magazine, and should be a source of real encouragement to our membership. They should also stimulate us all to more earnest endeavour to bring *Good Health* to the notice of every family in this great land.

W.L.E.

Great Ingathering News

(Continued from page 8)

More than twenty churches and companies have already reached their goals, and a number of others are very close to the mark. The Union is about halfway towards its goal in a little over half the allotted Campaign period. Remember it is always the last mile that seems the hardest, so we need everybody's help and in a few weeks our objective should be reached



Experiences Worth Noting

A GENTLEMAN investigator was sent to our office this week to report on the work of "World-Wide Advent Missions, Regd." His multitudinous questions were answered, and repeatedly he told us, "Well, this is amazing to me. You must have an organization that is unique in character and magnitude. You are all over the world!"

Students from Newbold unknowingly worked some territory in London that had already been worked by one of our churches—and the church called it "bad" territory, too. Yet one student gathered well over £4 per day for several days there! His card showed good donations from a convent Mother Superior, and from a Christian Scientist, while a hospital matron ordered refreshments for him while she went and collected 14/- from her staff! Is any territory ever "finished," and is courage ever unrewarded? Incidentally, this young man never reckons to work more than six houses an hour—and his daily £4 never had more than twelve coppers in it!

H. W. LOWE

Wedding Bells

BROOKS-PALMER.—Brother Leslie E. Brooks and Sister Grace E. Palmer were united in marriage at the Stanborough Park Church on Thursday, July 14th. We wish them Heaven's blessing.

H. W. LOWE

Advertisements

NOTE.—The charge for advertisements in this paper is one penny per word. This applies to all advertisements except requests for employment sent in by members of the Seventh-Day Adventist Church. Advertisers are requested to send cash with their advertisements, otherwise they may have to be held over until the following issue.

BRICKLAYER requires temporary or permanent situation. Good, sound knowledge of trade. Or would undertake any kind of manual work. Write: H. E. Archer, 51 Shakespeare Street, Watford

HOME and small wage wanted by an elderly sister. Active, light household duties. Apply to: M. J. S., c/o 70 Melrose Avenue, Cricklewood, N.W.2

WANTED by young lady, situation as domestic servant, where Sabbath may be kept. Had previous experience. Reference if required. Write: Miss L. Griffiths, 28 Wood Vale, Muswell Hill, London, N.10.

SUNSET CALENDAR

	London	Nott'ham	Cardiff	Edin.	Belfast
October 14th	5.10	5.13	5.23	5.16	5.30
October 21st	4.55	4.57	5.8	4.59	5.13

The Missionary Worker

Published fortnightly on Friday for the British Union Conference of Seventh-Day Adventists by The Stanborough Press Ltd., Watford, Herts.

EDITOR A. S. Maxwell  
Copy for next issue: October 13, 1932.

"There Was a Crooked Man —"

A FEW weeks ago the whole world was interested in the Olympic Games which this year were held in California. The best-trained men and women of every country vied with each other to win the coveted honours. Not content with just winning the races, athletes have striven to make new records. They have trained themselves to cover the measured distances quicker than anyone has ever done before. The results were astounding; the remarkable "bests" of a few years ago became the "second bests." Out of the thirty-three events, no fewer than nineteen new Olympic records were set up. From this can be gathered how acute has become the specialization and how carefully the athletes have been trained.

One of the most obvious things about the training of the successful candidates has been the minute attention to diet. We often have heard the opinion expressed, that really healthy men or women could eat anything in the food line and bear no ill effects, but when Olympians test strength and skill, we find trainers following principles exactly opposite. They get their men into a wonderfully fit state by regulating the diet and, once in condition, the athlete's food is still strictly detailed so that his strength and vigour does not diminish.

It is interesting and encouraging to us, as an institution definitely connected with the Health Reform part of our church organization, to note that the principles we have taught for so many years are now being closely followed by those who study physical health. Flesh meats are restricted to the lowest minimum and, in many cases, not used at all; fresh fruit is lavishly served; great stress is placed on the value of vegetables, which are always steam-cooked to retain their mineral value; and white bread is taboo and replaced by brown. There are regular hours for sleep, exercise, and outdoor recreation.

If the practice of these healthful rules brings beneficial results to the athlete, and indeed are necessary for his well-being, is it to be wondered at that the men and women who comprise the great public are depressed and sickly if they do not follow the same principles?

Have you ever seen a candle that has been left in the sun? There it stands stuck boldly upright in the candlestick, wick held high, the wax body white, all ready for use. But the candle undergoes a change as the sun shines on it. Gradually it begins to wilt, it seems to have lost its hold on itself, it bends over sideways and sinks into a deep depression. The sun's rays, as the day wears on, leave the spot, and the wax hardens in the welcome shadow. The time arrives when we wish to use the candle. We look at it amazed, bent all over like the "Crooked Man" in the nursery rhyme. We attempt to straighten it and it snaps off, we pull the broken piece and find ourselves left with a stump of candle and a long wick. In the end, we give it up and get another candle.

We may smile at the simile, yet how many human beings are like the candle. Something is wrong with them. Instead of being bright and vigorous, they are dull and depressed. They have difficulty in holding themselves upright, they seem to have lost a hold on themselves; and how often do we have to substitute others to do the tasks of life they are not well enough to do.

We trace the cause of the trouble and find it due to faulty habits of life; use of devitalized foods, such as white bread; over-cooked vegetables; margarine; inferior qualities of jam, and so on till the list would be too long for our space.

Good health can only be attained by following the principles of healthful living. As an institution, Granose Foods Limited is here to help you by placing before you products that will enable you to reap the benefits to be obtained from the scientific preparation of natural foods.

G.F.L.

# Great Ingathering News

THE best Ingathering news since the last issue of the WORKER is supplied by the students of Newbold College. In company with Pastor Goodall, we spent a very happy week-end with the students, after which four days were set aside for the specific purpose of reaching their goal of £300. How those students went after that goal! The majority went daily to the Birmingham area, and brought in a steady average of £45 per day. Seventeen students came down to the London area and in three days had reached their goal of £100. At the close of the four days' work, the College total stood at the splendid figure of £303, and some are still working quietly along in their spare time. Even the foreign students did well, and many beginners had splendid spiritual experiences in this work. The spirit of the students was wonderful. We left them in Birmingham about mid-day on Monday to visit the group working in London, and as we were coming along the road, thinking of the fine, energetic, zealous student body, we were suddenly conscious of the fact that just in front of us was a large petrol lorry with the now familiar words: "The plus spirit—plus a little something some others haven't got." That is exactly the spirit we found in the student body. No urging to the task; everyone straining eagerly to get to business! Splendid, irresistible contagion seemed to fill the very air!

Although BULLETIN No. 4 showed us about £180 behind last year's corresponding total, we are glad to report that last year's total included the college figures, whereas this year they will not be reported until BULLETIN No. 5 appears. Therefore we are still maintaining our excellent progress in the Campaign, and in spite of difficulties, everything is going well. All we need is the enthusiastic co-operation of every single member, and the blessing of an unfailing God. The latter is a certain and constant factor. Can you assure us of the former, so far as you are concerned?

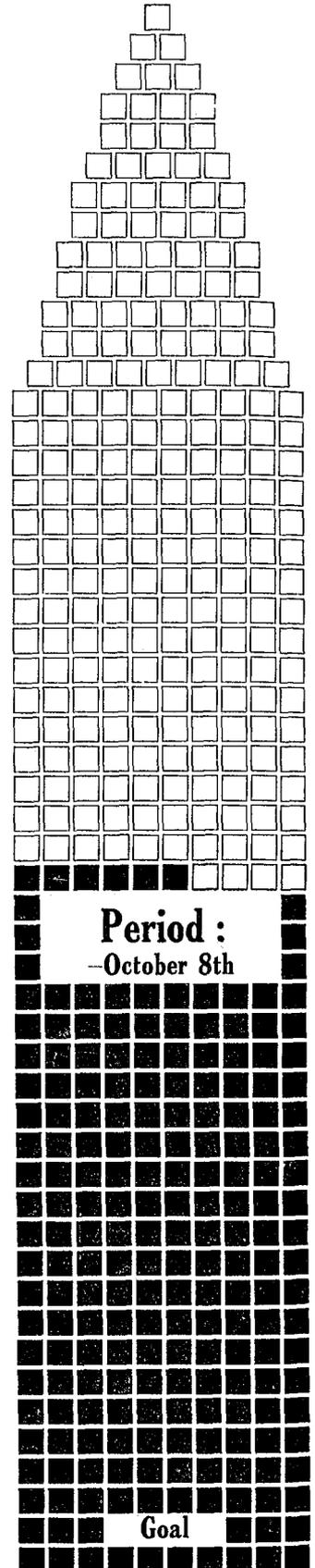
(Continued on page 7)

## Totals to Date

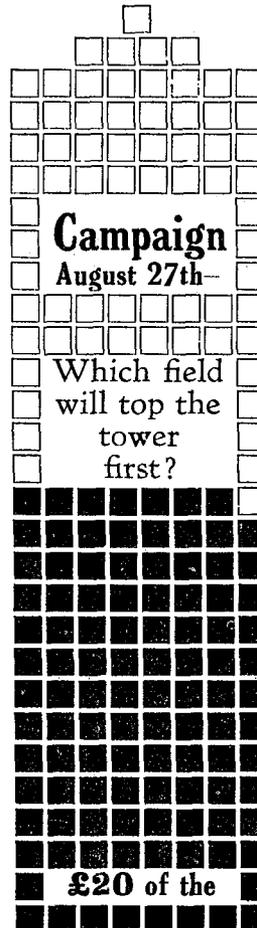
(October 2nd)

S. England	£2,225
N. England	1,552
Wales	366
Scotland	327
Ireland	260
<b>Union</b>	<b>£4,730</b>

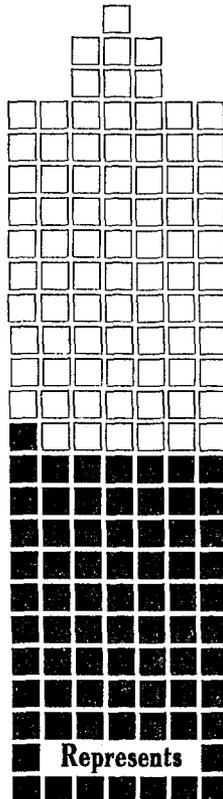
Union Goal  
£9,400



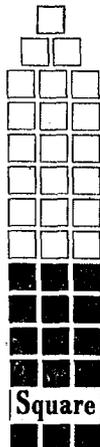
South England  
£4,420



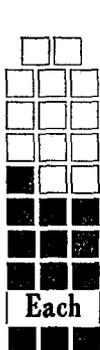
North England  
£3,230



Wales  
£840



Scotland  
£590



Ireland  
£320



Each

Square

Represents

£20 of the

Goal

## N-O-W

"There's a work for  
Jesus none but YOU  
can do."

**Will You  
DO IT NOW?**