



Recent Meetings of the British Union Conference Committee

By W. E. READ

FOLLOWING the Week of Prayer season, the members of the Union Committee came together for a period of earnest prayer and counsel with a view to planning for the work throughout the field for the coming year. This meeting was an important one for several reasons, but particularly so because the operating budgets for 1933 had to be studied and definite provision made for evangelistic efforts for the New Year.

In these days of stress and economic difficulty, it has been very encouraging to note the large increases in membership which have been recorded in all parts of the world field. There has been nothing like it in the history of this Advent movement. The year 1931 was a record year in the winning of souls to Christ. The net gain for all divisions of our work was nearly twenty-two thousand. Then the records thus far for 1932 indicate that the report of the previous year will be surpassed. This is certainly clear evidence that God is not only moving upon the hearts of His people, leading them to greater faithfulness in giving the message, but also that He is demonstrating to His children what He can accomplish in this difficult and strenuous time.

We have been very much encouraged also to see three new churches organized in our own field during the year which is fast drawing to its close. Furthermore, it has been cheering to see such a splendid response in the public efforts which are now in progress. The attendances have been unusually large, and the Lord is blessing in a wonderful way. Let us remember our evangelists as we approach the throne of grace and earnestly pray to God that there may be a large fruitage in the near future.

The watchword of our series of meetings was a larger evangelism. This was evident, not merely at one meeting, but at every meeting during the days we were together. Living, as we are, so near to the advent of our blessed Lord, and recognizing that

there are so many hundreds of cities which have never yet heard the sound of the message, we must certainly bestir ourselves and plan in a definite way to carry forward a stronger and more intensive campaign in the winning of souls to the third angel's message. We must not only work, but we must pray. Let us ever remember that the great revivals of the past had their birth in the prayer circles of the people of God. This matter of prayer, earnest, persistent and passionate pleading with God, was another question which was stressed at our council, and it has been felt for some time that there should be a real revival in the case of the weekly prayer meeting. Most, if not all our churches, have such a season of devotion each week, but how few attend these gatherings of the people of God! Shall we not make more earnest efforts to be present week by week, and unite in pleading for the outpouring of the Spirit of God. Is it not time to expect the mighty movements foretold by the Word of the Lord and the testimony of Jesus.

How Heaven must long to see the church on earth with a passion for souls! Let us enter into the audience chamber of the Most High, and cry for greater power and larger manifestations of the Holy Spirit to be seen in the evangelistic efforts and also in the missionary activities of our dear people. Furthermore, we invite all our churchmembers to join with us, not only in morning and evening prayer, but also in a brief period of mid-day devotion. You may perhaps call this the noon-hour of prayer, but the thought is that some time about the middle of the day, perhaps at the close of the mid-day meal, one or two texts of Scripture be read and then earnest prayer offered to the Lord, at which time we should remember especially our evangelists and all those who are labouring for the lost, that God may crown their efforts with abundant success in larger numbers of souls being won to God.

In these times of difficulty, when even nations find it difficult to balance their budgets, it is not surprising that similar problems confront the leaders in the cause of God. As we gave study to our resources we found that our tithe income was less than the year before. Then the appropriations from the General Conference have been decreased. We have shared in this experience with all other Unions in the Division during the past year or so. Now, as we face 1933, these facts must be borne in mind. At the recent Stockholm Council, our appropriations were still further reduced. In order to have sufficient funds with which to carry on our work, and especially to provide for public evangelism, it has been necessary to give careful study not only to increasing our resources but also to effecting economies in various lines. The operating budgets of the conferences and mission fields have all been reduced, and from the first of the new year, all our workers, both in the field and in the institutions, will experience another five per cent cut in salary.

One important action was taken relating to the question of raising funds for evangelistic work. In connection with this, boxes will be issued, and ere long we hope these will be sent forward to each church. It is suggested that these be placed in a prominent place in the home, perhaps on the mantleshelf or on the table at the mid-day meal. Then in a practical way at the close of the noon hour of prayer, we might think of the millions in these islands who have not as yet heard of this wonderful message. If every member entered wholeheartedly into this plan and an average of but a penny each week was given for this purpose, *it would amount to a thousand pounds in the course of the year.* Some, we know, will give much more than this, and if we consistently remember the little boxes, there will be no question but that adequate funds will be forthcoming for the evangelistic efforts throughout the field. This matter is one of vital importance for next year, as the expected income from this source has entered into our calculations when balancing our budgets.

May the New Year bring us all larger and richer blessings from the hand of our heavenly Father.



Greetings to Believers

Dear Fellow-Believers:

THE Northern European Division Committee gathered here at Stockholm for their Winter Council desire to send hearty greetings to all our faithful believers throughout the Division.

In spite of the trying times through which we are passing, and the many perplexing conditions in every land, yet we are hearing excellent reports of the progress of the cause of God both in the homelands and the far-away mission fields. We know that the Lord's hand is leading this Advent people and therefore we have every reason to be of good courage and press on in the march toward the heavenly Canaan.

We feel to thank you, dear fellow-believers, for

your loyal support of the cause of God during the past year. We deeply appreciate your persistent work in the Harvest Ingathering Campaign as well as in all other appeals for the noble cause of foreign missions. These are indeed strenuous times but the Lord will not fail to richly bless all who are faithful to Him.

Let us remember that the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on the behalf of them whose heart is perfect toward Him. We know that there are dark clouds all about us, but the darker the world becomes, the brighter shines the light of the Gospel; the greater the difficulties we encounter, the stronger will the arm of the Lord be revealed on our behalf.

May these trying times through which we are now passing lead us nearer to God. We need nothing so much as a deeper Christian experience, a stronger faith, and a deeper love for the lost. Our cause will triumph for it belongs to the Lord, but our triumph with it depends upon our relation to the work of the Lord. Our only safety is a close communion with the Saviour. If we are true to Him He will bring us safely through the present stormy times to our desired haven. May the counsel of the Scripture be our experience: "But speaking the truth in love," may we "grow up into Him in all things, which is the head, even Christ." "Receiving the end of your faith, even the salvation of your souls." Eph. 4:15; 1 Peter 1:9.

On behalf of the Committee,

L. H. CHRISTIAN, *President.*
E. D. DICK, *Secretary.*

Invigorated for the Day

If you would go forth to the day's duties with courage and good cheer in your heart—

If you would be a strength to the weak and an inspiration to the strong—

If you wish to grow in usefulness and power—

Then take with you each day some precious promise from the Scriptures and make it your own. Hang your copy of the Wall Calendar near the door and read God's precious assurance to you:

"The Lord shall preserve thy going out and thy coming in."—February 1st.

"My kindness shall not depart from thee, nor the covenant of My peace be removed."—February 23rd.

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The Importance of Health Reform

WE would commend to our believers everywhere the statement on the question of temperance and health reform as adopted at the Medical Council which convened at Hultafors in Sweden early in January of this year. We are living in a time when disease is increasing on every hand, and we shall do well to give careful heed to the light which God has given to this Advent people to prepare us to stand in the trying days before us.

"As representatives from various parts of the field attending the Medical Council at Hultafors Sanitarium, in Sweden, we would send our warmest greetings to our brethren and sisters throughout the fields of the Northern European Division. In harmony with the thought expressed by the apostle John to the believers in the early church, we wish above all things that you may prosper and be in health even as your soul prospereth.

"We have entered upon very difficult and serious times, times which make extraordinary demands upon our reserves of physical and mental energy. Good health is recognized as one's greatest financial asset, and is especially important to enable us to meet the emergencies of these strenuous times.

"If we would preserve our health and vigour we must have an intelligent understanding of the laws which govern our physical well-being and must make a practical application of these principles in our lives day by day.

"God has revealed to His Advent people the message for this time, the message which will prepare a people to stand in the crisis which is just before us and which will enable God's faithful children to triumph in the kingdom of God. As an essential part of the third angel's message there comes to us the light of health reform. Principles of truth are given to us which, if rightly practised, will bring to us health and strength in these days of increasing difficulty and enable us to give in an unstinted way our vigour and energy to the service of God.

"The light that has been revealed in the Bible and the Spirit of prophecy will be of benefit to us, however, only as we follow it. If we accept the truth concerning healthful living and practise its principles in our homes and in our lives, we shall certainly be benefited not only physically, but mentally, morally, and spiritually.

"God calls upon every believer in the third angel's message to receive with childlike simplicity and confidence the light He has given to His people. He desires that we be obedient to the instruction He has revealed and that we make progress in the principles of healthful living.

"As representatives gathered at this Council we would register anew our conviction that the message concerning health reform is of divine origin and we would urge our believers everywhere to stand loyal to the principles of truth which have

been revealed to us on this question. We bear positive testimony against the use of alcoholic liquors, against tobacco, against the use of unclean foods, of tea and coffee. Concerning flesh-foods we feel that the animal kingdom is groaning to-day under such an increasing weight of disease that flesh-food is becoming more and more unfit for human consumption. In *Ministry of Healing*, page 317, we read:

"Is it not time that all should aim to dispense with flesh-foods? How can those who are seeking to become pure, refined, and holy, that they may have the companionship of angels, continue to use as food anything that has so harmful an effect on soul and body?"

"We do not for one moment believe that any extreme position should be taken on this question, nor should anyone sit in judgment on another on the question of eating and drinking; but we do feel that it would be pleasing to the Lord if we should discard everything that is harmful and take as foods those which the Lord Himself has provided so lavishly in the laboratory of nature.

"In stating this we are mindful of the fact that there are countries in the Division where conditions are very difficult and where poverty makes it very hard for some of our believers to obtain even the bare necessities of life, and we would not wish to

The Morning Watch Calendar

for 1933

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place before any of our members in such countries a standard which it would be impossible for them to attain; neither would we counsel any to give up the use of flesh-food unless they are able to secure nourishing foods in its place such as milk, eggs, sweet cheese, and other nutritious products.

"We recognize that the kingdom of God is not meat and drink. We recognize further that no man can eat or drink his way into the kingdom of heaven; but we do feel that it is gravely possible by failing to walk in the light which God has revealed that one might lose the eternal inheritance.

"The principles of health reform touch not only the question of diet, but the question of exercise, proper periods of rest, the question of fresh air, proper ventilation, cleanliness, and other matters pertaining to the care of our health.

"God calls upon His people to-day to step up on higher ground and to follow more closely the light which Heaven has revealed. We should not hesitate to follow in the opening providences of God and be obedient to the principles of truth as they are made known to us. God longs for a holy people, a people who are holy in spirit, soul, and body, that they may stand in the day when our blessed Saviour shall return from heaven.

"May God enable us to take our stand anew upon the platform of health reform and seek in every way, both physically and spiritually, to know the full meaning of the power of the Gospel which will prepare us to stand in the crisis before us and in the days when the King of kings shall appear."

This statement is in harmony with the counsel that has been given us through the Spirit of prophecy. Over and over again we are exhorted to faithfulness in this important matter.

"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand by co-operating with the Master-worker in restoring physical and spiritual health. This work bears the signature of heaven, and will open doors for the entrance of other precious truths. There is room for all to labour who will take hold of this work intelligently.

"Keep the work of health reform to the front, is the message I am instructed to bear. Show so plainly its value that a widespread need for it will be felt. Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite. By total abstinence he will overcome his desire for health-destroying indulgences."—"*Counsels on Health*," pages 443, 444.

The third angel's message includes the question of health reform; in fact, to accept God's last message of mercy in its fullness means to live in harmony with the principles of health which have been given to this Advent people.

"When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will

serve and protect the body."—"*Testimonies*," Vol. 6, page 327.

Let us dedicate our lives to God and determine to be loyal and true to Him in all things. If we do this, we shall surely see a revival of true godliness and the mighty outpouring of the Holy Spirit for which we have prayed so long. May God hasten that day!

W. E. READ.



Our Church Schools

"GATHER your children into your own houses; gather them away from those who are disregarding the commandments of God, who are teaching and practising evil. Get out of the large cities as fast as possible. Establish church schools. Give your children the Word of God as the foundation of all their education."—"*Testimonies*," Vol. 6, page 195.

The message God gives to us through the Spirit of prophecy regarding the education of our children and youth is very definite. The servant of the Lord tells us in no uncertain tones of our duty to our children. We must have our own schools where godly instructors will day by day guide the young into the way of life and teach them to know the Lord.

In the British Union we have but three church schools. While we are thankful for these yet we believe our vision so far has been too limited. We hope that this number will be greatly increased in the near future. Despite the fact that a large and well-equipped school has been erected within a stone's throw of Stanborough Park, yet our church school there continues to grow. Sister Essery and Sister Frost are doing splendid work and have the confidence of the community. The enrolment has grown from thirty-nine to fifty-three and many more inquiries are coming in, so we believe that there is a great future before this school in its new and spacious quarters.

At Walthamstow Sister West and Sister Thomas are working faithfully from day to day, and their work is greatly appreciated by the parents and churchmembers alike. Dr. Shone is so greatly interested in our church school work that he has founded a boys' school. Brother Bernard Sparrow, a graduate from Newbold College, has taken charge of this school. We can recommend it very highly to all our members and trust that it will soon be filled to capacity.

The Plymouth church school is very well housed on the second floor of the new church building. Here Sister Eva Raitt and Sister Willis are teaching the thirty-four children under their care. We have seven very efficient church-school teachers. Eternity alone will reveal the value of the faithful service they are doing and we believe that "many a lad of to-day, growing up as did Daniel in his Judean home, studying God's Word and His works, and learning the lessons of faithful service, will yet stand in legislative assemblies, in halls of justice, or in royal courts, as a witness for the King of kings."—"*Education*," page 262.

W. G. MURDOCH.

South England Conference

President: Pastor O. M. Dorland. Office Address: 395 Holloway Road, London, N.7.

Farewell!

BAPTISMS have been held recently in West London, North London, and Norwich. There are prospects that 1932 will show the best net gain in membership in this field for many years.

WE have already received at the office more Harvest Ingathering Funds than for the whole of last year. There will, therefore, be a good gain for 1932, and this will be the banner year in the Harvest Ingathering history of this field, as we shall exceed the totals for 1930, when the College was with us.

OUR finances have not been so good this year as for the previous years, and we shall show less income in 1932 than for 1931. Nevertheless, we are encouraged in seeing £200 gain in tithe for the past two months over the same months of last year. We shall appreciate it if all our churchmembers will endeavour to pay in their tithes and offerings by the close of the year so that the conference officers will have as much money available as possible with which to carry on a strong work in the beginning of the new year.

AT the close of November Pastor F. A. Spearing moved to Southend-on-Sea. We are sure that our members will remember him at the throne of grace that he will be granted health and strength to labour for the Master, and that he will have abundant success in his work.

THESE will be the last notes from the writer as representative of the South England Conference, as we plan to move to Nottingham the first week of the new year. The association with the churches and workers in this field has been happy indeed, and I shall look back with pleasure to the past relationships. I am sorry I have not been able to visit all the 300 members of the conference church as often as I should have liked. They are one of the very best churches in supporting the conference, and I wish them Heaven's richest blessing. I pray that our heavenly Father will keep every believer in this field faithful till Jesus comes and grant us all an abundant entrance into that kingdom where there will be fullness of joy and pleasures for evermore. Au revoir.

O. M. DORLAND.



Why People Need Our Subscription Books in These Times!

"THE great and wonderful work of the last Gospel message is to be carried on now as it has never been before. The world is to receive the light of truth through an evangelizing ministry of the Word in our books and periodicals. Our publications are

to show that the end of all things is at hand."—*Colporteur Evangelist*, page 100.

What do these words mean to you, dear reader? The end of all things. Oh solemn statement! the more so as we see by world conditions that it applies to the times in which we live. And notice, "the light of truth" is to be given through the medium of the printed page.

It seems that the servant of the Lord knew just what the condition of people's minds would be in the time of the end, for never before has there been such a demand for books. Notice in buses, trams, trains, and in everyday life, what an important part books play in the lives of the community. The bookshop is, to-day, one of the most attractive magnets. The "best seller" makes a fortune, and people's minds are swayed by the arguments and reasonings contained in books. Surely, then, this is the time to bring before the public the "light of truth" in the form that it likes best—*Books!*

Do people need our books? Do they need to know about a soon-coming Saviour? Do they need salvation? Do they need to know about the kingdom of God? We read in Luke 9:11 that the Saviour "healed them that had need of healing," and surely the world to-day is sick. There is an even greater need of healing to-day than 1,900 years ago when Jesus walked among men, and the only remedy is in the coming King, Who will draw all men unto Himself!

Do the publications on the book-stalls and in public libraries speak of these things? Do they warn people? Are they lamps unto their feet and lights unto their path? No, there is no guidance to be found in the writings of men like Shaw, Huxley, and Wells.

Where, then, can the things pertaining to salvation be found? In *Bible Readings*, *The Desire of Ages*, *Great Controversy*, and Pastor Maxwell's new book shortly to be published, which tells the public about *This Mighty Hour!*

Here, then, is the reason why people need our books. Here is the remedy that will bring spiritual health to sick hearts. But how is the message of hope to be brought to them? These words answer the question: "Canvasser-evangelists are needed to hunt and fish for souls. The canvassing work should now be earnestly and decidedly taken up."—*Colporteur Evangelist*, page 31.

Here is the way. How many will walk in it? Will you, dear reader? Believing that the end of all things is at hand, will you do your part to bring before the public the last message for these last days by means of the literature ministry? Will you go forth "bearing precious seed," looking forward in confidence to that wonderful day when the words

of the Saviour will thrill you with joy, "Well done, thou good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy Lord"?
C. L. KELLY

The Ministry of the Literature

The Door-Opener

BROTHER INNES writes from Scotland:

"When selling *Bedtime Stories*, I find that some are about to close the door, but on seeing the front cover, with the remembrance of former series, how quickly the whole scene changes! If you could only see the mothers' faces as they sound the praises of these little books, you would realize what a great work has been done. Many of them tell me how their husbands, who used to seek their own amusement in the evenings away from home, are now sitting with their children, taking a real fatherly interest in them by reading these wonderful stories to them. And in their own hearts they find peace with God as they sow seed for Him. I do believe that there is a greater work done by *Bedtime Stories* than our leaders dream of! As the dear mothers read over to their children those Christian morals, the Holy Spirit draws nigh."

"Tell Me 'Bout Bill"

WE had taken a copy of *Bedtime Stories*, Series 9, to try out on the kiddies. Almost immediately they fell in love with Bill. Now we must tell "Bout Bill" every night before bed.

Bill is a cart horse. One morning he got out of his stable on the wrong side. However, they got him harnessed to a load with Maud, and on his way to the docks in London. On Tower Bridge—but you must read what happened; it's the second story in *Bedtime Stories*, Series 9.

There are twenty other stories besides this one about Bill. The little ones read themselves into the stories, then read the lessons into themselves. Try it and see!

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H. ARGENT.

How a Stenographer Views Canvassing

"It is very kind of you to consider my name for the stenographic position which is now open in your Publishing Department. I might undertake such an offer if I were interested in doing stenographic work at the present time, but I think I shall have to let this opportunity go by, because I plan on staying in the colporteur work here in the conference until the autumn of 1933 when I expect to return to College. I have been selling *Uncle Arthur's Bedtime Stories* for the past two and one-half years, and the remuneration is too great to leave this kind

of work at the present time anyway. In fact, I like the colporteur work and the possibilities are that when I finish college, I'll go back into it again and work with *Home Physician* for a while and then with *Bible Readings for the Home Circle*."

FROM A COLPORTEUR.

She Might Not Have Become a Morphine Slave

"If only she had read *Battling With the Wolves of Society!*" someone said, on reading the account of the young society girl who had become a morphine addict.

"It might have saved her wholly from that slavery."

And that solicitor whose life went out in despair because his name had been struck off the rolls—would that he had read just one of the comforting, inspiring chapters of *Desire of Ages*.

Happily, our colporteurs often arrive in time and a new hope and confidence comes to the despairing. A fresh exalted purpose is given to some man who had begun to feel that life was empty. Radiant health comes to one who seemed a chronic invalid.

Only occasionally does the colporteur hear the result of his work. But almost every one of these workers can tell of seeing some special token of having been used by the heavenly Father to bring light and blessing to down-hearted men or women.

If Diocletian Were Alive To-Day

As Adventists we have often read of the persecution of the Christians by the Roman Government under the Emperor Diocletian in A.D. 303.

But did you know that his persecuting decree expressly stipulated that the *writings* of Christians should be destroyed? Pagan Rome well knew what a powerful influence the Christian books wielded.

If another Diocletian arose to-day—wouldn't you prize your Bible, your *Great Controversy*, your *Daniel and the Revelation*, and *Desire of Ages*—and the smaller books? Why not read them again this winter and lend them out to friends?

Salvation Army Man's Testimonial

HERE is a fine testimonial from a Salvation Army lieutenant who has used *Bible Readings* for years. It was given to one of our colporteurs.

"I consider that this book, *Bible Readings*, is one of the finest helps of the day in the study and understanding of the Bible and its history. I recommend it to all Christian public workers, and seekers after light on the things of God. Signed, James B. Wells. Salvation Army Lieutenant."

All new Sabbath-keepers should have a copy of this good book in their library.

"Bedtime Stories" in Sunday-School

BROTHER T. G. BELTON writes: "I notice *Bedtime Stories* No. 5 is out of print. One of my customers in Stafford has returned time after time for more of No. 5, which, she says, is very much liked

(referring to 'Doreen's Jewel Box' especially). Then just recently one of my customers in Birmingham to whom I was supplying a copy of *Bible Readings* told me that she had used the Jewel Box idea in her Sunday-school. Then, last Christmas, she had a party in her house, at which she also gave a demonstration of the same with the children, with the result, she said, that the idea has been carried to other Sunday-schools 'all over the country,' as their guests at the party were also Sunday-school workers."

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THE Editor acknowledges with thanks the receipt of £1 from "A Colporteur Sister" in aid of native colporteurs in East Africa.

At Rest

BISHOP—Agnes Miranda Bishop passed away in Hammersmith Hospital on November 30th, after a short illness, at the advanced age of seventy-nine years. Our sister came to the knowledge of the Sabbath truth through her own study of Scripture, and united with the West London Church in November, 1929. She was a faithful member, quiet in her confidence in the Lord. We laid her to rest in Hammersmith Cemetery, Mortlake, on December 5th, in the presence of two of her sons and their wives. A third son lives in Australia. A number of members of the West London Church were present, and the beautiful floral tributes indicated the love and esteem of those left to mourn. The writer spoke words of comfort to the bereaved family, emphasizing the value of the "blessed hope" of God's people. We are confident that our faithful sister will have a part in the first resurrection.

HAROLD McCROW

BARNES.—On Thursday, November 17th, we laid dear Sister Emily Barnes to rest in the Isleworth Cemetery. She accepted the Advent message under the labours of Pastor Barras in 1924, and through the years she has been a faithful member of the North London Church. Always bright and cheerful, despite almost lifelong suffering, she endeared herself to all who knew her. We left her peacefully awaiting the trumpet-call of her Master.

C. A. REEVES.

SUNSET CALENDAR

	London	Nott'ham	Cardiff	Edin.	Belfast
December 30th	4 00	3 57	4 13	3 46	4 7
January 6th	4 6	4 4	4 19	3 54	4 15
January 13th	4 15	4 14	4 28	4 5	4 26

The Missionary Worker

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EDITOR A. S. Maxwell

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The Hope that Springs Eternal

THE lawns around the factory are littered with leaves, the trees of the woods are bare, autumn has given place to winter. We have entered into that third of the year when the earth withholds her fruits. Nature sleeps as one who is dead. All the bright flowers and singing birds, hurrying here and there, have gone from our sight to a land from which we cannot call them. The rippling of the brook tells a different tale. Its message is less gay, more wistful, a wondering query that to the hearing ear brings a poignant stab of sorrow, "Where are my friends? Why do not the trees talk to me as before? The lark, the swallow, they don't visit me now, the thrush and blackbird are changed, having no desire to sing" There is no apple on the tree for the apple-loving boy; no cluster on the vine.

And yet, although saddened, we are not distressed; there is inherent in the dreariness of winter the hope of springtime. Then all our old friends will come back to us, and bring with them some new ones, young and pretty, for us to watch as they grow up.

There lies the eternal hopefulness of the year. Christmastide and the New Year are times when we are cheerful and optimistic. We review the situation and admit the difficulties that have beset the year. Times have been hard, success has not been adequate enough for complete satisfaction. The downward curve of trade returns has affected all nations alike and the economic situation is tense. We are living from hand to mouth. There is enough trouble around us to induce discouragement, yet we do not strike the note of failure. The winter time, like Evander, teaches the blessings of peace. As it makes us hope for the spring, so the peacefulness of the Christmas season, reaching its fullness on New Year's day, gives us hope to face the year before us with confidence and courage.

As a business Institution Granose Foods Limited has worked for the progress of the cause of health. We face nineteen hundred and thirty-three with trust and optimism. We shall do as much as we are able to help man, woman, and child to have pure, natural foods. We encourage the strong, by right living, to keep that greatest of blessings—their health; and the weak, who have suffered the ravages of illness, to plan their diet carefully that Nature may have an unhindered course of health building.

Diet is very important. When one is young and strong, the stomach receives rich fat-forming foods or spiced dishes and is thankful. It accommodates itself to wholly unbalanced menus perhaps without complaining. But middle age faithfully pays the penalty. Rolls of fat form on neck and stomach, the bodily weight is stones heavier than it should be, elasticity is gone and a burden takes its place. Almost every burden of middle age could be prevented if, from youth up, a right diet, adjusted to the individual needs of each person, were followed.

The dull, listless days when everything is too much trouble, because the body lacks vitality, would vanish if each person cared for his body as well as a musician looks after his piano or violin. Paderewski would miserably fail to weave poetic fancy into his masterpieces of the pianoforte art if his instrument were shoddy, with unbalanced, unresponsive action and notes out of unison and out of tune.

We face a New Year. Let us plan to live so that Health may be ours. Get into our hearts the spirit that springtime will surely come with its blossoming fullness of hope; and in like manner the dark things of life will give way to a realm of eternal happiness if we work on with confidence and courage.

With the poetess, W. Harris Holden, we may say:

"So seizing the now with its blessings
 The present seems freighted with cheer;
 Our spirits breathe fresh inspiration
 And zeal in the morn of the year."

Within Reach of the Prize

By the time this reaches our people, the Union Ingathering figure will be well over £8,650. Truly a wonderful achievement for which we should all be devoutly thankful to God.

Liverpool recently joined the now long list of churches beyond the £2 per member mark. Our members will be interested to know that six months ago there were considerable church building debts at Glasgow, Plymouth, Liverpool, and Portsmouth. The Union and local conference committees formulated a plan whereby these churches were given considerable assistance towards liquidating these debts, one of the conditions of this help being the raising of the full £2 per member Ingathering goal. These churches, with the workers in charge, have worked heroically to raise both the Ingathering goal and their portion of their church indebtedness. Congratulations!

What spiritual results are Harvest Ingathering contacts with the public producing? One church in the London district now has a regular 200 periodical readers as a direct result of calling back upon persons met whilst Ingathering. Who shall say what may result from this splendid follow-up work? Follow your contacts.

Scotland now joins Ireland in having reached its full goal and we are greatly rejoiced at this good work.

Some churches that were below their objective organized groups of carol singers, and we hear of marked success attending their efforts to help missions by this last endeavour before 1932 is gone for ever.

The whole Union is now but very little behind last year's final figure. South England is already ahead of its final figure of a year ago. If every church, company, and isolated member will be sure to get all monies and reports in by the end of the year, we shall be assured of a splendid conclusion to a splendid campaign. We want another report from you before sending out our final report H W L.

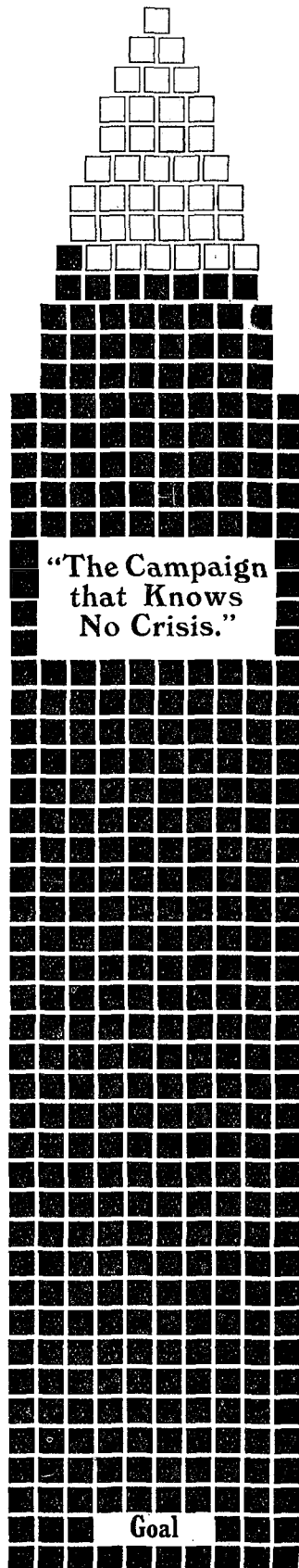
Special Note—All canisters, cards, literature, etc., used in the 1932 Ingathering Campaign should, as soon as the year closes, be gathered up and put under lock and key by the missionary secretary.

Totals to Date

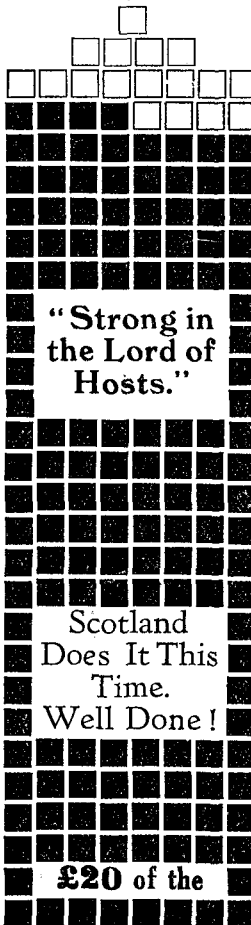
(December 20th)

S. England	£4,100
N. England	2,960
Wales	625
Scotland	590
Ireland	375
Union	£8,650

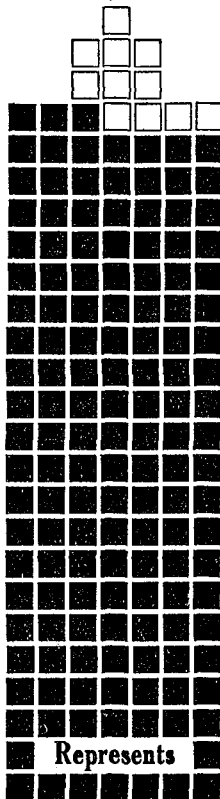
Union Goal
£9,400



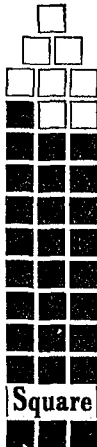
South England
£4,420



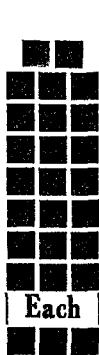
North England
£3,230



Wales
£840



Scotland
£590



Ireland
£320



ALL churches, companies, and isolated members are earnestly requested to have all Ingathering money sent to head-quarters by the end of the year.

Each

Square

Represents

£20 of the

Goal