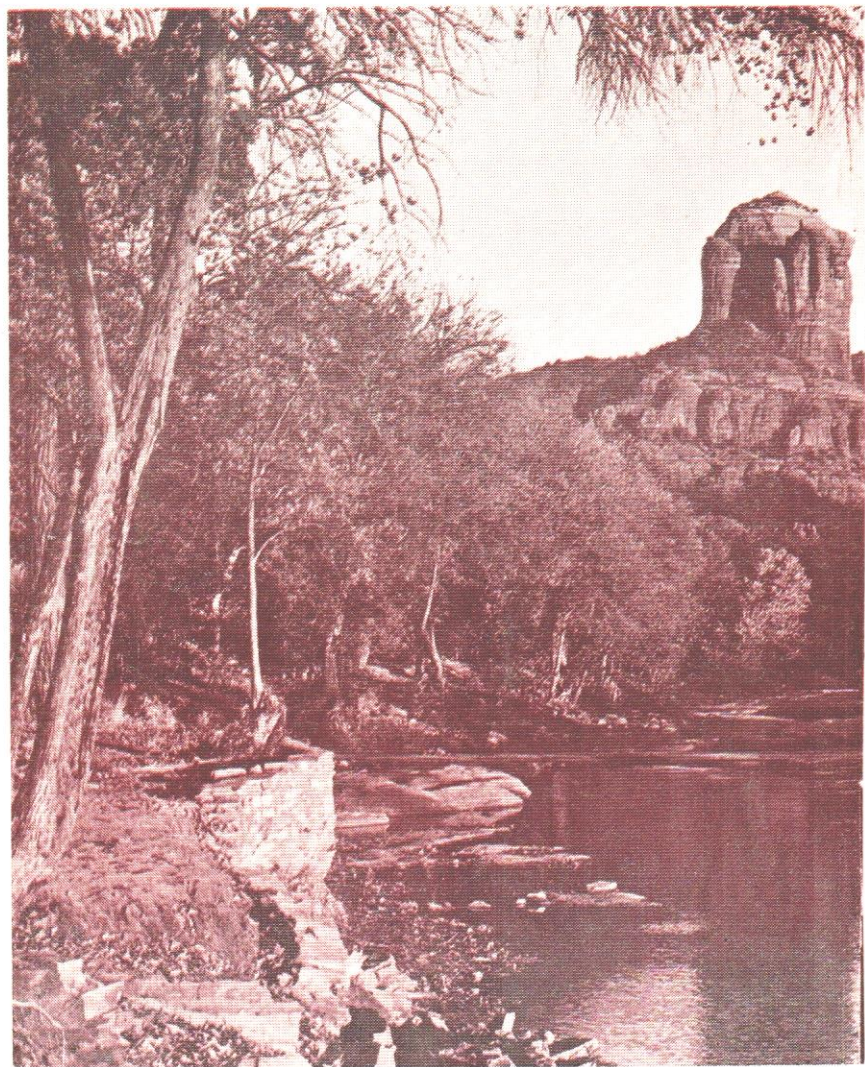


*"Go, set a watchman,
Let him declare what he seeth."*

— Isaiah 21:6 —

MARCH 1973

The Sabbath
Sentinel



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Sentinel

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The object of this non-sectarian, undenominational association is to bring together into one strong organization all believers in the Biblical seventh-day Sabbath (Saturday) regardless of sect, creed, or denomination, for the sole purpose of spreading knowledge of, belief in, and observance of the Creator's only Holy Day. The only qualification for membership is belief in the seventh-day Sabbath.

Annual member contribution: Regular or subscribing members, \$5.00; family membership, \$8.00 (individual certificates issued but only one set of records maintained and only one copy of the Sentinel and other mailings sent); contributing members, \$5.00-\$9.99; supporting members, \$10.00-\$24.99; sustaining members, \$25.00-\$99.99; life members, \$100.00 or more during any one year.

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I enclose

[] \$..... for membership and subscription to THE SABBATH SENTINEL.

[] \$2.00 for a 12-month subscription to THE SABBATH SENTINEL beginning with the month of

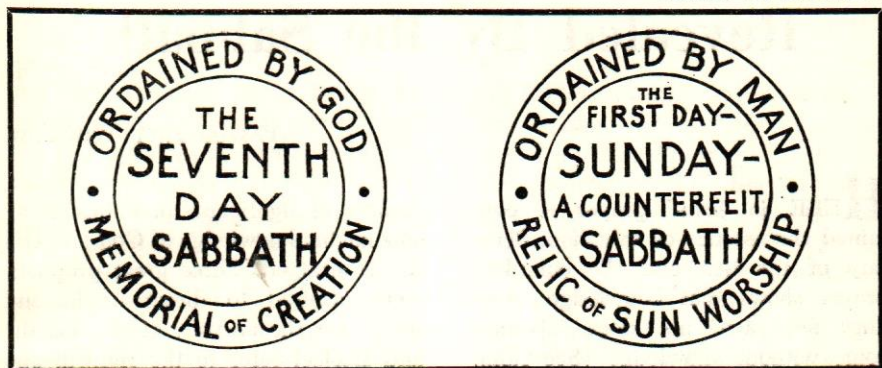
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Do You Have the Original?

TERRIL D. LITRELL



SHOWN above are two seals. A seal is a stamp of approval on a legal document to give it force or authority. It has been used by kings and rulers for ages. In ancient times it consisted of a special design stamped on a piece of wax to show ownership or authenticity.

To be valid, a seal must contain the following specifications: (1) The name of the ruler, (2) His position or office, (3) The territory over which his authority extends. To illustrate: the seal of the President of the United States of America contains the name of the President, his official position—that of President, the territory over which his authority extends—the United States of America.

In searching through the Bible for God's seal, there is only one place where the required specifications are mentioned. It is found in Exodus 20: 8-11, the Fourth Commandment of the decalogue. It reads: "Remember the sabbath day, to keep it holy. Six

days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it" (Ex. 20:8-11).

The Sabbath Commandment has God's approval. Sunday is a counterfeit Sabbath, a relic of ancient sun worship, a mark or seal of apostasy which does not have God's approval. If Sunday Sabbath were adjudged genuine, then the Creator would have placed His seal on it. The day that is self-identifying offers its own authentication . . . an authentication which was recognized by the early Christian church for over 100 years A.D. before anyone attempted to change it!

"And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou has sent."—John 17:3

Salvation's Essentials

Revealed By the Sabbath

PASTOR PAUL WHITLOW

HERE in Jesus' prayer is contained the essence of salvation. Scrutiny of the text and the complete prayer shows that knowledge alone does not save, nor does salvation come without knowledge (See Rom. 10:13-15). Experimental or saving knowledge, Christ said, is centered upon the "true God" and upon "Jesus Christ." Men will be lost because they have rejected this essential knowledge (Hosea 4:6). It is therefore important to know Scripture ref-

erences to signboard directions as to how having knowledge of God and His son is attained. Three great prophets were inspired to direct us in our search for the answer. Moses, Isaiah, and Ezekiel refer to the rightful observance of the Sabbath (as the "sign" pointing to the Creator—Ex. 31:16, 17); as a means by which His righteousness is revealed—Isa. 56:1, 2; and as a gift, to be a "sign that they might know that I am the Lord that sancti-

(Continued on page 13)



"I began reading the Bible"

Led by His Spirit

MONA DAVIS

HOW dark the night before we started traveling in the west after giving up home possessions, and leaving family and friends!

I cried. I thought, *What will this do to me to never be at home in any community or church as we would move like gypsies from place to place with my husband's work in the FAA communications?* I planned to travel only five years.

I had prayed definitely about it. My answer came in a dream as I saw us drive off the highway and I cried in fear, "God help us!" How many times it was fulfilled. But then it was clearly His will. How little I realized the great plans the Heavenly Father had for us in this adventure!

I discovered that in this move I had not only the outer possessions behind but had discarded inward traditions which did not fit with my study of the Scriptures.

I could understand then what our Master meant when He told the young man, "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me" (Matt. 19:21). This was the answer to all of us who are rich in mental and spiritual possessions and even physical ones.

"What good thing shall I do that I may have eternal life?" is a question we all ask at different times in

our life, do we not? We think that if we do some outward act of charity or accomplishment we inherit the tree of Life—eternal life. But to follow Him in all ways is to have treasure in heaven and fruit bearing maturity.

Revelation 22:14, Proverbs 11:30, and Genesis 2 and 3 tell us how to obtain the right to the Tree of Life. "The fruit of the righteous is a tree of life; and he that winneth souls is wise."

What does it mean to be righteous? This is the wisdom and understanding which is a tree of life to us (Prov. 3:13-18).

"Blessed are they that do His commandments, that they may have the right to the tree of life, and may enter in through the gates of the city" (Rev. 22:14).



Mr. and Mrs. Ralph W. Davis

So I began reading (and diligently comparing scripture with scripture) the Bible, seeing it through my own spectacles. Every Sabbath from Genesis to Revelation was listed and compared. Was it not a part of the first covenant written on tables of stone, then written again by His Spirit in our mind and heart that we might all know Yahweh from the least to the greatest? I discovered how many ignored this. I remembered a song my mother used to sing, "O, brother, to know Him is life's great crown. Will you then accept Him and sin lay down. He longs to receive you. O, hear Him say, Come ye heavy laden. O come today."

This song was a peculiar blend from the teachings of my Sunday School childhood and the new truth I was learning of the wondrous Sabbath. A contrast in many ways.

"By your traditions ye make the Word of God of none effect," the Master said. To follow Him all the way, I could hold onto none that would hinder becoming perfect in fruit bearing.

When I finally decided to keep the Sabbath, it seemed impossible, as it always does. My husband was not with me on this. So I prayed, "Father, open the door to keep the Sabbath for a year so that we will not plan things to do which hinder keeping the Sabbath holy." We were to commune with Him, remember Him in not doing any work and not doing our own pleasure on His holy day.

How wonderfully He answered this prayer! Things seemed to work out fine and my first year of remembering the Sabbath was orderly and harmonious.

How often I think of this when others who take this new path of

obedience find it hard at the first. He does open the door by faith and prayer. I remember in Oregon of a friend who seemed to be going to lose his job after telling his boss about his decision. But he maintained his stand with courage and faith and the door opened to a better job. Our Father does not promise the road of obedience to be easy, but with our taking the first step He opens the way.

Our travel lengthened to 13 years of travel over ten states and working with 25 denominations of 125 churches. Only about ten of these were Sabbath-keepers. Nor was I two-faced about my new view of Truth. I did not push it too much, but when the Father opened the door, I spoke on it. For we are not to judge others on Sabbath-keeping, but be ready to give reasons for the faith as we understand it. We all know this is not easy. But "he is a rewarder of them that diligently seek him" (Heb. 11:6).

Our selling of earthly possessions to give to the poor is not at all limited to material things. How rich we are in Bible knowledge, guidance from childhood, training, traditions, prejudice, and habits of thought. Some of this is good but must be sorted to bring out of our treasures things both new and old. "Therefore every scribe which is instructed unto the kingdom of heaven is like unto a man that is an householder which bringeth forth out of his treasure things new and old" (Matt. 13:52). The Sabbath is new just to us, but as old as the universe to the Creator. He is unchangeable and gives us every good and perfect gift. We must be led by His Spirit to be guided into all truth, to be comforted, and have all

(Continued on page 15)



No Man (or Vitamin) Is An Island Unto Himself

by Dr. Allen R. Babcock

LET us consider the importance of interrelationship of nutritional elements. First, the vitamin which has been given so much attention the past several years, vitamin C. Much of the attention which this food element has been given arises from the important role it plays in warding off colds.

Many people still say, "I have tried vitamin C and it doesn't help me." Did you ever notice that your car may have plenty of fuel and still fail to start? Well, there are other factors which are important too. But before we go into some of the other factors, I would like to point out that 100 mgs of vitamin C is hardly enough. In fact, it is considered that 30,000 units (mgs) is saturation.

It is common knowledge that vitamin C is lost rapidly from the body, so it should be taken in broken doses, according to authorities. The other elements are important.

Noted nutritionist Adelle Davis says, "One report shows that in people fed a diet low in protein for only one week, the antibodies fell to one tenth the normal level." So don't forget to keep your body supplied with plenty of protein, vitamin A and B vitamins, as well as vitamin C if you would avoid colds and infections.

Adequate rest, absorption of foods

and good elimination also play a role in helping prevent folds and infections. A lack of almost any nutriment may lead to lowered resistance. Deficiencies of vitamins A, C, biotin, and protein appear to result most quickly in susceptibility to colds and infections. Studies have shown that few antibodies are produced when protein is undersupplied.

Frequent colds and colds that hang on invariably indicate that the nutrition is poor.

Concerning visual problems, though we take a minimum of 10,000 units of vitamin A and 3 mgs of B2 daily, we find that the vitamin E intake must be adequate for vitamin A to be utilized. And while on the subject of vision, remember that cataracts can be produced in animals by withholding the nutriments riboflavin (B2) and Vitamin C and the amino acid tryptophane. These all work together and these are probably not the only elements necessary to avoid the above-mentioned problems. Research in the future will doubtless show that our present nutritional understanding is incomplete.

On the subject of virility: in the past few years vitamin E has been given credit of being a sex vitamin, but a lack of the amino acid arginine is a cause of partial sterility in men.

For this important element your diet must include good amounts of food rich in B vitamins, such as milk, cheese, meat, wheat germ, brewers yeast, black strap, liver, whole grains, and others. Adelle Davis in her book *You Can Stay Well* says "Normal virility is the result of general good health."

Quoting again from Miss Davis on the subject of mental health: "A lack of almost any B vitamin shows itself almost immediately in mental depression, tendency to worry, sluggish thinking, and pessimistic forebodings. Every nutriment which goes to make up an adequate diet probably plays some role in maintaining mental health."

In isolated districts where nutrition has been found completely adequate, there is no cancer at all. Dr. E. H. Tipper writes in his book *Cancer a Disease of Civilization*. Dr. Tipper writes that among some two million people on the Nigerian Delta there has not been found one case of cancer. But in the African coast towns where inadequate diets were used, cancer was rampant.

Dr. Weston Price, who studied isolated groups of people in Switzerland, Alaska, and the South Sea Islands, stressed the same thing, that cancer is unknown as long as people do not adopt the diets of civilization, which lack vitamins and minerals. Dr. McCarrison states that during nine years of work among a group of people in the Himalayas who have magnificent physiques and whose health is far above average, he never saw one case of cancer.

In case you are really in radiant health, forget to pamper your educated appetite. In most cases of low cancer incidence the food was simple

uncommercial milk, cheese, fruit, vegetables, glandular meats, eggs, and unmilled grains. These people were not getting refined flour and sugar, soft drinks, cakes, pies, and candies, and other refined foods which make up one-half to two-thirds of all calories consumed by people in our country.

Let's talk about broken bones for a minute. Elderly people especially have such a fear of broken bones. Frequently the broken hip results in months or years of constant care and all the miseries that accompany the bed patient. Fragile bones are the result of cumulative deficiencies.

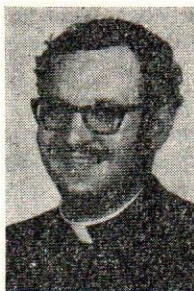
Now, reflecting briefly on these cumulative deficiencies, people often say, "I eat just like I have eaten for 20 years and it didn't hurt me before. Why does it hurt me all of a sudden?" The answer is that it didn't hurt you all of a sudden. You have been building this deficiency for years; maybe all your life.

Dr. Pearl Swanson, who has been professor of nutrition at Iowa State University, asks, "How can the aged of tomorrow (the youth of today) be stirred to the realization that what we will be years hence depends in large measure on the food choices we make today?" What we will be tomorrow we are becoming today.

Most people seem to be aware that calcium is important for healthy bones, yet fail to realize that the same elements which were stressed in their diet as children would build and maintain strong bones for the elderly as well. Remember, the basis of bones is protein, the elasticity of bones depends upon vitamin C and their hardness on calcium and phosphorus.

"There is considerable evidence that the aging process and vitamin,
(Continued on page 17)

A LETTER FROM THE PRESIDENT



OUR PURPOSE

The Bible Sabbath Association, by its very nature and dedication, is an interdenominational, interracial, and international service arm of the entire church, serving all Sabbath-keeping groups and denominations which can profit by its unique program and be inspired for greater Christian service and enriched Christian fellowship.

Since this is the nature of its activities and relationship to the church, the Bible Sabbath Association supports the church and encourages its members to be active in their church affiliation and support. It is in no wise competitive with the church, local, denominational, or universal, but rather complements the efforts of each. It seeks only the advancement of the Creator's holy Sabbath, having no other ambition of its own other than to promote the work of the Heavenly Father.

Who Supports The Organization?

Currently the Association has cooperative relations with the Seventh-day Adventists, Seventh Day Baptists, Churches of God (7th Day), and independent Sabbatarians.

The organization is comprised of members of all these groups. The

only doctrinal qualification for membership is a belief in the seventh-day Sabbath.

The association is supported by free-will gifts of churches and interested individuals.

Who Are Its Leaders?

Its leaders are comprised mainly of volunteers from among its membership, both clergy and laity. They consist of the president, first vice-president, second vice-president, third vice-president, secretary-treasurer, and six directors at large. These leaders are expected to be reasonable, with moderate views, and be able to make compromises when necessary. They are expected to see another person's point of view, and must speak for all members—not just one special group. They respect and listen to the opinions of other people. They believe that the time, effort, and financial support rendered on a gratis basis is an investment rather than a sacrifice.

The Program of The Association

1. *Education*—Through a tract ministry that reaches thousands of people each year; the distribution of *THE SABBATH SENTINEL*, the official monthly magazine of the B.S.A.; the publication of an annual calendar which has the Sabbath dates in red; *Home Bible Studies*, an attractive 75 page book containing 13 lessons on the Ten Commandments; and *The Sabbath Handbook and Directory of Sabbath-Observing Organizations*.

2. *Visits* by a B.S.A. field representative to churches, Sabbath Schools, and other groups to encourage a program of Sabbath observance.

(Continued on page 18)

Excerpts

from

Letters

ANDREWS RUR



Conducted by Terril D. Littrell

I praise the Lord for such a group as the Bible Sabbath Association. The Sabbath is being made a holiday instead of a holy day. I am sure the Lord must be very displeased with most people who profess to be Sabbath-keepers but are not. He must be more pleased with a lot of professing Christians who have accepted the pagan day of Sunday instead of the true Sabbath. They are more zealous than those who claim the Sabbath.

Enclosed find a check for the work of the association. Please send *SENTINEL* subscriptions to the following people: Also send me ten calendars.

—J. B., Pennsylvania

* * *

Enclosed find — for which please send me 30 copies of the leaflet *Search the Scriptures*. May there be many victories for Christ in 1973.

—Mrs. K. P. M., Iowa

* * *

Please send me a pound of the leaflet No. L10, *The Weekly Rest Day*.

I want to use them with letters to Congressmen and members of our Supreme Court with newspaper clippings of stores being fined for being open on Sunday.

This is a point where we need to stand up for our constitutional rights.

—C.R.S., New York

Thank you so much for the 1973 Sabbath calendar.

Here in my little corner of north-west Washington—six miles south of the U.S.-Canadian border—I am a staunch supporter of the seventh-day Sabbath. My home is next door to a new Assembly of God church and they have asked me often to attend their services. I have told them I will do so when they begin to hold them on God's Sabbath day....

I feel that through prayer and living a Christian life, I may be an example to them and may win some to the truth. God grant it to be so. Some of them have become very dear to me.

I feel very isolated in this small community, as there are only Sunday-keeping churches nearby. I must drive many miles to a Sabbath-keeping church and so I cannot go often.

I have been praying that the Lord will bring about circumstances in my life (He knows about them) so that I may once again fellowship with others on His Sabbath day.

Readers of *The Sabbath Sentinel*, please pray that God will move at long last and change things for me. Thank you from the bottom of my heart.

I enclose a small gift to be used where needed most in your work of spreading the truth about the gospel and the Sabbath.

—Mrs. Ethel Swanson, Washington

* * *

We are hearing the "Echoes From Eden" broadcast on radio station WMOO and are excited about it. I just hope that you will get enough response to decide to stay on till Jesus comes. I like the method of presentation of the "Echoes From Eden." I

believe it is a wise type of program and should appeal to the higher class of people.

—Erma Jones, Alabama

* * *

I am working with the Presbyterian and Methodist ministers here locally on the "Key '73" program. Pray with us that God will lead in all this, and that the Holy Spirit may produce fruit of our labor.

We plan to put into operation an ecumenical Bible study group on the book of Acts by the first of March, 1973. It will be the first of its kind ever in this community. . . .

—Pastor Roger Blankinship

215 S. Water St.

Milan, Mo. 63556

Church of God (7th Day)

* * *

You folks are doing a fine work with *The Sabbath Sentinel*, putting out the Good News of God's salvation and telling people how to live better lives that will lead to eternal and perfect life in the end. Keep up the good work; you have my prayers whether on land or on sea.

—Seaman Roy Garrison,

Lifetime member of the B.S.A.

* * *

Please find enclosed a check to cover the cost of membership renewal in the Bible Sabbath Association, my continued subscription to *The Sabbath Sentinel*, and two 1973 calendars.

I appreciate very much your having continued to send me your wonderful *Sabbath Sentinel*. I have been able to use various articles and Sabbath information printed in the *Sentinel* in my own ministry of teaching

the word of God on the Sabbath subject.

My prayers are always for your continued success in your efforts to proclaim the truth of God concerning the Lord's Holy Sabbath.

—Minister,

Community Church of Christ,

Pacos, Texas 79772

* * *

I have long been a lover of history and have kept many historical articles from *The Sabbath Sentinel*. . . .

I suggest that you prepare a history of the Bible Sabbath Association for publication in *The Sabbath Sentinel*. I mean a real history, giving names, dates, places, and details, a history that could serve as a definite record of the association. . . .

—George Dellinger, Indianapolis, Ind.

ANSWER: Your suggestion, Mr. Dellinger, was appreciated. I would like to write such a history, and am in the process of gathering information now for it. Anyone having information on this subject is encouraged to send it to me at your convenience.

—Terril D. Littrell

* * *

We have been receiving *The Sabbath Sentinel* for the past year and would like to express our appreciation for it. The articles are very inspiring. I want to order some extra copies for my friends.

—H. F., Ohio

* * *

I am excited about how the Lord is moving today and delighted to discover the Bible Sabbath Association. It is a wonderful vehicle by which to reach people who are of different denominational backgrounds

with the Sabbath message. Please send subscriptions to the following people. . . Enclosed is — to pay for their subscriptions and to renew mine for another year. Again I say thank you.

—R. W., California

* * *

I am writing to tell you that *The Sabbath Sentinel* is one of the best magazines that comes into our home. I would rather read it than the —, which is our official church magazine. What I like best in the *Sentinel* are the fresh unconstructed testimonies from people who have had a real experience with Christ, and have had the Sabbath revealed to them by the power of the Holy Spirit. God bless all of you.

—V.M., New Mexico

* * *

I can hardly wait for the *Sentinel* to come each month. It has been coming rather late of recent months, and I count the days until it arrives. I read it from cover to cover before laying it down. I am subscribing for a lot of friends, because this gives me an opportunity to send a "silent witness" to them. Keep up the good work!

—Mrs. E.J., Texas

* * *

When we are finished reading *The Sabbath Sentinel*, we take it to our local doctor's office, hoping that it will be read by someone. Not many people around here know anything about the true Sabbath. The main message we hear over the radio is on the Holy Ghost.

—Mr. and Mrs. D.S., Illinois

I would like to correspond with those who observe the new moon Sabbaths as well as the weekly Sabbaths. Anyone of this belief who lives in my area, I would be glad if you would get in touch with me for fellowship.

—Merion V. Bohlke,
815 No. 14th St.,
Tacoma, Wash. 98403

* * *

I really enjoy *The Sabbath Sentinel*. I don't have to worry about the articles being false because there are plenty of scriptures given to prove them to be true. I have read several of your tracts and have given them out to people at different times. I plan to get all the tracts that you publish as soon as I can. Keep up the good work.

—W. S., Michigan

* * *

I was of another faith. A friend of mine gave me your tract, *Questions For Seventh-Dayists Answered*, to read and it intrigued me, as I was aware that I was wrong. Please send me some more copies of this tract to give to others. So many people have just a form of religion.

—M.J., Wisconsin

* * *

I read *The Sabbath Sentinel* for the first time last month at the home of a friend of mine, and found it soul-inspiring. On finishing reading it, I was constrained by the Holy Spirit to go on my knees in prayer for guidance about keeping the Sabbath day. My grandfather was a Sabbath-keeper years ago, but my parents never raised me that way, so I just drifted through life in a Baptist church. All these

years I have wondered about my grandfather's religion. Now at age 43, I know why he believed as he did. I ask your prayers for the strength to stand up for what I know is now right. I don't believe that the rest of my family are going to accept it. . .

—E.A.D., Missouri

SALVATION'S ESSENTIALS REVEALED BY THE SABBATH

(Continued from page 4)

fy them" (Ezek. 20:12, 20).

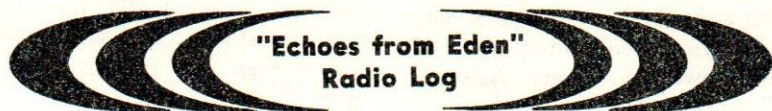
Rightly understood and observed, the Sabbath is the key to man's happiness both here and in the hereafter (Isa. 58:13, 14; 66:22, 23). How does the Sabbath point to the right way to obtain knowledge of God? As the late President Lyndon Johnson

once said, "It isn't so hard to do right as to know what is right." I believe the Sabbath Commandment recorded in Exodus 20:8-11 clearly points that the Sabbath, rather than being an end in itself, is the means by which we become acquainted with the divine character and lofty purpose of the Creator. Note there the essence of the saving knowledge that can permeate the mind of man.

1. "To keep holy" plainly refers to communion with the Creator by worship.

2. "To remember" His creative power suggests using the agencies of the five senses to receive impressions from the external world of nature.

First we note that God calls all men to worship. Worship has many facets, including prayer, song, tithes and offerings, Bible study, personal



The new "Echoes From Eden" is now on the air on these stations:

- KBLE-FM, Seattle, Wash. (93.3 MHz)—12:05 p.m., Mon.-Fri.
- KFNF, Shenandoah, Iowa (920 kHz)—4:30 p.m. Mon.-Fri.
- KOAM, Pittsburg, Kan. (860 kHz)—11:45 a.m., Mon.-Fri.
- KOFE, St. Maries, Idaho (1480 kHz)—12:30 p.m., Mon.-Fri.
- KXEN, St. Louis Mo. (1010 kHz)—5:30 p.m., Mon.-Fri.
- WBRI, Indianapolis, Ind. (1500 kHz)—1:30 p.m., Mon. and Fri.
- WMOO, Mobile, Ala. (1550 kHz)—3:35 p.m., Mon.-Fri.
- WNWI, Valparaiso, Ind. (1080 kHz)—4:25 p.m., Mon.-Fri.

We invite your support of the new "spot" programs on these and other stations. Send donations to

BIBLE SABBATH ASSOCIATION
Fairview, Oklahoma 73737

testimony, preaching, Christian fellowship, and gospel contacts with non-believers, the sick, handicapped and discouraged.

Secondly, there is a definite need for man from childhood to old age to spend some of the Sabbath hours in the open, observing living things in their natural state lest we miss "remembering" His created works. Every outdoor experience reminds us that in six days He made our world, filled it with unlimited varieties of plants, animals, and minerals, and peopled it with intelligent beings fitted with all the senses needed to enjoy, appreciate, and reflect His infinite love and perfect character.

In this paragraph I offer a personal testimony of how the Sabbath has helped me obtain an ever-expanding knowledge of God. Ever since I was a child it has been my custom to spend every Sabbath morning engaged in public worship and then after luncheon to don appropriate clothing and spend several hours outdoors enjoying God's other book of divine knowledge. Every Sabbath "both" services have revealed something new and challenging in expanding horizons of His wisdom, power, and love. If I had left out one or the other, I would surely be handicapped today in understanding the Lord. Who but a loving God would not only make limitless varieties of things to please the senses but would crown His gifts to me by providing a regular day, the Sabbath, so that I could have a special time to enjoy it all? Without the Sabbath, no doubt, man would work every day and thus lose his love and respect for the Creator.

THE ? BOX

Conducted by Terril D. Littrell

Answering the question in the " ? Box," "How do we know that Saturday is the seventh day of the week? Would not the seventh day vary each month after the new moon?"

It would seem that we may as well say, "How do we know anything?" What more than the word of the almighty God do we need?

In the beginning God made the world and all that there is, and without Him was not anything made that was made. He worked six days. He separated the day from the night. He made the sun to give us light through the day and the moon to give us light at night.

Even though Joshua commanded the sun to stand still for a time, that was still a day. Nowhere have I ever been able to find where the cycle has ever been broken. The evenings and the mornings passed until His work was done. He then rested on the seventh day. He called that His holy day. He blessed that day. He sanctified that day. He wrote with His finger on a table of stone, Remember the Sabbath and keep it holy. There is no other commandment that says "remember." The evening and the morning is God's holy day. Let us not doubt His law. Let us believe the Bible, as it is written. Let us love His worship, His law, and teaching. He is all powerful. He is everything. Praise His holy name. Let us worship every word of the precious Book He has written as it

Share this magazine.

is, and be thankful that He has a plan of salvation to save us from our sins, and everlasting damnation.

—M. O. Flanery Lincoln, Mo.

* * *

Our calendar has been changed once since the time of Christ. In 1582 the Gregorian calendar replaced the Julian calendar. But, while the dates of the month were changed on the calendar, the days of the week and their sequence were not altered in any way. Jesus who created the week in the beginning would have known of any error in the weekly cycle and would surely have corrected it if it had been wrong in His day. But the Sabbath immediately following His death was the true Sabbath "according to the commandment." The weekly cycle in the Jewish calendar has not been changed through the centuries, yet it agrees perfectly with our Roman calendar as far as the weekly cycle is concerned. By mathematical calculations modern astronomers are able to reckon time forward and backward, and the loss of even one minute can be promptly detected. Read the testimony of these noted astronomers (Gen. O. M. Mitchell, *Astronomy of the Bible*, p. 235 and Dr. W. W. Campbell Director of Lick Observatory, Mt. Hamilton, California.) If you want to know that the seventh day is Saturday, just check with the Jew, Moslem, and pagan calendar. What will you find? Perfect agreement—Sunday the first day of the week, and Saturday the seventh. Would not the seventh day vary each month after the new moon? I think that would have nothing to do with the Sabbath. I haven't found any proof of it.

—Jackie Mae Vance

The question now to be considered by readers follows:

Jesus' disciples were hungry, so they picked grains on the Sabbath day (Matt. 12:1, 2). Only the Pharisees condemned them. In this day and age, many would go hungry if they decided all of a sudden not to serve their employers on Saturday. Yet most Sabbath-keepers look down on this sort of thing. What kind of work CAN be done on the Sabbath?

Readers are invited to send in their answers to this question. Please send all correspondence concerning this matter in care of this department, so that it can be published and others may benefit from it. Please try to stick to the point in consideration instead of wandering in another direction. If you have questions concerning the Sabbath, please send them in also.

LED BY HIS SPIRIT

(Continued from page 6)

things He said brought to our remembrance.

Paul said to the Galatians, "O foolish Galatians, who hath bewitched you, that ye should not obey the truth. . . . This only would I learn of you, Received ye the Spirit by the works of the law, or by the hearing of faith? Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh?" None of the Ten Commandments is a work we can claim, but rather it is faith working through us in loving obedience, but only as led by His Spirit in love.



A Note
from
the Editor

When the Lord Writes

IN my desk is an autograph book which once belonged to my mother. She made a hobby of sending pages to famous people. In it, mixed with autographs of her friends, are signatures of such noted persons as Carl Sandburg, Clifton Fadiman, Eleanor Roosevelt, and mother of the President, Hannah Nixon, with whom my mother went to school many years ago.

Autographs do not mean much to me, but in time some of the ones in her book will possibly be of value. An autograph is something personal—almost a bit of the person who wrote it; that gives it value.

If it were available, what do you suppose an autograph of the Lord would be worth? Perhaps it is good that there is none extant, for it would become an object of worship in itself.

There are only four recorded times in the Scriptures of the Lord's writing with His own hand. The first of these was when the Ten Commandments—His eternal law—were "written with the finger of God" on "two tables of stone" (Ex. 31:18). Surely the Lord must have attached much im-

portance to these precepts to have written them Himself rather than have Moses write them.

The second instance of the Lord's writing something was at the feast of Belshazzar, when the fateful words *Mene, Mene, Tekel, Upharsin* were written on the wall. These words were important too; they pronounced a divine judgment upon a king who had forgotten Yahweh, who holds all kingdoms in His hands. The message was there for all to see before their city was destroyed.

In the New Testament we are told of a sinful woman who was brought before Jesus. He was asked if she should be stoned as the law of Moses required. But instead of answering, He wrote in the sand.

What did He write? It is possible that He wrote the sins of her accusers, for we are told that "being convicted by their own conscience," they "went out one by one" (John 8:9). Whatever He wrote, we can be sure it was not idle doodling; He had a message to give.

The final recorded instance of God's writing is His promise to write His law again—not on tables of stone, but in our hearts (Jer. 31:33). This time we can become "autograph books" for the Lord. His law in our hearts can be read by those who might never read His Word from the printed page.

It is a privilege and a tremendous responsibility; it has been entrusted to those who honor His law. Are we going to let Him write His law in our hearts?

Eugene Lincoln

NO MAN (OR VITAMIN) IS AN ISLAND UNTO HIMSELF

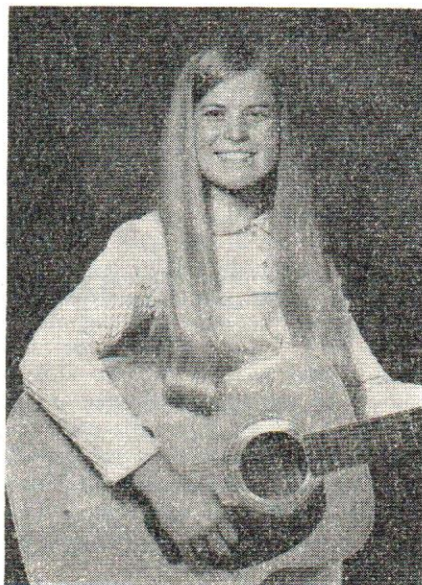
(Continued from page 8)

mineral and enzyme depletion march in the same parade," says Adelle Davis. Those of us past the fourth and fifth decade need more vitamins, minerals and enzymes and less calories. We cannot eat as we did 20 or 30 years ago; our requirements increase each year.

One of the insults which some regularly impose on themselves is white bread. The brown variety in the market may be very slightly better. This

brief article will not allow a complete discussion of white bread, but consider these essential food elements which are removed from the grain of wheat before making the bread. At least 19 important elements are removed; below we list but a few: Total percentages removed:

Chromium—40 per cent, important to healthy vessels and heart; *Magnesium*—16 per cent, for proper growth, sexual health and muscle tone; *Potassium*—77 per cent, essential for sodium balance; *Phosphorus*—mediates energy throughout the body; *Calcium*—78 per cent, for muscle action,



Chyrell Davis and Judy Houser have recently made an LP record album of twelve songs. These two girls call themselves "The Teen-age Gospel Singers." Chyrell plays a guitar and Judy an accordion as they present gospel songs.

These records can be obtained by sending \$3 to Judy Houser, Route 1, New Salisbury, IN 47161.

strong bones and teeth; *Vitamin B1*—77 per cent, protects against nervous disorders; and *Folic acid*—67 per cent, essential to health of the intestinal flora and important as anti-anemic factor.

One of the elements not shown above is vitamin E, one of the most important factors in preventing circulatory and heart problems. Possibly all of this important element is removed in milling. If you are interested in health, spend the amount which you have been spending on bread on wheat germ (preferably raw), which has the following nutrients per half cup: vitamin A, 400 units; vitamin B1, 1600 Gammas; vitamin B2, 750 Gammas; calcium, 71 Gammas; phosphorus, 1050 Mgs.; iron, 7.5 Mgs.; and protein, 24 grams.

I hope I have conveyed a good reason to change some established habits for new improved ones—no short cuts. You would not build a home in which you intend to live for many years with shoddy material. How much more important that the temple of God should be supplied with the greatest care and only the best materials used in its building and maintenance.

A LETTER FROM THE PRES.

(Continued from page 9)

3. Preparation and distribution of *spot announcements* for radio use, urging the community to keep the Sabbath.

4. *Visual-Aids*—Through cooperation with the General Conference of the Seventh-day Adventist Church, Washington, D.C., we recommend the film strip, "What the Lord Said Re-

member, and The World Forgot."

5. *Legislative Program*—Working to secure for all the religious and civil rights constitutionally guaranteed.

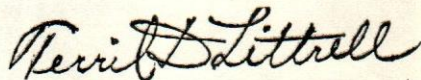
6. *Local Campaigns*—Organizing local B.S.A. chapters, and working with them to better acquaint the local communities with Sabbath observance.

The Need for Our Organization

If you are one of those concerned about the trend of our national Sunday civil legislation, then you are interested in the work of the Bible Sabbath Association.

If you are alarmed by those who would adopt any calendar which would disrupt the seven-day cycle, then you are interested in our work.

If you believe that there should exist a bond among Sabbath-keepers which would tend to draw us closer together, then we invite you to become a member of this fast-growing organization.



SOILED GARMENTS

A young woman who was defending her continual attendance at some doubtful places of amusement once said, "I think a Christian can go anywhere."

"Certainly she can," rejoined her friend, "But I am reminded of a little incident which happened last summer when I went with a party of friends to explore a coal mine. One of the young women appeared dressed in a dainty white gown. When her friend remonstrated with her, she

appealed to the old miner who was to act as guide to the party.

"Can't I wear a white dress into the mine?" she asked petulantly.

"Yes," returned the old man. "There's nothing to keep you from wearing a white frock down there, but there will be considerable to keep you from wearing one back."

—From *The Doorstep Evangel*

Dr. Richard Hoffman says that civilization's three major killers are calendars, telephones and clocks—the tyranny of an accelerated life.

ANNOUNCEMENTS

Copy must be brief. No charge will be made, but offerings to defray cost will be appreciated. The right is reserved to reject any proposed copy.

Send all copy to Bible Sabbath Association, Fairview, Okla. 73737. Information as to dates and places of Sabbath services, camp meetings, radio programs, desire for employment by Sabbathkeeping people or vice versa, prayer requests, requests for information leading to Sabbath fellowship for isolated people, etc., will be included.

This feature, offered solely as a service for Sabbathkeepers, is probably not obtainable elsewhere and is for the purpose of fostering increased good will, love, and harmony among ALL Sabbath-observing people (John 13:35).

Opportunity for Sabbath-observing family, preferably man with some automotive or farm equipment maintenance experience. Secretarial and other suitable part-time work for wife. Sabbath services close by. If interested, write Bible Sabbath Association, Fairview, Okla. 73737.

I would like to hear from some Pentecostal Sabbath-keepers who baptize in the name of Jesus Christ and believe in the return of Jesus. Beatrice Greer, Box 12, Kress, Texas 79052, or call 806-684-2252.

There is a small group of Sabbath observers, the Church of God, Body of Christ, worshiping in the Assembly of God church in Greenfield, Ind. We would like to welcome any saints in this part of the country to come worship with us. Mrs. J. T. Ledford, Rt. 1 Box 90, Greenfield, Ind. 46140.

I believe there are no holy days except the new moons and the weekly Sabbaths. If anyone is near me, please get in touch with me. Merion V. Boehlke, 815 N. 4th St., Tacoma, Wash. 98403. Phone BR 2-8908.

I wish to establish a mothers' prayer band. If each one desiring to be a member will send a dollar a month, it will not be a burden to anyone. Then when the saints pass this way, there will be board and lodging without charge. Missionary Ruth Page, Route 1, Steele, Mo. 63877.

WANTED: Buyers of used stamps. The Bible Sabbath Association receives many good used U.S. and foreign stamps which are ideal for collectors. We are looking for buyers. Write to the Bible Sabbath Association, Fairview, Oklahoma 73737, for details.

Please renew your *Sentinel* subscription on your birthday without special notice.

Shouldn't
Our
World
Be a Part
Of
Your World?



As a reader of *The Sabbath Sentinel* magazine, more than likely "our world"—the Bible Sabbath Association—is already a part of your world. If you are not familiar with the "B.S.A. world" and all that it represents, . . .

shouldn't you make it a point to get acquainted with us at your earliest convenience?

The B.S.A.—what a wonderful world!

THE BIBLE SABBATH ASSOCIATION

Fairview, Oklahoma 73737