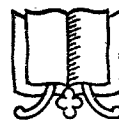


Columbia Union

Visitor



"I WILL VISIT YOU, AND PERFORM MY GOOD WORD TOWARD YOU"

Vol. 20

Mount Vernon, Ohio, January 14, 1915

No. 2

U N I O N

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The Week of Prayer at Mount Vernon Academy

It was my privilege to spend the latter part of the week of prayer at Mount Vernon, Ohio, in connection with the Academy. I found that Elder Evans had preceded me, having been there the first part of the week. He had labored earnestly for the uplift of the students and his labors were greatly appreciated.

I held several meetings, both with the school and with the church, mostly of a revival nature. The Spirit of God was present and witnessed to the work done. Many testified of the great benefits and blessings which they had received from the hand of God during this last week of prayer. In fact many testified that it had been the very best week of their lives. Truly God has been good to this institution the past year in spite of its many and varied changes. The enrollment is only about one less at the present time than was the total enrollment last year. And as there are others writing to come in, the enrollment bids fair to surpass that of the previous year. We found the faculty as a whole at their post of duty endeavoring to do their best to uphold the high standards of the institution, to work for the spiritual growth of the students and to build them up soundly in every way. Brother Pulver, the business manager, reports that he looks forward to an excellent showing again this year financially. I am sure this will please

our brethren throughout the field, because it looks as though, from the generous offerings of the twenty-cent-a-week fund, we may have a little portion to apply again to the needs of this splendid end of the foreign mission work in our own land.

Elder Evans paid the Academy some high compliments. He is very well pleased with its organization and its outlook. Professor Salisbury at the head of the school also feels of good courage with reference to the future of the institution. College Board Meeting will be held February 15-20. B. G. WILKINSON.

That Little Money Barrel

A goodly number of the brethren and sisters throughout the Columbia Union Conference, during the closing days of 1914, received a little money barrel from the Columbia Union office. This little barrel was labeled for the Emergency Missionary Call and was to be turned in December 26 for the Thirteenth Sabbath offering. In the letter which was sent at the same time, we said nothing about the future use of the little barrels. However, we have written the Sabbath-school secretaries and have notified them to retain the little barrel until new labels could be supplied, and then when the barrels were relabeled they were to be returned to the members of the Sabbath-school so that each family would have at least one barrel in their home during the quarter.

The label which is to be placed on the barrel for the first Thirteenth Sabbath of 1915 will be for the Malaysian Mission Field and the little verse is suggestive of where the offering will go.

Do you for Jesus' coming feel a yearning?
Will you drop some loving gift in time each day?

It will tell Samatra of His soon returning,
And will warn New Guinea, Java and Malay.

The little barrel, being in the homes of the people during the quarter, will be a constant reminder of the needs of the

Thirteenth Sabbath offering and we sincerely hope many a sum of money will find its way through the little opening so that when the Thirteenth Sabbath comes there will be a goodly amount to be turned in.

If at any time any member of the family would be unable to attend the Sabbath-school, their offering may be deposited in the barrel.

Friends and neighbors may be solicited to help fill the little barrel and in this way many an extra amount will help swell the Thirteenth Sabbath offering.

If any should be without the barrel and desire to have one, write your State Sabbath-school secretary and you will be supplied. R. T. DOWSETT.

OHIO

E. K. Slade, President.
H. D. Holtom, Secretary and Treasurer.
J. I. Cassell, Tract Society Secretary.
V. O. Patches, Field Missionary Agent.
V. O. Patches, Home Missionary Secretary.
Bessie E. Acton, Sabbath-school and Y. P. M. V. Secretary.
Bessie E. Acton, Educational Secretary.
W. J. Venen, Medical Secretary.
Office Address, Box 187, Mount Vernon, O.

Missionary Conventions

Realizing the great need of a revival among our churches along missionary lines, the Young People's Missionary Volunteer and Home Missionary departments in Ohio united in holding a series of missionary conventions among the larger churches of the conference. The plan of the leaders was to stir our people to greater activity and to teach them how to do this kind of work. Ten conventions for this purpose were held from September 1 to the close of the year. We feel sure that all are interested in the results, so we wish to give a report of the meetings and our plan of conducting them.

The conventions would open on Friday evening with a stirring talk on the pro-

gress of the message. On Sabbath, the giving of the Third Angel's Message to all the world in this generation, and how all may do personal work in its completion was considered. During the Sunday morning services the subject of "How to win our young people from the world" was carefully discussed. This was a subject that was of special interest in all of the churches. In the afternoon we organized for service. At every church either a Home Missionary or Missionary Volunteer society was organized, and where the membership was sufficiently large, both societies were formed. The closing meeting was a practical demonstration of methods of doing missionary work. Many who attended said this taught them more than all the talks they had ever heard.

One special feature of the conventions was the splendid display of books on hand. The tract society purchased a trunk, and filled it with a sample of each of our leading books, a good line of Bibles, and a generous supply of tracts with which to begin immediate work. As a result of this display, \$630 worth of books, Bibles, and tracts were sold. This made the meetings pay financially.

The most encouraging result of all, however, was the way our people took hold of the missionary plans, and began preparing for more efficient service. Many decided to follow Paul's injunction to Timothy, "Study to show thyself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth." In order to do this a large number in every church have taken up the Standard of Attainment studies.

Many of the young people also determined that they would read and study only the best books. Fifty-seven of the Reading Course sets were sold. Some decided to spend their entire time in selling our smaller books. Twenty-seven purchased the Home Worker's Prospectus, and as a result a large number of our smaller books were placed in the homes of their neighbors and friends. Others, as a result of these meetings are devoting their entire time to the service of God, and are now selling our larger books.

These meetings were not only of benefit to our own people, but many outside who attended, expressed their interest in this work. At one place a lady who never had been in an Adventist church before, purchased four of our large books. Many others also purchased books. In several places there were those who became so interested in the truth that they called for more meetings, and openings were made for Bible readings. One church raised \$60 for a church library.

These results are very gratifying, and we know that they are the answer to

earnest prayer. We give God all the glory, and trust that others will be inspired to take up active missionary work.

V. O. PUNCHES, *Home Miss. Sec.*
BESSIE E. ACTON, *Miss. Vol. Sec.*

Mt. Vernon Sanitarium Report

Dr. Virgil L. Fisher reports a very successful year during 1914 for the Mount Vernon Medical and Surgical Sanitarium, the patronage having been larger than in any former year in the history of the institution. During the entire year except for about three weeks, the rooms have all been occupied and many have gone out with renewed health and courage. In the fall it was considered necessary to enlarge the building and plans laid have been carried out which gives in the new annex just now ready for use an increase of one-fourth more rooms for patients and larger treatment rooms. New equipment has been purchased and will soon be installed which will assure of better service to all who enter for its care.

During the year God has been working, and through the influence of the Sabbath-school, prayer meetings, and morning and evening worship and the faithful devoted service of the helpers and our literature we see evidences that several will unite with us in the messages of truth.

We are pleased to welcome Miss Carrie Leach of Litchfield, Ohio as she has recently taken up the work with us acting as head nurse.

Miss Helen Daniels has recently undergone an operation at the sanitarium from which she is recovering nicely. Dr. Ruth Merritt Miller of Springfield, and Mrs. C. L. Daniels of Tiffin, Ohio who were here during the operation have recently returned.

It is the desire of the Sanitarium workers that our work be remembered in your prayers during this new year that the service rendered here shall save those who come to us directed by God's spirit.

Cincinnati

Sabbath, November 28, was a day of joy and blessing for the church here. At the morning service two were taken into the church on the profession of their faith in the doctrines held by Seventh-day Adventists.

The congregation then went to the Baptist church nearby to witness the baptism of a brother, who attended our Bible studies quite a while ago. He was reared a Catholic and had served on the police force in this city for seven years, but recently gave his heart to God.

December 25, the writer baptized Ar-

thur Wilson, a young man who attended a few readings at our home two years ago. He is a brother of Forest Wilson who attended Mount Vernon College last year.

After his baptism he was united in marriage to Miss Norma Jugling, who had accepted the truth when we first came to this city. We pray God's blessing to attend them as they go to their new home in Massachusetts.

Another week of prayer is in the past and we are thankful for the blessings the Lord bestowed upon us. Surely the Spirit of the Lord was present at all the meetings.

The quarterly meeting was well attended and enjoyed by all and a most encouraging state of harmony exists in this church and we are all of good courage and trust that many more souls will be brought into the truth. Pray for the work and workers in this great and needy city.

W. M. CAMPBELL.

Elgin

The week of prayer at this place has been a benefit to all that attended the meetings. The readings were timely. Victories were gained, and yet we are not satisfied with present attainments. We long for complete victory over every besetting sin.

The last Sabbath was a good day for us all, as nearly all the church went to Ohio City, at which place Elder H. A. Weaver is conducting a series of meetings. Already fruits can be seen of the earnest efforts he has put forth.

Dr. Teeters and wife of Van Wert, and a professor of music of Ohio City by the name of Mr. Lewis, also his wife, have taken their stand with the remnant people of God. Others are interested. We praise the Lord for these dear souls. We ask the readers of the VISITOR to remember Brother Weaver and the good work he is doing in your prayers.

D. C. VAN EMAN.

News Notes

There have been held since September 1, ten missionary conventions. Our churches have taken tracts and books to the amount of \$630.

The Colporteurs' Institute will open Wednesday evening, January 13. Brother W. W. Eastman, of Washington, D. C., will speak the first evening.

The church at Lake View appreciates very much the efforts of Miss Clara Reichenbach who has been canvassing and holding Bible readings among those who are interested. As a result of her efforts, there are several who are seriously considering accepting the truth.

Brother D. A. Reese, who has taken up the assistant field agency in our conference, is working with Brother C. E. Reichenbach in Shelby County.

The Eastern Question was presented to a well filled auditorium at the Ohio State Tubercular Sanatorium near Mount Vernon, Friday evening, January 1, by M. V. Eusey. The interest manifested by both doctors and patients was very gratifying.

Sunday afternoon January 3, the members of the Toledo church pleasantly surprised Sister Ella S. Welter. About sixty-five people gathered at her home on Magnolia street to express their love and appreciation for her faithful work in the church. Sister Welter left Monday January 4, for San Francisco where she will spend the winter.

Our canvassers' report is rather low in orders but when we look at the deliveries we can see that a large number of our books have been placed in the homes of the people at this time. Over one thousand dollars worth of our books were delivered to the people in one week. We should pray that as the people study these books in the next few months, they will be able to understand the times in which we are living.

Next week's issue will contain a more complete report of how Ohio has reached the twenty-cent average as a conference. Such a result is indeed gratifying, and it will prove an encouraging basis for even more aggressive plans the coming year. In view of urgent needs and open doors in many fields, are you not planning to accomplish more in speeding on the message during 1915?

As a result of the missionary conventions which have been held, many reports are coming in from our missionary societies showing that a large amount of work is being done. We hope to see good reports from all our churches, and hope that all those who have not yet sent in their report will do so as soon as possible. Indications are that we will have the largest report from the Home Missionary Department that we have had in the history of the conference.

The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces, and took the changes and chances of this mortal life like men, facing rough and smooth alike as it came.—*Charles Kingsley*.

EAST PENNSYLVANIA

H. M. J. Richards, President.
Lucy Page Emerson, Secretary and Treasurer.
Lucy Page Emerson, Tract Society Secretary.
C. V. Leach, Field Missionary Agent.
Mrs. Bertie C. Richards, Sabbath-school and Y. P. M. V. Secretary.
A. R. Bell, Religious Liberty Secretary.
Mrs. Bertie C. Richards, Educational Secretary.
Office Address, 4910 Arch Street, Philadelphia, Pa.

Philadelphia

During the past year the blessings of God which he sent to his people, have not passed by the members of the German church here. Although there was held last summer no German tent effort in this city, the Lord added through the faithful cooperation of the members seven dear souls to our number. The other items of missionary work done by the church show also signs of healthful activity, in which both young and old took part.

For the support and the advancement of the cause the contributions in tithe and offerings amounted to \$2,832, or an average per capita of \$47.20. In the tithe there was a gain of \$300 over last year, reaching the sum of \$1,260, or an average per capita of \$21. For foreign missions the sum of \$760 was raised, or \$136 above our quota on the twenty-cent-a-week basis; besides \$812 for home missions and local church work.

The tent effort in Lehighton, which deprived the church of its pastoral help for some months, was also blessed with a fruitage of souls, thirteen having been baptized and a Sabbath-school of sixteen organized.

We thank the Lord for his goodness and mercy and, realizing that there is much room for improvement, we ask him to make us more faithful and fruitful and that we might prove good stewards of greater blessings, the Lord is anxious to bestow upon his children.

O. F. SCHWEDRAT.

VIRGINIA

W. C. Moffett, President.
F. N. Johnson, Secretary and Treasurer.
F. N. Johnson, Tract Society Secretary.
W. H. George, Field Missionary Agent.
F. N. Johnson, Sabbath-school Secretary.
W. C. Moffett, Y. P. M. V. and Educational Secretary.
Office Address, 2705 West Main Street, Richmond, Va.

Perfect Peace

"Thou wilt keep him in perfect peace, whose mind is staid on thee; because he trusteth in thee." Isa. 26: 3.

There never was a time in the history of this world, when men needed peace, real peace, more than they do at the present time. As we look about us, we see that men are troubled as never before. It need hardly be said that almost the whole world has gone pleasure mad. Men seem to be looking for something to give them peace. But in seeking for peace, they have not turned to the true source.

As we look into the faces of men and women one cannot fail to feel a deep longing to lead them to Christ the giver of every good and perfect gift. Why? Because we can see in those faces, an expression that tells us that there is something lacking in their lives, that if they possessed would make them happy men and women, and that is the peace that passeth all understanding. But in order for us to help others see that it is to Christ that they must come before they can have that peace, we must first have the real Christian experience, and peace in our own lives.

But how are we to have it? Christ says. "Come unto me all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me: for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matt. 11: 28-30.

"Take my yoke upon you and learn of me." The yoke that we must take is what?—The commandments. As we obey God, his life will be seen to reflect in our own. Then it is that we learn of him and find rest unto our souls. Then it is that we have that peace that we have been longing for. Oh the joy and peace that comes to us when we make a full and complete surrender to Christ! It is not always so smooth in this life, but we do have that peace in our hearts when we know that God has forgiven our sins.

I remember when I first heard this precious truth. I did not want to accept it. I knew it was the truth. But my dear mother, and others prayed for me. I had no peace day or night until I made up my mind to keep all of God's commandments, but what peace flooded my soul when I made that resolution! I want to say dear readers that never before in all my life have I had such peace as since I embraced this precious truth. The road has not all been smooth by any means. There have been trials and temptations. But what joy to know that God for Christ's sake has forgiven my sins, and will help me to overcome in all things!

Sometimes we feel discouraged, and feel that life has been a failure, but then it is that beautiful verse in the fortieth Psalm comes to our mind. Perhaps David felt the same way when he said, "But I am poor and needy; yet the Lord thinketh upon me."

We are all poor and needy. But what joy to know that the Lord thinketh on us. Oh what love God has bestowed upon us poor weak human beings that we should be called the sons of God. And now that we realize this, should we not love him more? Should we not come to him with our whole heart, and make a full and complete, surrender? "And the Spirit and the bride say come. And let him that heareth say come. And whosoever will, let him take of the water of life freely." Rev. 22: 17.

C. E. OVERSTREET.

News Notes

The Lynchburg church are doing nobly on their church debt, having reduced the amount by \$235. This leaves the matter well in hand by the society.

The Portsmouth church is ahead thus far in sending in returns for the Harvest Ingathering work, having sent in nearly one hundred dollars for this fund alone.

The "Dime Band" of the Stanley church have raised about \$28 for missions in this way, which they send in with their church remittance. This is excellent.

Elder Moffett spent last Sabbath and Sunday with the church at New Market, and en route either way, is visiting several of the isolated members of the conference.

Mrs. E. Aplin of Richmond, is visiting her son and wife of Greenwood. Brother Aplin is having good attention of the people in his cottage meetings, and we are hopeful of results.

Miss Myrtle Robertson who has been working in Portsmouth was called to her home in Indiana this past week by the critical illness of her father. We trust that she will not long be detained from her work which now has an excellent interest.

Brother L. O. Gordon recently visited the company at Republican Grove, and from the effort put forth, three new ones have begun to keep the Sabbath, making a company of eight, and they have organized themselves into a Sabbath-school.

These are busy days at the office as we are taking inventory, and closing up the books for the month, as well as for the year, and if any notice delay in receiving reply from letters they will know why it is. We shall soon have the matter in hand, and be in shape to serve you

promptly as before. We have been very busy through the holiday season and there has been good sales.

Mr. and Mrs. W. B. Eckout left Richmond Sunday for their new home in southern California. They have been a great help both to the Portsmouth and Richmond societies, and will be much missed in the conference. Their goods have been sent on, and they have been visiting friends in Richmond for the past two weeks.

CHESAPEAKE

R. T. Baer, President.
W. T. Durst, Secretary and Treasurer.
Emma S. Newcomer, Tract Society Secretary.
F. E. Hankins, Field Missionary Agent
R. T. Baer, Religious Liberty Secretary.
Mrs. R. T. Baer, Sabbath-school Secretary.
Emma S. Newcomer, Y. P. M. V. Secretary
R. H. Martin, Educational Secretary.
H. N. Sisco, Medical Secretary.
R. T. Baer, Home Missionary Secretary.
Office Address, 1611 Ellamont Street, Baltimore, Md.

A Report

The year 1914 is in the past with all its opportunities whether they were made use of or not, and a record has been made either for good or evil, that time cannot efface. Souls have been constrained to give their lives to God and serve him henceforth, while others have past their only day of grace and entered into that state from which there is no hope of coming out.

We are glad to see the splendid work that has been done this year, and although all our reports are not in yet, we feel safe in giving you herewith a list of the churches that have raised their full quota of the twenty-cent-a-week fund.

Baltimore No. 3, Blythedale, Cambridge Church Hill, Dover, Frederick, Hagerstown, Whitleysburg, Wilmington No. 2.

Some other of our churches are nearly out but could not reach the goal. Among these are Baltimore German and Cheswold, Our tithe for the year has reached over \$12,000 and our Sabbath-schools have raised about \$3,400. Our Harvest Ingathering Campaign did not raise quite as much as last year as our people did not get started very early. However, we thank God for what has been accomplished and will press on to greater heights and successes.

W. T. DURST.

The office force returned from their vacations last week, and Mrs. Durst returned January 5.

The leaders of God's cause, as wise generals, are to lay plans for advance moves all along the line. In their planning they

are to give special study to the work that can be done by the laity for their friends and neighbors.

The work of our colporteurs was considerably interfered with during the Christmas holidays. One of them in writing of it, said, "This is a 'mass' that I wish would never come."

The meetings at Rock Hall continue with interest. Several have decided to obey. Elder R. T. Baer is in charge of the meetings and reports good congregations, notwithstanding the cold weather.

The church at Rock Hall has decided to put a baptistry in their church building. Means with which to take care of this expense has been raised and is in the hands of the treasurer. The new converts will be baptized as soon as the baptistry is finished.

One of our colporteurs, Brother T. H. Barritt, has been called to take the field agency in the New Jersey Conference. He leaves in one week for his new field of labor. We shall miss Brother Barritt, but our prayers will follow him. We wish him abundant success.

A number of our colporteurs were delivering last week and are much encouraged over their success. One reports that a number of the people said, "I am so glad you have come. I am anxious for that good book." He is handling "Bible Readings for the Home Circle," new edition.

Miss Lora L. Tarbell who has been teaching at Wilmington stopped over in Baltimore for a few days on her way to and from Rock Hall where she spent part of her vacation. She reports a good attendance at the church school in Wilmington, and also a good outside interest at the series of meetings being conducted by Elder R. H. Martin at that place.

Mrs. Eva L. Arkebauer, one of the sisters of the Baltimore church, and whose husband was lost at sea last spring, left January 5, for Graysville, Tennessee, with her two daughters, Myrtle and Hazel, they to enter the church school there, and Mrs. Arkebauer to take the normal work to prepare for teaching. She has been a faithful teacher in the kindergarten department of our Sabbath-school and will be greatly missed here.

The Review Extras Number 1 and Number 2 contain the full text of our message for this generation. Their contents cannot become out of date as long as time

lasts. The two should be circulated together. Extra Number 1 prepares the way for the second Extra. Each of these Extras can be had in any quantity at the rate of \$4.00 a thousand, or 50¢ a hundred.

SPECIAL

Importance of Reporting

In every phase and department of any great movement or undertaking, it is absolutely essential to ultimate and permanent success that more or less detailed information be preserved and furnished to the directors at headquarters. The above statement is broad enough to comprehend our great Missionary Campaign. There are a great many who say they do not believe in reporting. They quote, "Let not your right hand know what your left hand doeth," in support of their position. We plead for a truer interpretation of the text. If we are working with singleness of purpose, not with eye service as men pleasers, but doing the will of God from the heart, the right hand will know something about it. "Return to thine own house, and shew how great things God hath done unto thee. And he went his way, and published throughout the whole city how great things Jesus had done unto him. And it came to pass that, when Jesus was returned, the people gladly received him; for they were all waiting for him." Luke 8: 39, 40. The sentiment and attitude of a whole hog-raising community was changed consequent upon the report and life of this once demon-possessed soul. We rejoice in the report even at this late hour. We want you, dear laborer together with Christ, to go and do likewise.

From Genesis to Revelation the Bible is more or less a series of interesting reports. We see what great things God hath done, or purposes to do for men and through men. If we should take from the Bible everything in the nature of a report, everything showing what great things God has done for men, what would we have left? "And the Apostles, when they were returned, told him all that they had done." Luke 9: 10. We find about one-tenth returning to give God the glory. "Where are the nine?" We can glorify God by returning to report just as well as by doing the work. Our influence for good is easily doubled by reporting properly all work done. "And the seventy returned again with joy, saying, Lord, even the devils are subject unto us through thy name. And he said unto them, I beheld Satan as lightning fall from heaven. Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you. Notwithstanding in this rejoice not, that the spirits are

subject unto you; but rather rejoice, because your names are written in heaven." Luke 10: 17-20.

We wish that we might say something that would arouse all our dear people to do a perfect work, reporting included. You can not report if you do not work. We do not want you to work so as have something to report. We want you to work for precious souls, work patiently, wisely, considerably with the ten ministry of love, and then you can not help but report. You will report to his glory. You will have results. Your report will arouse others and inspire them to greater activity. We earnestly solicit your co-operation. F. W. PAAP.

Worthy of Commendation

The making of such frequent changes in the management of our medical institutions in recent years, and the resultant variation in the character of the service offered in them, have caused our brethren to feel some hesitation about urging their friends to visit our sanitariums. Less than a year ago it was my privilege to visit the Florida Sanitarium a few months after Dr. R. S. Ingersoll had become the superintendent, and I have just now spent a few days at this place after the present management has been in charge for more than a year. I wish to say to our brethren who have relatives and friends among Florida's winter tourists that you can unhesitatingly recommend to them the Florida Sanitarium, at Orlando, Florida, as a place for comfort, for health culture, and for competent medical services in case of emergency illness.

The grounds have been beautified, new glass-enclosed parlors have been furnished steam-heat to insure comfort in the cool mornings and evenings has been installed, the culinary service has been brought up to a high standard, and the general service is all that could be desired. A carefully supervised milk supply from the sanitarium's own dairy is an advantage scarcely obtainable elsewhere in Florida.

So far as relates to the climate and the beauty of the surrounding country with the opportunities for health-giving, outdoor life, nothing more could be asked for. The home-like spirit of the institution is of itself a power for good. Evening health lectures, religious services, and a liberal supply of our best literature are effectual means of teaching correct living and present truth to many whom we cannot reach in any other way.

While the rates of from fifteen to twenty-five dollars a week are low in comparison to other places offering no medical services, this institution offers professional services of the highest quality.

Let me urge upon our brethren the im-

portance of making all who contemplate a visit to Florida or who are now in Florida acquainted with our Florida Sanitarium, at Orlando, Florida. I know you will be pleased with the impressions made upon your friends that come under its influence.

G. T. HARDING, M. D.

Principles of Health Reform No. 6

SLEEP

"Nature's sweet restorer," better perhaps, "nature's sweet restoring time," for sleep does not really restore but gives the body an opportunity to restore itself. The need for sleep arises in this way: During the waking period a large amount of waste material collects within the tissues. This matter is poison. The nerve endings come in contact with it and they give rise to a sensation we call fatigue. The greater the amount of toxins the more intense becomes the fatigue. Before we are relieved from this burden of fatigue these waste matters must be eliminated through the lungs, the kidneys and the skin. This is being accomplished all the time as rapidly as the blood corpuscles can do it. But while more is being made it is impossible for the blood to clear away the debris of muscular activity. Hence the necessity for a period of quiet during which toxins are not made, in which to sweep away the chips and shavings of the day's work. During the waking hours elimination cannot progress rapidly enough to keep the machinery clear of the waste matter, hence the need of a period of inactivity in which the process of restoration may be completed. This period of restoration occurs in sleep.

The philosophy of sleep is simple. The brain is composed of several billion cells, each cell in contact with his neighbor by means of tiny branches. These branches have the power of contracting away from the branches of the neighboring cell, leaving each completely isolated. This is the condition in sleep. In troubled sleep with dreams the contact is not entirely broken and the result is a line of thought more or less broken occurring during the period when all the brain cells should be at rest. Complete restoration cannot occur during this kind of sleep, and the dreamer arises more or less tired and weary after several hours of troubled slumber.

"The sleep of the laboring man is sweet" declares the wise man "whether he eat little or much." This shows that both digestion and sleep are greatly assisted by physical labor. But in another place it says "Love not sleep lest thou come to poverty." Too much sleep is conducive to laziness and fails to accomplish what sleep is ordained to accomplish. The object of sleep is set forth by the New Test-

ament in recording the incident of the death of Lazarus. When Jesus said, "Our friend Lazarus sleepeth" they thought he meant that Lazarus was "taking rest in sleep." Sleep is the resting time, the restoring time, the time of mental and physical refreshing, the safety valve of nature for the human body.

J. D. MONTGOMERY.

Volunteers Needed

The daily reports of the great European war bring many thoughts to our minds in connection with the still greater war being waged between Christ and Satan. This war is reaching its great crisis, in the final struggle that takes place just before Christ comes back to this world. To meet this crisis, the Lord has sent forth a great cry all over the land for volunteers to enlist in active service for him. This call is made through this home missionary movement, for the interest that is being taken in it, and the attention that has been turned to it, in so many parts of the world, shows that the movement is inspired by the Holy Spirit.

The question is, "How many will respond to the Lord's call to service?" Many are doing so, and it is inspiring to read the good missionary reports in the union conference papers, but not all are yet working, and perhaps some who are working can do more.

There is one very important thing about this call to service, and that is that the Lord tests the love of his followers by the work they do for him. "Inasmuch as ye did it not to one of the least of these, ye did it not unto me." Matt. 25: 45. He said to this class, "Depart from me." Are we really followers of Christ? If we are, every call to service will be to us another opportunity to show more of our love to Jesus. We will welcome it as giving us another outlook for the warm love we have in our hearts. Just as Christ has poured out his love for us, so we will want to pour out our love for him. As we do this, it will come back to us in fresh evidences of the Saviour's love for us.

One plan to service is the plan to circulate an average for every member of two weekly *Signs of the Times* each week. The first eight weeks of the campaign brought in additional subscriptions to the number of 17,605, but while we are very thankful for this increase through the efforts of some loyal disciples, it does not seem a very great work for 71,000 believers. We feel sure that you can do much better than that, for of this number one sister alone sent in one hundred thirty-seven subscriptions.

Here is the situation: On one side is the Lord, looking longingly, yearningly, at the souls he died to save, who do not

Canvassers' Reports

Name	Place	Book	Days	Hrs	Ords	Value	Helps	Total	Del
Ohio, Week Ending January 1, 1915									
Fred Hannah, Ashland Co.		BR	5	35	3	12 00	3 75	15 75	
W. S. Syphers, Ross Co.		ES	9	54	6	18 00	9 25	27 25	15 50
Mrs. W. S. Syphers, Ross Co.		ES	4	30	3	9 00	4 50	13 50	
D. J. Royer, Teanga Co.		GC	3	21	5	16 00	1 50	17 50	
C. E. Reichenbach, Shelby Co.		GC	3	24	9	32 00	10 15	42 15	
H. A. Rossin, Coshocton Co.		Mag.	3	19			24 75	24 75	
Totals	7 Agents		27	183	26	\$87 00	\$53 90	\$140 90	\$15 50

District of Columbia, Week Ending January 1, 1915

Jessie Welsh	Misel.	\$4 00
Mrs. I. M. Hutchinson		2 95
W. A. Nelson		1 75
Hattie Purce		9 35
Mildred Stewart		2 50
W. F. Schmidt		5 50
6 Agents		122 41

MAGAZINES

Miss Peacock	5 00
Miss M. Sperry	2 50
Miss E. Sperry	1 00
Mrs. W. Howard	2 50
Mrs. John Aitken	90
M. M. Sterner	5 00
J. Kennedy	2 50
Louis Fisher	38 30
F. E. Wilson	85 00

East Pennsylvania, Week Ending January 1, 1915

W. B. Dunkinson, Tioga Co.	PPF	5	63	24	51 00	51 00	4 00
F. Nashburn, Phila.	PPF	4	11				4 00
S. H. Swingle, Carbondale	SP	2	10	4	6 00	6 00	7 00
W. C. Kohn, Carbondale	SP	2	10	2	3 00	3 00	10 50
E. S. Tolliver, Wilkes-Barre	BF	4	24	28	43 00	75	43 75
E. S. Tolliver, Wilkes-Barre		4	23	20	30 00	1 50	31 50
5 Agents					133 00	2 25	135 25
							25 50

Virginia, Week Ending January 1, 1915

M. A. Maloney, King William Co.	CK	3	21	9	15 50	12 25	27 75	3 35
Fred Meyer, Surry Co.	PPF		45					94 00
George W. Hendricks, Sussex Co.	PPF	9	68	26	53 00	5 25	58 25	
Raymond H. Young, Matthews Co.	GC	3	21	1	2 00	1 35	3 35	
4 Agents		15	155	35	\$70 50	\$18 85	\$89 35	\$97 35

MAGAZINES

Carl F. Parsons	Signs, Watchman	85	8 50
Frank S. Parsons	"	144	14 40
Lizzie Hegward	Signs Weekly	85	4 25
			27 15

West Virginia, Week Ending January 1, 1915

W. A. McElphatrick, Randolph Co.	BR	5	25	10	31 00	6 00	37 00	18 00
G. Earl Snyder, Cabell		4	32	3	10 00	1 50	11 50	
J. E. Meredith, Berea		5	30	172	57 00		57 00	
John McHenry, Wood Co.		4	27	20	30 00	6 50	36 50	
4 Agents		18	114	205	128 00	14 00	142 00	18 00

Chesapeake, Week Ending January 1, 1915

D. W. Percy, Talbot Co.	BF	24	7	21 00	19 00	40 00	
John J. Martin, Kent Co.	PPF	5	29	3	6 00	3 15	9 15
N. O. Shaffer, Anne Arundele Co.	CK	3	11				58 45
J. E. Jones, Sussex Co.	PPF	16	63	22	48 00	15 25	15 25
Alma Hohensee, Wilmington	Mag.				9 00		7 05
Totals	4 Agents	16	117	32	\$75 00	\$37 40	\$112 40
							\$65 50

West Pennsylvania, Week Ending January 1, 1915

A. Brownlee, Washington Co.	PPF	5	38	8	17 50	15 20	32 70	19 50
C. Dunham, Allegheny Co.	GC	5	29	10	31 00		31 00	18 50
D. J. Hoover, Fayette Co.	BR	2	12					18 00
J. A. Kimmel, Somerset Co.	BR	1	10					26 00
Ralph Morgan, Beaver Co.	BF	2	13	2	3 00	50	3 50	3 95
Harry E. Schaek, Allegheny Co.	PPF	8	71	31	63 00		63 00	
Total	6 Agents	24	173	51	\$114 50	\$15 70	\$130 20	\$85 95

Grand Totals: 36 Agents Value of Orders, \$608 00 Deliveries, \$307 80

know him. He has only one plan for reaching them, and that is through the work of those who know him. He is depending on them to do it, but they are so slow, and time goes so fast. On the other side are honest-hearted people, longing and praying for something, they know not what. They are unsatisfied, craving for that alone which will help them, the saving power of Christ.

Who will bring these together? Every Sabbath-keeper may have a part in doing this, and there is no better way than by circulating our literature. Just now special efforts are being made to build up the circulation of the *Signs* because it has proved again and again to be a very effective instrument for soul-saving. Are there not more who will take at least two copies of this paper each week? They cost only five cents a week, or \$1.20 for the two copies for six months, if ordered with the church club. They will sell readily, as they are full of the very things the people are interested in just now. Those who do not care to sell them can give them away, or mail them to friends and neighbours. The method of circulating them is not so important, as it is to get them into the hands of the people in some way, that the Holy Spirit may have channels through which to work.

E. M. GRAHAM.

A Mighty Awakening

Now that our annual campmeetings are past and we have had a little time to reflect and take a general survey of the field, we can but take a hopeful view of the situation. Yet there are on the horizon of our great commission, problems of the greatest magnitude. As we look at the greatness of the enterprise in which we are engaged, as we contemplate the exhaustless resources of our unseen heaven-

ly allies, and become more and more persuaded regarding the infinite, limitless, almighty power of our great leader, we must have increased faith. We must show an unflagging zeal and devotion to the great responsibilities assigned us.

"The gospel message is to ring through our churches, summoning them to universal action."

There is before the church, the dawn of a bright, glorious day, if she will put on the robe of Christ's righteousness, withdrawing from all allegiance to the world.—Vol. 8, p. 11, 12.

We have passed resolutions at our campmeetings; and that is right. We must now see to it that these are fully carried out. This is possible, but it means thorough organization—good leadership—and constant hard work. As we go forth to labor, accompanied by holy angels and possessed with divine power, we are bound to have good success. To every one who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results.—Vol. 7, p. 30.

The church of Christ is God's agency for the proclamation of truth: she is empowered by him to do a special work; and if she is loyal to God, obedient to his commandments, there will dwell within her the excellence of divine power. If she will honor the Lord God of Israel, there is no power that can stand against her.—Vol. 8, p. 11.

Just think of these wonderful statements, brethren. "We can do all things through Christ who strengtheneth us." "He will save to the uttermost." We certainly have reached the time in our work when we must put on the whole armor. We must go forth willing to do and dare for God. Set the churches to work. Not one-hundredth part has been done, or is being done by the members of the church, that God requires of them.

The very simplest modes of work are to be devised and set in operation among our churches. We must take hold wherever we see that there is work to be done. Whether you are rich or poor, great or humble, God calls you into active service for him. See *An Appeal*. God has given to every man his work. Those who have the spiritual oversight of the church should devise ways and means by which an opportunity may be given to every member of the church to act some part in God's work. Too often in the past this has not been done. Plans have not been clearly laid and fully carried out, whereby the talents of all might be employed in active service. There are but few who realize how much has been lost because of this.

There should be a well-organized plan for the employment of workers to go into all our churches, large and small, to instruct the members how to labor for the church, and also for unbelievers. Vol. 9, p. 117.

"Our churches need organizing into missionary bands, and instruction in practical methods of doing missionary work."

These are God's plans, and we must be careful not to substitute our own. The great awakening that is taking possession of God's people is one of the greatest causes for rejoicing. It means everything. "And then shall the end come." When? Not until we have done our duty. Let us hasten that glad day.

We want every member to become responsible for a definite territory. We want that you shall use the *Signs* weekly, the Berean library, tracts, etc., and while you labor, pray earnestly that God will bless your efforts. Do not fail to keep a record, and pass in a full and perfect report of all work done.

Let this prayer ascend from every heart,—“Oh! God send a revival, and let it begin in me.” He longs to do it. He wants to give life to the dry bones. He longs to see his people drinking from the sparkling streams of Lebanon. He wants that their joy shall be complete. Nothing is so well calculated to bring these blessed results as consecrated, untiring, disinterested labor for precious, perishing souls.

F. W. PAAP.

Was That Somebody You?

Somebody did a golden deed;
Somebody proved a friend in need;
Somebody sang a beautiful song;
Somebody smiled the whole day long;
Somebody thought “’tis sweet to live;”
Somebody said “I’m glad to give;”
Somebody fought a valiant fight;
Somebody lived to shield the right:

Was that somebody you?

COLUMBIA UNION VISITOR

OFFICIAL ORGAN OF THE

COLUMBIA UNION CONFERENCE

of the Seventh-day Adventists
ISSUED FIFTY TIMES A YEAR

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Mount Vernon, Ohio

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OLIVE KRUM-HAGMANN - EDITOR

Entered as second-class matter March 25,
1908, at the post-office at Mount Vernon, O.,
under the Act of Congress of March 3, 1879.Address all subscriptions and make all
money orders payable to your tract society.*The check mark here indicates that
your subscription has expired. Kindly
renew at once.*

Academy

Mr. John Holder visited at the Academy
a few days last week. He will canvass
near his home in Seville, Ohio.A number of the students spent their
vacations at their homes. They have re-
turned and have resumed their school
work with renewed interest.Mr. and Mrs. C. A. Shryock of Bur-
bank, Ohio have moved to Mount Vernon,
and B. D. Shryock has taken up work at
the Academy.The officers chosen for Young People's
Society are as follows:—Leader, Edward Lindsey, assistant, G.
M. Scott; secretary Rose Biederman, as-
sistant, Helen Morris; organist, Grace
Kelsey, assistant, Mrs. Rulkoetter; choris-
ter, Andrew Schuster.Irva Isabel arrived in Mt. Vernon
January 4, 1915.Mr. and Mrs. A. I. Baker gave her a
warm welcome into their home, and have
promised her its comforts and blessings,
and an education along all lines of the
message free, because she is their own
little girl, you see.The officers for the students Sabbath-
school for the ensuing term are; Superin-
tendent, Professor Kelly, assistants, Miss
Greunke, Mr. Spencer and Mr. Lindsey;
secretary, Mrs. Stipeck, assistant, Mr.
Kmerim; organist, Oscar Spohn, assistant,
Miss Sheridan; chorister, Mr. Scott.Mr. Earl Woodworth of Findlay, Ohio
has entered school.Mr D. A. Reese, who has been canvass-
ing in Pennsylvania, was a caller at the
Academy for a few days.Mount Vernon Academy Annual
Board MeetingNotice is hereby given of the regular
annual meeting of the board of Mount
Vernon Academy, for the purpose of
electing the faculty and planning policies
for the school for the ensuing year,
February 15-20, 1915.B. G. WILKINSON, *President.*E. G. SALISBURY, *Secretary.*

OBITUARIES

MASSEY—Mrs. Maud Massey died
December 27, 1914 at the home of her par-
ents Ruben A. Midkiff and Isabelle Midkiff
of Clarksburg, West Virginia.Sister Massey for the last five months has
been an acute sufferer from kidney trouble,
but at the end seemed to be resigned, and
fell asleep under the blessed hope of the
Third Angel's Message. She accepted pres-
ent truth a number of years ago, first be-
longing to the church of Kanawha, West
Virginia, and later uniting with the church
of Clarksburg, where she remained a mem-
ber until death called her. Words of com-
fort were spoken by the writer from 2 Timo-
thy 4:6-8, after which she was laid to rest
in the cemetery at O'Neil, there to await the
summons of the Life-giver, when his voice
shall penetrate the silence of the tomb, and
call forth the sleeping dead.She is survived by two sons C. H. Hal-
bert and R. D. Halbert by her first husband
H. G. Halbert. Also her parents, five bro-
thers and one sister who do not sorrow as
others, but are looking forward to the ful-
fillment of that "blessed hope, and the glori-
ous appearing of the great God and our
Saviour Jesus Christ," when if faithful all
shall be united once more.

T. W. THIRLWELL.

Dangers in Education

The dangers in education are more
dangerous than the dangers to natural
life. The one puts the soul in peril, the
other only the body. Spiritual dangers
are far more serious than physical. The
president of a Presbyterian college in
North Carolina declares that the educa-
tion now given in the secular schools is a
menace to the moral and spiritual inter-
ests of the young. In the magazine
Christian Education for January he de-
scribes the still greater exposure of our
boys and girls when they enter higher in-stitutions away from home. The Chris-
tian college is the city of refuge for our
children. If you want to keep in touch
with the safe side of education in the
school and in the home, invest one dollar
a year or ten cents a month in the Seventh-
day Adventist magazine *Christian Educa-*
tion, published at our denominational
headquarters in Washington.

Our Message Song

We are glad to be able to announce to
our people everywhere that we have a
limited supply of the song "The Breaking
of the Day," with an additional stanza
added, on hand now. We can highly
recommend this song, and it certainly is
stirring.Price, 10 copies for 25 cents. Send all
orders to F. W. Paap, Gen. Conference
office, Takoma Park, Washington, D. C.WANTED.—Seventh-day Adventist man
for farm work.

Address, T. C. Schaefer, Oley, Pa. R. 4.

WANTED—Good woman for general house
work. Sabbath and church privileges.
Elder's reference.—Mrs. I. Sturtevant,
1817 Delaware Avenue, Wilmington, Del.FOR SALE.—A beautiful building site of
about one acre adjoining the Washington
College campus. Electric light, city
water and sewerage available.Address C. C. Lewis, Takoma Park,
D. C.HYGIENIC VEGETABLE COOKING OIL.—
Fresh from the factory to your home.
Not a compound. No more healthful
shortening or salad dressing known.
F. O. B. Louisville, Ky., 5-gal can, \$3.90;
two 5-gal. cans, \$7.80; 32-gal. bbl., \$21.44.
Address Dr. O. C. Godsmark, Chattan-
ooga, Tenn.FOR SALE.—Bakery, Confectionary and
Ice Cream Parlor, in Takoma Park. Ev-
erything in good condition. A good opening
for a Seventh-day Adventist baker. The
business is enjoying the patronage of our
institutions and people. Good reasons
for selling. Address Takoma Park Bakery
269 Carroll Ave., Takoma Park, D. C.FRESH FROM REFINERY.—Wesson
(Snowdrift) Oil, five-gallon can, \$3.85.
Large Ripe Olives, \$1.15 gallon. F. O. B.
Indianapolis. Enclose two-cent stamp
for Mrs. Rorer's Cook Book for using veg-
etable shortenings. Indianapolis-South-
ern Pure Food Co., 25 West Washington,
Street, Indianapolis, Indiana.