

Columbia Union

Visitor



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

Vol. 20

Mount Vernon, Ohio, October 14, 1915

No. 40

U N I O N

A Visit To Newark, N. J.

By invitation of the pastor of the Newark Church, Elder J. C. Miller, I spent Sabbath, October 2, in the city of Newark.

The Lord greatly blessed in the two services we held; Sabbath morning with our English brethren and Sabbath afternoon with the Slavic-Bohemian church. I found Brother Miller actively engaged in work, building up the church and a good spirit in the congregation. Though it was a very rainy and raw day, with only about half the church out, yet the Lord greatly blessed our meeting. It was only another evidence of how God is stirring the hearts of the people.

In the morning at 11:00 o'clock the Lord witnessed to the word preached. We had a short revival meeting in which two people were there who had not fully accepted the truth but who arose for prayers that God would help them to come fully into the truth. Backsliders asked for the blessing of God and the whole church moved forward in a more definite consecration. After the revival service a call was made for offerings for the Twenty-cent-a-week Fund. We found that the church up to date was behind something like \$460.00. The offering of the morning netted something above \$400.00; we did not know exactly as the returns were not yet in, but we think there will be a sufficiency to cover the deficit of the church. This was a very good offering considering that only half the membership of the church, which is one hundred eleven, were out.

After this we entered into the proposition of the Harvest Ingathering campaign. As it was set before the church that we must not gauge our present efforts by what we have been accustomed to doing but that we must now do greater

things because the world is entering into a greater period, the brethren freely responded. Brother Barritt, the field agent of the conference, who was their to participate in the call, took down the names and amounts of papers ordered. One sister who had previously ordered 500 renewed her order: other orders came in for 300, 200 and 100, so that the sum total for the little company amounted to an order of something like 1425 papers. The brethren all felt glad to take big orders in order both to do good missionary work from house to house and because in the offerings to foreign missions each one had put his individual goal high, looking forward to the Harvest Ingathering and for the blessing of God to make good his offering.

In the afternoon we went to the Slavic-Bohemian church. Here we found Brother Matula doing good work. We had a blessed meeting with the church in the afternoon. They felt especially glad for this visit as they said it was something like eight years since they had a visit from a general man.

Thus we see everywhere that the Lord is mightily moving upon his people to rise to the grand occasion and era into which the world has entered.

B. G. WILKINSON.

OHIO

The Great Protestant Convention Held in Dayton.

Doubtless many of our people are not aware that a great national Protestant Convention was recently held in the city of Dayton. This convention was attended by men of distinction from all parts of the United States. It was a confederation of the different organizations and bodies who are in opposition to Catholicism. There was some sprinkling of the Socialist people, and such orders as the "Rail Split-

ter" and the "Menace" were prominently represented.

Dayton is a strong Catholic city, and it seemed significant that such a convention should be held there. Six months previous to this meeting, arrangements were all made for the delegates to have the use of a very large and popular hall in the city. Just before the convention, the officers were notified that the hall could not be used for that purpose. On coming to Dayton, they found great difficulty in finding any place of meeting, as the managers of the various halls informed them that they had been instructed not to admit them. Though this convention was of a national character and attended by men from all parts of the country, no more notice was given of it in the newspapers than would be given the most ordinary event that could occur. In fact, I think but one paper gave a slight mention of it. At the same time, the Dayton papers gave prominent space on their front pages to Catholic meetings that were being held in the city. The large hall from which the convention was excluded was used during a portion of the time of this convention for a large Catholic meeting, and this was prominently announced through the press.

This goes to show to what extent and by what methods the Catholic church is able to handle the situation and have the willing or coerced cooperation of the citizenry whether they are Catholic or not.

I want to speak more particularly of the spirit manifested in this convention. They were not very well organized, nor can we expect them to be in employing methods they do in this movement. We must appreciate true Protestantism wherever it is manifested, and we cannot ignore the fact that a mighty protest is heeded and should be held throughout the land. In this meeting which was attended by Dr. P. T. Magan, of Nashville, Tennessee, and during a part of the time by Elder J. J. Marietta and myself, we

could see but little of the spirit of true Protestantism. In nearly all of the speeches made, there was a most marked manifestation of intolerance. They were of a most inflammatory and belligerent nature. Any reference to the Catholic church or any phase of their work was made in most unbecoming language for anyone to use, much less Christian people and those presuming to protest against that which is claimed to be a false religion. All of the rancor and harshness that comes of hatred born of religious frenzy was manifested by some of the speakers, and in it all they were lustily cheered.

There was represented one organization in opposition to Catholicism advocating military training and the arming of their forces in order to make a stand against the Knights of Columbus. One speaker advised his brethren to provide themselves with good guns in order to properly meet their opponents. After he had spoken with great intensity and earnestness, advocating a belligerent attitude and use of the boycott, he paused and said: "I do not want you brethren to think I am for war. I am not for war, but for peace. I am a member of a prominent peace league." It appeared that he and his associates in this convention were all for peace, though they had to fight for it.

While we appreciate the fact that these men are permitted to see in this great system which they are opposing so much that is undesirable and that awakens this attitude on their part, we certainly cannot approve of their methods. It is not a battle of man with man. Our warfare is not with flesh and blood. Opposing forces with which we have to contend in this great system involves more than human wisdom and human strength. There is that to be contended with that will call for better and more effective methods than the boycott and use of arms. Our protests against Catholicism will be wholly ineffective excepting through the power and wisdom that God is willing to give to those who stand loyally for right. It goes to show that we in our work must stand for the principles of Protestantism even though we are required to stand alone, and it strongly emphasizes the fact that we have a definite and specific work which cannot be well accomplished by uniting with such forces.

Providentially the way opened for Dr. Magan to give a splendid address in which principles were presented that could be appreciated by some. A good number of copies of "The Vatican and the War" were sold.

This convention revealed this added fact, that there is before us a time of trouble, that there is pent up in the hearts of men now that which will lead to an awful breaking forth in the near future. Perilous times are coming because men

are lovers of themselves. The Lord's people should desire above all things to be standing upon those noble, everlasting principles of truth that shall outshine that by which the masses will be prompted in their opposition to Catholicism.

It was evident in this meeting that though these men were so deadly opposed to the Catholic system, there was no kind of opposition against the great Catholic institution, Sunday; and that they would be quite willing to have laws enacted to enforce its observance, although it is so inseparably connected with and had its origin in the Catholic system.

E. K. SLADE.

What Means This Great Reform

The question is often raised that if the liquor traffic is responsible for the large percentage of evil with which it is credited, and times are to get worse, how is it that so many states and countries are sweeping it away. Some cannot harmonize this reform in the light of the prophecies which indicate that just before the end, sin and wickedness will increase.

Our God is a God of love. He has done everything possible to save the human family. His mercies are shown continually. He does not desire that any shall perish. Men and women whose brains are muddled with alcohol cannot discern the great truths of the Bible, and so in His mercy He has permitted this great temperance wave to sweep over the earth. Through this means thousands are saved from this evil, their minds cleared to a certain extent, and thus as the last call of God reaches them they are in a much better condition to decide intelligently what their eternal destiny shall be.

This condition should be a very definite call to every loyal child of God into active service at this time. This is the "day of God's power" when he says his people shall be willing to engage in this great temperance campaign which is preparing men and women to receive the truth of God. A few more days and great opportunities will be in the past. Men and women are now willing to read literature concerning this question. They want reliable facts and information concerning the liquor traffic. These are to be found in our splendid tracts and *Temperance Instructor*. What are you doing to give them these facts? They may be lost because of your laxity at this time, and what excuse will you render when called to account? We all want to live in that text referred to but only those who are willing belong there, and these will be willing to take hold of every opportunity that presents itself, so that they may save souls before probation closes.

This temperance campaign is a soul

saving campaign, so let every man, woman, and child who loves the Lord join the willing band in this day of God's power and work for the elimination of the liquor traffic in Ohio, November 2.

L. M. GREGG.

Married

Sunday, September 19, at the home of the bride's parents, at Springfield, O., Mr. James N. Smith and Miss Margaret B. Miller were united in marriage.

Mr. Smith is a member of the Mt. Vernon College nurses training class of 1914. The bride is a graduate of the Springfield high school.

Immediately after the ceremony they departed for Cincinnati. After a short visit they journeyed to Leesburg where friends and relatives gave them a hearty reception and where they will be at home.

J. J. MARIETTA.

Mrs. W. M. Campbell addressed the students at the Cincinnati Medical College last Thursday afternoon. The doctors have requested her to give another address later.

CHESAPEAKE

News Notes

Elder M. C. Kirkendall and Brother F. E. Hankins spent Sabbath with the church at Fords Store.

We are very sorry to be compelled to record a very sad accident at that place on Friday evening. Brother Emil Messinger, the church school teacher went into the basement of the church to adjust the generator for their lighting system. He carried with him a lighted lamp. In some way gasoline had escaped into the basement, and the gas from this ignited. There was a terrible explosion, and Brother Messinger was badly burned about the head and face. His hands also were badly burned. His life was despaired of for a time, but it is now expected unless something unforeseen should occur, that he will recover. He was taken to the hospital at Easton, Md., and every thing is being done there that can be done for him. The latest report, Tuesday, is that he is improving. We ask our brethren and sisters to pray that he may be healed. This cause needs young men like Brother Messinger. He was getting along nicely with his school work, and the brethren and sisters there are very sorry to lose him from the work, even for a time.

Elder G. P. Rodgers baptized thirty souls Sunday evening, October 3, as a re-

sult of the tent effort held by him and Elder F. H. Seeney this summer. The meetings are continued several evenings in the week, with large attendances, and among those in attendance are some of the best colored people in the city.

Elder Seeney has returned to Wilmington to carry on the work in that place this winter.

Elder F. M. Fairchild reports several souls keeping the Sabbath in Cumberland, and a number almost ready for baptism.

Mrs. M. S. Pettibone is unable to return to her work in Frederick just now, as she had hoped to do; owing to the illness of her mother who is suffering from typhoid fever. Brother Pettibone is also in Rock Hall, so we miss his reports from our colporteur's summary. We hope Sister Coleman will soon recover. Let us pray to that end.

If you have not yet sent in your Sabbath school or Young People's report, please do so at once.

We would also remind the church clerk's that we would like to have their reports. All have not yet reported. Remember, please, it helps conference officers greatly for the church officials to be prompt.

Do not forget the Harvest Ingathering campaign. Those who have reported any of their work to the office have been having fair success.

VIRGINIA

Financial Statement

We are presenting in this issue, a report of receipts for eight months of the present year, and the items are well worth study. The days are so full now, and intensity is felt in every line of activity so that it is necessary to stop and get our bearings.

All the churches were not heard from when we were obliged to close our books for August, so some churches are not credited with August tithe or mission money. It is always best to get your report for your church made out and sent in as soon as possible after the last Sabbath in the month. We make it a rule to wait till the fifth of each month before closing so if you send in promptly, each church should be represented and credited each month.

The "Goal" column shows us the possibilities of what twenty cents given to missions every week by each member of

Virginia Financial Report, First Eight Months

Church	Membership	August Tithe	Tithe 8 Months	Twenty-cent-a-week Fund	Goal 8 Months	Per-capita
New Market.....	40	25 93	366 17	197 96	277 28	.141
Newport News No. 1....	20	33 00	662 93	97 95	138 64	.139
Portsmouth No. 1.....	29		285 95	132 88	201 04	.13
Lynchburg.....	38	26 07	728 93	171 42	263 44	.128
Conference.....	16	52 57	78 82	67 73	110 86	.12
Bethel.....	17	12 50	62 66	67 25	117 84	.113
Danville.....	5	5 95	44 72	17 53	34 64	.10
Richmond No. 2.....	23	22 14	143 26	79 11	159 44	.098
Richmond No. 1.....	94	40 40	1579 41	243 42	651 74	.074
Newport News No. 2....	20	7 14	77 62	43 67	138 64	.062
Yale.....	50	2 48	288 85	109 15	346 64	.062
Roanoke.....	14	10 30	93 83	28 96	97 04	.058
Portsmouth No. 2.....	26	24 69	237 44	52 04	180 24	.056
Norfolk.....	26	25 00	143 89	37 04	180 24	.04
Guinea Mills.....	19	22 56	47 30	24 26	131 68	.036
Stanley.....	81		175 52	83 55	561 60	.029
Mt. Williams.....	8		26 00	6 10	55 44	.022
Spencer.....	13	2 45	10 55	9 46	90 08	.02
News Ferry.....	13		19 03	8 69	90 08	.019
Thelma.....	12	2 80	24 20	7 77	83 20	.018
Buena Vista.....	4			1 85	27 68	.013
Rileyville.....	13			5 21	90 08	.011
Hamburg.....	2		35 00		13 84	
Oak Ridge.....			5 51	19 99		
Individuals.....		3 49	75 68	123 08		
Total	583	\$319 47	\$5213 27	\$1636 07	\$4041 40	.08

our conference will accomplish. While we may look at what we have done with possible misgivings, yet withal, we should take courage for on September first of 1914 we had sent in but \$1264.16, but on the same date of this year we have done nearly \$375.00 better as the report will show. This is good. Also our tithe for eight months last year was \$3871.08, while for the same period this year it is \$5213.17, a good healthy increase.

We are now entering upon our annual Harvest Ingathering seasons, and it is an excellent opportunity to make up on our mission shortage. Orders to date for the Harvest papers for Virginia amount to 3551. Last year our conference used in all 8632, so there must be many yet who have not ordered. What a great laudable work, its results so far reaching. We have a good supply of papers here at the office for small orders, but large orders will take a little longer to obtain.

May the Lord help us as we work together.

F. N. JOHNSON.

News Notes

Our conference is enjoying the labors of Dr. D. H. Kress who has lately come to this Union from the Atlantic Union, and in company with Elder Moffett they are holding meetings at Doswell, Richmond, Petersburg, Portsmouth, Newport News and Norfolk. The western portion of the conference will be remembered later on,

but Dr. Kress can only remain a short time now, being called to Ohio for a temperance campaign which is now on.

Orders are coming in nicely for the Harvest Ingathering *Signs*, and the outlook is excellent for a good work when the campaign is on. Brother Jacob Meyer of Raynor is the first to send in on this year's work with the papers.

Chas. Aplin who has been at work in Greenwood through the summer has moved his home to Afton. They are planning to spend some time with their parents in Richmond.

The new company at Charlottesville have organized themselves into a Sabbath school, and their attendance last Sabbath was twenty-two adults and fifteen children. The interest is excellent and it is good to see the new ones taking pleasure in obeying all the commandments of the Lord. Their Sabbath school donations for this short time have gone over \$13.00.

Elder W. E. Bidwell visited the Russian church at Yale, where the the missionary spirit is quite active. After the services Sabbath, six precious souls followed their Lord in the sacred rite of baptism. Elder Bidwell returned to his interest at Doswell Monday.

NEW JERSEY

News Notes

The Jersey City No. 1 church members are rejoicing in the fact that on Monday, October 4, the ground will be broken preparatory to the building of a new church. There have been many hindrances in getting this work started this summer; but by the help of the Lord they have at length been overcome, and now it is expected that the work will move forward rapidly.

The Jersey City No. 1. Missionary Volunteer society met at Sister H. F. Taylor's home on Friday evening, Oct. 1, and though it was a very rainy evening the attendance was excellent. These young people have bought both the senior and junior reading course books, and plan to take up the Standard of Attainment; they also expect to go out with the Harvest Ingathering. All seem interested in the business of their King, as all Missionary Volunteers should be.

Brother J. H. Adams and little son Irwin called at the office on Sunday last; and on Friday, October 1, we had a call from another of the Burlington friends; Brother C. E. Gulick. They report that the new church is coming on nicely, for which we are very glad indeed.

Word comes from the college at Washington from time to time, telling us of the school, and the young people who went from New Jersey a few weeks ago. All seem happy and enjoying their work.

Brother George Lloyd made a short visit at the office this week; we are always glad to see our colporteurs who are out in the thick of the battle, and to hear how things are going on the "firing line."

The state Sabbath-school secretary made a visit to Jersey City last Sabbath in the interests of the Sabbath school and young people's work. Both of the English Sabbath schools were visited. It is reported that both schools are expecting to adopt a definite financial goal for the coming quarter; one of the surest ways to increase the offerings to missions. There were other commendable features in both schools, also. Some are memorizing the Sabbath school lessons from week to week; the teachers in both schools use the *Worker* and each is anxious to make the Sabbath school all that it should be.

Brother Wilmuth and family, recently of Jersey City, have moved to South Lancaster, Mass. The children will attend the academy.

WEST VIRGINIA

West Virginia Conference Report

1. *Resolved*, That we express our appreciation to our heavenly Father for his manifest blessings in giving success to every department of his work in this conference and for this splendid camp-meeting, and that we consecrate all that we have and are to him for a speedy finishing of the work.

2. *Whereas*, The hand of death has removed from our conference a faithful and efficient laborer, Elder W. J. Tanner,

Resolved, That we bow our heads in humble submission to an all wise and loving providence, and that by His grace we will hasten forward the work which our brother laid down.

Resolved further, That we express to his family our deep sympathy in their bereavement, and that a copy of this resolution be given to Sister Tanner and her children.

3. *Whereas*, The North American Division Conference is entering upon a campaign for placing our church paper, the *Review and Herald*, into every Sabbath-keeping family in America, therefore;

Resolved, That we co-operate in this movement by a vigorous campaign throughout West Virginia, and that this work be begun on this camp-ground.

4. *Whereas*, The speedy finishing of this work depends, under God, upon each member doing his part, therefore;

Resolved, That the work of educating and training the members of our churches for service be continued until every member shall have some part in the work, and that special emphasis be given to the circulation of our message filled literature, particularly tracts, missionary periodicals and magazines and home worker books.

5. *Whereas*, It is largely through the instrumentality of the printed page that this message is to be given to the world, therefore;

Resolved, That we ask the officers of this conference to continue their efforts in securing and training efficient colporteurs until there shall be at least one in every county of the state.

Resolved further, That in placing tent companies in the field consideration be given to the places where our literature has been circulated.

6. *We recommend*, That the West Virginia Conference favorably consider the recommendation of the fall council of the North American Division Conference relative to operating the conference office by reducing the operating expense to a minimum, and that this be brought about

at an early date.

7. *Resolved*, That the officers of our churches and missionary department be requested to subscribe for and read the *Church Officers Gazette*, and that the programs published for Missionary Volunteer and church Missionary meetings be carried out by these societies as far as practical.

8. *Whereas*, The message is going with such power and rapidity in the mission fields and in view of the fact that the message is fast closing; and whereas, this conference more than raised its twenty cents last year,

We recommend, That a very strong effort be made by all our people to raise twenty cents a week for 1915.

Resolved further, That we endeavor to raise at least \$5.00 per member with the Harvest Ingathering and that each conference worker devote at least one week to this work.

9. *Whereas*, There is a great dearth of laborers to carry the message and whereas Christian education is necessary to the salvation of our children;

We recommend, That a strong effort be made by all, in council with the conference committee, to establish church schools wherever there are six or more children of school age.

Resolved, That we encourage our young people, who are far enough advanced for high school work, to attend one of our denominational schools.

10. Believing that civil and religious freedom can only be guaranteed as long as their exists an absolute separation of Church and State, and that Sunday laws abridge the free exercise of religion; therefore,

Resolved, That we continue to protest against the enactment of laws by civil government for the compulsory observance of Sunday, or any other religious enactment.

Resolved, That we continue to protest against the enactment of laws by Congress and State Legislatures for the abridgment of free speech, a free press, and freedom of the mails beyond existing statutes.

Whereas, The *Liberty Magazine* has done effective work among State Legislatures, executive officers, and judges of state courts, in molding sentiment against religious legislation and the enforcement of Sunday laws; therefore,

Resolved, That our conference continue to supply the *Liberty Magazine* to the members of the State Legislature, the governor and his cabinet, and the state supreme and circuit court judges, and that the necessary expense involved in this item be taken out of the annual collection for local religious liberty work.

Resolved, That we put forth an effort at our camp-meeting to get our people to

subscribe for the *Liberty Magazine* at the club rate of twenty-five cents per yearly subscription.

11. *Whereas*, "The advocates of temperance fail to do their whole duty unless they exert their influence, by precept and example, by voice and pen and vote, in behalf of prohibition and total abstinence;" therefore,

Resolved, That this question receive due attention at our camp-meeting and and that our people everywhere prepare for united and effective action whenever the question of the prohibition of the liquor traffic shall be submitted to a vote of the people in the respective communities where they reside, and that our people be encouraged to circulate our splendid temperance literature on this subject.

Resolved, That we place ourselves on record as favoring the national prohibition of the liquor traffic as the most effective measure for the elimination of this national curse.

(continued)

Parkersburg

Another year has passed rapidly by and we are again facing the problems of the school year. We have a very interesting school here at Parkersburg of fifteen pupils and more will join us.

The school room was not large enough to accommodate the students, so the school board have erected a modern equipped room which will be pressed into service this week.

The church school is certainly an important feature in our educational work. It is ordained by God to raise the standard of truth wherever established. These schools are the true foundation of higher education, and from their ranks will come the children to herald the message when men and women are no longer permitted to work.

Our children are the most precious gifts which God has intrusted to us. How sad to think of their being enlisted in the schools of the world where fiction, false science, and higher criticism take the place of God's Word and the evil forces are at work instead of the influence of heavenly intelligencies.

When we realize that the boys and girls of today will be the leaders of tomorrow, we shall arise and organize church schools, they may build characters that will influence the world on the side of Christ.

MARIE SNIDER.

"Our time is precious. We have but few days of probation in which to make ready for the future immortal life. We have no time to spend in haphazard movements. We should fear to skim the surface of the Word of God."

WEST PENNSYLVANIA

Erie

On July 2, I went to Corry to spend a few days with the church there and to hold the quarterly service. We held one meeting at Corry and the following meetings were held in Brother Bemis' home, seven miles from Corry, where a good interest is awakened. While there we held a baptismal service. Two persons were baptised and five were added to the church.

Our tent was to be pitched at Albion, but after finding four nice lots, not one of them could be rented for tent purposes, so as there was no opening there at the time, we pitched the tent in Erie, on the west side, where we had a fine class of people in attendance. When we think of fifteen days of rain in July and twenty in August, and a large flood that caused the death of thirty-six persons, twenty-eight found and eight still missing and a great loss of property we can praise God for his guiding hand and protecting care.

To save our tent, we were laboring into the night, while at the same time our own home cellar was filling with water. The flood stream was so fierce that my wife and I could not reach home that night, but had to remain on the west side until the next day. All water and gas was cut off for a few days so the city people had to build cooking places in the yards, like Indians. The meetings at the tent were hindered two nights because of the flood, but the people came even on the rainy nights, and amid all these conditions, and forty-thousand Catholics in the city. We can say that God has caused the truth to spring up in the hearts of many. We have at least six persons keeping the Sabbath and thirty-four names of interested persons who must be labored with by visiting and Bible work. During the tent effort, we had Brother Glunt as tent master, and no other assistance. We also had the responsibility of a city church, to keep up the tithes and donations, and raise \$243.48 needed on church interest and note, which was accomplished. We are praising God for his good hand of mercy and his love that is being manifested toward us. We thank you for your prayers in our behalf.

W. F. SCHWARTZ.

Pittsburgh's Colored Church Advances.

We are glad to tell our brethren who are interested in our work here of our progress as well as of our needs. The contract on our church building has been let. Foundations are going in, the frame will soon be completed, preparatory to our

putting up brick walls, which will begin Monday, October 11. Now as all cannot actually work on the building, we ask you to do what you can do, that is those who read these lines can help us to provide the bricks, lime, cement, and sand that we will use exclusive of the contractor's side of the job. We need about \$250 for the material. We have less than \$50 of this on hand. Do you ask how we expect to provide for this money, and also meet our contractor's payments, as the work progresses? We are depending first on the pledges made by the churches I visited recently; secondly on what the loyal members here are doing; and thirdly, on what generous readers of these reports of mine will do.

The contractor's side of this job costs \$2820.00, and as he has agreed to finish the building by December 2, you can see that we face a problem. Will not the church elders and treasurers of the churches I visited, put this matter squarely before the members, and see that they support us by promptly paying in their pledges on time? Brethren, you will remember you promised us your co-operation. And anyone desiring to help from among these churches I could not visit will know that the conference treasurer, or the writer is willing to receive your donation and have it credited to your church, but it is desirable that you send it through your local treasurer, unless you prefer to do otherwise.

We are working hard to get a place to shelter from winter's cold. Help us all you can.

A. N. DURRANT.

Special

Proper Diet and Food Combinations

The art of planning and combining foods is one of no small importance to the housewife or cook. The very best foods may be served in such combinations as to bring distress to the digestive organs, and produce weakness instead of strength.

Because human beings differ so much and their needs are so varied, it is impossible to lay down any set of rules or prescribe a diet for all alike. But there are general principles by which every one may be guided in matter of diet, and which if heeded, can accomplish more for the individual or family, in maintaining a healthy condition of the body, than all the doctors' prescriptions. It is therefore important to have a working knowledge of the principles which guide and direct in making out a balanced menu.

In the first place there should not be a great variety at one meal, a very common mistake, and one that is committed with none but the very best intentions, is

that of loading the table down with every possible variety of food, as a result over-eating is encouraged bringing distress and feebleness in its train. Over-taxation of the digestive organs is a bad form of dissipation, and is said to be the cause of more disease, directly or indirectly, than is caused by all kinds of alcoholic dissipation combined.

While the cook cannot be held responsible for the fault of individuals in these matters, yet it is within her power to plan the meal in such a manner as to encourage right habits; and being guided by sound principles, she can make the work educational in character.

In combining foods it is not well to eat fruit and vegetables at the same meal, they are retained in the stomach for a long period of time and fermentation is set up as a result causing a formation of vinegar and alcohol.

Acid fruits and course vegetables is an especially bad combination. Many people, who think a certain food does not agree with them, often learn that the trouble is not with the food, but the combination in which it has been taken.

Grains, fruits and nuts are a good combination; also grains or cereals, vegetables and nuts. It might be well to say that while grains and fruits are a good combination, it should be remembered that to pour acid fruits over rice, bread or any starchy food to soften it, not only hinders the flow of saliva but the acid so neutralizes the saliva as to hinder the digestion of the food in the stomach. If starchy foods be thoroughly masticated first, and the fruit eaten at the close of the meal, then the food will be in a condition to be easily acted upon by the digestive juices.

The free use of milk and sugar taken together clogs the system and should be avoided. Milk and acid fruits are a very bad combination. Complex mixtures and highly seasoned foods ought to be an insult to one with a healthy normal stomach.

If fruit, vegetables and grains are prepared in an appetizing manner the thought of eating flesh foods will never enter our minds. One of the greatest errors that many insist upon is that muscular strength is dependent upon animal food.

FLORENCE M. CHRISTMAN.

(Continued)

Washington Missionary College

The student Sabbath-school was organized last Sabbath. There are twenty-three student classes and three classes of the church members living near the college. The Sanitarium family conduct its own Sabbath-school as the chapel is too small to accommodate so many for class work. The new officers elected by the

Canvassers' Reports

Name	Place	Book	Days	Hrs	Orders	Value	Helps	Total	Del.
Ohio, Week Ending October 1, 1915									
*C. G. Douglass, Summit Co.		BR	7	49	35	80 00	29 25	109 25	31 25
Geo. Cottman, Brown Co.		BR	5	48	10	35 00	1 25	36 25	
Fred Hannah, Ashland Co.		BR	5	45	3	9 00	7 75	16 75	5 50
H. W. Barto, Pickaway Co.		BR	4	38	9	28 00	2 55	30 55	
C. R. Fairchild, Hardin Co.		BR	4	37	7	26 00	8 85	34 85	
R. E. Simpson, Hardin Co.		BR	4	37	3	10 00	5 25	15 25	
Ed Searles, Crawford Co.		BR	4	36	30	90 00	5 60	95 60	
Joe Tuttle, Cuyahoga Co.		BFL	5	35	4	6 00	3 75	9 75	
J. H. Stafford, Lucas Co.		BR	4	29	6	18 00	11 00	29 00	
W. S. Syphers, Fayette Co.		BR	3	25	8	27 00	2 50	29 50	6 25
Ira M. Rickett, Fayette Co.		BR	3	24					75 25
J. W. Smith, Highland Co.		BR	2	20					87 00
H. O. Kohr, Knox Co.		BFL	2	11	5	7 50		7 50	1 50
Totals	13 Agents		52	434	120	\$336 50	\$77 75	\$414 25	\$206 75

West Pennsylvania, Week Ending October 1, 1915									
A. Brownlee, Allegheny Co.		PPF	6	36	3	7 00	18 70	25 70	32 05
G. S. Buttermore, Westm'land Co.		BR	4	38	17	51 00	2 50	53 50	
Chas. Dunham, Butler Co.		GC	4	30	2	7 50	6 05	13 55	23 55
†W. H. House, Potter Co.		BR	11	88	6	20 00	51 60	71 60	25 40
A. Koons, Mercer Co.		WC							5 50
Miscellaneous, Westmoreland Co.				100		50 50	7 75	58 25	47 25
D. Patterson, Westmoreland Co.		BR	4	39	11	36 00	2 25	38 25	
C. E. Will, Allegheny Co.		CK	4	28	4	6 50	12 50	19 00	19 00
Totals	8 Agents		33	269	43	\$178 50	\$101 35	\$279 85	\$152 75

Virginia, Week Ending October 1, 1915									
T. D. Gibson, Augusta Co.		BR	4	32	11	35 00	1 50	36 50	
J. L. Goode, Amherst Co.		BR	2	12	5	14 60	1 20	15 80	
Bennette Hamm, Madison Co.		BFL	3	30	15	23 50	1 20	24 70	
A. L. Gary, Highland Co.		PPF	4	33	14	21 00	60	21 60	60
David Orr, Highland Co.		CK	6	33	11	19 00	1 55	20 55	35
W. H. Hunt, Washington Co.		GC	10	75	17	50 00	70	50 70	
Harry Wright, Amherst Co.		WC	5	50	200	50 00		50 00	50 00
Totals	7 Agents		34	265	273	\$213 10	6 75	\$219 85	\$50 95
Carl Parsons			10	30					10 60
Frank Parsons									
Total									\$20 90

East Pennsylvania, Week Ending October 1, 1915									
Mrs. E. Evans, Northampton Co.		DR	6	36	5	15 00	14 75	29 75	3 50
Mrs. E. Evans, Northampton Co.		DR	3	14	1	3 00	6 50	6 50	19 75
Wm. P. Hess, Lancaster Co.		GC	4	40	5	15 00	6 75	21 75	
W. H. Frizzell, Cumberland Co.		PPF	3	26	11	22 00		22 00	
F. Washburn, Bucks Co.		PPF	5	37	4	8 00	7 75	15 75	75
E. S. Tolliver, Luzerne Co.		DR	2	8	16	6 00	1 00	7 00	11 50
Genevieve Peacock, York		Mag.	7	26		25 00		25 00	
Totals	7 Agents					\$94 00	\$36 75	\$130 75	\$35 50

Chesapeake, Week Ending October 1, 1915									
O. C. Weller, Frederick Co.		BR	4	37	19	59 00	20 90	79 90	
M. S. Pettibone, Carroll Co. Md.		BR	4	30	4	13 00	12 50	25 50	8 15
C. W. Jenkins, Washington Co. Md.		BR	4	35	15	49 00	9 50	58 50	4 50
J. W. Wynn, Baltimore Co.		BR	4	30	2	6 00	1 00	7 00	1 25
N. O. Shafer, Baltimore Co.		BR	4	30	2	8 00	1 25	9 25	1 25
Geo. W. Lawrence, Harford Co.		DR	4	36	12	36 00		36 00	
J. E. Jones, Sussex Co. Del.		PPF	4	31	16	34 00	3 45	37 45	7 00
David W. Percy, Kent Co. Del.		PPF	4	36	14	29 00	3 10	32 10	
Totals	8 Agents		32	265	84	\$234 00	\$51 70	\$285 70	\$22 15

New Jersey, Week Ending September 24, 1915

†Geo. Blinn, Hunderton Co.	HM	13	124	37	74 00	4 00	78 00	130 00
E. J. Wood, Camden Co.	PPF	4	13	10	23 00	80	23 80	
Mrs. M. M. Lloyd, Burlington Co.	PPF	2	12			5 40	5 40	
Geo. Lloyd, Burlington Co.	PPF	3	14	1	2 00	10 70	12 70	
J. I. Applegate, Cumberland Co.	BR	2	11					22 00
Totals	Agents 5		24	174	48	\$99 00	\$20 90	\$119 90 \$153 00

MAGAZINES \$79 10

New Jersey, Week Ending October 1, 1915

Geo. Blinn, Hunderton Co.	HM	5	42	14	28 00	2 00	30 00	
E. J. Wood, Camden Co.	PPF	4	16	11	24 00		24 00	
Allen Boynton, Cape May Co.	BR	4	27	4	14 00	9 25	23 25	
Geo. Lloyd, Burlington Co.	PPF	3	13	3	6 00	7 70	13 70	2 05
Totals	4 Agents		16	102	32	72 00	18 95	90 95 2 05

MAGAZINES \$10 60

Grand Totals: 52 Agents Value of Orders \$1227 10 Deliveries, \$623 15

* Two weeks, † Three weeks, § Four weeks.

church were: Superintendent, Professor C. M. Sorenson; assistant superintendents, Mr. H. G. Gauker, Mr. M. C. Conger and Mr. Arthur Gibbs; Secretary, M. Alice Miller and assistant secretary, Miss Ida Tiney. Quite a number of the students outside the home attended the Sabbath-school in the Park and so the number enrolled was one hundred fifty, and the offerings to missions was twenty dollars. The goal of the Sabbath-school is perfect attendance and fifteen cents per member to missions.

The enrollment at the college has now reached about two hundred and forty, several new students having arrived the past week. We are indeed thankful for the way the Lord is thus blessing our school. The chapel is so crowded that chairs have had to be placed along both centre and side aisles, and in the spaces on each side of the platform in the front of the room.

The new arrangement in the dining room service is a decided improvement this year. The two serving counters make it possible to serve the meals in one-half the time it previously required. The next improvement needed will be an addition to the dining room itself. It seems that something will be necessary if the "Home" family grows much larger, for the dining room already contains about as many tables as can comfortably be placed in it.

A large percentage of the students are planning definitely to enjoy the blessings to be obtained by going out with the Harvest Ingathering Signs. Elder Paap, who already this year has done some very successful work along this line, is the director of the entire student forces. There are twenty-two bands consisting of from six to ten members and a student leader

On last Thursday evening was held the opening reception by the faculty. A large number of the friends of the school were present, together with the students. The dining room was prettily decorated with autumn leaves, banners, and crepe paper, while Japanese lanterns gave added attraction to the entrances. A short program, consisting of music and reading was furnished.

The last of the series of lectures by Elder Daniells was given Monday evening. Slides showing our workers and believers in China served to impress our hearts with the wonderful progress the Third Angel's Message has made in that land. As we see the vast work yet to be done there before the Lord comes, we are led to pray that some of our members may prepare themselves to help finish the work in China.

Several leader's meetings have been held and the different bands have counseled together. Some of the best territory of the District was given to the students by the churches within its limits. This territory has been very carefully studied and divided among the bands. These band leaders are very hopeful as to the result of the effort. Wednesday has been set aside for this work. The report of the effort will doubtless appear next week.

Academy

Following is a list of the names of the students who have enrolled at the academy thus far this year. We are glad to welcome them all both old and new.

OHIO

Albert I. Baker Madge Bateman
Pearl Bell Ethel Bell

Ralph Burlingame Mable Butler
John Cassell Ruth Cassell
Alice Corder Mildred Corder
Violette Craig Rose Craig
Joseph Craig Bertha Crozier
Myrtle Davis Hilda Dunmeade
Fred Glaunsinger Louis Gohde
Ivy Harkins Otto Hershberger
Charles Hicks Goldie Hixon
Ida Holst John Holder
Ethel Howard Bernice Howard
Lloyd Hoyman H. H. Huffaker
Kathryn Keisker Clara Kirkpatrick
Helen Kohr Robert Kruft
Eleanor Kuebel Mildred Leach
Ruth Melendy Ruth Miller
Edmund Miller Edward Mooy
Anna Mooy Ethel Murphy
Leon Murphy Helen Greunke
Herbert O'Hara Eber Opdyke
Mabelle Patterson Ralph Perrine
Alvin Perrine Vesta Punches
Muriel Randolph Bernice Rayle
Edna Rayle Marie Richards
F. M. Russell Lily Schar
J. L. Shearn Herman Sheneman
Hazel Slonaker Jesse L. Smith
Marie Smith Marie Stillwell
Edward J. Stipeck Mrs. E. J. Stipeck
Raymond Vincent Margaret Wagner
Wilma Walter Cecil Webster
York Wimberly Mrs. Y. Wimberly
Sadie Wise Elva Worthington

PENNSYLVANIA

Bonar Bainbridge Thelma Barr
Myrtle Bateman Helen Beatty
Harry Beckberger John Brownlie
Charles French Elmer French
Florence French Hazel Griggs
Theo Herrick Lillie Herrick
Henrietta Kelly Zoella Kelly
Loretta Lewis James Lippart
Marcia Owens Hazel Read
Elisabeth Rhine Mabel Robbins
Anna Saxton Mary Saxton
Anna Schmidt Margaret Schmidt
Rathbun Shaw Raymond Spencer
Mary Wheeler Ethel White
Viola Williams Howard Wolfe

George Wolfe

MICHIGAN

Florence Ashley Mary Crampton
Teresita Kellogg Grace Kelsey

WISCONSIN

Avis Capener

NEW YORK

Bernice Coe

ILLINOIS

Melvin Durland

NICARAGUA

Ferdinand Green

OKLAHOMA

Vada Huling

NEW JERSEY

George Johnson Leslie Taylor

COLUMBIA UNION VISITOR
OFFICIAL ORGAN OF THE
COLUMBIA UNION CONFERENCE
of the Seventh-day Adventists
ISSUED FIFTY TIMES A YEAR

BY THE
Mount Vernon College Press
Mount Vernon, Ohio
Price, 50 Cents a Year in Advance

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.

WEST VIRGINIA
Paul Johnson
WASHINGTON, D. C.
Shelton Kilby
KENTUCKY
Mary Tatman
WYOMING
Mrs. Rena Wharram

We are glad to see Mr. Elmer French and Mr. George Wolfe in the printing office again. Mr. James Lippart and Howard Wolfe have also joined the corps of workers.

A reception for the students of the academy was held in the chapel last Saturday evening.

Mr. John Holder has charge of the book-stand and the mail this year.

We are glad to see Elder D. E. Lindsey able to about again although he has not entirely recovered from a severe attack of quinzey.

Miss Myrtle Bateman and Mary Wheeler have charge of the culinary department this year.

The academy has started a new industry. Mr. Leslie Taylor with his assistants bake and deliver bread and cakes to people in the village.

Miss Hazel Slonaker from Columbus was compelled to drop her school work on account of sickness. She underwent a successful operation for appendicitis at the Fisher Sanitarium.

The young men and young women of the academy have organized their self-improvement societies. They have some interesting and helpful programs outlined.

Mrs. Rena Wharram from Wyoming and her adopted daughter, Olive Schillings, have come here for the school advantages.

The Mt Vernon church-school has 36 pupils enrolled and prospects of more soon. Mr. Vernon Hagmann has charge of the school again this year.

Miss Goldie Hixon is assisting Miss Bessie Acton at the conference office and also attending school.

There are 126 students enrolled thus far. We are glad to see so many here this early in the school year.

Students who have arrived recently are:—Earl Hackman, Pennsylvania; Clifford Kinker, Lawrence Kinker, Emma Filber, Erwin Tebbe, Ohio; and Ressa Terrill, Indiana.

Born, August 25, to Mr. and Mrs. Warren Barr, a son, Robert Maurice.

OBITUARIES

WALTERS. — Willard B. Walters was born June 14, 1842 in Milton, Pa. and died in Columbus, Ohio, September 8, 1914, aged 73 years, 2 months, 24 days. During the civil war he served as a member of the eleventh regiment Pennsylvania volunteers.

In the year 1865 he was married to Miss Jennie Ephlin, to which union were born four children. The surviving relatives are his widow, one daughter, Miss Ida M. Walters, Columbus, O., and two sons, J. B. and W. B. Walters of Washington, D. C.

Mr. Walters has for the past thirty years been a faithful member of the S. D. A. Church. It is doubtful if in the city of Columbus there was a more widely known person than he. His zealous activity in warning the people of the nearness of the second coming of Christ caused him to be known by all classes as "the get ready man". He felt that his was a call to warn the multitudes, and he used the personality which God had given him to accomplish this purpose. His warning cry to man, heard in the highways wherever the careless multitudes were found, was "Get ready! get ready! get ready!" Those who were most intimately acquainted with him well remember that on all occasions his conversation was enriched with expressions of praise to God for his goodness. His faith in God and in the ultimate triumph of his cause was ever strong continuing to his last moments of conscious-

ness. The testimony of his wife, the one who knows him best, is that during all the fifty years of their married life, so far as she can remember, he never arose from his bed in the morning without kneeling at the bedside in prayer.

H. A. WEAVER.

Brother A. L. Manous has just gotten out a very interesting little card on the Sabbath question. On one side is a short Bible study entitled, "Facts About the First Day of the Week," and on the other side, "Facts also About the Seventh Day of the Week." It is gotten up in excellent style and should have a wide circulation. Testimonials such as the following show very well the merits of this card:

"I think your card is fine."

"I must say the card is the best thing that I have ever seen in so few words."

"I like the card. It tells the truth in a nut-shell."

At the low price of 100 for 25 cents, all can afford to circulate them freely. Address Arthur L. Manous, care Southern Publishing Association Nashville, Tenn.

A sister writes to the Sabbath School Department, Takoma Park, D. C., saying, "Enclosed find ten cents for five more copies of the song, 'The Boat on Galilee.' Our children greatly enjoy it. They do well in learning it. It is a great pleasure to watch them as they go through the motions, while singing it so heartily. I believe it must be pleasing to the Lord."

The Sabbath School Department has still a limited supply of this song. All orders accompanied by cash are promptly filled. Price, two copies, postpaid, five cents, five copies, ten cents.

Advertisements

Approved advertisements will be published in the VISITOR at the rate of twenty-five cents for twenty words or less, and one cent for each additional word. Each group of initials or figures counts as one word. Cash and reference must accompany copy for all advertisements.

A change in my work makes it necessary to sacrifice my property located at Takoma Park. Excellent investment, at same time being adjacent to Washington Missionary College. Address R. T. Dowsett, 36 Carroll Avenue, Takoma Park, D. C.

WANTED. — I am a lone woman of 43 years with a 14 year old daughter. I would like a place as house-keeper, or would do general house work. I would prefer an Adventist home in country in Michigan or Ohio. Address Mrs. Anna B. Bell, Curtice, Ohio. R. No. 1.