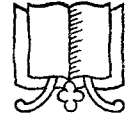


Columbia Union

Visitor



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

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OHIO

Food Elements

We are told in God's Word (Ps. 139:14) that man is "fearfully and wonderfully made." But in these wonderful bodies of ours there is a constant breaking down of its tissues, for every movement of each organ creates waste and this waste must be replaced. Every organ of the body must be nourished. The brain, the bones, the muscles, the nerves,—all demand their supply of nutrition; and while we are wonderfully made, it is still a wonderful process that can transform the food into blood which in turn builds up and keeps in repair the various parts of the body, and thus moment by moment every muscle, nerve and tissue is being supplied with life and strength. Surely, man is fearfully and wonderfully made.

Our bodies are built from the food we eat, hence we should naturally select those foods that will best meet the body's needs.

The unalterable fiat of God has said that "whatsoever a man soweth, that shall he also reap." Gal. 6:7. The perverted mind of man led him away from God's law, while his perverted appetite calls for a more stimulating diet than the original one given by God.

There are four kinds of food necessary for man.

1. **NITROGENOUS**, which builds up the body and repairs waste and is found in beans, peas, lentils, also in lean portions of flesh, in wheat, barley, casein of milk, and white of eggs.

2. **CARBOHYDRATES**, or starchy foods, producing heat and energy.

3. **HYDROCARBONACEOUS**, or **fats**. These also maintain heat and force, though to a greater degree, and also possibly have nourishment to the nervous structures and the brain. Among this

class of foods is found the oily fruits, such as olives, nuts, oatmeal, and corn.

4. **MINERAL SALTS**, these salts afford no energy, but are indispensable to the process of nutrition. This class of foods is represented by potash, magnesia, phosphorus, and other elements found in all vegetables and fruits and the husks of wheat and rice. On the other hand, the flesh of animals is very deficient in these mineral elements. These mineral salts serve to build up the bones, teeth, and other structures and to a great extent supply the electrical vitality of the nervous system.

The body needs one tenth nitrogenous or *repair* food and nine tenths of the starchy or fat foods which produce *heat and force*.

It is of the fourth class or mineral salts that I especially speak. In the last few years, investigations have brought to light some very interesting facts regarding these salts. A German scientist found that animals fed on food from which the mineral elements had been extracted, died before those that received no food at all. Professor Loeb, of the University of Chicago, said that osmosis is based on electrolysis going on in millions of invisible batteries by electrically charged molecules whose negative and positive effects depend on the presence of certain mineral salts.

Osmosis is the process of attraction by which gases or fluids pass in opposite directions through a separating membrane. A good example of osmosis is found in the air cells of the lungs, where the oxygen passes into the blood and the poisonous gas, carbon dioxide, passes into the lungs and is exhaled. Put in other words, this professor's thought is, that the important process of osmosis which is carried on throughout the body, is dependant upon the presence of certain mineral salts which produce the negative and positive or the push and pull effect in millions of electrically charged molecules

Thus to a certain extent our body is a huge dynamo, the nerve cells acting as storage batteries, while the nerve fibers might be compared to the electrical wires over which the nerve force or electricity travels.

Doctor Paulson gives an interesting account of how a few years ago a German professor (Eykmán) went to Java to study that almost incurable disease, beriberi. In his investigation, he found that the people who were afflicted with this disease lived almost exclusively on polished rice. His next step was to gather together a few pigeons and feed them exclusively on polished rice. In a few weeks these birds became ill. They became crippled and were unable to hold up their heads. Their throats began to be paralyzed. This affected their swallowing, and in a few days they would have died from a condition that closely resembled the beriberi in the human being. The professor's next step was to take the shavings that had been removed from the polished rice, soak them in water, and then pass some of this fluid through a tube into the crop of the sick birds. In the case of those birds that could yet swallow, they were fed a little of these rice shavings.

Then a remarkable thing occurred. In three hour's time they began to recover and in a few hours more were apparently as well as ever.

What produced this remarkable change? Nothing but these mineral elements that God placed in the rice coverings.

Casimir Funk, of England, produced the same condition in fowls by using our modern steel roller process white flour.

We are all more or less familiar with the fact that in the former days when the sailors had to live on salt pork, canned meats and dried foods, they would finally develop scurvy. Nervous and digestive symptoms would appear, the gums become affected, and finally entire prostration, just the same as the pigeons that

were fed on the polished rice. Within a few days after these sailors could get to shore and secure and eat green or uncooked food, they would recover.

W. J. VENEN.

(Continued)

WEST VIRGINIA

News Notes

After a visit of several weeks among friends in Ohio, Brother McElphatrick has returned to West Virginia. While in Ohio he took an active part in the temperance campaign by circulating the *Temperance Instructor*. We are glad to have Brother McElphatrick with us again, and we wish him the splendid success in the future which has attended his labors in the colporteur work in the past.

Brother Ivor Lawrence has joined Brother Mays in the canvassing work. We wish them both abundant success in their soul saving work.

Brother Medlin has returned to West Virginia and is working in Morgantown and vicinity. We welcome these faithful workers and are pleased to see them taking their place among our ranks. It is very encouraging to see our colporteur force steadily increasing.

The Lord is richly blessing Brother Butler and Brother and Sister Snyder in their work. They have had several 100 per cent deliveries.

Mrs. J. W. Hirlinger has been invited to take charge of the conference Sabbath-school work. She has accepted the call, and has entered upon her duties. We are confident she will enjoy the hearty cooperation of all the Sabbath school officers and members throughout the state. We wish her and the Sabbath school work increasing success. The West Virginia Sabbath schools are placed on the honor roll, an honor which few state schools enjoy. May we ever keep on the honor roll of heaven.

Our new Secretary, Miss Jennie Burdick, plans to be in the office, at Parkersburg, 1618 East Seventh Street by December 1. Send all mail and correspondence to the above address.

We are glad to welcome Brother Seal back to the colporteur work. The Lord is blessing him with rich experiences and orders. His sales were \$75.20 for the first week. He is located at 418 Fourth Avenue, Hinton W. Va.

West Virginia has done well in giving offerings to missions during the past two years. May the Lord help us to not retreat but to keep our eyes fixed on the goal, Christ, and "press toward the mark." We have about six weeks to gather in means for the salvation of souls. Let us all do our best in the Harvest Gathering work. It is the Lord's way to help finish the work.

Brother T. W. Thirlwell is holding a series of meetings at Box. He reports a good attendance and interest.

Elder J. W. Hirlinger spent Sabbath and Sunday with the Parkersburg church on his way to attend the Fall Council. He reports two very good meetings held there. They now have a new school building and the church school is progressing under the management of Sister Marie Snyder.

Brother Kirk is out with Brother Beck with this week starting him in Calhoun County. Brother Beckwith is a hustling young man recently from North Dakota, and we feel sure he will make a good colporteur. We are thankful for young men full of enthusiasm and welcome them to our band of workers. Men are needed now, as true to duty, as the needle to the pole.

Brother Wilcox just made a 100 percent delivery. His father from the Review and Herald enjoyed the good season of blessings with him.

Brethren Butler and Snyder who are laboring together at Clarksburg, are doing a good work in that field. Their good wives are doing some missionary work in the city.

Brother Cordero of Morgantown West Virginia will devote his entire time to the bookwork after the holidays.

Brother Kirk plans to visit Brother Lawrence and Mays next week.

Three or four of the sisters of the Charleston church have recently sold \$234.00 worth of small books and magazines. The officers are trying to stop the magazine sales there so let us remember each of these dear workers, throughout this state, and in all the world, at the throne of grace.

W. A. McElphatrick had a good week among the farmers, and spent a blessed Sabbath with Brother and Sister Ledbetter, who are isolated, and enjoyed having company.

East Pennsylvania

Philadelphia

We closed our tent meetings in this city, October 10. Eighteen signed the covenant, and we have the names of over 250 interested families. Some have begun to keep the Sabbath who have not yet taken their stand fully.

Our contributions for expenses, were the largest I have ever known in a series of tent meetings, \$423.60. Our expenses were \$408.80, leaving a balance on the right side of the account of \$14.80.

Among those who signed the covenant to "keep the commandments of God and the faith of Jesus", were a teacher in the public schools, and a physician of high standing, who has already given over \$200.00 to the work; \$100.00 of this amount, being given to the mission fund.

An advertisement in the great city papers brought not only, this Doctor to the tent, but the great Doctor of Music, Dr. Irvin J. Morgan, who is the organist at the great Wanamaker department store, the largest store in the world.

Dr. Morgan was for four years, studying, and associated with the world famous Dr. Bridge at Westminster Abbey, London. He is not only a great organist, but a great composer. He has written many hymns of recognized merit. But though so very busy he has time to ask many questions on the subject of the terrible war situation, the prophecies, the state of the dead, etc. He is reading with intense interest, "Great Controversy" and "Thoughts on Daniel and Revelation."

Recently when I visited him he said, "I received your paper the *Signs of the Times*, last night and read it all through." I said, "Did you read it all last night?" He said, "Yes, and there were some very good things in it." Dr. Morgan is a very busy man. He worked that night until two o'clock in the morning. We talked about three hours on different points of our faith.

Pray for our work in this great city.

J. S. WASHBURN.

NEW JERSEY

South Jersey

The message is onward in this part of the Lord's vineyard. On Sabbath afternoon, November 20, ten dear souls were buried with their Lord in baptism. It was a beautiful sight, the Pearl Street church at Bridgeton, being secured for the occasion. There were eighty people present to witness the sacred ordinance which was administered by Elder Geo. W. Spies, who has charge of the work in South Jer-

sey. After a spirited song service, Elder Spies took for his subject "Baptism," its form and requisites, especially emphasizing the fact that the candidate must surrender all upon the altar, and exercise explicit faith in God.

There were five candidates from Ramah. Three being members of our country school here at this place where Sister Mary Whitcombe is the teacher. This makes all the resident pupils now baptized members of the Ramah church. Another candidate was an elderly lady whom Brother Rambo labored with for sometime, and after his departure from Ramah, Sister Rambo followed up the interest, which has resulted in this dear soul accepting present truth. Sister Collier also a member of the Ramah church, has for sometime been laboring with a lady who was organist and soprano soloist in the Fairton Presbyterian church. She visited her home weekly giving Bible studies which has resulted also in the lady taking her stand for the truth, and she was one of the candidates on the Sabbath. Other candidates came from Vineland, Elmore, Bridgeton and vicinity.

Among the congregation was the pastor of this baptist church, and he received us all very cordially and extended to us a hearty welcome.

We are glad to see the work progressing in the way it is, and the brethren and sisters in Ramah are glad and very much encouraged by the addition to their membership.

Others are interested, and they are looking forward to these to take their stand in the near future. I found the Ramah company a live one, and it was my privilege to spend last Sabbath morning with them along with Elder Spies in quarterly meeting, and we had a blessed time together, the Lord came very near.

T. H. BARRITT.

VIRGINIA

News Notes

The fourth Sabbath Missionary service to be given November 27, is in special interest of the church work with the weekly *Signs of the Times*, our valuable pioneer missionary helper. There is no more efficient work than using this good paper, and it has been before our people too long now for us to enumerate its advantages. But what is in order now is for each church and company in Virginia to arrange at this special service to have its company subscribe for a club of these papers and then use them each week as you will be sure to find a way. Two or more copies to one address for 60 cents each for six months, or you can send them to separate addresses for 65 cents each. Do not delay, do it now.

Elder W. H. Sebastian has been spending a couple of weeks in Washington, D. C., and is again at work in Portsmouth.

We are sorry to learn that sister Fannie A. Nixon, our Bible worker at Newport News, has been obliged to leave her work on account of sickness. She entered the Protestant Hospital at Norfolk for an operation, and at present is gaining as well as could be expected.

Brethren Gibson, Orr, Gary, and Hunt have each had book deliveries this past week. The Lord has blessed, and none had a large number of books left over. They are now working hard for a good holiday delivery and we believe they will succeed as usual. Brother George is still working in the western part of the conference.

Mrs. A. Lomax of the Greater New York Conference is spending some time with relatives in Richmond. She is uneasy, however not to be active in the work, and has already put out nearly 200 Harvest papers and realized some over \$12.00. It is this anxious activity which tells for united results.

We are now drawing nigh to the close of another fiscal year when, January first, we shall close our conference and tract society books and have a day of reckoning. Our tract society books contain the records of all our book and tract work, both from church societies and individuals. Some have been very particular to send in cash with their orders; some have been very prompt to send in the money as soon as they knew what their purchases were; the book workers, mostly have been prompt to settle up as soon as they had delivered their books, but, we are sorry to add, there are some who have neglected to settle with the society, some have done so in part, yet leave an open account on our books. How good it would be if every one who is owing the tract society any amount, would make an effort to close the year all square. It would be a great help to our work in Virginia and would also bring joy to each one of us concerned. Let us try and do this, and I know as we try help will be given and when we close the books at New Years and get out our financial statements, a much better record will be given. Time yet remains to do this and I know each one will do his best to help.

Word has been received from the company at Republican Grove that their new building is nearly ready to occupy, and they hope to dedicate the first part of December. It is wonderful what the Lord

has accomplished at this place. Brother L. O. Gordon in company with Elder W. H. Armstrong pitched their tent there in the spring, and a good lively interest was soon in progress, people coming from miles about to hear the words spoken. Soon they begun to keep the Sabbath and Sabbath meetings were held in the tent. They have held a baptismal service and about twenty-five, mostly heads of families, took part in this solemn service. The enemy worked as usual, but the Lord gave the victory. The beautiful spot where the tent stood was donated for a building. The brethren all took hold and helped and gave till this result has obtained. Elder Armstrong was called to help in the effort at Charlottesville, but Brother Gordon has stood by, and we can well see the joy in his heart as he sees this memorial arise for the truth in that place. The brethren are learning the message so to be able to tell others after Brother Gordon is called to other fields and with this spirit of consecration, the work must grow here.

Interest is still holding good in the Harvest Ingathering and orders are yet coming in for the papers. All are taking hold of the work and we trust every paper which has come to Virginia will be used. None should be left in the homes of our people. Up to date our conference has exceeded its number of last year by 1224 papers, having used 9856 for this year. The New Market school closed for one day and the students went to near by towns and realized the nice sum of over \$30.00 to send on for the mission work. Not many of the companies have sent in their returns as yet, but the Staunton company are in the lead thus far, being only six in number, but have sent in \$34.60 as the result of their gleanings.

CHESAPEAKE

News Notes

Our stenographer, H. E. Wagner, is back at his desk after a few very pleasant days in Takoma Park visiting friends at the college.

Miss Lura Phillips is spending Thanksgiving with her mother in Takoma Park.

Elder F. M. Fairchild reports quite a good interest among some of the members of the church in Cumberland, Md. in the Harvest Ingathering work. We would be very pleased to hear from other churches. We are desirous of knowing what is being done. We are very anxious to have our conference raise its twenty cent per week per member this year. But in order for us to do this we will need to have about

three thousand dollars before the close of the year. This would mean only about four dollars per member. Will you not do your share? Our failure to do this will not rest with those who try, if we fail, but with those who do not try. Our success or failure depends upon You.

Mrs. M. C. Kirkendall and two children, Amber and Virgil have gone to Rock Hall for a few days, where they will visit her daughter, Mrs. Charles Blosser. Mr. and Mrs. Blosser are teaching the church school at Rock Hall this winter.

A letter from Mrs. R. T. Baer states they are very comfortably located in Buenos Aires, S. A., and that they have a very nice garden with almost every kind of vegetable growing. She says that is a wonderful place for roses. She said that Brother Hartman handed Elder Baer one the other day plucked from his garden and it measured 13½ inches in circumference. She says some people use the climbing roses around their properties for hedges. And they were in beautiful bloom when she wrote.

The family are all well, and they are ready to begin hard work with the language.

WEST PENNSYLVANIA

Altoona

Last Sabbath afternoon the Altoona church witnessed a scene long to be remembered, and which brought rejoicing to every heart, and made every one happy in the Lord, and grateful to him for his loving kindness in drawing souls to him.

For the first time in the history of the Altoona church the brethren were privileged to witness a baptismal scene in their own church when seven dear souls, followed their Master in the sacred ordinance of baptism. It was a very touching scene as one by one was buried with their Master, and we earnestly pray that as they arose from the watery grave it was to a newness of life until they shall see the Saviour whom they have followed in baptism. Many hearts were touched during the occasion.

Not only were we glad for these seven dear souls but also for the fact that there are four or five more that will be baptized in the near future.

During the present year we installed a baptistry in the church, and when we put our hand to the task, hardly knowing where the means was coming from, a young man, not in the truth, but in harmony with it, and I trust some day will be living it, whose mother is a member of the church and whose sister will soon be baptized,

West Pennsylvania Conference Report

Name of Church	Tithe 1915 Oct. Am't	Tithe 1914 Oct. Am't	Increase or Decrease	General Trust Fund		Increase or Decrease
				1915 Amount	1914 Amount	
Adah	\$34 92	\$58 55	*\$23 63	\$12 18	\$22 11	\$9 93
Albion	74 67	17 64	57 03	6 64	10 76	*4 12
Allegheny No. 1	144 30	8 00	136 30	31 94	3 00	28 94
Allegheny No. 2	77 45	73 74	3 71	20 97	85 78	*64 81
Altoona	59 04	42 70	16 34	19 24	26 32	*7 08
Bradford	48 49		48 49	10 31	11 75	*1 44
Clearfield	21 09		21 09	4 88		4 88
Conference	53 20	57 52	*4 32	29 81	56 32	*26 51
Connellsville	71 35	98 50	*27 15		21 50	*21 50
Corry	46 79	52 77	*5 98		6 00	*6 00
Corydon		32 25	*32 25		19 01	*19 01
Coudersport	39 37	116 93	*77 56	17 31	92 26	*74 95
Edinboro		1 00	*1 00	50 00		50 00
Eldred					7 43	*7 43
Erie	106 84	164 90	*58 06	17 57	70 52	*52 95
Huntingdon	23 95	17 99	5 96	30	70	*40
Indiana	3 00	89 97	*86 97		14 41	*14 41
Jimtown	26 75	44 81	*18 06	5 50	16 30	*10 80
Johnstown	50 38	172 72	*122 34	5 97	9 27	*3 30
Meadville	3 00	23 37	*20 37			
McDonald				3 60		3 60
North Warren	62 98	40 10	22 88	11 20	10 92	28
Pittsburgh No. 1	329 51	305 43	24 08	116 61	254 07	*137 46
Pittsburgh No. 2	49 08	58 17	*9 09	23 78	25 18	*1 40
Port Allegheny		36 42	*36 42		50	*50
Raymond	20 19		20 19	10 21		10 21
Ridgway	8 00	23 83	*15 83	2 94	9 00	*6 06
Shinglehouse	6 72	7 46	*74	5 64	10 75	*5 11
Six Mile Run	35 36	19 00	16 36			
Washington		5 43	*5 43			
Total	\$1396 43	\$1569 20	*\$172 77	\$406 60	\$783 86	*\$377 26

West Pennsylvania Conference Report

Name of Church	Tithe 1915, 10 Mo. Amount	Tithe 1914, 10 Mo. Amount	Increase or Decrease	General Trust Fund		Increase or Decrease
				1915 Amount	1914 Amount	
Adah	\$202 72	\$245 01	*\$42 29	\$114 78	\$145 41	*\$30 62
Albion	421 92	380 16	41 76	152 86	119 92	32 94
Allegheny No. 1	826 99	625 36	201 63	286 93	191 42	95 51
Allegheny No. 2	812 37	502 43	309 94	166 71	228 47	*61 76
Altoona	464 88	437 25	27 63	107 08	145 54	*38 46
Bradford	342 34	324 63	17 71	199 27	232 62	*33 35
Clearfield	138 91	116 79	22 12	164 37	55 53	108 84
Conference	875 15	926 94	*51 79	653 11	803 57	*150 46
Connellsville	464 58	249 60	214 98	245 09	91 06	154 03
Corry	305 60	223 99	81 61	106 24	96 31	9 93
Corydon	229 08	183 01	46 07	141 61	188 08	*46 47
Coudersport	754 40	561 23	193 17	353 05	286 28	66 77
Edinboro	122 02	102 93	19 09	66 21	54 51	11 70
Eldred	76 95	64 88	12 07	55 29	63 63	*8 34
Erie	752 56	800 14	*47 58	249 62	418 75	*169 13
Huntingdon	160 78	209 23	*48 45	23 52	18 64	4 88
Indiana	300 42	351 30	*50 88	43 58	68 53	*24 95
Jimtown	97 00	120 49	*23 49	36 88	28 97	7 91
Johnstown	772 25	894 11	*121 86	215 92	255 01	*39 09
Meadville	168 70	161 81	6 89	93 07	127 03	*33 96
McDonald	202 21	131 55	70 66	33 32	17 82	15 50
North Warren	409 12	367 50	41 62	150 62	168 77	*18 15
Pittsburgh No. 1	3179 30	2430 49	748 81	889 85	765 97	123 88
Pittsburgh No. 2	619 83	450 41	169 42	209 62	192 83	16 79
Port Allegheny	173 39	249 12	*75 73	35 05	40 34	*5 29
Raymond	68 14		68 14	81 56		81 56
Ridgway	113 56	279 73	*166 17	93 79	120 42	*26 63
Shingle House	155 12	13 46	141 66	45 06	31 39	13 67
Six Mile Run	114 41	163 62	*49 21	9 39	53 39	*44 00
Washington	393 28	328 20	65 08	192 18	86 37	105 81
Total	13717 98	11895 37	1822 61	5215 63	5096 58	119 05

* Decrease

H. K. HACKMAN, Treasurer.

came forward and offered to furnish the baptistry if I would do the excavating. It is needless to say that I did the excavating. He furnished us with a nice concrete fount. We thank God that this young man's heart has turned toward us in our time of need. Not only that, he and his brother, painted the building outside and frescoed it inside all for the bare cost of materials. We have a nice, neat house of worship that we need not be ashamed to invite our friends to.

We are of good courage in the Lord and mean to work faithfully unto the end.

CHAS. F. ULRICH.

Special

Proclaim Liberty Throughout All the Land

"Liberty Bell, which played so prominent a part in the early history of the United States, has been on exhibition at the Panama-Pacific Exposition in San Francisco during a part of the past summer. In the journey from Philadelphia and return, it was arranged for frequent stops to be made at places along the route, thus giving a larger number of people opportunity to view the famous relic.

The bell was carried on an open car so balanced and protected that no harm would come in the passage, and was accompanied by a delegation of prominent officials from city and state.

On Monday, November 15, the special train carrying Liberty Bell left the Pacific Coast over the Southern Pacific Railroad on its return trip across the continent. Although running on a previously arranged schedule, at the request of delegates from the General Conference and North American Division Conference council, the train made a three-minute stop at 3:30 P. M., November 13, at Loma Linda, where the council is in session.

The entire delegation and the sanitarium family, the students from the college and many residents of the village were at the station. The sanitarium band played the national airs at the arrival and departure of the train, and the delegation accompanying the bell was welcomed by the chautauqua salute from 500 people gathered about the platform.

Professor C. S. Longacre, secretary of the general religious liberty department, had been previously selected to convey to the accompanying officials the respects and appreciation of the delegation; and this presentation was courteously received by Senator Penrose of Pennsylvania and other prominent men in the train party. Opportunity was also given to a number of the leading brethren of the council to meet these gentlemen of the train company.

The open car bearing the bell was tastefully decorated with wreathes and American flags, and was attached to a special train of four cars accommodating the party in attendance.

Those who had the privilege of viewing Liberty Bell felt they had seen a fitting reminder of the freedom which this country has enjoyed for nearly a century and a half since this historic relic first proclaimed "liberty throughout all the land unto all the inhabitants thereof".

Our Foreign Neighbors

During the past ten years, the time of our greatest foreign missionary activity abroad, more than ten and a half millions of foreigners have come and settled by our sides in the United States. Truly, our foreign missionary work may begin at home. The subject of immigration is an intensely interesting one when studied in the light of the promise—"And I if I be lifted up shall draw all men unto me." More than forty races are represented in the past ten year's immigration to the United States. Among them are one million seventy-three thousand Polish people. Poland was one of the greatest powers of Central Europe two hundred years before our nation was born. The Polish population of this country reaches out into the New England states and from there westward into Wisconsin, Minnesota, and the Dakotas. These states prize their Polish citizens for their thrift and industry.

More than a hundred thousand Bohemians have come during the past ten years.

They are an intelligent, liberty-loving people. Only a fraction of a per cent of the Bohemians are illiterate. Their University of Prague founded in 1348—a half century earlier than the great Universities—had an enrollment of more than seven thousand students. But through the terrible persecutions which followed the burning of John Huss, when the Bohemians, nobles and common people, swore that to their latest breath they would uphold the religious freedom for which he had given his life, this splendid people numbering four millions were reduced to eight hundred thousand. Says one writer "Not only were life, property, and religious freedom destroyed by the unrelenting persecutors of Protestant Bohemians, but their priceless literature instinct for two hundred years, with a spirit of freedom and patriotism, was condemned to the flames." Ought we not to make more than an ordinary effort in this country to reach such a people with the truth?

Although of late the heavy tide of immigration has been shifting from the north to the south of Europe, yet the past decade has brought us almost eighty

thousand Germans, more than one hundred twenty-five thousand Finns; four hundred seventy thousand Scandinavians and one hundred seventy-two thousand French. From Southern Italy have come during the same period over one million seven hundred forty-eight thousand people; and from Northern Italy more than three hundred seventy-three thousand.

Among the other people represented in this immigration are the Slavaks, Slovenians, Croations, Bulgarians, Russians, and Ruthenians. These belong to the Slavic races, as do also the Polish and Bohemians. They come largely from Austria-Hungary. Of the non-Slavic races the United States is getting hundreds of thousands of Magyars, Rumanians, and Lithuanians.

Truly, we have a vast foreign missionary field at our door. Every church should have an active committee studying these foreigners and how to reach them. One of the best ways to work for them is with our literature. Fortunately there is a splendid variety of tracts for each of these nationalities. These can be secured by titles from your tract society, or in the 25 cent package containing assortments. In some languages there are small books. The English catalogue under the various languages gives lists of publications obtainable.

Just as this is written, an order comes from one of our Western Societies for 21 copies of "Steps to Christ," and 72 twenty-five cent packages of tracts in the Armenian, Dutch, Finnish, Hungarian, Japanese, Korean, Lettish, Lithuanian, Polish, Portuguese, Rumanian, Russian, Servian, Slovakian, Spanish, Welsh, Wendish, and Yiddish languages. One of our colporteurs in a Wyoming mining town calls for foreign literature. "I hear there are forty-two languages spoken here," he writes. How interesting to know that we have literature for most of them. Surely this is ripe for a great forward movement, to reach these millions of foreign neighbors with a knowledge of the love of God, and his message for to-day. J. R. FERREN, *International Branch, College View, Nebraska.*

"With My Song Will I Praise Him." Ps. 28:7.

In our day, solo and quartett singing has become very popular. In the selection of songs, the first consideration with many is the tone. Has it a pleasing melody? While the melody is very important, the words should receive as great, or even greater care than the music. I am sorry to say that I have observed a growing tendency among people who profess to believe the Lord is soon coming to select almost any other words to sing

rather than those which teach the blessed truth that Jesus is coming again. Such soul inspiring hymns as "How long, O Lord our Saviour, wilt thou remain away?" are seldom heard today. Why do we not sing these grand old advent hymns that inspired the hearts of advent believers fifty years ago? Is it possible brethren, that we are losing the advent message out of our hearts and lives.

In the selection of hymns, solos, duets and quartetts, that which should receive primary consideration is the words. Do they teach important gospel truth? Are they appropriate for the occasion?

Another no less important consideration should be, who shall be selected to sing? I answer, the truth of God in song can only be made effective in the conversion of souls, when sung under the influence of the Holy Spirit. The hearts of the singers must be all aglow with the love of God. When the love of God is shed abroad in the hearts of the singers by the Holy Spirit, then our truthful gospel songs will be accompanied by the Spirit to the heart and understanding of the hearer, with almost irresistible power for good.

The devil knows full well the power of songs containing gospel truth when rendered by those whose hearts are all aglow with the love of souls. Thereby souls are admonished, encouraged, uplifted convicted and converted; and God is glorified.

CHAS. P. WHITFORD.

Orlando, Fla.

On the Walls of the Shop

A lady one evening went into a cake-shop in a town in Japan to buy some cakes for her children. While waiting for her purchase she saw that the walls of the shop were papered with leaves from the Bible. This was so strange that she asked the old woman about it, who told her that one day, passing by a book-shop, she saw a pile of papers thrown away as useless. As her shop needed papering, she thought they were just the thing, and took some of them home, pasting them over the walls. One evening her grandson came in, and began reading aloud from the paper on the wall. The old woman was so interested in what she heard that she listened eagerly, and got all who would to read it to her. One day a young man came who asked her if she understood it, and whether she was a Christian. She told him how much she enjoyed hearing it, but she did not understand it much; so he promised to take her to church the next day. After this she attended regularly, and became an earnest Christian. She now keeps a stock of tracts by her, and into every bag of little cakes she drops one.

Canvassers' Reports

Name	Place	Book	Days	Hrs	Orders	Value	Helps	Total	Del
West Virginia, Week Ending November 20, 1915									
T. M. Butler, Taylor Co.	BFL	5	38	14	39	35		39 35	4 00
C. G. Mays, Hampshire Co.	BR	5	38	12	36	00	4 65	40 65	
Peter Cordero,	BR	4	27	6	19	00	11 00	30 00	75
Ivor Lawrence, Hampshire Co.	BR	5	42	14	46	00	5 20	51 20	7 50
*Waldo Wilcox,	BR		58	16	56	00	8 45	64 45	158 00
Miscellaneous					154	60	80 60	234 60	90 00
Magazines							80 60	80 60	80 60
Totals	5 Agents				\$350	95	\$189 90	\$540 85	\$340 85

Ohio, Week Ending November 20, 1915									
J. H. Stafford, Cincinnati.	BR	5	40	5	15	00	12 00	27 00	
Ed Searles, Crawford Co.	BR	5	40	3	3	00	18 00	21 00	51 00
P. A. Franks, Wayne Co.	BR	5	40	6	18	00	1 50	19 50	
Geo. Cottman, Brown Co.	BR	5	38	6	20	00	3 00	23 00	4 75
W. H. Smith, Holmes Co.	BR	5	35	14	43	00	9 00	52 00	2 25
L. H. Waters, Huron Co.	PPF	5	32	2	3	00	2 00	5 00	2 00
H. O. Kohr, Zanesville	BFL	4	32	19	29	50	15 00	44 50	6 50
G. W. Yingling, Huron Co.	BF	4	31	15	24	50	6 90	31 10	60
E. C. Alexander, Clermont Co.	BR	4	30	9	29	00	3 75	32 75	11 00
W. S. Syphers, Fayette Co.	BR	4	30	8	26	00	7 00	33 00	1 00
D. L. Sealy, Hancock Co.	BR	4	29	2	6	00	8 25	14 25	
Mrs. C. Kelley, Portsmouth	CK	4	29	15	22	50	5 25	27 75	11 25
Fred Hannah, Holmes Co.	BR	4	29	4	13	00	8 75	21 75	4 25
Mrs. E. Y. Smith, Portsmouth	CK	4	26	23	36	50	6 75	43 25	1 25
H. W. Barto, Pickaway Co.	BR	3	24	12	37	00	1 50	38 50	
C. R. Fairchild, Logan Co.	BR	3	21	8	31	00	9 95	40 95	
C. G. Douglass, Summit Co.	BR	5	28	8	21	00	4 50	25 50	22 00
W. W. Kay, Mahoning Co.	CK	2	12	3	4	50	50	5 00	
Frank Fults, Washington C. H.	WC	3	12				4 70	4 70	
Miscellaneous		2	10				7 75	7 75	
Totals	19 Agents		80	560	158	\$382 50	\$135 75	\$518 25	\$117 85

West Pennsylvania, Week Ending November 20, 1915									
Geo. Buttermore, Fayette Co.	BR	5	37	9	27	00	4 50	31 50	48 00
Mrs. G. Buttermore Fayette Co.	BF	1	8						18 25
C. Dunham, Allegheny Co.	GC	3	15	1	3	00		3 00	12 00
J. S. Glunt, Erie Co.	BR	5	31	11	36	00	7 20	43 20	1 85
D. Patterson, Fayette Co.	BR	4	23	3	11	00	75	11 75	60 50
C. E. Will, Washington Co.	CK	3	24	11	16	50	11 75	28 25	20 20
Totals	6 Agents		21	138	35	\$93 50	\$24 20	\$117 70	\$160 80

Virginia, Week Ending November 20, 1915									
T. D. Gibson, Augusta Co.	BR	4	32	4	6	00		6 00	191 50
Harry Wright, Henrico Co.	BR	3	11	6	19	00	3 50	22 50	
David Orr, Highland Co.	CK	13	73				19 65	19 65	72 50
W. H. Hunt, Washington Co.	GC	3	30				22 35	22 35	93 35
S. N. Wilmer, Appomattox Co.	BFL	5	33	27	52	60	14 60	67 20	
R. A. Howard, Henrico Co.	WC	3	25	90	22	50		22 50	12 50
Totals	6 Agents		31	204	127	\$100 10	\$60 10	\$160 20	\$369 35

MAGAZINES									
Frank Parsons,								\$16 00	

East Pennsylvania, Week Ending November 12, 1915									
Wm. P. Hess, Emans Co.	GC	4	29	5	19	00	5 25	24 25	
V. A. Klein, Northampton Co.	DR	4	34	3	11	00	11 50	22 50	
F. Washburn, Northampton Co.	GC	5	20		7	00	12 75	19 75	75
S. J. Mack, Northumberland Co.	DR	3	17	8	24	00	50	24 50	
F. S. Bangert, Snyder Co.	PPF	5	28	6	12	00	6 25	18 25	
Totals	5 Agents				\$73 00		\$36 25	\$109 25	75

West Virginia, Week Ending November 12, 1915

W. A. McElphatrick, Randolph Co.	BR	5	40	11	35 00	10 70	45 70	50
T. M. Butler, Taylor Co.	BR	5	43	13	39 00	1 00	40 00	
G. Earl Snyder, Quadrangle Co.	BR	5	43	4	12 00	7 15	19 15	
Magazines						1 50	1 50	
Totals	3 Agents				\$86 06	20 35	\$106 35	50

Chesapeake, Week Ending November 20, 1915

O. C. Weller, Frederick Co.	BR	4	33	7	22 00	6 40	28 40	90 00
Geo. R. Apsley, Carroll Co.	BR	2	16					
M. S. Pettibone, Carroll Md.	BR	3	25	9	29 00	15 10	44 10	
Geo. W. Lawrence, Harford Co.	DR	3	23	12	37 00		37 00	
D. W. Percy, Dorchester Co. Del.	PPF	5	40	23	48 00	8 35	56 35	7 85
J. E. Jones, Caroline Co.	PPF	5	33	4	8 00	25 30	33 30	
Totals	6 Agents	22	110	55	\$144 00	\$55 15	\$199 15	\$97 35

District of Columbia, Week Ending November 12, 1915

J. F. Bartini, Washington D. C.	BR	5	30	11	33 00	17 50	50 50	5 00
F. H. Holland, Alexandria Co.	BR	4	25	7	21 00	4 50	25 50	23 50
W. H. Schmidt, Washington, D. C.	Misc	3	15		14 00		14 00	
E. R. Corder, Washington D. C.	BR	1	5		13 00		13 00	
Mrs. Cross, Washington, D. C.	Misc				6 50		6 50	6 50
Sadie Detwiler, Washington, D.C.	WC	2		50	12 50		12 50	12 50
C. L. Ross, Washington, D. C.	BR	1		2	3 00	95	3 95	18 70
Miscellaneous	Misc				39 05		39 05	
Totals	7 Agents	16	75	69	\$142 05	\$22 95	\$165 00	\$66 70

MAGAZINES

B. Hohensee	30 00	Mrs. Cleveland	18 10
Takoma Park Church	13 50	Mrs. Swank	13 50
Miss Chandler	9 70	Mrs. Cross	7 60
Miss Hicks	6 00	Mrs. Gerhart	5 00
M. Howard	5 00	Miscellaneous	5 50
Mrs. Nowlin	2 60	E. Towles	1 50
Total			\$115 50

New Jersey, Week Ending November 20, 1915

*W. B. Plant, Morris Co.	BR	8	58	23	75 00	9 65	84 65	33 85
W. H. Stagmier, Morris Co.	BR	4	26	8	26 00	4 50	30 50	48 20
Geo. Lloyd, Burlington Co.	PPF	3	13	5	10 00	7 00	17 00	
E. J. Wood, Camden Co.	PPF	3	15	6	14 00	2 10	16 10	
Totals	4 Agents	18	112	42	\$125 00	\$23 25	\$148 25	\$82 05

Grand Totals: 61 Agents Value of Orders \$1497 06 Deliveries, \$1026 95

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

Is not this encouraging? All that good came out of leaves of the Bible which were considered of no use and thrown away.
—Friend of Missions.

A Good Profit

Not being able to find where to buy the *Protestant Magazine*, a gentleman in Philadelphia wrote to the publishers to secure an agency. He ordered fifty copies and reports that he sold them in fifteen minutes, a \$3.00 profit, and could have sold more. In the same letter he doubled his order and said he had not yet had much time to give to the work.

The December *Protestant* will sell. 50 or more copies at 4 cents each. Order from your tract society.

One Way of Reaching The Goal

The Missionary Volunteer secretary of the Kansas Conference writes concerning the financial goal of the Kansas Missionary Volunteers:—

"No doubt we shall more than double the amount we have reached on our financial goal this quarter, for in our conference the investment fund is largely made use of, and the results of this are shown the latter part of the year. One German society writes that they are planning to raise \$300 or more this way, and no doubt they will do it for they raised nearly that amount last year."

We trust there are many other societies who are planning to raise \$300, more or less, by the investment plan. According to the reports which we receive at the

general office, we are away behind on our financial goal. Shall we not in the next few weeks make a grand rush for the goal?

The missions need the money, and we need the blessings in our hearts that come through sacrifice — yes, sacrifice.

M. E. KERN.

Notice

A beautiful 1916 Scripture Text Calendar nine and one fourth by sixteen and one half inches in size and printed in harmonious colors is given free with every single full year *Instructor* subscription (\$1.25) and sent as long as the stock lasts for 15 cents extra for every calendar ordered with any six month's *Instructor* clubs. In order to be sure of securing this handsome and most helpful calendar, it will be necessary to order early, the stock being limited.

Order through your tract society.

OBITUARIES

SMITH.—Eva Rosanna Smith was born March 29, 1832, and died November 9, 1915 in the eighty-fourth year of her age.

Her father was a clergyman of the Lutheran Church. He was a native of Germany but came to the United States in early life and settled in Muskingum County, Ohio.

Amid the simple surroundings of a rural life, in an atmosphere of purity and religious worship, Sister Smith spent her early life. From her youth she imbibed those principles of faith in God, and love for his people, that endured to the end of her life. At the age of 21 years she was married to Henry Smith. Of this union six children were born, of whom three are still living. Her husband died in 1887, and since that bereavement Sister Smith has passed the intervening twenty-eight years, sustained by the hope of her reunion with him in the first resurrection.

In June 1893 she embraced the Third Angel's Message. Though frail in body she was strong in her convictions and never wavered in the path of duty. She was steadfast to principle. As we laid her to rest in the silence of the tomb, we were comforted with the blessed assurance that Christ is soon coming to awake the faithful to a life of immortality in the kingdom of God. Words of comfort were spoken at the funeral by the writer.

W. J. CAMPBELL.

NOTHSTINE.—Kenneth Nothstine was born August 11, 1889, and died November 9, 1915. His death was caused by falling logs at the lumber yard at Covington, Kentucky.

He lived just twenty minutes after the accident, and spent the time calling on God.

His parents accepted the truth a number of years ago, and Kenneth was taught the

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OLIVE KRUM-HAGMANN - EDITOR

Entered as second-class matter March 25, 1908, at the post-office 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.

Third Angel's Message from childhood.

His sudden death is mourned by a father, mother, two sisters and one brother, and many friends.

Words of consolation were spoken by the writer.
 W. J. CAMPBELL.

Academy

A bubbling fountain is being put in on the first floor of the academy. It is located in the hall in front of the door of the VISITOR office. This will be a convenient place for all.

Miss Zuleme Smith of Mount Vernon, Ohio entered school recently.

Elder N. S. Ashton spoke to the patients and workers at the State Sanatorium, November 21, 1915. His text was Luke 19:10 "Christ Seeking the Lost." A male quartet from the academy went with him and sang two selections.

Miss Goldie Hixon went to her home in Columbus to spend her Thanksgiving vacation.

Professor Homer Teesdale and wife spent their vacation with friends in Columbus.

Several of the students had the privilege of spending their Thanksgiving vacation at home.

Misses Terrill, Dunmeade, Paterson, Kelly and Harkins; Messrs. Sheneman, Hoyman and Glaunsinger spent their Thanksgiving vacation at their homes.

Mr. Joe Craig is quite sick. We hope he will soon recover and be able to resume his work again.

The church had its Harvest Ingathering program Thursday evening, November 25. After the recitations and songs by the children, the various things that were brought were disposed of.

The Academy Press Fund

To be paid by February 1, 1916

It will be remembered that when we got out our Educational number of the VISITOR, November 11, at the end of the article "What the Printing Industry Does for Mt. Vernon Academy", we started a little fund for a printing press which we hope to see grow rapidly as we are in great need of such a press.

Subscribed to date \$25.00

Who will volunteer to make this fund larger and send in his pledge at once?

We have another way of raising money for this fund, that is a splendid motto containing the following timely words:

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time". C. O. L. p 342.

This motto is 9½x14 inches printed in black on white card board with a colored border and a brown silk cord tied on the top to hang by. Price 10 cents each. We hope that many of our brethren and sisters will consider most cordially this effort to raise money to improve the efficiency of our printing department by sending in pledges to the Academy Press Fund or orders for the motto or both.

HARRY S. WEAVER.

Important Notice

Beginning January, 1916, the denominational health magazine will be issued under its old and popular name—*Life and Health*.

This change is in response to the expressed preference of many of our subscribers, and to the statements of our agents that they have not been able to make the large sales that they formerly made with *Life and Health*.

The January issue of *Life and Health* will be ready for distribution December 1. The aim is to give in every number practical information regarding the preservation of health. An important feature will be a series of cooking school lessons, such as is needed by every family in the land. These articles alone are worth many times the price of the magazine and should be of special value to our

agents in making sales. Besides these, with the twelve other departments, *Life and Health* for 1916 will be of inestimable value in every home.

We make this early announcement so that all those who have sold *Life and Health* may get in their orders in good time. "Every number a seller" shall be our motto. Usual rates: 50 or more copies, 4 cents each; 5 to 40 copies, 5 cents each. Order through your tract society.

Companion Songs

1. THE PARADISE HOME.
2. A LIGHT IN THE WINDOW UP THERE.

The words are beautiful, and the melody is pleasing. They will delight those who sing them, and prove a blessing to all who may chance to hear them sung.

Kindly let me send them to you. Price 25 cents. CHARLES P. WHITFORD.

Orlando, Fla.

The Vatican and the War

Combines history with the unflinching word of prophecy in a most interesting and scholarly manner, and gives an accurate account of the events which have led up to the European War.

This new book of Dr. Magan's is one of which our people can feel proud, and many who do not sell it, will want from ten to fifty copies to give to their neighbors and friends, and to mail to relatives and others. In lots of ten or more, the price is only twelve and a half cents each for the paper cover, and 25 cents for the cloth, transportation extra. Order of your tract society.

The December *Watchman* with its unusually stirring articles gives the message in a clear, plain and convincing manner. Give it a trial. Order a few copies and sell to your neighbors and friends and watch results.

Remember the publishers of the *Watchman* are still offering Dr. Magan's new book "The Vatican and the War" with all new yearly subscriptions. If you are not a subscriber send a dollar at once.

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.

FOR SALE:—Cooking Oil. In 5 gallon cans \$4.50, subject to change. (Two 5 gallon cans weigh about 100 lbs.) Write for bbl. prices. Terms: cash with order. A. L. Kiehnhoff, Takoma Park, D.C.