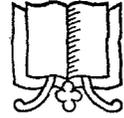


Columbia Union



Visitor



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

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No. 48

OHIO

Food Elements

(Concluded)

A former health commissioner of the city of Chicago made the statement that few of the ordinary people ever develop this extreme type of scurvy: "Yet a large part of the population will have a 'touch of scurvy' between now and May. With some, it will go no farther than repeated spells of bad breath; with others, a multitude of vague aches and pains variously called rheumatism, sciatica, lumbago, gout. With others there will be attacks of sore gums. With others the face will be pale and a little bloated, with slight bloats and dark circles about the eyes. With others there will be patches of skin eruption. The reason is plain: for several months we have lived on 'hog and hominy' or what is equivalent to it. Certain needs of our system have not been met."

Some, no doubt, in days gone by have had more or less of an experience of this kind, when as the spring began to draw near, we felt that we needed a bottle of stomach bitters, or blood purifier, or perhaps it was a bottle of beef, iron, and wine or some other of those fancy labeled bottles lining the shelves of the drug stores; when all we needed was food that contained these mineral salts.

Recent observers are beginning to believe that pellagra, like scurvy and beriberi, is a deficiency disease, as it is very prevalent among that class of people who live largely on corn bread from which these elements have been extracted by modern milling or burned out in baking, and on roasted bacon which contains no mineral salts for the same reason and who eat very little or no green garden truck or foods containing these mineral salts.

In the growing period of life, mineral

matter is especially needed; and where there is a decided deficiency in these organic salts, it manifests itself in rachitis and premature decay of the teeth.

Let us now investigate separately the effects of the deficiency of a number of these tissue salts. First, let us notice the ferrum or iron salts. Of all elements received into the system, oxygen is the most essential to life. The important office of the red corpuscle is to carry this oxygen from the lungs to all parts of the body, and carry back to the lungs its load of carbon dioxide. The principal constituent of these corpuscles, other than water, and that which gives them their color is hemoglobin, a compound, containing iron. When there is a deficiency of these ferrum or iron salts, hemoglobin is deficient and thus oxygenation suffers. When the red corpuscles are greatly reduced in number, all the life processes of the body are impaired and as the result there is brought about such conditions as anemia, chlorosis or marasmus.

How can this be corrected? Shall we take iron tonics? No! For the bottled iron tonics are not absorbed, besides they have a very irritating effect upon the gastric membrane. The plant world alone can manufacture an iron that can be assimilated by the human organism. Apples, lettuce, cabbage, figs, strawberries, prunes, are all very rich in iron and are excellent foods for those whose blood is impoverished, but to obtain the best results they should be eaten raw, because baking or a high degree of heat destroys to a certain extent these mineral salts.

Such foods as peas, beans, and lentils are rich in iron, but in the cooking the iron is set free from the organic molecule and becomes more or less indigestible.

Let us notice phosphorus for a moment. This salt enters into all the tissues, particularly the bone and nerves. Its deficiency would naturally make an imperfect development in the bony system and nervousness in children, while in adult

life neurasthenia would be more in evidence.

Perhaps there is a connecting link between these thoughts and the thousands of dentists supported by the people of this country. Beans, peas, lentils are all rich in phosphorus, but the necessary cooking destroys to a certain degree the salts. Fresh raw milk and eggs contain this salt, but we should be careful as to the source of their supply. Celery, spinach, and cabbage also supply this salt.

When people are willing to live on the fruits and grains and vegetables that God originally provided for Adam, and will stop spoiling them by our modern processes and inventions, but will partake of a wholesome but simple diet, ever remembering that a merry heart doeth good like a medicine and will not be afraid of fresh air and sunshine, then I believe we will have a healthful stream of blood continually bathing our tissues and will feel that buoyancy of life that God desires we should, when He speaks to us through His servant John, "Behold, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." W. J. VENEN.

News Notes

We are pleased to see Brother J. S. Randolph back in the work once more.

He came into our office and loaded his carriage full of our books and started for Marion County. Brother Randolph has been one of our most successful colporteurs, and we are sure that with God's blessing resting upon him, he will again be able to place many of our books in the homes of the people.

Some most successful missionary conventions have been held in Bowling Green, Leesburg, Dayton and Lake View. The members of these different churches did all they possibly could to make these

meetings a success, and their earnest co-operation had results in building up this branch of the work.

At Leesburg, a lady and her daughter, who had heard of the truth, drove twenty-five miles to attend the convention; and at Dayton, a lady and her daughter came into our meeting who said she had read on Friday that Saturday was the Sabbath and started to keep it. They had driven all the forenoon to find someone who kept the true Sabbath, and finally located our church. It was truly a season of refreshing to see how happy these two were to know that they had found the people of God. She learned of the truth through a *Signs of the Times* that her husband had purchased over five years before and which had lain in her attic all this time.

Mr. and Mrs. V. O. Punches spent Thanksgiving with some of Mrs. Punches' relatives in Jackson Center. They found several families who had been reading our literature and had heard the truth years ago, and have become very much interested.

The Cincinnati church has become very active in missionary work, and several are now selling our literature. They have been greatly encouraged by the assistance of Brother J. H. Stafford, who is now located in this place. He writes that he has several who are planning to go with him to the institute in Cleveland.

The institute for our colporteurs, which was to have been held January 2 to 12, has been changed, and we will hold this meeting December 29 to January 9.

Holidays do not affect the sale of our books. Brother R. E. Simpson has demonstrated this. On Thanksgiving day he took orders to the amount of \$22.75.

Brother Ed Searles has located his family in Bucyrus. He has been doing very successful work in this place, and we know that the cause of truth will grow as a result of his labors in the future.

We are glad to see the success that is attending the efforts of our colporteurs in working for a holiday delivery. We have had a higher average per hour during the past few weeks than at any other time this year.

The latter part of October, Elder H. A. Weaver began a series of meetings in a hall at Elyria. There were but a few scattered believers in this city, but now we learn from Brother Weaver that already eight are keeping the Sabbath and others are much interested. Prospects are that a company will soon be organized there. Such results are not without

some discouraging influences, and we hope that our people will remember these meetings and the needs of that city at the throne of grace, that the work may shape up for the better establishment of cause of truth. Thus an aggressive program may be begun for the redeeming of the time among the thousands who have heard so little of this last message.

Brother H. O. Kohr, who has been selling "Bible Footlights" in Zanesville is now home for a few days, and is improving his spare time by selling "World's Crisis" and "Vatican and the War."

Miss Goldie Hixon, Sister Acton's assistant, has returned from a short Thanksgiving vacation at her home in Columbus, and is again busy with school and office work.

Thursday evening, November 11, at the home of Sister DeForest, on Foraker Ave., Toledo, the members of the Young Ladies Prayer Band entertained in honor of their pastor, Dr. Jump. Possibly the most interesting number on the program was the surprise perpetuated on Dr. Jump when they presented him with fifty dollars as a gift from members of the church and Young Peoples' Society.

Elders Wilkinson, Moffett, and Hirlinger were callers at our office this week on their return from the Fall Council in California. We were glad to see these workers, and to hear the reports of progress of our world-wide work.

Brother C. E. Reichenbach has been at the office a few days helping in the work. He has been out on a campaign with our colporteurs and reports a very encouraging outlook and that there are the brightest of prospects for the future.

After the Cleveland missionary convention, Brother V. O. Punches will spend a few days in visiting several people who are interested in the colporteur work.

Brother H. A. Rossin, pastor of the First Colored church of Springfield, was made happy by the arrival of a new boy at his home last week.

Notice

I have received quite a number of pieces of jewelry to send to Sister Burroway in India. If others have any that they wish to donate, please forward at once and give value, and I will give a receipt for same.

My health is slowly improving, and I may be able to answer calls to funerals.

D. E. LINDSEY.

WEST VIRGINIA

Martinsburg

The work in Martinsburg is onward in spite of much opposition from the ministers who have declared it their intention to crush out the S. D. A. Church by spring. Instead of this however the church is steadily growing in number, and better still the members are stronger in the Lord than ever. Last Sunday a sister was baptized who has recently accepted the truth, and we expect two or three others to keep their first Sabbath with us this coming Sabbath.

Three doctors are attending the Sunday night lectures and are showing much interest.

Elder G. A. Stevens has organized a Bible Workers Band and is instructing the members to give Bible readings. A good missionary spirit prevails. Our little church has obtained over \$52.00 on the Harvest Ingathering Fund, and we expect to raise more. One sister whose health would not permit her to go out, wrote several soliciting letters and in return received \$10.00 from a senator's wife.

We are just in receipt of a card from Elder Phillips (the Disciple minister who embraced this message this summer) which brings the good news that he has just closed an effort in the north west part of West Virginia and that several have accepted the truth, among them a Baptist minister and his wife.

Keep the good work on your heart, and pray for us. R. R. STEVENS.

NEW JERSEY

Goal In Sight

Upon arriving at Swedesboro I found Brother Holman of good courage, and the work in this place progressing nicely.

We had a splendid meeting at night in behalf of the Ingathering Campaign, and quite a number promised to do all they could to raise funds for the needy fields. It was my privilege to go out with Sister Holman and daughter and one of the brethren, and we had some splendid visits and many experiences, and received several dollars for missions.

On Friday afternoon I journeyed to Cape May C. H. having Brother John Applegate with me, and on Sabbath we had a good meeting. On Sunday morning a party was made up and we took the train to Wildwood, a short distance from this place, taking with us 100 papers. Owing to the bad weather we only worked two hours, but in that time 72 papers were disposed of, and \$9 realized. Com-

ing home we all got wet through, but we felt very happy, and sang on our way, "Mercy drops round us are falling, but for the showers we plead". Oh! my brother, my sister, what joy and happiness there is in the service of Jesus! Will you not do all you can for the One who has done so much for you? He is waiting to help you, and remember in a little while from now you are going to see him if faithful.

The Lord came very near in the meetings at Pleasantville and Atlantic City, and several hundred papers were ordered in addition to those already ordered.

I have now met with every church in Jersey with the exception of three churches, and these I am planning to meet with during the next two weeks. I do hope and pray that you will do all you can from now to the end of the year. Remember it means blessings for you, blessings for those with whom you come in contact, funds for foreign fields, and best of all souls saved in the Kingdom of God.

News has just reached me on my return to the office, that Plainfield church of only 22 members has already reached their goal of \$150. Is not this fine? I am very much encouraged, and I know the Lord is pleased. Jersey City German church sends me word that they already have \$100 and one sister who is past 65 years of age and afflicted with weak eyes, decided to take 100 papers. First she said she would take 10, but the spirit of self sacrifice came in and she promised with the Lord's help to take fifty, and that inspired her all the more and she set her number for 100. Needless to say she is very happy. Keep the good work going, soon your opportunity to work for Jesus will be over. T. H. BARRITT.

A Good Report from Newark

During the month of October our Missionary Volunteer Society held four regular meetings. At these meetings many important things have been accomplished. Bands have been formed as follows: Prayer Bands, Hospital and Prison Bands, and a band to work for young people.

Seven of our members are taking the reading course, and five will take the Standard of Attainment examination in December. A reading rack is now ready to place in some public place to be kept filled with reading matter by our society.

A Sunday-school Mission is being held every Sunday afternoon at 3 P. M. The Sunday-school is interesting and the membership is increasing. Classes have been formed, and the attendance is excellent. The young people are much encouraged and are enjoying the work.

The society is also holding a Bible study every Sunday afternoon at the home of

Mrs. Meyerhoff who is now keeping the Sabbath. A dinner was provided a week ago Sunday by the society for Mr. and Mrs. Meyerhoff who are in close circumstances. We as a society are very much interested in this family and we wish you to remember them in your prayers.

ETHEL CARROL, *Leader.*

CLARIBELL WILLETT, *Secretary.*

News Notes

Elder Sandborn is expected at the office this week. We shall be anxious to hear what he shall tell us in regard to the Autumn Council.

Brother T. H. Barritt was in Trenton this last week for the first time in some weeks. On the evening of his return a pleasant surprise was given him at his home by a few friends. A most enjoyable evening was spent in talking over the progress of the work and in singing some of the good hymns which we all love.

Thanksgiving morning a party of eight went out with the Harvest Ingathering papers and returned in a short time with a good sum for missions. Each one declared that it was the nicest way to start Thanksgiving day that they knew of. "Help somebody to-day." That is the secret of a happy day.

Brother N. R. Pond called at the office Thanksgiving morning on his way to Camden. He decided to spend the day in Trenton with friends, going on to Camden the following morning.

Another caller on Thanksgiving was Brother George W. Spies, from South Jersey.

Sunday morning, November 28, Brother Benjamin Blinn took several of the brethren out to some of the surrounding towns in his automobile, for the purpose of distributing literature. About four hundred tracts were distributed and some money collected on Harvest Ingathering. Is not this an excellent Sunday morning recreation?

Plainfield has a new Missionary Volunteer society, with Brother Herbert Penn as leader and Brother Walter Mundy as secretary. We are looking for good reports from Plainfield for we believe that they will take hold of this new work in earnest. What do you think they have done thus far with the Harvest Ingathering? Over one hundred and fifty dollars have been collected, and the work is still going on. This is rather good for a company of about twenty-two.

The conference Sabbath school secretary was in Newark last Sabbath to visit the Bohemian-Slovak Sabbath school. We do not need to go to foreign lands to find a field for missionary activity among the foreigners. There is a large field right at our doors. Brother Matula is doing good work among the Bohemians, and on Sabbath the pleasant little chapel owned by our people was quite filled. The singing, though in a foreign tongue, was entered into most heartily, and as the tune to that good hymn, "Praise God from whom all blessings flow" rang out, one could but be thankful for the blessed truth which unites all nations, kindreds and tongues in one great family, with one common Father. "Blest be the tie that binds our hearts in Christian love."

Here is an interesting paragraph from a letter received from South Jersey today: "We had baptism here in Bridgeton, Sabbath afternoon. About 80 persons were present at the baptism; one fourth of this number were visitors from without. Ten were baptized, and six of this number were pupils from our church schools, three from Ramah, and three from Bridgeton. It brought tears to many eyes to see the dear children confess Christ in baptism." Brother G. W. Spies officiated at this occasion.

We are very sorry to learn of the serious illness of Sister Whitcombe at Ramah. We extend our sympathy to her and her family, and shall remember her at the throne of grace.

The Sabbath school quarterlies for the first quarter in 1916 are here at the office, and all our Sabbath schools should order soon so that they may have them in time. If you wait too long, we are liable to be out of them, and you know when we order them from the Pacific coast for you it takes two weeks at least. We have 600 on hand now. Order early.

The Trenton Missionary Volunteer societies are planning a special program for Sabbath, December 4. All are welcome. Under the leadership of Brother W. B. Mohr and Sister Benj. Blinn the societies are doing excellent work. The juniors are doing especially well with the distribution of literature. May the Lord bless the seed sown.

This week we had a call from two brethren from Burlington, Brother Adams and Brother Everett.

The Trenton church school reports about \$50.00 raised in Harvest Ingathering. This is good.

On Sabbath, November 13, the *Watchman* was presented in the Trenton church and subscriptions called for. Thirteen were secured. If all our churches will do as well we will soon have doubled our subscription list for the conference.

"I am only one, but I am one; I cannot do everything, but I can do something. What I can do I ought to do, and by the help of the Lord I will do."

East Pennsylvania

Mifflintown and Wade

Quarterly meeting services were recently held at Mifflintown, and Wade.

The little church at Mifflintown is fully awake with a missionary spirit and is reaching out for honest souls who desire Present Truth.

One man had recently renounced the tobacco habit and was keeping the Sabbath. He enjoyed the blessing of this quarterly meeting service. He and his wife were moving to Harrisburg. I stopped off at Harrisburg on my return to Philadelphia and went with Brother McConnell to visit them, and arrangement was made for Bible studies in their home.

At Wade the brethren gather every night during the week, after their regular day's work, and work till ten and eleven o'clock excavating for the foundation of their new church building. Their church will be located on top of a hill overlooking the surrounding country. May it indeed be a light set upon a hill to give light to those around.

It was a splendid Sabbath day for the communion service and nearly every member was present.

Sister Botham, about 80 years of age, lives in Shenandoah. Here I visited her the following day. Although she was stricken in bed at the time, she had disposed of about fifty Harvest Ingathering Signs and had then collected about six dollars. She expected to collect several dollars more. Many in Israel are indeed renewing their strength. With willing hearts, the Lord will give us power if we faint not, and strength if we are weary.

VIRBROOK NUTTER.

Lebanon

Sabbath, November 27 it was my privilege to baptize fifteen converts. With one exception these are all the result of the tent effort. The one exception was a brother who had accepted the Sabbath while in Reading.

Rev. T. Clinton Harris, pastor of the Baptist church very kindly gave me the use of his church and baptistry. The

service was an occasion of rejoicing on the part of all.

There are a number who for several causes could not go forward in baptism at this time. These will be immersed later.

The outlook is very encouraging here. Last evening speaking on "The Judgment of God, and the Definite Time of it" we had the largest and best audience since we began services in the church.

Brethren and sisters, remember Lebanon in your prayers. A. R. BELL.

WEST PENNSYLVANIA

The First Commandment

"Thou shalt have no other gods before me." As a people we profess to be keeping all the commandments of God. In this first command of God the word God is the central thought or idea. What is the meaning of the word God? Webster defines the word thus: "God is any person or thing exalted as the chief good or made an object of supreme devotion. Anything that absorbs one's attentions or aspirations." Thus we see that whatever is the controlling power in the life that thing becomes for the time being our god.

We allow it to have control. It may be a desire for a higher place in God's work than some one else, or it may be a desire to have our own way and control others with whom we are associated in life's duties. It may be a desire for wealth. It may be a desire to follow the fashions of the world. Any unnecessary adornment of the body, the wearing of anything simply for show or because it is the custom of the world to wear such things is a species of idolatry and is a violation of the first commandment of God. We read in Testimonies number 33, page 27 the following: "All should be taught to be neat, clean, and orderly in their dress, but not to indulge in that external adorning which is wholly inappropriate for the sanctuary. There should be no display of the apparel for this encourages irreverence.

The parading of bows and ribbons, ruffles, and feathers, and gold and silver ornaments is a species of idolatry and is wholly inappropriate for the sacred service of God where the eye of every worshipper should be single to his glory.

All matters of dress should be strictly guarded, following closely the Bible rule. Fashion has been the goddess who has ruled the outside world, and she often insinuates herself into the church."

The "Testimonies" is the voice of God to this people, giving warning and counsel with reference to duty.

This first commandment of God demands of us entire consecration to God, a full surrender of ourselves into God's hands

for consecrated service. If we keep it truly as we should we will not allow any worldly thing of any kind or character to stand between us and God. God and his work and service will have the first place in our affections and our plans. We will love God with all the heart and will give up the world and all its vanities and will daily strive to go forward and come a little nearer the divine standard of heavens perfection of character. May the Lord awaken us as a people to a realization of what it means to keep his commandments.

J. W. WATT.

Wilkesburg, Pa.

Pittsburgh

The work in the city of Pittsburgh is moving along quite well. From time to time additions are made to the different churches in membership. Sabbath, November 20, we had the privilege of baptizing Sister McDade the sister-in-law of Sister Maude McDade, who is a nurse and well known. This makes nine persons who have united with the Number 1 church since the writer came here last June to act as pastor of the church. Others are interested whom we hope will unite soon. Our Bible worker, Sister Anderson, has all the work she can possibly do and has a number in her classes deeply interested and doubtless some of these will soon step out and doubtless obey the truth. Sister Anderson is an earnest worker and the people with whom she holds readings are pleased with her work.

The Harvest Ingathering work is going well. We are also planning to make the week of prayer a time of special help and blessing to our people. The time is here when we as a people must come up on a higher spiritual plane or in a little while many will drop out by the way and be eternally lost. May the Lord help his people to awake out of sleep and go forward in the work.

J. W. WATT.

VIRGINIA

Notes from the Field

Brother S. N. Wilmer writes;

"I received your good letter today and was glad to hear from you. I am glad to say that the Lord has blessed me with another good week and I am just enjoying the work fine. I am sure that the brethren and sisters are praying for me and the Lord has surely blessed my efforts. I do not think that anyone ever got any more pleasure out of their work in the same length of time than I have and I am thankful to the Lord that you encouraged me into the work as much as you did. Oh, if the brethren that are not in the work just knew what they are

missing I am sure that they would not hesitate to go into it at once, for I am sure that the Lord can use any of them to as good advantage as he has me, if they would only trust him and give him a chance."

This letter should stir every one who reads it; he is not talented or accomplished, but consecrated to the work, and God is using him. I do hope dear brethren in this conference, that as you read this letter from Brother Wilmer, you will consecrate your time and talents to God for service and quickly enter the colporteur work. We have the territory, we need the men to work it. The people are calling for the books, will you not be one to carry them the light? We are planning to have the Colporteur's Institute in Richmond, December 26 to January 4, and we are counting on having one of the best Virginia has ever had. Now is the time to enter the work.

Brother Gary has just finished his delivery and he delivered every book but one. I did not mention before that Brother King delivered in three months work \$675.00 worth of "Great Controversy." In the same length of time Brother Max Trummer \$975.00 "of Daniel and Revelation". Brother T. D. Gibson reports for last week forty hours and \$83.50.

Brother W. E. Carter of Newport News has sold his grocery business and is preparing to quickly enter the colporteur work, and a number of others are planning to enter soon. For this we thank God.

Remember the date and place of the institute. Let nothing hinder you from attending.

W. H. GEORGE.

The Story Of Four Tracts

A young Frenchman, who had been wounded at the siege of St. Quentin, was languishing on a pallet in the hospital, when a tract that lay on the coverlet caught his eye. He read it, and was converted by it. The monument of that man may be seen before the Church of the Consistory in Paris, standing with a Bible in his hand. He is known in history as Admiral Coligny, the leader of the Reformation in France.

But the tract had not yet finished its work. It was read by Coligny's nurse, a Sister of Mercy, who penitently placed it in the hands of the abbess, and she, too, was converted by it. She fled from France to the Palatinate, where she met a young Hollander and became his wife. The influence which she had upon that man reacted upon the whole continent, of Europe, for he was William of Orange, who became the champion of liberty and Protestantism in the Netherlands.

Two hundred and fifty years ago a ped-

Report of District of Columbia Churches for October

Church	Tithe	Total Tithe	20 cent a week	Total 20 cent
Alexandria No. 1.....		59 25		24 60
Alexandria No. 2.....		1 05		13 78
Arlington Church.....	18 13	162 12	16 31	162 92
Belmont Company.....		10 43		12 16
Chilton's Church.....	20	113 05	1 00	15 02
Colonial Beach.....	18 35	123 06	5 54	87 35
Clifton Station Company....		20 79		11 70
Conference Church.....	221 83	481 19	12 58	119 20
First Church.....	222 44	1538 82	29 00	158 42
Kilmarnock Church.....	37 62	597 36	7 85	123 32
Memorial Church.....	871 99	3613 26	108 63	1086 55
Mt. Rainier Church.....		173 53		37 25
People's Church.....	130 38	1248 02	9 46	159 97
Sligo Church.....	550 03	3307 44	370 26	1382 41
Takoma Park Church.....	996 90	8232 10	454 43	2356 79
Mt. Gilead Company.....		43 00		9 75
Signs of the Times.....				29 53
East Capitol Church.....	80 18	80 18	36 43	36 43
Campbell Hall Company....	12 74	12 74	4 18	4 18
Totals		\$3160 79	\$1055 67	\$5831 63

Report of Twenty-cent-a-week Fund to October 31, 1915

Church	Members	Goal at \$8.67	Am't Rec'd	Am't Short	Am't Ahead
Alexandria No. 1..	10	86 70	24 90	61 80	
Alexandria No. 2..	17	147 39	13 78	133 61	
Arlington.....	30	260 10	162 92	97 18	
Belmont Company			12 16		12 16
Chilton's.....	10	86 70	15 02	71 68	
Colonial Beach....	8	69 36	87 35		17 99
Clifton.....			11 70		11 70
Conference.....	9	78 03	119 20		41 17
First Church.....	90	780 30	158 42	621 88	
Kilmarnock.....	16	138 72	123 32	15 40	
Memorial.....	105	910 35	1086 55		176 20
Mt. Rainier.....	25	216 75	37 25	179 50	
Peoples'.....	120	1040 40	159 97	880 43	
Sligo.....	123	1066 41	1382 41		316 00
Takoma Park.....	262	2271 54	2356 79		85 25
Mt. Gilead Co.....			9 75		9 75
Signs of the Times			29 53		29 53
East Capitol....			36 43		36 43
Campbell Hall....			4 18		4 18
Totals	825	\$7152 75	\$5831 63	\$2061 48	\$740 36

Net Shortage \$1,321 12

dlar selling books gave a pamphlet to one who was supposed to be an ordinary young man, but he was Richard Baxter, and under the influence of that pamphlet he wrote "The Saints' Everlasting Rest." This fell into the hands of Philip Doddridge, and he wrote "The Rise and Progress of Religion in the Soul." This book fell into the hands of Wilberforce, and he wrote "A Practical View of Christianity." This book came to Legh Richmond, and under the power of it he was led to write "The Dairyman's Daughter." This in turn fell into the hands of Thomas Chalmers, the mightiest Scotch preacher of his day, and after he became a minister, it was the means of his conversion and of his mighty spiritual transformation. A peddler one side and Thomas Chalmers on the other—what a marvelous story!

A tract was placed into the hands of an actor by a lady, and as a result he embraced the gospel. This actor was the late Dr. George C. Lorimer, who became one of the most celebrated Baptist clergymen in this country. He served as pastor of the great Tremont Temple church in Boston. Through his efforts Dr. Russell H. Conwell, of Philadelphia, accepted Christ, and became a celebrated Baptist minister.

J. Hudson Taylor, founder of the China Inland Mission, was brought to Christ through a tract.

—Selected.

We are brought into existence because we are needed; and it is a sad thought that if we stand on the wrong side, in the ranks of the enemy, we are lost to the design of our creation.

—Testimonies.

Peace Beyond Understanding

A precious promise too often unappreciated: "Be careful for nothing [Don't worry about tomorrow]; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Phil. 4:6,7.

es," says unbelief; "but I tried that, and found myself perplexed. The thing did not come out as I expected. Does it not say in the same chapter, 'God shall supply all your wants'? There were blessings I *wanted*, and I did not get them."

Perhaps you refer to verse 19. It does not say "*wants*," but, "My God shall supply all your *need* according to his riches in glory by Christ Jesus."

Perhaps the Lord saw that what you wanted was not good for you at that time, and that you *needed* a little test of your faith that he would do all things well if you would only let him. Instead, you failed even to hold fast to the promise you had professed to venture on.

No wonder at a disappointment in such a case!

—J. N. Loughborough.

What Will Make You Glad

When the years have slipped by, and memory runs back over the path you have come, you will be glad you stopped to speak to every friend you met, and left them all with a warmer feeling in their hearts because you did so.

And you will be glad that you were happy when doing the small, everyday things of life; that you served the best you could in earth's lowly round.

You will be glad that there have been some rainy days in your life. Clouds and storms are not the worst things in life. If there were no storms the fountains would dry up, the sky be filled with poisonous vapors, and life would cease.

You will be glad that you stopped long enough every day to read carefully, and with a prayer in your heart, some part of God's message to those he loves. You will be glad you shut your ears tight against all the evil things men said about one another, and tried the best you could to stay these words winged with poison.

You will be glad that you brought smiles to men, and not sorrow.

You will be glad that you have met all the hard things which have come to you with a hearty handshake, never dodging one of them, but turning all to the best possible account.

—Selected.

"It's worth a million dollars and doesn't cost a cent"—a smile.

Canvassers' Reports

Name	Place	Book	Days	Hr.	Orders	Value	Helps	Total	Del.
Ohio, Week Ending November 26, 1915									
R. E. Simpson, Logan Co.		BR	5	47	16	54 00	8 75	62 75	
Geo. Cottman, Brown Co.		BR	5	43	13	42 00	75	42 75	4 00
Ed Searles, Crawford Co.		BR	5	41	1	3 00	33 35	36 35	17 10
E. C. Alexander, Clermont Co.		BR	5	37	8	25 00	12 00	37 00	3 00
J. H. Stafford, Cincinnati.		BR	4	34	1	3 00	12 40	15 40	
C. R. Fairchild, Logan Co.		BR	4	31	11	37 00	4 25	41 25	
Fred Hannah, Holmes Co.		BR	4	30	3	9 00	6 75	15 75	3 25
W. S. Syphers, Fayette Co.		BR	4	30	8	28 00	5 25	33 25	1 50
Ira Rickett, Fayette Co.		BR	4	28	6	18 00	2 50	20 50	
G. W. Yingling, Huron Co.		BF	4	27	6	9 00	2 25	11 25	1 50
W. H. Smith, Holmes Co.		BR	4	26	6	19 00	3 25	22 25	2 00
P. A. Franks, Wayne Co.		BR	3	25	7	23 00	75	23 75	
Mrs. E. Y. Smith, Portsmouth		CK	3	22	20	30 00	6 25	36 25	1 25
H. W. Barto, Pickaway Co.		BR	3	20	7	25 00	1 50	26 50	
Mrs. C. Kelley, Portsmouth		CK	3	18	13	19 50	2 25	21 75	
Mrs. Ira Rickett, Washington C. H.		ES	4	10	3	9 00	4 15	13 15	1 90
D. L. Sealy, Hancock Co.		BR	2	14	2	6 90	3 75	9 75	
H. O. Kohr, Zanesville		BFL	2	12	6	9 00	4 00	13 00	6 00
W. W. Kay, Mahoning Co.		CK	2	10	2	3 00	1 00	4 00	
Totals	19 Agents		70	510	139	\$371 50	\$115 15	\$486 65	\$41 50

West Virginia, Week Ending November 26, 1915

*G. Earl Snyder, Weston Co.		BR	10	83	20	67 00	9 85	76 85	
*C. G. Mays, Romney Co.		BR	7	38	2	6 00		6 00	
*Ivor Lawrence, Hampshire Co.		BR	10	77	20	64 00	5 00	69 00	14 00
*W. A. McElphatrick, Randolph Co.		BR	10	79	17	58 00	74 20	132 20	2 75
T. M. Butler, Taylor Co.		BR	5	34	8	24 00	8 75	32 75	2 75
J. S. Seal, Summers Co.		BR	5	40	16	52 00	10 25	62 25	
Henry Waggoner, Preston Co.		BR	4	11		35 00		35 00	85
R. E. Beckwith, Calhoun Co.		BFL	3	21	22	34 50	7 85	42 35	
Totals	8 Agents		54	383	86	\$340 50	\$115 90	\$456 60	\$20 35

Chesapeake, Week Ending November 26, 1915

O. C. Weller, Frederick Co.		BR	5	38	12	39 00	4 00	43 00	3 75
Geo. R. Apsley, Carroll Co.		BR	4	25	6	16 00	7 20	23 20	
N. O. Shaffer, Baltimore Co.		BR	4	32	7	25 00	7 25	32 25	
J. E. Jones, Caroline Co.		PPF	5	39	12	24 00	11 80	35 80	42 35
D. W. Percy, Caroline Co.		PPF	4	32	25	50 00	7 35	57 35	
Geo. W. Lawrence, Harford Co.		DR	3	18	4	12 00		12 00	
Totals	6 Agents		25	184	65	\$166 00	\$37 60	\$203 60	\$46 10

East Pennsylvania, Week Ending November 26, 1915

Wm. P. Hess, Northampton Co.		GC	5	42	11	35 00	14 25	49 25	
E. S. Tolliver, Luzerne Co.		DR	3	14	2	6 00	1 50	7 50	4 00
F. Washburn, Northampton Co.		GC	3	17	2	6 00	7 25	13 25	
V. A. Klein, Northampton Co.		DR	3	25	6	18 00	3 00	21 00	
S. J. Mack, Northampton Co.		DR	4	18	4	13 00	1 00	14 00	
Ella Asper, Perry Co.		HH	5	25			1 50	1 50	
*Hazel V. Leach, Perry Co.		HH	5	45	15	49 00	5 50	54 50	73 00
Totals	5 Agents					\$127 00	\$34 00	\$161 00	\$77 00

District of Columbia, Week Ending November 26, 1915

C. L. Ross, Washington, D. C.		BR	5	20	23	69 00		69 00	
F. H. Holland, Alexandria Co.		BR	4	25	7	23 00	2 50	25 50	5 25
J. I. Butcher, Washington, D. C.		WC			100	25 00		25 00	
E. R. Corder, Washington D. C.		BR	2	10	7	16 50		16 50	
W. H. Schmidt, Washington, D. C.		Misc	2			12 75		12 75	8 75
J. F. Bartini, Washington D. C.		Misc	4			7 25		7 25	7 25
C. E. Frost, Washington, D. C.		Misc				5 25		5 25	5 25
Miscellaneous		Misc				14 90		14 90	14 90
Totals	7 Agents		17	55	137	\$180 90	\$2 50	\$183 40	\$41 40

MAGAZINES

Memorial Church	7 70	Miss Chandler	6 50
Irma Gerhart	5 00	Miss Edgar	5 00
Mrs. Swank	4 00	Mrs. H. M. Cleveland	3 00
Mr. Burwell	5 00	Miscellaneous	1 50
Total			\$37 70

West Pennsylvania, Week Ending November 26, 1915

C. Dunham, Allegheny Co.	GC	5 26	9 34	00	34 00	41 50
J. S. Glunt, Erie Co.	BR	3	7 23	00	3 05	1 65
John Morley, Potter Co.	BF	5 35	17 28	50	3 25	9 25
D. Patterson, Fayette Co.	BR	3 14	8 25	00	5 75	16 00
*C. E. Will, Washington Co	CK	10 20	1 1 50		8 25	73 65
Totals	5 Agents	26 95	39 \$112	00	\$20 30	\$132 30 \$142 05

Virginia, Week Ending November 20, 1915

T. D. Gibson, Augusta Co.	BR	5 37	16 49	00	1 50	50 50
David Orr, Highland Co.	CK	4 34	6 12	00	8 65	20 65
S. N. Wilmer, Appomattox Co.	BFL	4 38				144 95
J. L. Goode, Hanover Co.	DR	4 32	3 9	00		9 00
Harry Wright, Hanover Co.	DR	4 20	18 55	00	4 65	49 65
Totals	5 Agents	20 161	47 \$125	00	\$14 80	\$129 80 \$183 85

Grand Totals: 55 Agents Value of Orders \$1422 90 Deliveries, \$551 25

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

Its Boundless Influence

During the annual camp meeting of the Arizona Conference, held in Phoenix, October 7 to 17, 1915, Brother W. L. Sims, gave the following testimony regarding the value of the *Signs of the Times*.

I am much interested in the circulation of the *Signs of the Times*. It was the first Seventh-day Adventist literature I ever read. Some one mailed to me a copy at a time when I was anxious to know the truth regarding the Sabbath question. I read and reread every article in it, and sent for some tracts that were advertised in its columns. With Bible in hand, I carefully studied the subject matter of each, and soon afterward began the observance of the Sabbath. When an opportunity presented itself, I was baptized, and became identified with the Seventh-day Adventist people.

"For the encouragement of others, I will relate briefly an experience and its results. Some time ago, while selling the *Signs of the Times* in the mountain towns of Northern California, I met an elderly man who was interested in mining. He was the first candidate for governor of California on the prohibition ticket. His house stood back from the road, and I passed it by a number of times, thinking it was useless to try to sell a paper there.

"At last, feeling that I ought at least to give the person living there an opportunity to subscribe, I returned to the house, and met this gentleman at the gate. I obtained his subscription for six months.

"Three months later, while laboring in

another town, I again met him. He recognized me and requested me to visit him. I did so. He then said the *Signs* was the best religious paper he had ever read, and that he now was keeping the Sabbath. He also informed me that his daughter in the east, to whom he had been sending the paper, also begun the observance of the Sabbath. A few weeks later she wrote him that she had passed the same paper on to her neighbor and that she too, had taken her stand for the Sabbath. This neighbor gave the paper to a deacon of the Methodist church, of which she was a member, with the result that he also, embraced the Sabbath.

"The miner requested me to write to his daughter. I learned that she had interested others in the truths presented in the *Signs*, and they all desired to hear a Seventh-day Adventist minister. I wrote to the president of that conference. A tent effort was held there, and a church was organized as a result. Yes, the *Signs* does bring people into the truth." I can truly say that I never have accomplished more in so short a time and with such a small outlay of means than was brought about by that six months subscription to the *Signs of the Times*.

Truly, the influence of the *Signs* is boundless. If we could only appreciate this, we would be more free in its use. A few copies going out each week is bound to reap a harvest. Five copies to separate addresses each for a year, only \$6.25, and a copy of "Questions and Answers" free. Place your order now with your tract society.

OBITUARIES

WELLS. — John B. Wells was born at Ohio Furnace, Sciota County, Ohio. January 28, 1866, and died at the Sanitarium, Battle Creek, Michigan, August 12, 1915, aged 49 years 6 months and 15 days. At the age of nineteen he located in Broughton, Ohio where he made his home for over seventeen years.

He was united in marriage April 21, 1886 with Miss Pauline Bushy daughter of Mrs. M. E. Grubb. To this union seven children were born, two sons and five daughters. August 1902, he removed to Battle Creek, Michigan; where he was employed as engineer at the Battle Creek Sanitarium for thirteen years. In August 1889 while attending his first camp-meeting at Mount Vernon Ohio, he was baptized by Elder R. A. Underwood. When the little company was organized in Broughton he was chosen as their leader, acting in this capacity for a number of years and then was elected deacon, which office he continued to fill until his removal to Battle Creek. He was a man honored and beloved. He stood high in the estimation of all who knew him, for his sterling worth and integrity, combined with friendliness and charity for all. He dearly loved the truth, and was faithful until the last moment of his life. He was a most devoted husband and loving father, and his greatest desire was to see all of his family walking in the paths of righteousness. His death was sudden and unexpected, and came as a great shock to all of his wide circle of friends. Especially heavy was the blow to his sorrowing family, which alone can realize to its fullest extent the loss of the kind and loving husband and father.

His bereaved family find consolation in knowing that Christ is soon to come and restore their loved one to them.

MRS. M. E. GRUBB.

CRAGER. — Cuno Parker Crager, Jr., son of Professor C. P. and Reba Hatton Crager, was born August 29, 1914 in Kenilworth, Cape Town, South Africa and died suddenly in Takoma Park, Washington, D. C.

The funeral service was held in Philadelphia, and the little one was laid to rest in Mount Peace cemetery, Philadelphia.

VIRBROOK NUTTER.

FULLER.— Lydia E. Fuller was born March 30, 1844, and died November 13, 1915 at the home of her son, O. A. Fuller of Conneaut, Ohio. In 1864 she was united in marriage to Cornell G. Fuller, who was drowned in Lake Huron in 1875. In September 1895 she accepted the Seventh-day Adventist faith, remaining a faithful and consistent Christian until the infirmities of

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old age and weakened heart caused her death.

Words found in Ps. 116:15 were used as basis for a few remarks to the many friends and relatives. Among those present were her son, O. A. Fuller, her brother, P. H. Farnham and three sisters, Mrs. Mary Haviland, Mrs. Flora Young and Mrs. Emma Buss. W. J. VENEN.

Washington Missionary College

A very practical sermon was delivered by Elder S. M. Butler. The common everyday things for which we are so liable to forget to be thankful for were especially emphasized.

A very sad accident occurred on Wednesday, November 17, when one of the students, Miss Carrie Smith, of Kendall, New York was severely burned, while using her alcohol stove. Help was immediately forthcoming and the flames were put out but not until severe injuries had been sustained. Miss Smith was taken immediately to the Sanitarium but in spite of the best efforts of the physicians and nurses she died about nine hours later as a result of the shock. Professor E. G. Salisbury, head of the Mathematics Department, accompanied the remains to Kendall, New York, where the funeral services were held on Sunday, November 21. An impressive memorial service was held at the school on Sabbath, November 20.

Mr. and Mrs. Carl Neuman and their two children of Walla Walla, Washington, stopped at the college last Tuesday while on their way to Argentina where Mr. Neuman will enter the ministerial work.

Word has come from Professor Shaw that he will be with us again by the first of December. We shall be glad to welcome him back.

Dr. A. J. Sanderson, who for a number of years had charge of the St. Helena Sanitarium, spoke to the students at chapel time one morning. The subject of his very helpful talk was "Service."

The Thanksgiving services were held in the chapel Wednesday evening. The large number of gifts brought by all who attended the services were arranged very artistically by Professor Hamer and his helpers. After the meeting these gifts were placed in baskets which were distributed among the poor on Thanksgiving morning.

Thanksgiving was a day of good cheer and happiness at the college. Hours before dinner the dining room began to put on a festive air. The tables, arranged in a hollow square were heavily loaded when the students and friends entered. The hot foods were served in courses by ten young men and women dressed in Puritan style. When it was evident from the expression upon the faces and the sound of their voices that all had enjoyed a good dinner customs of several different countries were described by persons who had been there. Although the students missed the home associates they were quite happy and contented.

After dinner the remainder of the afternoon was given to playing games on the lawn.

A very pleasant evening was spent in the dining room where a splendid program was conducted by the English department.

Saturday evening the Quadrangle gave a reception to the faculty and new members. A short program was rendered and refreshments were served followed by some excellent toasts.

IN THE LOOKING GLASS

"This world is like a looking glass
And if you want to see
People frown at you as you pass,
And use you slightly;
If you want quarrels, snubs and foes,
Put on a fretful face—
Scowl at the world—you'll find it shows
The very same grimace.

This world is like a looking glass
And if you wish to be
On pleasant terms with all who pass,
Smile on them pleasantly;
Be helpful, generous, and true,
And very soon you'll find
Each face reflecting back to you
An image bright and kind."

Seven Billion Slain

Wars have claimed this number of men, so statisticians tell us. An article in the January *Signs Magazine* contains this information in connection with a recital of the taking of Babylon by Cyrus, when he diverted the flow of the Euphrates and with his soldiers entered the city. With this introduction the writer then proceeds to explain Rev. 16:12-22,—"and the water thereof was dried up."

Academy

Miss Ivy Harkins left for Pittsburgh Thursday evening to attend the funeral of her grandfather.

Elder J. W. Hirlinger stopped at the academy on his way home from California. He spoke to the students at chapel hour on Tuesday.

Elder B. G. Wilkinson occupied the chapel period Wednesday morning. His talk was much appreciated by all.

An entertainment for the students was given in the chapel last Saturday evening.

Miss Henrietta Kelly went to Chicago to visit her sister, who is very ill.

Elder Robbins visited his daughter, Mable, last week on his return home from the Council.

The Steady Subscriber

How dear to our hearts is the steady subscriber,

Who pays in advance at the birth of each year;

Who lays down the money and does it quite gladly;

And casts 'round the office a halo of cheer.

He never says; "Stop it; I can not afford it.

I'm getting more journals than now I can read."

But always says: "Send it, all readers like it—

In fact, we all think it a help and a need."

How welcome his check when it reaches our sanctum;

How it makes our pulse throb; how it makes our heart dance.

We outwardly thank him; we inwardly bless him—

The steady subscriber who pays in advance. —Exchange.