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## Echoes from the Field.

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### Tribulation.

The path of sorrow, and that path alone,  
Leads to the land where sorrow is unknown;  
No traveler ever reached that blest abode  
Who found not thorns and briars on his road.  
—Selected.

## GENERAL ARTICLES.

### Our State Meeting.

Dear brothers and sisters of the Colorado Conference, how I would love to talk with you face to face about the coming meeting. As that can not be I must write you through our state paper, the ECHOES, but I am always afraid that you may not get the paper, or will not read what it contains. I do not think we can say too much of the importance of our state meeting. Weighty matters will be considered, and the burden of such should not be left to a few men, but every church in the conference should be represented. And not only the organized churches, but every company where there is no church organization who pay their tithes into the conference and helps support the workers in the conference should send a representative. Every person who is true to this grand work has a right to be represented in the business affairs of the conference. I will take the

liberty to ask our isolated companies, where there is no church organization, and where the members are in harmony, and who pay their tithes into the conference treasury, to choose a representative, and he will be seated, I am sure, among the delegates. Brethren and sisters, we need your help and counsel at this most important meeting. Please come and bring your children, and above all bring the blessing of God with you, that you may bless others.

Remember, Aug. 17-27 is the date. Note carefully what Brother MacGuire has said about railroad rates.

G. F. Watson.

### Nehemiah 2:20.

Dear ECHOES:—We were very much pleased to learn from your pages that it is the purpose of those in charge to build our school building at Campion station this summer if the balance of the money is raised at once. Many times the words of the text have come to my mind when thinking of this school. These words are from the Lord and we can fully depend upon them. The Lord has given us such abundant blessings, we can surely raise the small amount needed to begin the work. I cannot endure to think of this school waiting longer. Who can estimate the loss to our dear young people, to the Lord and his cause, should this be longer delayed? When Noah built the Ark he put all he was worth into it, and then God put him in, safe from the flood. Oh, was not that a wise investment? Just as surely there is coming a consuming fire which will destroy all that has not been saved by using it to save souls. Then let us bring our gifts quickly and willingly, until there is enough to finish the work, and thus say with Nehemiah, "The God of heaven, he will prosper us; therefore we, his servants will arise and build."

Alice E. Pierce.

### A Word to Conference Workers.

The time of our State meeting is at hand, and we hope you will arrange your work so as to be on time August 14th to help pitch the camp. We will have none too much time in which to get ready for our first meeting, August 17, at 8:00 p. m. Now, my dear fellow workers, August 14 does not mean August 17, and that late in the afternoon, but it does mean August 14, early in the morning. Where our tent companies have an interest that they cannot leave without damage to the work, I would advise them to stay with the work. Also those that can not leave their work until the last day or two of the meeting had better not come if they expect the conference to pay their expenses. This conference has paid the expenses of some who have only been on the ground one day, and in my judgment this is not right, and will be protested against. Please, dear workers, be on time if you come at all, and we want all to come who can.

G. F. Watson.

"Heavenly angels have long been waiting for human agents—the members of the church—to cooperate with them in the great work to be done. They are waiting for you. So vast is the field, so comprehensive the design, that every sanctified heart will be pressed into service as an instrument of divine power. Work, O work! keeping eternity in view. A great work is to be done. Let the prayer go forth from unfeigned lips, 'God be merciful unto us, and bless us, and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations.'"

"Though I have all faith so that I could remove mountains, and have not love, it profiteth me nothing."

## FIELD REPORTS.

### Arvada.

The Arvade Church held its quarterly meeting Sabbath, July 1st, almost all the company being present. We enjoyed much of the rich blessing of God. Many made confession one to another, and God came near to us. We also sent our donation to the work in the foreign fields.

E. E. Lewis.

### Wray.

The quarterly meeting for the Wray church was held July 1st, and will long be remembered as the best meeting we ever had. There was a good attendance and all came filled with the spirit of love, and a willingness to work for the Master. We rejoice because we know the Lord was with us. It is good to do the Master's will. My prayer is that we may never grow cold in the cause of Christ. When an invitation was given for others to come and go with us six came forward. They are now awaiting baptism.

B. E. Parkins.

### Costilla, N. M.

I always am located for the work summer and winter, cold and warm, and am of good courage, thank God, he is always side by side to me. So I hope and pray that the merciful God bless you and each brother and sister in the office; the Holy Spirit may be with us all so that we may be able to distribute the precious truth among many thousands. The good work is going all right all over the territory of New Mexico. Thank God for having opened the gates so that we may go everywhere with the gospel. Our Sabbath-keepers are growing in numbers. I have many places to visit, and am busy all the time. Pray for us, my brethren, that he may send more men, and provide the means necessary to carry the work ahead.

L. Vargas.

### Rocky Ford.

Our meetings are growing both in number and interest, and we trust that by the time they are closed there will be a harvest of souls as the result of our labor.

We are having a hard time with the wind. Not a day passes that we do not have to let down the tent on account of the wind. If we leave it up after meeting the chances are that we must get up in the night and let it down. It is needless

for me to enlarge on the pleasure of letting down a tent at midnight on a dark night, with all kinds of ropes stretched across your path, seemingly for the purpose of sending you headlong. We are of good courage, however, and he who commands the sea and the waves to stand still, has ruled to the extent that we have not missed a single meeting.

G. M. Alway.

### Raton, N. M.

Brother S. L. Stopher has been with us for about a month. We have had some precious times rejoicing in the Lord. We have visited the sick on Sabbath, held Bible studies and had seasons of prayer together.

Elders Hoover and Richards are holding tent meetings here at Raton, and we are praying that the Lord will use them to raise a company of precious souls who will accept this blessed truth, and become a band of workers for him in the needy fields. We realize that the Lord has answered our prayers in sending us laborers, for the harvest is ripe. May some sheaves be gathered for the heavenly garner. Quite a number are deeply interested. May God help them to decide for the right. Pray that our light may shine more and more until the perfect day. Brother and Sister Masterson are still rejoicing in the truth and are walking in the light which has been given them.

We have interesting Bible studies at our home each Friday evening. Two colored Baptist ministers attend, and I believe one of them will accept the truth. Three colored brethren have acknowledged the Sabbath of the Lord, and have taken their stand with me against their minister. May the Lord lead them, and their shepherd into his own light.

E. K. Cassell.

We began tent meetings here July 7th with an attendance of fifteen. This number has increased to about fifty. It is too early yet to predict anything as to results. This is a railroad town of 3,500 inhabitants. Our tent is pitched in the center of the finest residence portion of the city, and seated for about 200, and lighted perfectly with electric lights. This is the city where Bro. Cassell was recently imprisoned for Sunday labor. Our tent is just two blocks from the jail. We are visiting every home with personal invitations. We find close attention given to the word, and some are enquiring for light.

H. L. Hoover.

H. M. J. Richards.

### Railroad Rates to Camp-Meeting.

Through the blessing of the Lord we are once more favored with a reduced rate to our camp-meeting. The rate will be one and one-fifth fare for the round trip, the same as last year. Please note carefully the following conditions on which the reduced rate may be secured.

Tickets will be sold and certificates granted August 16, 17 and 18. Certificates will be signed on the camp-ground by the conference secretary. Tickets for the return journey can be purchased at one-fifth fare as soon as fifty certificates have been handed in to the writer. Certificates will be good for return trip up to and including Wednesday, August 30.

On August 16th, 17th or 18th purchase a ticket to Denver, taking a certificate from agent. If your agent is unable to sell a through ticket, purchase a ticket to the junction point, then purchase another ticket to destination, and be sure and get a certificate with each ticket.

The above rates are authorized in Colorado only, but we expect they will be extended to New Mexico. Announcement of this will be made in the next issue.

However, any desiring to come from southern New Mexico should write to the undersigned and arrangements will be made for them. In compliance with the request of the railroads we shall send a printed slip to the elder of each church, containing instruction in regard to the purchase of tickets. It is necessary that we understand and carry out their instructions, as they will refuse to refund anything on tickets on account of mistakes made by purchaser.

Meade MacGuire,  
Conf. Transportation Agent.

When a soldier falls in the front ranks of battle, there should be a score of willing soldiers ready to press forward and fill up the gap. We anxiously look for the appearing of our Lord; but will he come until China's four hundred and twenty millions have heard the gospel? We must have more workers in China, and we must have them soon, so they can be learning the people and the language.—A. C. Selmon.

"Do not look for wrong and evil,

You will find them if you do:

As you measure for your neighbor

He will measure back to you.

Look for goodness, look for gladness,

You will find them all the while;

If you bring a smiling visage to the glass

You'll meet a smile."

—Selected.

**A Daub of Mud.**

It is so much easier to see the faults in people than the virtues. A daub of mud upon a painting will call forth more comment than the painting itself. Thus the old Adam in us feasts upon these splotches in the lives of others.

In no place is gossip more rife than in a small town or a city, where people are thrown together closely and frequently, their interests and ambitions so often clash and they have such opportunity for studying each other, and hence become familiar with one another's faults. It is the rare man or woman who can resist the temptation to talk about them, and many revel in it.

That person is not only more popular, but happier, who sees the good, and not the evil in people, or if he sees the evil covers it with the mantle of charity and says nothing about it. Censoriousness, gossip, slander,—tarnishes, corrodes, embitters, dwarfs every one guilty of it. It fills the mind with the dark passions of hate and malice and envy. Is it not better to flood our souls with the sunshine of love and charity? There is good and evil in everybody, ourselves included. Let us maximize the good and minimize the evil. The way to do it is to curb the tongue, and before you criticise your neighbor ask yourself these questions: Is it necessary? Is it true? Is it kind? —Selected.

**Home Made Health Foods.**

Many of our people have felt grieved that they could not avail themselves of the use of health foods on account of the cost of the same. It is, of course, more convenient to be able to have food prepared to our hand than to be at the trouble of making such preparation ourselves, and yet, as a matter of fact, there are a number of really most palatable so-called health foods which can be prepared quite as well in the home as in any factory. Several of these we will suggest:

1. Zwieback. Zwieback is nothing but ordinary bread twice baked; baked first in the loaf, secondly, in the slice. Any housewife, with a little effort and care can prepare an excellent quality of this food in her own kitchen. Take stale bread, cut it in slices of about one-fourth inch thickness and place on tins in the oven for rebaking. The heat of the oven should be moderate so that the toasting and baking process may be continued for some two or three hours. The purpose is not merely to toast the bread

on the outside, but to dextrinize the slices entirely through so that when broken they will show a rich brown color throughout. Zwieback prepared in this way is entirely as healthful, and oftentimes more palatable than that which may be manufactured in a more wholesale way in some factory.

2. A very excellent nut food can be prepared by cooking the peanut as it is bought in regular market. Take raw Spanish peanuts of the desired quantity, place them in the oven for a short time, just sufficient to enable the skins to be removed readily. Then place them in the stew pan and cook them for twelve hours or more with plenty of water, the same as peas or beans are prepared. At the end of this time it will be found that by the addition of a little salt one has a most delicious, nutritious, and easily digested nut food, as palatable and as high in food value as any nut preparation upon the market.

Frances M. Wilcox.

“Christian fellowship must begin in fellowship with God. If Christ and we are friends, then we and Christ's other disciples will be friends, too. We must get our love from heaven. This world does not have such love, and we cannot learn it in any of the world's schools. Patience, forgiveness, long-suffering, kindness, love to enemies, thoughtfulness, meekness, self-forgetfulness—all these are essential in real fellowship, and not one of them is part of the world's idea of love. Only when we belong to Christ can we learn to live with others in true fellowship.”—Selected.

**Important Notice.**

We wish to call attention of church officers to the fact that it is time to elect delegates to the coming State Conference. Please brethren, do not put it off. Avoid the confusion and extra work and time required to arrange this after you arrive on the camp-ground. The rule for church representation is one delegate for each fifteen members. Please elect your delegate as soon as possible and send the names to the undersigned.

Meade MacGuire,  
Conference Secretary.

“Behold how good and how pleasant it is for brethren to dwell together in unity.”

“Be not deceived; God is not mocked; whatsoever a man soweth, that shall he also reap.”

**To Our German Brethren Throughout the Colorado Conference.**

I am glad to announce that at our coming State camp-meeting we will have the best of help for our German people. Prof. August Kunze of Union College will be with us during the whole of the meeting. Your Conference Committee is very anxious that this meeting shall be the best for all our people that ever has been held in this State and we are very desirous to have a good representation of the German, that they may be instructed in the ways of life so they shall be able to carry on a better work in their home fields than ever before. Regular meetings for the Germans will be held each day. I hope every German brother and sister in this conference will plan to attend and bring as many with them as possible. I wish that I could see you all and tell you face to face the importance of this meeting, and the responsibilities that God has placed upon us. Come, dear German people, come to this annual gathering and share our Master's good things with us.

Do not forget to order your tents, bed-springs, mattresses and chairs in time so you will not be disappointed. Send all orders for such supplies to Meade MacGuire, 1112 S. 11th St., Denver, Colo.

Your servant and brother,  
G. F. Watson.

**Order Your Tents Now.**

Those who order early are not usually disappointed, but those who wait until almost time for camp-meeting before ordering their tents many times find it impossible to get what they would like to have. Please order early so that we may know what preparations to make. The prices will be as follows:

10x12.....	\$2.00
12x14, low wall.....	2.50
12x14, high wall.....	3.00
14x16.....	3.50

**Help the Work for the Blind.**

Help the work for the blind by selling OUR NEW MOTTOES.

Eight different designs. New in the United States.

E. W. Hampton has sold 4,800 in the vicinity of Lincoln, Neb., during the summer. It paid him; it will pay you.

These are pictures that speak. We are publishing literature for the blind, and the proceeds from the sale of these mottoes is used for carrying forward this work.

**BUY YOUR MOTTOES OF US.**

Five dozen or more sent flat, express prepaid. Less than five dozen sent by mail, postpaid, rolled. Sample copy of any 35c motto, 15c, postpaid. WRITE TO-DAY to L. N. Muck, office of the Christian Record, College View, Neb.

## NOTES AND ITEMS.

"He that loveth not, knoweth not God, for God is love."

Mr. and Mrs. John Lees, of Fruitdale, called at the office last Monday.

Mrs. L. E. Cox, of Salida, called at the office recently on her way to Iowa.

Mrs. Chas. Lightner, with her children, are visiting her husband at Pueblo.

We learn that Elder States has been quite ill at Glendale, Cal. We hope he will soon be fully recovered.

Miss Edith Barnes, of Littleton, went to Boulder last Sunday to visit her mother who is at the Place Sanitarium.

Eight persons were baptized in Speightstown, Barbados, recently, and it was expected that others would follow soon.

Mrs. Bertha Knudson, Mrs. Flora Boardman and Miss Ethel Boardman have gone to Loveland for a few week's outing.

Mrs. H. F. Randolph, of Canon City, has been in Denver for the past few weeks caring for a patient. She returned to Canon last Friday.

Two sisters were baptized by Elder Svensson, Sabbath, July 9th, in the West Denver church. They will become members of the Capitol Hill church.

Chas. Lightner, who has been doing Bible work in Pueblo for the past few months, reports that one of his readers has accepted the truth, and has requested baptism.

"Brother Hill's Bible Class" is an excellent presentation of doctrinal truths, and meets every objection which can be raised. Many think it the best help we have. Price 15 cents.

Will the Sabbath-school secretaries please send in their reports promptly, so that this work may all be out of the way before camp-meeting. If you have not sent your report, please do so at once.

An addition of fifty to the East Prussian Conference, and seventy in the West German Conference, during the past quarter, is reported. In most of the other fields in Europe there had been baptisms.

In Fiji we expect that within a short time a school for native youth will be started, where a score or more will quickly receive a training for work among the

savage races in Melanesia—New Guinea New Britain, Solomon Islands, etc. A council will shortly be held in Fiji to decide the matter of the location of the school, and the general policy to be followed.

Mrs. Proudfit, librarian of the Capitol Hill church, has been doing a good work in the distribution of literature since the tent meetings opened in that locality. Many tracts have been given away, and some books sold.

Only a short time remains until camp-meeting, and those who are planning to attend should send orders at once for tents and furniture, such as cots, springs, chairs, etc. Order now, and you will not be disappointed.

The Capitol Hill Sabbath-school spent a delightful afternoon at City Park Monday the 10th. A nice lunch was served, and all pronounced the occasion an enjoyable one. It was pleasant to see the children so happy.

The West Denver Sabbath-school enjoyed an outing at Littleton Sunday, July 9th. All felt greatly benefitted by a day spent in the country, and many were heard to say that they wish those outings were more frequent.

The "Family Bible Teacher" is now translated into the German, Swedish and Danish languages. The German and Danish are now ready, but the Swedish will not be out for about six weeks. Price twenty cents per set.

We are expecting the best camp-meeting Colorado has ever had. Come, and bring your friends with you, and do not forget to bring the children and the young people. No one can afford to miss this annual feast.

Brother E. E. Farnsworth made a flying trip to Denver on the 9th. Eddie Davis, who has been with him at Loveland, became so ill that it was necessary for him to return home, and Brother Farnsworth accompanied him.

The railroad rates to our coming camp meeting extend to New Mexico. Let all who are interested in this matter read carefully the instructions given in another column, that you may make no mistake when you purchase your ticket.

Our camp-meeting will be held Aug. 17-27 at Rocky Mountain Lake, Denver. We hope our churches will elect their delegates and send in the names as soon as possible so that we may have a complete list arranged before going to the

camp-ground. Some of our churches have already sent names of their delegates. We appreciate this promptness very much, and trust it will be followed by every church in the conference.

Elder G. F. Watson has been visiting among the churches. He spent several days with the Pitkin Church, and held some very interesting meetings. He was with the brethren at Villa Grove last week, and reached Denver on the 18th. We are glad to have him with us at this important time.

The Calendar for the Western Slope Academy is just out, and is replete with information concerning that school. It is nicely gotten up and contains several pictures of the buildings and surrounding scenery. These Calendars are now ready for distribution. Address Prof. B. A. Wolcott, Palisade, Colo.

On account of the unexpected rush for the July number of *Life and Health*, and the complete exhaustion of the entire edition before the first week of the month, the August number was issued early in order to supply the demand. The regular subscription price is fifty cents per year. Two and one-half cents per copy in lots of twenty-five or more.

A recent letter from Pastor Cady, Society Islands, tells of the baptism of a Scandinavian brother in Raiatea. This man attended our first meeting in that island about fourteen years ago. Last June his two children were baptized at the time of our Eastern Polynesian conference. The seed of truth sown sometimes does not bear fruit till after many days.

Has your subscription to ECHOES expired? If so your name must soon be dropped from the list, much as we dislike to do it. This is the only means we have of telling you of the work in our conference, and of the plans for our coming camp-meeting. Please renew at once if there is a blue cross on the wrapper of your paper so that you will not miss a single number.

Again we invite our ministers, canvassers, church librarians, Sabbath-school secretaries, church elders, and workers from all parts of our conference to send us items of interest and short reports and articles for our State paper. Please do not forget, brethren and sisters, that all are interested in the work in your locality, and will be glad to know of the progress of the truth. Let us hear from you.