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Delegates to the Spring Council

The General Conference and North American Division Council

at Oakwood School, April 12—19, 1917

THE fiery, cloudy pillar still leads. Every delegate to this important council firmly believes that it was in the order of God that we should convene in the Southland. At the appointed time, April 12, nearly all had assembled. Everything was well planned and in order for this important gathering. Over sixty delegates were present. It would be impossible to pen all the interesting and important features of the council. Considerable time was given to the study of the Word. Prayer and social services were not neglected. Some very vital things were presented in the regular morning studies, and all were led to see the importance of our taking a definite position with reference to the essential things, the foundation on which this reformatory movement was built.

The deliberations of the council were deeply spiritual. Some ques-

tions, vital to the whole work and movement at this time, were discussed at great length, prayed over most earnestly, and adopted unanimously. The spirit of harmony, the desire to do God's will and advance his cause was unparalleled. With seven and one half hours each day devoted to Bible study, prayer, and council meetings, and from four hours upward devoted to conference work, it is apparent that there were few idle moments. The thorough work of the various committees helped much in getting thru at the appointed time. This brief report would not be complete without some mention of excellent arrangements made and accommodations given by Professor and Mistress Boyd and staff. There was no complaint, nor room for any. The students entertained us with some of their characteristic songs. This feature was very pleasing.

Plans were laid to enlarge the Oakwood Manual Training School. In connection with this important Council in the South it was planned that the delegates visit the newly established Southern Junior College at Collegedale, as well as our great Southern Publishing House at Nashville, Tenn. Elders Wight and Branson, presidents of the Southern and Southeastern Union Conferences, with their committees made detailed arrangements for these visits and furnished a treat to the delegates that will never be forgotten. It would require a column to describe all that we saw and enjoyed. I must say this however, that we feel a special pride and pleasure in our institutions in the South, the Southern Junior College, the Publishing House, the Oakwood Manual Training School and the Madison School. We shall never forget this council in the Southland. F. W. PAAP.

Church Schools

THE terrible famine for the Word of God which is predicted in Amos 8: 11-13 will prey in a special way upon the young; for the prophecy says, "In that day shall the fair virgins and the young men faint for thirst." This warning should be heeded by all Seventh-day Adventists, especially by those who have children, that they may have the words of the Lord hidden in their hearts, and thus be prepared for the famine which is soon to come upon the world.

The famine will begin when the time of trouble which is predicted in Daniel 12:1 commences, when the Turk "shall plant the tabernacles of his palace between the seas in the glorious holy mountain" [Jerusalem].

In view of these things, how can Seventh-day Adventist parents permit their children to attend a school where things are taught that undermine faith in the Word of God? Above all, how can they send their children to worldly schools when church schools are being conducted where they could attend if they desired to send them? The theory of evolution is made prominent in the instruction given in the worldly schools, and it is not unusual for teachers to encourage their students to attend the theater, dance and read the most popular novels of the day. Even the readers which are used contain fictitious stories. In New York State there is a law that requires all boys to take part in a military drill twenty hours each month. Is it strange that with such a training students have no relish for the Word of God, and especially for this precious message?

The following testimony should awaken the most indifferent parent concerning the importance of getting his children out of the worldly schools: "Any one of the children of the Hebrews who was found in an Egyptian habitation was destroyed.

"This experience of the Israelites was written for the instruction of those who should live in the last days. Before the overflowing scourge shall come upon the dwellers of the earth, the Lord calls upon all who are Israelites indeed to prepare for that event." — *"Testimonies for the Church," Vol. VI, p. 195.* Are your children in an Egyptian camp?

Will they be found there when the "overflowing scourge" comes?

"Work as if you were working for your life to save the children from being drowned in the polluting, corrupting influences of the world." — *Id., page 199.* Think of this striking figure. We should be as intense over the education of our children as we would be to rescue a drowning person. What is your attitude?

When the laws of the land prohibit the message being taught by men and women, the spirit of prophecy says that "children who have been rightly educated will in their simplicity speak words which will be an astonishment to men who now talk of 'higher education.' . . . In these last days, children's voices will be raised to give the last message of warning to a perishing world. When heavenly intelligencies see that men are no longer permitted to present the truth, the Spirit of God will come upon the children, and they will do a work in the proclamation of the truth which the older workers cannot do, because their way will be hedged up." — *Id., pp. 202-203.* — *K. C. Russel in Atlantic Union Gleaner.*

The Gift of Prophecy.

IN the gift of Christ, God gave to men the best that heaven could bestow. "He that spared not his own Son, but delivered him up for us all, how shall He not with him also freely give us all things?" Rom. 8: 32. Just before His death the Savior said to His disciples, "It is expedient for you that I go away: for if I go not away, the comforter will not come unto you." John 16: 7.

The Savior had a work to do in heaven in behalf of men; He must begin his work as our great High Priest. "Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them." Heb. 7: 25. While He intercedes in heaven in behalf of men, the Holy Spirit pleads on earth with men. "The Comforter that Christ promised to send after he ascended to heaven, is the Spirit in all the fullness of the Godhead, making manifest the power of divine grace to all who receive and believe in Christ as a per-

sonal Savior." *"Testimonies," Series B, No. 7, P. 63.*

"Wherefore He saith, when He ascended up on high, He led captivity captive, and gave gifts unto men." These gifts of the Spirit were "for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ." They were to continue in the church "till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ." Eph. 4: 8, 12, 13.

The gifts of the Spirit in the early church were manifested in various ways. (1 Cor. 12; Rom. 12; Eph. 4.) Though all these gifts are important, and even essential to the full development of the body of Christ, the gift to be most desired is that of the spirit of prophecy. While it does not stand first in numerical order, it does occupy first place in order of importance in the development of spiritual life in the church. "Follow after charity, and desire spiritual gifts, but rather that ye may prophesy." 1 Cor. 14: 1.

The presence of this gift in the remnant church is one of the chief causes of the wrath of the dragon being directed against it. Rev. 12: 17. It is only because of the powerful influence this gift exerts over the lives of men and women in opening "their eyes, and to turn them from darkness to light, and from the power of Satan unto God" (Acts 26: 18), that the enemy of all righteousness directs his wrath against it. The sin of ancient Israel that brought the wrath of God against them "till there was no healing" was, that when "the Lord God of their fathers sent unto them by His messengers, rising up betimes, and sending; . . . they mocked the messengers of God and despised his words, and misused his prophets." 2 Chron. 36: 15, 16. The same sin was prevalent in the days of Christ, and resulted in the rejection of their only Savior—the greatest of all prophets. Deut. 18: 18, 19; Acts 3: 20-23; Matt. 23: 29, 36; 1 Thess. 2: 14-16.

"I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ. That in everything ye are enriched

by Him, in all utterance, and in all knowledge: even as the testimony of Christ was confirmed in you: so that ye come behind in no gift; waiting for the coming of our Lord Jesus Christ, who shall also confirm you unto the end, that ye may be blameless in the day of our Lord Jesus Christ." 1Cor. 1: 4-8.

To enrich is to make rich, to fertilize, to make fruitful. We enrich the soil when we add to it such elements as it may lack, that it may be made productive. It is God's desire that in everything His children be enriched, be made fruitful in "all utterance, and in all knowledge." But, the measure of our enrichment will be the measure of our acceptance of the gift of prophecy.

The testimony of Christ is the spirit of prophecy. (Rev. 19: 10.) To confirm is to settle, or fit firmly; "to ratify, to settle, to establish; to render certain or beyond doubt by fresh evidence." — *Universal Dictionary*.

When in the hearts of God's remnant people, the spirit of prophecy has been settled firmly, they will "come behind in no gift; waiting for the coming of our Lord Jesus Christ." They themselves will then be confirmed unto the end that they may be blameless in the day of our Lord Jesus Christ.

The instrument through whom, for more than seventy years, the Lord has been pleased to speak to his people, is now at rest. Her work is done and she awaits the coming of the Life-giver that she may receive her reward. But the many volumes of precious instruction and counsel that through all these years have been coming to us, live on in their perennial freshness to bring new life to the believer, to be a mighty factor in perfecting the character, and preparing the child of God to stand in the presence of the King.

—*Selected.*

What To Do With Blessings

BLESSINGS are favors or benefits especially given by God. Men bless God by thankfully acknowledging his goodness and excellence. The cup in the Lord's Supper is called the cup of blessing, because blessing was offered over it to God.

One of the first promises Jesus made is; "Ask and it shall be given

you, seek and ye shall find, knock and it shall be opened unto you." When I receive blessings from the Lord, am I to keep them all to myself? Shall I keep them hid that others cannot see them? Do I think too much of myself to share with others the blessings? No! The wise man says, "Cast thy bread upon the waters; for thou shalt find it after many days; give a portion to seven and also to eight, for thou knowest not what evil shall be upon the earth."

In the study of the Beatitudes, these words fell upon the ears of the wondering multitude. Such teaching is contrary to all they ever heard from priest or rabbi. They see in it nothing to flatter their pride or to feed their ambitious hopes. But there is about this new Teacher a power that holds them spell bound. Their hearts open to Him, and as they listen the Holy Spirit unfolds to them something of the meaning of the lesson which humanity in all ages so need to learn.

Jesus had presented the cup of "Blessings" to those who felt that they were rich and increased in goods and had need of nothing, and they turned with scorn from the gracious gift. He who thinks or feels that he is reasonably good, and is contented with his condition does not seek to become a partaker of the grace and righteousness of Christ.

"Pride feels no need and so it closes the heart against Christ and the infinite blessings he came to give. So there is no room in such a person's heart for Christ to dwell."

The blessings I receive day by day affect my life by causing me to reveal on my way the boundless love of Jesus.

All who have a sense of their need, who feel that they have nothing good in themselves, may find righteousness and strength by looking unto Jesus.

He bids you exchange your poverty for the riches of His grace. We are not worthy of God's love, but Christ our surety is worthy and abundantly able to save all who shall come unto Him.

Whatever may have been your past experience, whether good or bad, if you will come to Jesus just

as you are; helpless and weak, our loving Saviour will throw around you his loving arms of protection and grant unto you the blessings of his love.

"You will not be any poorer
If you smile along your way,
And your lot will not be harder
For the kindly things you say,
Don't imagine you are wasting
Time for others that you spend,
You can rise to wealth and glory
And still pause to be a friend."

Now that God has through our Saviour bidden us come to him, what are we to do? What can we do for Him? Here he has established the Oakwood Manual Training School for you and for me. He has placed it far from the city, from the worldly pleasures that would lead us from the way of God. Here we are surrounded with Christian teachers devoting their time, sacrificing their lives to impart to us the experience they have had in connection with the message as taught by Seventh-day Adventists.

The Lord has blessed many of us with health and strength. He has provided us with ways that we may complete our Christian education. Then we look around and see so many improvements that many of the old students could not enjoy. Altho the older ones could not have as good a situation as we have today, from this school workers have been sent to labor in all parts of the United States. What a blessing that has been! What are we to do with our blessings of today? It is your privilege and mine to triumph over failures; to make them stepping stones to something higher and better.

"When I fall I shall arise, when I sit in darkness the Lord shall be a light unto me." Then since the Lord has sent showers of blessing upon us, why should we not give to the world this blessing we have received?

"This one thing I do, forgetting those things which are behind and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

ALICE MARTIN.

The best way for a man to train up a child in the way he should go, is to travel that way himself.

The Seal of God

TO the apostle John on the Isle of Patmos were opened scenes of deep and thrilling interest in the experience of the church. Subjects of intense interest and vast importance were presented to him in figures and symbols, that the people of God might become intelligent concerning the perils and conflicts before them. The history of the Christian world to the very close of time was revealed to John. With great clearness he saw the position, dangers, conflicts, and final deliverance of the people of God. He records the closing message which is to ripen the harvest of earth, either as sheaves for the heavenly garner, or as fagots for the fires of the last day.

In vision John beheld the trials which God's people would endure for the truth's sake. He saw their unyielding firmness in obeying the commandments of God, in the face of the oppressive powers that sought to force them into disobedience, and he saw their final triumph over the beast and his image.

Under the symbol of a great red dragon, a leopard-like beast, and a beast with lamblike horns, the earthly governments which would especially engage in trampling upon God's law and persecuting his people, were presented to John. The war is carried on till the close of time. The people of God, symbolized by a holy woman and her children, were represented as greatly in the minority. In the last days only a remnant existed. Of these John speaks as they "which keep the commandments of God, and have the testimony of Jesus Christ."

Through paganism, and then through the Papacy, Satan exerted his power for many centuries in an effort to blot from the earth God's faithful witnesses. Pagans and papists were actuated by the same dragon spirit. They differed only in that the Papacy, making a pretense of serving God, was the more dangerous and cruel foe. Through the agency of Romanism, Satan took the world captive. The professed church of God was swept into the ranks of this delusion, and for more than a thousand years the people of God suffered under the dragon's ire. And when the

Papacy, robbed of its strength, was forced to desist from persecution, John beheld a new power coming up to echo the dragon's voice, and carry forward the same cruel and blasphemous work. This power, the last that is to wage war against the church and the law of God, was symbolized by a beast with lamblike horns. The beasts preceding it had risen from the sea, but this came up out of the earth, representing the peaceful rise of the nation which is symbolized. The "two horns like a lamb" well represent the character of the United States Government, as expressed in its two fundamental principles, Republicanism and Protestantism. These principles are the secret of our power and prosperity as a nation. Those who first found an asylum on the shores of America rejoiced that they had a country free from the arrogant claims of popery and the tyranny of kingly rule. They determined to establish a government upon the broad foundation of civil and religious liberty.

But the stern tracing of the prophetic pencil reveals a change in this peaceful scene. The beast with lamblike horns speaks with the voice of a dragon, and "exerciseth all the power of the first beast before him." Prophecy declares that he will say to them that dwell on the earth that they should make an image to the beast, and that "he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads; and that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name." Thus Protestantism follows in the steps of the Papacy.

It is at this time that the third angel is seen flying in the midst of heaven, proclaiming: "If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation." "Here are they that keep the commandments of God, and the faith of Jesus." In marked contrast to the world stands the little company who will not swerve from their allegiance to God.

These are they of whom Isaiah speaks as repairing the breach which had been made in the law of God, they who are building the old waste places, raising up the foundation of many generations.

The most solemn warning and the most threatening ever addressed to mortals is that contained in the third angel's message. The sin that calls down the wrath of God unmixed with mercy must be of the most heinous character. Is the world to be left in darkness as to the nature of this sin?—Most assuredly not. God does not deal thus with his creatures. His wrath is never visited upon sins of ignorance. Before His judgments are brought upon the earth, the light in regard to this sin must be presented to the world, that man may know why these judgments are to be inflicted, and may have opportunity to escape them.

The message containing this warning is the last to be proclaimed before the revelation of the Son of man. The signs which He himself has given declare His coming to be near at hand. For well-nigh forty years has the message of the third angel been sounding. In the issue of the great contest two parties are developed, those who "worship the beast and his image," and receive his mark, and those who receive "the seal of the living God," who have the Father's name written in their foreheads. This is not a visible mark. The time has come when all who have an interest in their soul's salvation should earnestly and solemnly inquire, What is the seal of God? and what is the mark of the beast? How can we avoid receiving it?

The seal of God, the token or sign of His authority is found in the fourth commandment. This is the only precept of the Decalogue pointing to God as the Creator of the heavens and the earth, and clearly distinguishing the true God from all false gods. Through the Scriptures, the fact of God's creative power is cited as proof that He is above all human deities.

The Sabbath enjoined by the fourth commandment was instituted to commemorate the work of creation, thus to keep the minds of men ever directed to the true and living God. Had the Sab-

bath always been kept, there would never have been an idolater, an atheist, or an infidel.

The sacred observance of God's holy day would have led the minds of men to their Creator. The things of nature would have brought Him to their remembrance, and they would have borne witness to his power and his love. The Sabbath of the fourth commandment is the seal of the living God. It points to God as the Creator, and is the sign of His rightful authority over the beings He has made.

What, then, is the mark of the beast, if it is not the spurious sabbath which the world has accepted in the place of the true?

The prophetic declaration that the Papacy was to exalt itself above all that is called God, or that is worshiped, has been strikingly fulfilled in the changing of the Sabbath from the seventh to the first day of the week. Wherever

the papal Sabbath is honored in preference to the Sabbath of God, there the man of sin is exalted above the Creator of heaven and earth.

Those who assert that Christ changed the Sabbath are directly contradicting His own words. In His sermon on the Mount He declared: "Think not that I am come to destroy the law, or the prophets; I am not come to destroy but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven; but whosoever shall do and teach them the same shall be called great in the kingdom of heaven."

Roman Catholics acknowledge that the change in the Sabbath was made by their church, and they

cite this very change as evidence of the supreme authority of this church. They declare that by observing the first day of the week as the Sabbath, Protestants are recognizing her power to legislate in divine things. The Roman Church has not relinquished her claim to infallibility, and when the world and the Protestant churches accept the spurious sabbath of her creating they virtually acknowledge her claim. They may cite the authority of the apostles and fathers in defense of this change, but the fallacy of their reasoning is easily discerned. The papist is sharp enough to see that Protestants are deceiving themselves, willingly closing their eyes to the facts in the case. As the Sunday institution gains favor, he rejoices, feeling assured that it will eventually bring the whole Protestant world under the banner of Rome.

MRS. E. G. WHITE.

Southeastern Union Conference Mission

1st Quarter 1917

	Cumberland	Georgia	Fla.	So. Car.	N. Car.	Totals
Letters Written	91	192	430	214	338	1265
Letters Received	58	124	884	149	312	1027
Missionary visits (personal work)	448	896	1124	1001	1042	4511
Bible readings or cottage meetings held	142	896	347	396	403	1641
Subscriptions taken for periodicals		50	67	27	50	184
Papers and magazines sold	252	637	816	778	338	2821
Papers and magazines, lent, or given away	600	814	806	783	483	3486
Books sold	67	101	135	70	36	409
Books lent or given away	21	139	111	83	90	435
Tracts sold	71	106	26	164	24	381
Tracts lent or given away	212	611	1283	1659	261	4026
Hours of Christian Help work	792 1/2	608	1254	1040	606 3/4	3788 1/4
Articles of clothing given away	96	262	232	452	170	1213
Number of meals provided	114	444	404	1079	454	2495
Treatments given	164	68	136	189	126	683
Signers obtained to temperance pledge		24	4	33	6	66
Offerings to Home Mission	\$13.45	\$38.65	\$44.46	\$26.56	\$68.38	\$191.50

To the Home Missionary workers in the Southeastern Union,
Greetings:—

I trust each one of you will study this report, and your relation to the work, as reported above. ask yourself the question, —Am I doing all in my power every day to help finish this work?

Dear brethren and sisters, we are truly living in perilous times, and now, as never before, every believer should consecrate himself to the Lord for unreserved wholehearted service! Will you not begin anew today and strive earnestly to make 1917 better than 1916, in every way?

Florida and Cumberland are on the honor roll! Both of these conferences show a gain over the corresponding quarter of 1916. The other three are on the losing side. Will not the workers in these conferences earnestly try to rally to the work, and by the end of the year, have the whole Union on the right side? It can be done. But it will take unceasing and increasing efforts to do it; and that is just the program that is needed to finish the work of God in the earth, and usher in the Kingdom.

Let us work and pray, and pray and work, as never before!

ANNA KNIGHT,

Secretary.

Toiling for the Master

FAR away from Oakwood and its lovely surroundings I am helping to plow a hard and dangerous little field. Nearly six months ago now, we came to Port au Prince, the capitol of the verdant country of Haiti, this land where nature is so powerful and human beings so spiritually degenerate. We came to lift up by the Redeemer's strength men who were sunken in sin and disgrace.

This we cannot deny: Sciences have found a way into the minds of men, but religion for them is rather a thing of forms and ceremonies and not something that answers the need of the heart.

We pitched our tent and got busy; and where was sterile soil and fearful thorns is now a field more fertile and beautiful of which Christ is the master. But to dare work so boldly in Satan's sight naturally incites the bitterest opposition. Indeed Satan is fighting hard to keep his subjects from leaving his ranks. He is mistreating us by his agents, insulting us in nearly all the newspapers of the city; he is giving worldly positions to many of our candidates, causing them to fall; he is dividing families, keeping to himself the most influential part; but in spite of all he does, victory is on the Lord's side.

Nine tenths of the population of Haiti are Roman Catholic, so the field is difficult. Among eighteen candidates who are awaiting baptism we have two young Methodist ministers who we believe will be helpers in the church. Satan is making it hard for our Catholic candidates but we hope that by baptism time the number of candidates will, by the grace of God, be almost doubled. J-B. M. ABEL.

Organization Of Church At Columbus, Georgia

IN September 1916 an effort was begun in Columbus, by U.S. Willis and his tent company, comprised of Brother and Sister Patrick Peacock, of Savannah, and Sister Mary E. Jones, of Macon.

On Sabbath, March 24, 1917, the company of Sabbath keepers developed as a result of this effort was organized into a church of twenty-three members, by Elder B.J. White,

president of the Georgia Conference.

At the close of a very excellent and instructive discourse on organization, in which Elder White explained clearly the benefits and advantages of a perfect organization, reviewed the fundamental principles of the doctrines of the Seventh-day Adventists as based upon the Word of God. Following this the details of the organization were completed, and the "Columbus Church of Seventh-day Adventists" is now ready to be presented at the next Conference session for admission to the sisterhood of churches of the Georgia Conference.

The testimony meeting following was a feast to all present, the sentiment of the testimonies indicating the sincerity of the members, and their determination to walk in the light of the Commandments of God and the faith of Jesus.

During the latter part of November Elder U.S. Willis responded to a call in Washington, D. C. Elder G.E. Peters then took up the work, remaining in Columbus for five weeks.

God still is showing his care for the work in this part of the vineyard, having sent Dr. T.S. Tate, from Atlanta, who is doing good and faithful work. The people here are very grateful to God that he has not left them without a faithful under-shepherd.

The outlook for the growth of this church is very encouraging.

We long to gather all of the precious jewels for God that may be scattered in this city.

We beg for the prayers of God's people for this corner of his vineyard.

MARY E. JONES.

Health On The Farm

HAVING been reared on a Southern farm and being always deeply interested in the success of my fellow artisans, I wish to speak a few words to them with reference to the health and comfort of those who draw their support from the soil.

Man's happiness and health depends on conducting his occupation in harmony with the laws of nature and of God. The fall was the occasion of death and decay and man was now in the midst of

these elements. His life was threatened on every hand. Man must constantly fight for his existence because poisons germinate in the air, in the soil, in vegetation, an even in his own body, and are a constant menace to him.

These perils have steadily increased until today we are living in constant danger and should give careful attention to the conditions that surround us.

The purity and healthfulness of the rural home may be destroyed by the for bidding conditions of the premises. The questions of drainage, water supply, the location of buildings and the decay of vegetable, and others wastes should receive attention.

Perhaps many times the sources of ill-health and even death of some members of the family may be directly traceable to the filthy condition of the home. A careful investigation would reveal unsanitary conditions about the premises of the majority of those who read this article.

Especially the barn, yards, and buildings should receive attention. All waste material should be screened or removed.

Barns and closets are often the sources of contamination. Decaying matter is left to befoul the air and breed disease germs that menace the health and often prove fatal.

Closets should be kept scrupulously clean by the use of fresh soil of which there is an abundance on every farm and in every yard.

The odors of near-by closet and barns taint the air about the house, and the family is compelled to live in this polluted atmosphere. Even while seated at the table the odors are so offensive as to destroy all relish for food. These buildings should be regularly cleaned and kept sweet by the free use of lime and whitewash. Keep the debris hauled away from the building and strewn upon the ground.

The cellar is not to be forgotten, although out of sight.

It should be carefully examined and receive its share of cleaning. Careful attention to these little things, which are so often neglected would add much to the neatness of the surroundings as well as the health and happiness of the family.

J. M. SWOFFORD.

Fruit or Chemicals

We pay little attention to fruit for home use. To be sure it does not "stick to the ribs" like potatoes and beans, but the water and fruit-acids they contain neutralize and eliminate poisons when taken into the blood. They are also very important in that they supply mineral salts; besides, they contain more food units than is generally supposed. A pound of prunes contains 1400 food units while a pound of beef only contains 950; the fruit has more food than the meat. Fruit is a food that should be eaten at meal time and not between meals as is often done. It is well to have two kinds of fruit, one cooked and the other fresh, for breakfast and supper. It is not best to eat fruit with a vegetable meal.

The family that can supply themselves with a cow, a few chickens, a good garden, and a small orchard, need not be afraid of pellagra or other nervous or digestive troubles.

We are living in an age of too much "ready-made stuff" stuff that fills the digestive tract but does not nourish the system. Manufacturers take cereals and cook, bake, and sweeten and give them a fancy name; then they send them from one end of the world to the other and sell them at fancy prices. Almost everything is now kept in cold storage. Chickens are killed in the summer and sold the next spring for spring friers. Foods are desiccated to preserve their flavor. It took a long time for us to learn to like cotton seed oil, but now that it is "compounded" so it looks like lard, there is no end to the demand. Old butter "renovated" people would rather have than fresh butter because it has a nice color.

The maple syrup that you ate for breakfast never saw a tree. The sugar you sweeten your cakes with never saw the cane. They have been compounded from cheap starch and acids and called "corn syrup" and "glucose sugars." What manufacturers cannot do to deceive is not much. In place of our good old whole-wheat flour we have patent process flour with chemicals in it to make it rise.

Chemistry is taking the place of

fruit. It is amazing to know the amount of chemicals swallowed at a soda fountain on a warm afternoon. The flavor and color are chiefly chemicals. Much of that that is called "cream" never saw a cow; it is frozen compound with practically no cream about it. There is no end to the "cola" drinks. Well, what shall I say? —no end to the "compounds" that will earn the compounder a dollar. But where is our health? —lost on manufactured goods. Let us beware.

M. M. MARTINSON.

The Tongue

THE second most deadly instrument of destruction is the dynamite gun; the first is the human tongue. The gun merely kills bodies; the tongue kills reputations, and oftentimes ruins character. Each gun works alone: each, loaded tongue has a hundred accomplices. The havoc of the gun is visible at once. The full evil of the tongue lives through all the years.

The ammunition of the tongue is words of unkindness, of anger, of malice, of envy, of bitterness, of harsh criticism, gossip, lying and scandal. Theft and murder are awful crimes, yet in a single year the aggregate sorrow, pain, and suffering they cause in a nation are microscopic when compared with the sorrows that come from the crimes of the tongue. Place in one of the scalepans of justice the evils resulting from the acts of criminals, and in the other the grief and tears and suffering resulting from gossip, and you will start back in amazement as you see the scale you thought the heavier shoot high in the air.

At the hands of thief or murderer few of us suffer, even indirectly. But from the careless tongue of friend, the cruel tongue of enemy, who is free? No human being can live a life so true, so fair, so pure as to be beyond the reach of malice, or immune from the poisonous emanation of envy. The insidious attacks against one's reputation, the loathsome innuendoes, slurs, half lies, by which jealous mediocrity seeks to ruin its superiors, are like those insect parasites that kill the heart and life of a mighty oak. So cowardly is the

method, so stealthy the shooting of the poisoned thorns, so insignificant the separate acts in their schemes, that one is not on guard against them. It is easier to dodge an elephant than a microbe. —*William George Jordan.*

OBITUARIES

ALLEN SEALS

Brother Seals was born in Edgefield, S. C. in August, 1869. At the age of fourteen he was converted and joined the Baptist church. In 1897 he came to Florida. June 26, 1900, he married Miss May Hall in Key West. He and his family moved to Miami in 1907, where he accepted present truth from the writer in 1913. He was faithful and loyal. He placed a large supply of the printed pages in the hands of the leading colored people of Miami. He died Thursday March the eighth and was buried from S. D. A. church number two of Miami. Elder G. E. Peters and the writer had charge of the funeral service. We believe that our brother will come forth in the first resurrection. He leaves a wife, three sons, six brothers, five sisters and a mother to mourn.

J. S. GREEN.

The Crash of Nations.

THE spirit of war among the nations is a harbinger of the coming crash and the battle of Armageddon. Think of earth's civilized governments spending thousands of millions of dollars annually on war. Hundreds of millions are spent for battleships. Nations live like armed bandits, with their minds on bloodshed and battle. These conditions point to the nearness of the end, and reveal to us that we are living on the very verge of the eternal world.

About 1900 years ago the Prophet of Patmos in holy vision looked down the stream of time to our day, and said that just before the second coming of Christ, the nations would be angry, and that this would be one of the signs of the end. The anger of the nations is not the only sign of the end, but look and consider, and you will see that almost every line of Bible prophecy, which points

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to the end has, and is reaching its fulfillment. Everything in heaven above, and on the earth beneath, reveals to us that the end of all things earthly is just at hand.

Seventh-day Adventists have taught for years that the battle of Armageddon will be introduced by the overthrow of Turkey. In the eleventh chapter of Daniel's prophecy, inspiration speaks plainly of the overthrow of this "Sick man of the East." "He shall come to his end and none shall help him. The Turk has been losing his territory until at present he holds only a narrow strip of land in Europe about fifty miles wide and 100 miles long. The great powers of Europe have about abandoned him to his fate, and now as he has entered the present European conflict, "The Turk has dug his own grave, and he will not only be exterminated from Europe, but from the world."

Now that the end is so near, and while thousands choose to enlist in the services of earthly monarchs, shall we not as individuals fully enlist under the blood stained banner of Prince Immanuel, and valiantly fight the battles of God in the winning of souls for his kingdom? Shall we not be good soldiers for Jesus Christ and not be afraid of hardships? Let us pray that God will give us the victory over every wrong. If we reign with Christ in his kingdom, we must prepare for it here.

C. P. WHITFORD.

The man who permits his pleasure to interfere with his business, may reach the point where he won't have any of either.

JOTTINGS

As we go to press the farm boys are busy planting the corn and cotton crops that the rains have kept them from getting in sooner.

Gardens at Oakwood are looking fine and are furnishing the usual early vegetables for our tables.

Sunday, May 22, several members of the Oakwood faculty went out on an automobile tour of Madison County, cooperating with the A. & M. College and the colored Business men's league of Huntsville, in a campaign to bring the National Health week work into every community in the county. Lectures were delivered on the topics, Health, Reform Sanitation, and need of more food crops, in nearly every community in the county. The workers were divided into eight groups covered the county thoroughly. Judging from the enthusiastic receptions these workers were accorded wherever they went, the campaign is well begun and will no doubt result in the material betterment of farm conditions among the Negroes of this county. The workers were greatly helped by a set of fifteen fine charts illustrating the fly evil, that was furnished each company of workers by the International Harvester Company of New Jersey.

As all can see, we have changed our dress. This was made necessary by the advancing cost of paper, and the necessity to fit the paper to our press, so that we now print four pages at once instead of only two as formerly. The reduction in size of sheet does not change the amount of matter published. We will endeavor to make each issue better than the one before and solicit the cooperation of our loyal subscribers to help us make it so.

The printing department is busy getting ready to print the annual calendar which we hope to be able to send out within the next few weeks. All persons desiring a copy should write at once to the Principal, Oakwood Manual Training School.

We are glad to report that Oakwood's band is making creditable progress. During the Spring council they entertained the ministers

with an open air concert, that was appreciated by all.

The saw mill is kept very busy these days. As we write we hear the cheerful hum of the saw and the heavy exhaust of the engine as they work the logs which are piled high on the yard, into nice new lumber.

The chorus gave a good account of itself during the Spring Council. The evening of April 14, the visiting brethren listened for over an hour to the singing of some old-time songs. Some variations in one of these songs to fit the occasion were especially enjoyed.

Fort Worth, Texas.

ABOUT three weeks ago we opened our mission station here and have been inviting our friends to come in and hear the last warning message. The nights have been very cool here ever since we opened our doors for meetings, and we have had no way of heating this building. But we have had a very good attendance each night. We only had eight the first night, but the interest has increased each night. Our place of worship is between two Holy-roller churches, and they are doing much harm to our effort here. We found no one keeping the Sabbath among the colored people when we came here about six months ago, but now, through earnest effort, we have four new ones. We feel ashamed to report so few, and feel condemned when we see the work which we love progress so slowly. The situation is a dreadful one in this wicked city. I believe the Lord will give us all and more than what we ask Him for, if we just keep humble, and work hard. As soon as the weather is warm enough we will begin a series of meetings, from which we are expecting great good to be done for this town, and many souls won to the last warning message. We desire the prayers of God's people. E. M. GATES.

Keep your face with sunshine lit, laugh a little bit, gloomy shadows oft will flit, if you have the wit and grit just to laugh a little bit

It is good to put a bother away over night; it all straightens out in the morning.