

E. B. Palmer X
267 W. Main
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KANSAS WORKER

"A" TO
Sower went forth MATT 13:3

VOL. 13.

TOPEKA, KANSAS, MAY 6, 1903.

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THE KANSAS WORKER.

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Know Thyself.

By a recent issue of *THE KANSAS WORKER*, our brethren and sisters have doubtless seen the advance move made by the Kansas Conference, in the line of pushing the health work in the state. It is very important that advancement be made by the individual members as well as by the Conference; but in order that this may be realized, it is necessary that there be a full appreciation of the importance of this branch of the message. From my experience in the state of Kansas, as well as in other states, I am led to believe that our people do not as fully appreciate this as they should, and I beg space in *THE KANSAS WORKER* for a few points along this line.

The Creator has given us individually one body, one system of nerves, one stomach, one set of digestive organs, etc. When these wear out, they are gone forever. Your watch may wear out and be replaced by a new one. The reaper is carefully cared for, properly oiled, and housed when not in use, yet even that piece of machinery can be replaced readily. We study the mechanism of our machinery in order that we may preserve it from injury. Ought we not to give our bodies even more earnest study, in order that they may be "preserved blameless"? The following quotations from the Testimonies are to the point:—

"In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames, that they may be able with the Psalmist to exclaim, 'I will praise thee, for I am fearfully and wonderfully made.'" Test. Vol. 1, p. 486.

"This living machinery should be understood. Every part of its wonderful mechanism should be carefully studied." Unpublished Test., May 19, 1897.

"To become acquainted with the wonderful human organism, the bones, muscles, stomach, liver, bowels, heart, and pores of the skin, and to understand the dependence of the one organ upon another for the healthful action of all, is a study in which most mothers take no interest." Test., Vol. 3, p. 136.

"A practical knowledge of the science of human life is necessary in order to glorify God in our bodies." Health Reformer.

"The Lord will not work a miracle to preserve anyone in health who will not make an effort to obtain knowledge within his reach concerning this wonderful habitation that

God has given." Med. Miss., Vol. 2, p. 216. (The above quotation may be found in "Healthful Living," p. p. 13-16.) This little book ought to find a place in every Seventh-Day Adventist home. Price 50 cents. (We understand Healthful Living is now out of print; however, it may be re-published.—Editor.)

It is the Lord's wish that we may "prosper and be in health," 2 John 2, and that our bodies be "preserved blameless" unto His coming, 1 Thess. 5:23, and He has given us much light upon this subject. In future articles we will endeavor to call your attention to the simple means within our reach for the preservation of our health.

LYDIA E. PARMELE, M. D.,
Sec'y Kans. M. M. and B. Asso.

Health Work at Wichita.

The Wichita Branch of the Battle Creek Sanitarium is enjoying excellent patronage. Success has attended the work from the start. Many have found relief from physical maladies which, to all human sight, were considered hopeless, but which by careful treatment, with God's blessing have been restored to health.

We are meeting a class of people here that we would probably never be able to reach in any other way,—doctors, lawyers, merchants and business men of all classes,—with many opportunities to teach the people how to live, and especially that these truths are of heavenly origin.

Under the Lord's blessing many are beginning to appreciate the necessity of right physical, mental and moral living, in order to develop a complete and well rounded character.

Our Hygienic Cafe' and department for sale of health foods, carried on in connection with the Treatment Rooms, receive increased patronage from influential citizens of the city. We now aim to give more attention to the food work, also to the circulation of health literature. The outlook for our work in this place gives us courage and increases our faith that this is the Lord's work, and if we are true to the trust He has given us, we shall triumph with His cause. Pray for us.

L. C. CHRISTOFFERSON,

The Summer School.

The summer school for the teachers of the Central Union Conference, and all others who desire to attend, will be held at Union College, College View, Nebraska, beginning June 10, and lasting eight weeks. A thorough course has been outlined and all who contemplate teaching the coming year should plan to attend. To accommodate those from a distance it has been arranged to offer them board and room in the college dormitory at the low rate of \$2.25 per week. Tuition will be free. Announcements giving the course of study, and such other information as may be desired will be ready in about a week, and will be mailed free to all who are interested. Let each church plan to send a teacher to be prepared to teach them a successful school next year.

FLOYD BRALLIAR,
Educational Secretary.

Scatter Our Publications.

It is certainly well-pleasing to the Lord to have the work of the gospel carried in a systematic and well-balanced manner. All branches of this great work need attention, and not a single branch should be neglected. A very important work is that of getting our publications before the people; and yet how few are engaged in this grand work!

We are told that if there is one work more important than another, it is that of getting our publications before the people, and what seems so strange is that so few of our people are engaged in this work; but, we have received a cheering message to the effect that the canvassing work is to be revived. We should praise the Lord for this and take courage.

During the year of 1903 there should be scores in every conference selling the bound books containing the message of the soon-coming Saviour. The world is to be warned, and the Lord expects His people to accomplish this work, and we cannot afford to disappoint Him. The call to-day is "Go work in my vineyard," work for souls, spread the light of truth everywhere. Will you not respond to the call to take hold of this work at once? You could not become a recruit for a better work, and the wages are sure, the reward most sweet and blessed.

E. T. RUSSELL.

A Telling Testimony to the Effect of the Object Lesson Work.

Brother Albert Strong writes me that he went to the village of Bavaria, in his work of canvassing for Prophecies of Jesus, and he found that someone had been there with Object Lessons and had been very successful in selling it. He found it in many of the homes of the people. He said it made easy work for him to get the people interested in the book he was selling. All seemed much delighted with the Object Lessons. He took orders for Prophecies of Jesus in every home in the town but two, and had promise of an order in one of these.

He said, if he could have territory to work all the time where the Object Lessons had been sold he would surely have success in canvassing. On account of sickness he had put in fourteen hours in the week but had taken orders to the amount of \$28.75. Brethren and sisters, if the sale of Object Lessons prepares the people so well to receive our other books, what are you missing in not getting them into the hands of your neighbors. Think of this and go to work as you have opportunity yet to do, and sell that book to every neighbor in your reach. Surely the Lord will bless you in the effort.

C. McREYNOLDS.

The Canvassers' Report.

It is very encouraging to look it over. Surely the Lord has blessed the work that has been done. I wish to call attention to one point that will make the report much more encouraging than it is, if that is not noticed. It is the amount of time that it has taken to get the orders for so many books. If you will notice that on the account of rain, snow, sickness, and other hinderances, there has not been one week's work done in the two weeks reported, but see the results that have been secured even in the small amount of time that has been put in.

Now, if we have good weather and the workers are well the next two weeks, you will see what full time put in at faithful work will accomplish. Let the next two weeks be a sample of what can be done. We who are not in this work must not judge by the report that is in this paper as to what can be done. Our workers will not want you to.

If you had a lot of men working on a job, and you want to know what time it is likely to take them to finish it, and

you see the report of their work for a week, and it runs in many cases as low as twelve to fourteen hours in the week, you would judge them very wrongly to call that a week's work. If you would see what this report would be with full time put in at work, double it, and then add some and you will get near to a correct idea of what it would be.

C. McREYNOLDS.

REPORTS.

Dear KANSAS WORKER:—On Feb. 19, I left Ft. Scott, where I had been working since last September, and came to Leavenworth. I enjoyed my work in Ft. Scott very much, and received many blessings from the Lord. Was glad to leave some of my readers keeping the Sabbath and walking in the light they had received.

I am enjoying my work here. I have a number of readers who are quite interested and I trust may have willing hearts to obey our Saviour's commands. Since coming here I have distributed some of the new tracts, quite a number of papers, and sold about seventy dollars worth of books, and altho Satan is working hard, I am of good courage to press onward, as the work left undone now, must be done in more perilous times.

LILLIE HORNBECK,

Leavenworth, Kans.

It has been sometime since I have reported but will do so now. At the close of the Turkville meeting, I went to Wakeeney, in Trego County, where I held a five weeks meeting. At the close of this effort, I went to Palco in Rooks Co., and there I held a short series of meetings, in which five decided to obey. Three of them were baptized and united with the Palco church; the other two are awaiting baptism.

From Palco I visited Turkville, Ellis Co., and found all the brethren of good courage in the Lord. From Turkville I returned to Wakeeney where four precious souls went forward in baptism. While here, I received word that my son was very sick, and I took the first train for Clay Center Kans. He is now rapidly recovering. Your brother,

T. GODFREY.

From the 10th to the 13th of April we were with the church at Newton. This little company has had some hard struggles of late, but though "cast down, they are not destroyed." 2 Cor. 4:9. The Lord blessed in our meetings, and hearts were made tender. On Sunday, one was added to the church and three were baptized. Two of these united with the church subject to baptism when I visited them a little over one year ago. The ordinances were celebrated, and as far as possible officers for the church were elected.

April 14 to 19 we were with the church at Elk City. The brethren and sisters seemed to appreciate the effort put forth, but there was very little outside interest manifested.

We found the church at Humboldt in need of help. This is a new company, and they needed and desired further instruction. From April 20 to 27 was very profitably spent with them. A good outside interest was manifested, especially on Saturday and Sunday nights. We left the brethren very much encouraged.

When we arrived in Ft. Scott to begin our summer's campaign, we found the Bible workers here very anxious for a public effort to begin. They report six new Sabbath keepers as fruit for their labor thus far and quite a number interested.

Everywhere we go, we find whitened fields, awaiting the reapers. "Pray ye therefore the Lord of the harvest that he may send forth reapers into the harvest." But may your prayer be

"THE CHANGED PETITION.

"Send, Lord, for witness to thy world, you pray,

Men, where these waste and desolate places be,

But one superfluous letter bars the way,

Amend the prayer, and cry, 'O Lord, send me.' "

R. W. PARMELE,

LYDIA E. PARMELE, M. D.

Apr. 28, 1903.

The Executive Committee met at Topeka for a few days this week, laying plans for the summer's work.

Mr. and Mrs. J. F. Balzer, of Galt, Kansas, made a brief stop in this city, visiting Bro. and Sr. Becker, on their way to Battle Creek, where they expect to take the nurses' course.

Sister Laura Humphrey, who has been taking treatments at the Boulder Sanitarium, Boulder, Colo., called at the office last Friday, on her way to Leavenworth, where she will join Sisters Edwards and Hornbeck in Bible work.

A Physician at Last.

We are glad to announce that we have secured the services of Dr. G. A. Droll to connect with the Sanitarium Branch in Wichita. He passed thru here yesterday on his way to that place. He stopped and spent some hours in Council with the Conference Committee now in session in this city. The Rooms in Wichita are crowded full and other rooms near by are rented and filled. God is blessing the work there and prospects are bright. Those who are needing treatment should correspond with L. O. Christofferson, 321 North Market Street, Wichita, Kans. C. McR.

Union College Bakery.

The Bakery has put in a new oven and is now ready to fill all orders in bulk for our own people at reasonable prices. All goods warranted to be first class. Send for Price List. Address, UNION COLLEGE BAKERY, College View, Nebr.



THE GOOD HEALTH ADJUSTABLE WAIST

Meets the requirements of every woman who desires a healthful and artistic dress. There are two styles,—the short waist ending at the waist line; the long waist ending five inches below the waist line. The adjustable features are:—

A Shoulder Piece, which may be shortened or lengthened, and the Under Arm Lacing. Write for full information of material, measurements, sizes, and prices. Satisfaction guaranteed. 2,000 sold since Jan., 1901. Every woman is delighted with it. Supports everything that needs support without harmful pressure. Good agents wanted.



Dress Dept., GOOD HEALTH COMPANY, Battle Creek, Mich.

Announcement.

The Miltonvale church will hold their Sabbath-school convention May 17. We extend an invitation to all who can attend, and will gladly entertain all such at our homes. We hope to make this convention a success, and by the help of the Lord we will. The place of meeting will be at Dist. 7, three miles west and one and one-half miles north of Miltonvale.

J. E. YOUNG.

GIVES the BEST Value For the LEAST Money.



Many Styles and at All Prices. Send for Catalog.

For Sale by KANSAS TRACT SOCIETY, 821 W. 5th St., Topeka, Kans.

REPORT OF COLPORTEUR WORK FOR TWO WEEKS, ENDING MAY 1.

NAME	PLACE	Hours	Exhib	C. K.	Horns	P to J.	C. C.	D & R.	D of A	L Gdc	Pl. F.	H B B	Miscd	Orders	Value	Del	Value
W H Haddon	Lawrence	32	48	11			4						12	27	27.75	1	75
J M Fletcher	Seneca	64	101									27	34	61	115.15	34	8.40
F C Clark	"	60	60				3						17	20	14.60	15	5.35
W J Lawrence	Concordia	58	87	26								4	30	38.00	8	3.75	
Clara Lawrence	"	32	38	8									8	10.25	7	4.25	
Mrs A W Anderson	"	1	3	3									3	4.00			
Maud Davis	Leavenworth	56	58		22								24	46	62.00	15	16.25
Olive Humphrey	"	62	89	15									18	33	27.00	10	7.50
Minnie Wheeler	Fr. Scott	78	98		22								14	36	47.75	7	6.00
G E Kingman	"	46	45	1	10								6	17	27.25	2	75
C P Daily	Paola	82	81			4							26	30	19.80	24	8.30
A E Bringle	"	80	51			4							6	10	18.25	6	2.25
Anna Bringle	"	37	56	7									6	13	13.00	4	2.75
Grace Bringle	Cherokee	58	100	1	10								19	36	32.00	28	28.50
Albert Strong	Salina	22	36		21								2	23	51.05		
J L Bivins	"	73	80		5								2	7	16.50	7	3.00
S B Davis	Lincoln	88	104			9								9	22.50	41	19.25
J A Rutledge	"	00	50										14	23	60.35	8	5.15
Mark Ard	Elsmore	163	160				22						20	42	58.25	19	4.75
Lusebia Nott	Pittsburg	23	36			4							4	8	16.00	1	50
Jessie Roberts	Wichita	47	43						5				3	8	16.50	2	1.00
Belle Mullekin	"	57	61						7				7	14	25.45	6	3.20
Osro Easley	Chanute	73	76		6								14	20	16.25	11	3.75
Anna Easley	"	27	42						1				7	8	11.25	3	5.00
A Y Stephenson	Chautauqua	28	24					6					12	18	23.50	2	75
F W Kingman	McCune	50	54		5								9	14	15.25	4	1.50
Albert Bland	West Mineral	40	40										3	6	17.25	6	3.75
J A Minner	Blaine	44	56										5	4	24.75	4	1.25
C O Bundy	Hutchinson	24	31		6								2	8	11.50	2	1.00
R L Gregory	Elk City	37	51					3					3	3	7.50	6	3.25
Frank Britt	Ransom	12	12				8						1	9	22.75		
John Dean	Yates Center	71	57			13							7	20	29.00	5	1.50
Edith Hallam	Healy	5	11	4									4	1	5.25		
Myra Baxter	Humboldt	30		14									4	18	16.60		

34 Canvassers. 1058 1925 27 79 110 28 30 9 13 27 22 304 658 \$952.75 288\$153.40

UNEMPLOYED MEN AND WOMEN

It will pay you to read every word of the following unsolicited letter from one of our salesmen:—

BATTLE CREEK, MICH.
During the past few months I have been canvassing more or less in Battle Creek for the Magic Pocket Vaporizer, and have found that well-directed efforts meet with success. One prominent business man remarked, "It is the best selling thing I ever saw, because everybody wants it."
I find little difficulty in getting recommendations from influential people, having secured half a dozen testimonials from among the clergy of this city. The canvasser needs but little capital in selling this instrument, as deliveries are made as fast as opportunity affords, and in this way he will find his influence constantly increasing. A splendid opportunity is also afforded to do missionary work among the suffering, and the canvasser can make good wages besides.
I predict a large sale for the Magic Pocket Vaporizer. Wm. ARNOLD.

MAGIC POCKET VAPORIZER

is the most effective means yet devised for applying healing remedies to the diseased mucous membrane found in catarrhal affections of the nose, throat, and lungs. Write the Modern Medicine Co., 249 Champion St., Battle Creek, Mich., to-day, and name your choice of territory.