

Lake Union Herald

"In due season we shall reap, if we faint not"

VOL. IX

BERRIEN SPRINGS, MICH., WEDNESDAY, JUNE 13, 1917

No. 24

Lake Union Conference Directory

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Diet

(Concluded)

Now that we have spoken of the digestion in the mouth and in the stomach, we will pass on to the digestion in the intestines. The digestive juices of the intestines are, the pancreatic juice, the bile, and the juice secreted by the intestinal glands themselves. The secretion from the pancreas has a very powerful digestive action; it contains ferments or substances which digest all classes of foods, including starches, albumens and fats. In order for the fats to be digested and absorbed they must first be emulsified. The bile working with this pancreatic juice is very essential to this emulsification. The food, in the digested state, as it passes from the small to the large bowel, is ready for absorption. As it is absorbed from the bowel it is called chyle. It passes from the lymph vessels, with which the bowel in this part is so richly supplied, and from thence out through a large duct called the thoracic duct, which passing up in front of the spinal column empties into the subclavian vein at the base of the neck. After we have eaten a large meal, there is, temporarily, an excess of nutritive material entering the blood, but as the blood can only contain a certain per cent at one time, this excess must be stored some where in the body. The starchy foods as they are broken up into sugar and absorbed, are stored in the liver, in a stable compound called glycogen. As the body needs it, this glycogen is again broken up into sugar and burned to form heat and energy.

It has long been supposed that it is essential for one's needs, to eat a large amount of protein or albuminous foods. The reasoning has been that inasmuch as our tissues are formed of albumens, the bulk of our food should consist of these elements. This is one of the reasons why the majority of people consume such a large amount of meat, reasoning, that inasmuch as the body consists largely of proteins, one must take this element in order to make the body strong, and to increase the amount of flesh, but this reasoning is fallacious. The proteid or albuminous foods are needed simply for repairs. The amount of tissue which is broken down in the ordinary working day is very small, and the amount of albuminous food which is needed to repair these broken down tissues or wastes, is less than one-fifth of the total amount of

food ordinarily eaten. Four-fifths of the food which we eat is burned to supply heat and energy. In other words, they form the fuel which keeps the body machine running. The food elements which are most easily broken up to form heat and energy are the starches, sugars, and fats. They are not only much more easily broken up than the proteids to form heat and energy, but they are also a much safer food to use for the purpose. The albuminous foods are very complex, and when they reach the intestines, are very liable, if putrefaction sets in, to form poisonous compounds which are dangerous. This is not so with the starches and fats. Even though they do ferment, the products of the fermentation are only in a slight degree injurious. Thus the proteid or albuminous foods are not only much harder to digest, but if taken in excess they putrefy in the intestines and form compounds which are highly poisonous, which are liable to be absorbed and cause all the symptoms of autointoxication.

Mr. Fletcher has demonstrated to the world, that a person can live on one-third to one-half of the amount of albuminous foods ordinarily eaten by the average individual, and keep in perfect health. In fact those who have followed his line of teaching, have proved that when one eats this smaller amount of proteid, they can increase in weight and in many cases they have doubled and trebled their muscular efficiency.

Professor Crittendon of Yale University, U. S. A., realizing that this question was of vast economic importance, induced the government to lend him a squad of soldiers, to carry out a series of experiments. Half of them he fed upon the ordinary diet, and half of them he put on a low proteid diet, but they masticated the food very thoroughly. Both companies were put through the same kind of physical exercises. At the end of several weeks, the company who had been on the low proteid diet, combined with thorough mastication, had improved greatly in health, and especially in muscular endurance, which was almost double that of the soldiers who had been fed on the ordinary high protein ration. In some of the tests, such as holding the arm in the air for a prolonged period, or holding a weight in the air, and in the deep knee bending exercises, the ones who had been fed on the low proteid diet were several times as efficient as the others. The reason for this is, that if one eats an excess of proteid foods, the body becomes clogged with poisons and waste products, and this brings on the symptoms of fatigue, just as if one had been doing some severe exercise.

Mr. Fletcher has shown that man naturally possesses a delicate food instinct, and that this instinct teaches him what amount of food to eat and what kind. This food instinct is lost by the habit of rapid eating or bolting, and especially by drinking with meals. If one chews each mouthful of food until it is thoroughly

masticated, one's natural food instinct will guide him as to how much to eat, and to a large degree, as to what kind of food to eat. W. C. DUNSCOMBE

Indiana Conference

Office Address, 2708 Bellefontaine St., Indianapolis.
President, Wm. A. Westworth

Among the Churches

During the month of May, we have had the privilege of visiting several of our churches, and are glad to note the spirit of courage and confidence that seems to prevail. Although our dear people are realizing that we are living in perilous times, still there seems to be an earnest determination to press forward and make each day tell for God.

On May 5th, we visited the church at Fortville, and had an enjoyable season with them.

On the 12th of May we were privileged to meet for the first time, our church at Kennard. A goodly number were in attendance, and though this is a small organization, the church house was well filled—a number from the Middletown church were visiting the Kennard church at this time. We were permitted to lead six precious souls down into the baptismal waters. These were largely the result of Brother Frank Dudley's work.

During the following week, we spent our time in a trip to E. M. C. and at a Union Conference meeting at Chicago.

Sabbath the 19th, we spent with the church at the Beechwood Academy—at this time the baccalaureate sermon was delivered, and we were glad to see so many faces from the Boggs town church.

The next Sabbath was spent with the Pleasant View church, and this little company though small, is faithful and keeping up their meetings regularly, and are rejoicing in the knowledge of the truth.

During the following week we had the privilege of visiting the Lafayette Sanitarium, and of calling on some of our dear people at Elwood. And Friday and Sabbath, June 1 and 2, was spent with the Anderson church. Here again, we had the privilege of leading eight dear souls down in the watery grave.

We are glad to note here that calls are coming from many parts of our Conference, requesting the service of a minister to baptize. We are glad especially, to see that there are many of our young people that are coming forward—we trust that this good work will go on. Let us all be faithful—in a little while the Master will come—in a little while the struggles will be over, and the faithful ones will be gathered in His eternal kingdom. W. A. WESTWORTH

Wabash Valley Sanitarium

Last week we had four operations at the Sanitarium, all of which are doing splendidly. We feel that God is indeed blessing us in this respect, as the surgical work has been remarkably successful. Of those operated upon last week two are quite well, ready to return home, and the other two are gradually being relieved of their former symptoms and will soon be strong and well.

During the last few weeks nearly all of the prominent business men of LaFayette have been out to inspect the improvements which we have been installing and all seem highly pleased.

Last evening a company of nineteen business men and their wives, representing the board of directors of the Y. M. C. A., took supper with us and spent the evening visiting the different departments of the institution. We were very glad that the repairs in the ladies' bathroom had been completed so we could show them through these very inviting rooms. Both the men's and the ladies' treatment rooms are now up-to-date in every particular, and it is a pleasure to show our guests through these as well as other parts of the Sanitarium.

Our world famed Bergonie machine has arrived and the company last evening were particularly interested in a description of its merits. Several took a sample treatment from the Vibrato-Masseur. One man who weighed some three hundred pounds thought he was too large for the instrument to make any impression upon his surplus adipose tissue, but he had to acknowledge that the machine gave him a thorough shaking up.

All were shown how the heart can be seen beating through the fluoroscope in the X-ray room, as well as all the bones of the body plainly outlined. They were taken to the operating room and shown the new sterilizer and other new apparatus there. The last department visited just before the company took their automobiles back to the city was the electric department, in which all the different currents given by the Universal Mode and several of the static machine treatments.

The different members of the company were very warm in their praises of the thorough way in which the Sanitarium is equipped along scientific lines and several stated that things looked so inviting they would be very glad to be patients of ours in the future, should sickness necessitate a stay in some medical institution.

This institution is now as well equipped, as far as diagnostic and scientific apparatus is concerned, as any Sanitarium I know of, and our workers are all filled with courage and the spirit of harmony and unity prevails. Every room is now occupied and we may soon have to turn patients away, as our patronage is increasing every month.

W. C. DUNSCOMBE, M. D.

Ft. Wayne

On Sabbath, June 2, the members of the Ft. Wayne church, with a number of their friends assembled on the banks of the St. Marys River to witness the baptism of seventeen who decided to follow the instruction of our Saviour.

At the meeting in the afternoon in the hall there were over fifty present to extend the right hand of fellowship to nineteen, two of which were admitted on their former baptism. It was a great day for the Ft. Wayne church, not in eight years have they had a new member on profession of faith.

The faithful fifteen old members have held on to the strong arm of the Lord for years asking Him to

give them some new members, and He has answered their prayers by more than doubling their number. Dr. Nellie Stevens began her Bible work here in March, and the Lord has rewarded her efforts. Sister Allen and I began our work here about April first. We have been holding Sunday night meetings in a third story hall with a small attendance each Sunday night. We have held from three to five Cottage meetings in the homes of the people and in this way we were able to get a little start.

Although the city is almost seventy-five per cent Catholic and hard to get a start in, we are of good courage, and thank the Lord for the privilege of having a part in the closing message.

We don't expect to have our tent up till the first week in July. Until further notice, the Ft. Wayne church will meet in Dehm's Hall at 9:30 in the morning, instead of 2:30, as heretofore.

MATT. J. ALLEN

510 E. Wayne St.

News Notes

Tent meetings have begun at Marion, under the direction of Elder C. L. White. From the very first, a large attendance was reported, and there are omens of good fruitage connected with this work.

Elder Rader is getting his tent up now in Linton, and we believe that this will be a cause of rejoicing to our believers in the southwest part of the Conference.

At the same time the Brethren Dudley are erecting their tent at Peru. For a long while, the few believers at this place have been calling for help, and we thank God that the way is now open for them to get the assistance that they have so long desired.

Elder Allen at Fort Wayne, had a little set back, as the ground that he had secured was taken from him and turned over to some one who was willing to pay a big price, but this has all been arranged satisfactorily at the present time, and Elder Allen expects to commence his tent work in a very short time. A very good report has come in as the result of the work there—during the past few days, eleven more have decided to throw in their lot with the commandment keeping people of God.

Southern Illinois Conference

Office Address, 304 W. Allen St., Springfield, Ill.
President, E. F. Peterson

Camp Meeting

After a careful investigation we have decided to hold our annual camp meeting at Pana, Aug. 30 to Sept. 10, in Kitchell Park. Pana is easily reached from all parts of our conference as the Big Four, Illinois Central, C. & E. I. and B. & O. Railways all run in there. The park secured for the meeting has abundance of shade and good grass sod and city water piped to different parts of the grounds. Prices for tents will be 12 x 14 \$3.00, 12 x 16 \$3.50. Supplies as follows: spring cot and mattress 60 cents, table 25 cents, chair 10 cents, floor lumber at the rate of \$1.25 for 12 x 14 tents, \$1.40 for 12 x 16 size. Straw will be furnished at a nominal price. Orders for tents and

supplies should be sent in early to H. E. Moon at the conference office so we will know how many tents to pitch and have ready. It is not too soon now to plan to come and send your order in stating the number of cots, tables, chairs, etc., you wish and whether you want a floor or not. It would be well for each tent company or family to have rugs or carpets to lay down on the grass or floor. We are praying and planning for a profitable meeting and expect to have good help from outside our own conference in the way of speakers. More definite announcement of this will be made later. Special efforts will be made for the youth and children. We hope to see a large number present with their parents. Let each one pray for the best meeting ever held in this conference.

E. F. PETERSON

The School Year of 1916-1917

Nine church schools have been conducted in the conference during the past year, having a total enrollment of 127 pupils.

The length of the school terms varied from six months to nine months. Sickness necessitated a change of teachers in three schools and shortened some.

School meetings have been held monthly in some of the schools resulting in a spirit of cooperation between parents and teachers.

Many of our boys and girls have consecrated their young lives to the Master. Parents, pray for, and encourage your children during the summer months that these good resolutions may not be broken.

Junior Missionary Volunteer Societies have been conducted each week during the year in all except one school. In these meetings active missionary work has been planned and experience given the children in leading out in their own meetings.

The following is a list of the names of those who have completed the reviews for the Junior Reading Course, all but four being church school pupils or teachers: Clare VanFossen, Adah Hoover, Mary Long, Amanda Trueblood, Myrtle Grahman, Charles Beamer, Irene Kennedy, Almeda Dunlap, Glen Dunlap, Mervin Cardy, William Ford, Mildred Kennedy, Wilbur Graham, Mary David, Arthur Twombly, Laura Drury, Nellie Bennett, Gladys Harrison, Ruth McConnell, Edna Watts, Arthur VanFossen, Jeanette Watts, Anna David, Noble Beer, Jotham Watson, Ele Twombly, Lillie Beers, Victor Ward, Vesta Watson, Ralph Tuttle, Cora Anderson, Grace Aldridge, Norris Aldridge, Olen Taggart, Inez Cannings, Florence Sutton, Merlin Taggart.

The following have received credit for the Junior Standard of Attainment examination in Bible Doctrines: Norris Aldridge, Mary Ellis, Albert Satterlee, Mildred Gardner, William Ford, Irene Kennedy, Noble Beers, Laura Drury, Vesta Watson. All except three of the above named are church school pupils.

The students who are finishing the church schools this year are almost without exception planning to attend Fox River Academy next year.

There are still over one hundred of our boys and girls of church school age in the public schools. Where are your boys and girls? Is it not your duty

to give them the advantage of a Christian education?

It is not too early to plan, work, and pray for the school year of 1917-18. Full length terms, well-equipped schools, efficient and consecrated teachers—this is our aim.

GRACE EVANS

News Notes

Many are telling of the ease with which that wonderful little book, "The World War" is selling. It seems to be a book that the people want. Send to us now for a trial order of ten copies costing only \$1.34 postpaid. After selling them you have placed the truth in ten homes, and have secured a net profit of \$1.16 which will come in handy for your 13th Sabbath offering to missions.

Encouraging reports are coming in from the student canvassers. We note the following students and their locations: Misses Lena Ambs and Pauline Santee at Centralia, Miss Myrtle Hill at Champaign, Russell Brownell and G. J. Talge at Mattoon, C. B. Courville and C. A. Laughlin at Mt. Carmel, and B. Anderson and Adolph Blomstedt at Harpster.

Our ten cent magazines will be especially good and attractive during these vacation months. The July numbers are now out. Fifty copies will cost you only \$2. Your profit is \$3. Ask for printed instructions on how to sell them.

Brother D. D. Ehrhardt, a student from the German Seminary has joined Elder Drews in the German work at Belleville. Their tent outfit has already been shipped to them.

Our new gospel tent recently purchased will be erected at Peoria. Elder Sargent will be assisted in the tent work there by Brother J. O. Ferris and wife, and Miss Cora Hicks.

Brother H. E. Moon paid a recent visit to the Decatur church, assisting in the Sabbath service, and auditing the church books.

It is none too early to plan to attend the camp meeting. The place and date, Pana, Aug. 30 to Sept. 9.

Northern Illinois Conference

Office Address, 116 N. California Ave., Chicago, Ill
President, J. H. Schilling

May

	Tithe	2%	F. M.		Tithe	2%	F. M.
Aledo	53 58	1 83	16 90	Galesburg	50 25	29 64
Aroma Park	36 87	45	12 19	Harvey	13 14	4 15
Aurora	60 35	5 51	Hinsdale	563 04	70	111 69
Belvidere	12 21	2 29	4 25	Joliet	76 45	4 10	23 38
Bohemian	29 81	4 22	Kankakee	118 88	17 46	11 68
Broadview	106 50	22 96	Moline	127 96	1 85	26 86
Brookfield	75 03	10 02	Onarga	32 05	1 80	4 56
Chicago				Ottawa	35 17	1 85	12 31
Dearborn St.	352 73	8 09	63 09	Pittwood	36 07	10 00
Englewood	83 67	3 00	19 51	Pontiac	61 50	1 20	13 21
German	207 84	3 56	27 80	Princeton	12 55	1 91	9 77
Humboldt P.	159 11	3 99	57 75	Rock Falls	22 78	1 57	5 42
46th Street	442 29	4 28	62 83	Rockford	42 48	60	11 61
North Shore	113 34	2 94	25 79	Roumanian	65 90	1 97	18 41
S. Side Scan.	24 61	69	4 98	Sheridan
Swedish	144 01	3 90	22 63	Streator	140 41	1 85	15 04
West Central	177 07	1 18	3 95	Stockton	9 56	1 19	10 49
Italian	97 32	1 61	20 90	St. Anne
Individual	64 71	5 00	Waldron
Elgin	39 75	1 55	13 92	Watseka	15 62	2 00	3 79
Freeport	Zion City
				Total	\$3704 61	79 41	726 21

Northern Illinois Conference Association

The next annual session of the Northern Illinois Conference Association will be held at Brookfield, in connection with the state conference and camp meeting. The purpose of this meeting will be the election of all the regular officers and the board of trustees. All accredited delegates to the conference compose the constituency of this association. The first legal meeting will be called June 25, 1917, at 9 A. M.

J. H. SCHILLING, Pres.

H. P. BUZZELL, Sec'y

Joliet

The church school of the Joliet church closed its work for the school year, and gave a picnic last Sunday at Bush park. Everyone thoroughly enjoyed the occasion. On Monday evening the pupils gave a program consisting of recitations, songs, manumetal drills, etc. Two violin solos by Roscoe Lauda, two songs by Velma Smith, others by Caris Lauda, William McGuffin, Gilbert Holmes, and the Clough girls were deserving of special notice. George Demont had the best grades, and his sister Pearl did excellent work also, graduating from the eighth grade. The execution of this program showed painstaking effort on the part of both teacher and pupils. The teacher for the past two years has been Miss Edith Reynolds, of Aurora. Miss Reynolds has made a place for herself in the hearts of both parents and pupils. We are glad to express our appreciation of her earnest work for and with our children. Our best wishes follow her to whatever field she may go.

DR. W. R. MCGUFFIN

Sabbath School Items

We are glad to add to our number a Bohemian Sabbath school in Chicago. The membership is 17.

We understand that another (the third) Italian Sabbath school is to be organized very soon in Chicago. A Polish school will also be organized there. We will surely give these schools a hearty welcome.

A very successful Sabbath school convention was held in the West Central church in Chicago, June 2d. There were some excellent papers given. Several from the Englewood church joined us in this convention.

1915

Membership 13th Sabbath Offering Total Offering

1490	\$624.66	\$1597.94
1419	581.32	1648.08
1367	542.84	1569.16
1532	680.05	2053.19

1916

1536	\$813.22	\$1813.65
1627	711.02	2050.08
1832	775.49	2117.49
1828	724.70	2117.42

1917

1963	\$1082.24	\$2508.98
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We should praise God with all our hearts for the good offerings the first quarter of 1917. But let us not be satisfied unless we advance every quarter.

We are pleased to report 46 baptisms and 11 con-

versions in our Sabbath schools. 273 had a perfect attendance during the quarter.

Our membership including 171 Home Department members, is 1963. Number of Schools, 44.

MRS. CLEORA WEBSTER

East Michigan Conference

Office Address, Holly, Mich.
President, A. J. Clark

Fenton

Sabbath, May 26th, is the day that will long be remembered by the company at Fenton, for it was on this day that three of their number went forward in baptism and a church was organized in their midst. We were able to organize a church with seventeen members as a result of labors that have been put forth by the Adventists in that place, and the work which some of the students from the Academy have done, and really finished off and made ready for organization by the labors of Brother and Sister T. M. Summerville.

There was a church at Fenton a number of years ago but through removals and deaths the company dropped away until there were only two or three left to hold up the standard of truth, and these united with the church at Holly and at Linden, and the church at Fenton was discontinued.

We are glad that we are again able to see a company of believers in Fenton and that they can again be a church organization. Let us pray that the Lord will bless this newly organized church and make it a power in its community for the salvation of souls, and that they may grow both spiritually and numerically.

A. J. CLARK

West Michigan Conference

Office Address, 8 Pearl Street, Grand Rapids, Mich.
President, Wm. Guthrie

Notes from the Colporteurs

Miss Clara Garber writes:—"I enjoyed the experiences of my first two day's canvassing very much. The people as a rule are interested in the Bible and many of them think that we are living in the last days. I met one young lady who said she had no religious book in her home, not even a Bible. I had a talk with her about it and she said with tears in her eyes that she wanted to get a Bible and would like Bible Readings to help her understand it. I enjoyed my experiences talking with the people on religious subjects very much. Surely this is the Lord's work."

From Miss Bernice Webber we have this cheering word:—"Everyone was kind to us and we did not have any trouble entering the homes. One experience especially appealed to me: a family had just lost their son, about 19 years old, and their minds were naturally turned to religious matters. They had borrowed a book explaining the Bible but were glad to get a book explaining the books of Daniel and Revelation." How true this is, and how many families in the near future will be bereaved of their young men. How susceptible they will then be-

come to the working of the Holy Spirit. Cannot other young ladies see here a call to prepare for service so as to be ready at the opportune moment to strike with the truth?

With a report of 13 hours and \$35 orders Miss Iva Garber sends this letter: "I have now spent nearly two days in canvassing in Sturgis, and the work is surely enjoyable. It has already shown me the needs of the people. Many of them have not even Bibles in their homes and know nothing of religion. Most of my orders were from poor people who will need to sacrifice to pay for the book, but they seem anxious for it. One lady ordered a book for her children who were not yet of school age, but she wanted to take her first opportunity to get such a book. Many people see that something unusual is ahead, and they want the truth of these things."

John Worrell from Michigan City writes: "As I knocked on the door of a well-to-do home I was surprised to be welcomed by a gentleman who became interested in the book on current events and the prophecies. He took the book as soon as I brought it to view and asked me what denomination published it. I told him. His wife came in and insisted that he submit it to the Presbyterian minister, but he did not wait but ordered the half morocco and said the preacher did not preach the truth anyway."

Brethren, as the field fills up with students and others whom God is calling, remember them in prayer; for on the colporteur lies the responsibility of warning thousands who will never hear the truth from the minister. Cannot you hear the still small voice calling you come and enlist with us for the closing work?

W. B. MARIS

Berrien Springs, Mich.

South Wisconsin Conference

Office Address, Room 305 Ruh Bldg., Fond du Lac, Wis.
President, C. S. Wiest

Green Bay

The regular series of meetings has closed which we have been conducting in the church in this city, and although it seemed impossible to awaken a good outside interest, yet we know that many read with interest the short reports which we succeeded in getting into the daily paper.

Our own people attended splendidly and did all they could to encourage their friends and neighbors to come with them, and we are positive that the influence of this series of studies will be of lasting benefit to this church as many of our members never had the privilege of hearing a complete series of studies on the different points of our faith. Our collections amounted to about \$30 for the entire series.

Sister Flora McChesney closed a very successful, and much appreciated, year of school on May 24th, with a program rendered in the church to a large audience. The influence of this year of school is very noticeable in many ways, especially in the spiritual experience of the students, seven of whom gave their hearts to God and united with the church at the close of the year.

Sabbath, May 26th, we held a baptismal service, preceded by a thorough examination on the different

points of truth embraced in the third angel's message. Fifteen went forward in baptism, eleven of which united with the Green Bay church, and of this eleven seven are largely the result of the splendid influence of the church school effort. Four came over from Onida and were baptized and will unite with that church; these are the results of the efforts put forth by Brethren Peterson and Trowbridge.

On Monday, May 28th, I went to Oconto and baptized three who will unite with the Conference church.

The work is onward in this vicinity and we are of good courage to press the work onward until the certain triumph is achieved. E. F. FERRIS

Victory

We have been having some good meetings at Victory. Elder French of Baraboo was here for a week and we certainly had a feast of good things. He gave us meat in due season. Most of the members of the church consecrated their lives anew to the service of God and His work. Eight were baptized and nine taken into the church. We expect Elder French or some one else back soon, as we hope there will be others to be baptized. A. L. Fox

Cannonville

Since the last report from this place I have held two or three meetings each week and visited among the people with the result that five have definitely decided to be faithful in observing the commandments of God.

We have been constantly opposed in the work here by a Disciple minister who has been successful to a degree in confusing the minds of the people, thus making it more difficult to bring them to a decision.

On Sunday, June 3, Elder Wiest joined me here and spoke to the people showing that our message is here in answer to prophecy. The following three nights he engaged in a public discussion with our opponent in regard to the law and the Sabbath.

The binding obligation of God's law was very clearly presented by Elder Wiest and we believe that a favorable impression has been made on the minds of the people. Others are still interested and the outlook is good for others to become established in the present truth. E. E. TROWBRIDGE

Missionary Investment Day at Oxford

The program for Missionary Investment Day was fully rendered in our Sabbath school and the deep interest created was made manifest when the time came for offering the pledges.

Most of the pledges were along the plan of giving something that would yield an increase during the summer, all the increase going to missions. One mother and sister gave proceeds from their cows for one week; some a certain amount of land to be used for missionary purposes; others eggs and potatoes; and some gave money.

We feel that it will be a great help to us all, spiritually as well as a help in advancing the missionary work. MILFORD SUMMERTON, Supt.

Green Bay Church School

For several years in the past this church has conducted no church school, many thinking it hardly possible owing to the scattered location of the membership, but it was decided last fall to try it out for one year and ascertain the results. Sister Flora McChesney of Bethel, Wis., was secured as teacher and a most splendid school was conducted, even reaching well toward the ideal. There were many obstacles in the way to present discouragements, but one by one these were successfully met, and now after the trial year is in the past, all, with very few if any exceptions, are well pleased with the results attained, and are looking forward to next year with great expectations.

The spiritual welfare of the children received very careful fostering, and all were encouraged to engage in active missionary effort. The school made a good record in the Harvest Ingathering campaign, a goodly number of the Temperance Instructors were disposed of, as well as about 75 copies of "The World War." The school did very well in their school work, all things considered, and at the close of the year rendered a very instructive program. Seven out of the twenty-two in attendance were baptised and united with the church, largely as the results of the good influence of our school. Has it been a paying proposition? E. F. FERRIS

Madison Sanitarium Notes

G. R. Fattic recently made a visit to the Sanitarium in the interest of the Young People's work.

E. E. Franklin and wife stopped over night at the Sanitarium after having placed some canvassing recruits in their respective fields.

The Misses Mabel and Edna Eggum, graduates from the Hinsdale Sanitarium, and Florence Oswald, a former graduate of this Sanitarium, have been employed at the institution this summer.

Dr. Lindsay and P. L. Larson were in attendance at the Lake Union Medical Counsel in Chicago.

Elder H. H. Hicks spoke at the People's Church, South Madison, to a full house Sunday evening, June 3.

Elder H. H. Hicks and P. L. Larson attended a committee meeting held at Fond du Lac recently.

Myron Jorgenson, who has been employed at the institution as head engineer for some time, resigned recently because of having enlisted with Company G in the Second Hospital unit. His vacancy has been filled by Chas. West of Baldwin, Michigan.

A very impressive baptismal service was held Sunday afternoon on the shores of Lake Monona on the Sanitarium grounds. Fifteen young people were baptized, Elder Hicks officiating.

North Wisconsin Conference

Office Address, Room 5, Ashland National Bank Building, Ashland, Wis.
President, J. J. Irwin

Camp Meeting

A number of the brethren are already on the camp ground getting things ready for our camp meeting. It is our prayer that this meeting may be the best one we have ever experienced. In every notice of the

different camp meetings of the Union special emphasis has been laid on the fact that we are living in perilous times. I do not think this point can be emphasized too much and in this time of peril Satan would be very glad to hedge up the way for us that we could not attend our annual gatherings. The Lord foresaw the attempts that Satan would make to keep us from these annual gatherings and has given us warning not to forsake the gathering of ourselves together. Heb. 10:25. This chapter should be given a careful reading by us. He has also told us that it is better to let our earthly business suffer than to neglect the camp meeting.

J. J. IRWIN

Waldery Academy Notes

Miss Josephine Smroka, of Rice Lake, has joined our summer corps of workers.

Mr. A. N. Anderson spent some time at the Academy recently auditing the books.

Our preceptress, Miss Kathryn Adams, is enjoying a much needed rest at her home in Minnesota. After attending the camp meeting at Spooner, Miss Adams will resume her duties at Waldery.

Miss Florence Oswald will spend the summer in nursing at the Madison Sanitarium. Before returning to the Academy in the fall she expects to visit her home in Pennsylvania.

Although our Missionary Volunteer Society is small at present it plans to do active work through the summer months. Each member of the society is a live member and the meetings held each Sabbath afternoon are filled with interest.

We have just received an advanced copy of the new book, "The Return of Jesus." This is published by the Southern Publishing Association and is uniform in size with the "World's Crisis" and other books of this series. This is well illustrated and deals with the subjects that should appeal to people at this time. The price corresponds with the other books, one copy in paper cover 25 cents postpaid, or ten at \$1.34.

The Pacific Press have also issued a new book entitled, "The Bible in the Critic's Den." This was written by a converted infidel and in view of the higher criticism and other efforts being made to destroy the Bible, this is a timely book. This is not a subscription book but the price is only 30 cents postpaid.

Business Notices

FOR ADOPTION.—A four months old boy baby with blue eyes and brown hair. Anyone interested please send reference with first letter to P. L. Larson, Madison Sanitarium, Madison, Wis.

WANTED AT ONCE.—Single man to work on Chicago truck farm. Man with some experience preferred. Must be conscientious Sabbath-keeper and honest worker. Forty dollars per month and board to right party. Address Klooster and Andrews, Market Gardeners, 8522 Prairie Ave., Chicago, Ill.

WANTED.—There is an opportunity for a consecrated S. D. A. nurse here. The doctors have had some of them several times and are making repeated requests for one to come and locate here. A sister offers a room for any that

would come. For further particulars address H. L. Applegate, box 153, Rock Falls, Ill.

COOKING OIL ADVANCED.—Two five-gallon cans Mazola cooking oil \$15.00 f. o. b. Chicago or Detroit. Single cans \$7.75, from Holly. Wesson Oil \$18 per case, 1 can \$9.25 f. o. b. Holly. Snowdrift Shortening \$12.25 per 60-pound case, from Holly. Adelpian Mercantile Co., Holly, Mich. 5

Polish and Roumanian Magazines

To assist in meeting the need for Polish and Roumanian literature, a special magazine has been printed in each language. These are called *Signs of the Times* and like the other magazines in foreign languages they have 24 pages and attractive cover in colors.

Will you not help to place these magazines, with their message of truth, in the hands of any Poles or Romanians in your neighborhood? One dollar will pay for ten copies of each, or 20 copies in either language. These magazines are not mailable at one cent a pound, but take the same rate of postage as tracts. The price of each is 10 cents. In quantities the rate is 5 cents a copy, postpaid. Order through your tract society.

Special Course

The Wabash Valley Sanitarium is now offering exceptional opportunities to our young people to take a special course in simple treatments and emergencies. This course will not only prepare them for military Red Cross work if they are required to serve our country, but also to minister to the sick and suffering who are always with us. Such knowledge applied in the homes of neighbors will make their hearts receptive to the truth as nothing else can. Sister White plainly tells us that the time is soon coming when ordinary ministerial and Bible work will be made very difficult, and we will have to confine ourselves largely to medical missionary work.

We should now redeem the time. Everyone should have the instruction that we are prepared to give in this special course. As the preparation for this special training will involve a great deal of labor, it can only be given if a large number apply, therefore send in for application blank at once, as we have only two weeks or less time in which to make preparations.

W: C. DUNSCOMBE, M. D.

A series of lessons on home nursing and simple treatments, based on Amy E. Pope's "Home Care of the Sick," and Dr. G. H. Heald's "Colds, Their Cause, Prevention, and Cure," have been prepared. Those who are interested should write at once for full particulars to The Fireside Correspondence School, Takoma Park, D. C.

You can have the French quarterly magazine, *Les Signes des Temps*, sent to any person in the United States for a year for 40 cents or to Canada for 50 cents. It's worth while to do this kind of missionary work. Order through your tract society.

Christ was always confronted with apparent failure. —"Desire of Ages," p. 678.

LAKE UNION HERALD

ISSUED WEEKLY BY THE

Lake Union Conference of Seventh-day Adventists

PRICE, FIFTY CENTS A YEAR.

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ing rates: Forty words or less, fifty cents for each insertion, and one
cent per word for each additional word. Each group of initials or
figures counts as one word. Cash must accompany copy for all
advertisements.

We wish to acknowledge with thanks the receipt of
copies of Vol. VIII, No. 35, from Sister A. McCuaig, of
Goshen, Ind., and Brother R. W. Park, of Owosso,
Mich.

All matter pertaining to the paper should be ad-
dressed to Lake Union Herald and not to an individual.
This will prevent delay as the editor is away on a
much needed rest from school and editorial duties.

Canvassers' Report for Week Ending

June 1, 1917

Southern Illinois

Canvasser	Book	Hrs	Ords	Value	Helps	Total	Del
Lena Amba.....	BR	17	12	44 00	1 50	45 50	75
Cora Anderson.....	GC	25	15	52 50	4 50	57 00	
B. Anderson.....	BR	15	9	33 50	1 25	34 75	50
A. Blomstedt.....	BR	15	5	19 50	50	20 00	50
*Cyril Courville.....	BR	77	13	66 00		66 00	
J. A. Evitts.....	BR	21	8	28 00	1 50	29 50	
Ada Evitts.....	BR	25	8	31 00	12 10	43 10	
Paul Frasier.....	BF	32	23	58 00	1 25	59 25	
Ivan Falconer.....	BR	16					108 00
G. W. Kimberlin.....	BR	39	21	75 50		75 50	
A. P. Lager.....	BR	50	17	59 50	4 50	64 00	
Pearl Locke.....	BR	12	1	4 50		4 50	
C. A. Laughlin.....	BR	48	35	131 00		131 00	
Mrs. J. McNabb.....	BR	12	7	24 50	2 25	26 75	
O. A. Morse.....	BR	37	3	11 50	1 50	13 00	
P. R. March.....	BR	36	5	18 50		18 50	190 50
Jerry Sudy.....	BR	32	6	21 00		21 00	65 85
Pauline Santee.....	BR	29	20	75 00	1 50	76 50	
Francis Teas.....	BR	33	9	33 50	2 50	36 00	
R. J. Watson.....	BR	15	7	24 50	75	25 25	75
A. Foster.....	BR	20	2	10 00	11 20	21 20	
		607	235	821 50	46 80	868 30	366 85

Indiana

W. H. Bergherm.....	BR	22	19	68 50	1 00	69 50	
Ford P. Cady.....	BR	23	10	37 00		37 00	
H. J. Capman.....	ES	28	19	72 50	6 00	78 50	
O. L. Hackney.....	BR	40	23	82 50	90	83 40	
Clinton P. Hall.....	BR	30	10	37 00	50	37 50	
Ethel Haven.....	BR	34	8	28 00	1 50	29 50	
F. Kaufman.....	BR	30	10	36 00	1 25	37 25	
James Keesling.....	GC	42	16	56 00	1 00	57 00	
C. C. King.....	BR	45	18	67 00		67 00	
Leah Misner.....	GC	22	11	38 50		38 50	
Wilber Moore.....	BR	13	5	17 50	25	17 75	
Lydia Passer.....	BR	25	7	24 50	2 25	26 75	
Fred Possman.....	BR	30	8	29 00		29 00	
Fred Rahm.....	GC	33	8	31 00	50	31 50	
Adam F. Ruf.....	GC	48	9	32 50		32 50	
G. F. Ruf.....	DR	42	21	78 50		78 50	
P. Saucerman.....	GC	22	7	25 50		25 50	
L. E. Vance.....	BR	24					396 50
E. L. Young.....	BR	25	7	24 50		24 50	
		578	216	786 00	15 15	801 15	396 50

Northern Illinois

Harry Anderson.....	BR	24	5	17 50	2 50	20 00	
Genevieve Aplin.....	BR	40	29	106 50	50	107 00	
Otto Cedarvall.....	BR	26	9	33 50	3 00	36 50	
D. R. Devereaux.....	BR	28	6	23 00	3 25	26 25	
Ruth Everett.....	BR	40	28	101 00	2 25	103 25	
J. Granath.....	BR	38	12	46 50	2 00	48 50	
W. J. Harris.....	BR	25	11	40 50	50	41 00	
F. G. Hibben.....	BR	35	13	48 00	4 50	52 50	

Ludwig Huth.....	BR	22	5	17 50	1 00	18 50	
L. Jorgensen.....	BR	31	21	79 00	2 00	81 00	
J. C. Nixon.....	DR	15	4	14 00		14 00	
Oscar Olson.....	BR	33	19	70 50	8 00	78 50	
E. A. Rideout.....	GC	14	8	30 00	2 50	32 50	
A. J. Swanson.....	BR	31	4	14 00	3 25	17 25	
A. M. Tatton.....	BR	30	9	37 50	5 50	43 00	
E. R. Thiele.....	BR	33	24	97 00	8 90	105 90	
A. W. Wennerberg.....	GC	24	10	41 00	5 25	46 25	
†G. Vas.....	HGA	123		18 48	59 08	77 56	
M. V. Haight.....	BR	8	3	11 50		11 50	
		620	220	846 98	113 98	960 96	

South Wisconsin

Arno Wangerin.....	BR	58	15	53 00	4 00	57 00	
L. M. Feyen.....	BR	28	13	50 00		50 00	
J. C. Frank.....	BR	40	3	10 50	3 75	14 25	
Chas. Fillner.....	BR	37	12	44 00		44 00	
Ben Merickle.....	BR	20	4	14 00		14 00	
Oscar Reinmuth.....	DR	51	30	120 00		120 00	
H. G. Reinmuth.....	DR	57	28	121 00		121 00	
Wm. Smith.....	GC	15	2	8 00		8 00	
Sam Meier.....	HM	33	15	37 50		37 50	
D. H. Boettger.....	GC	47	15	53 50	75	54 25	
Harold Schilling.....	DR	39	18	72 00		72 00	
John Evert.....	HM	42	8	21 00		21 00	
J. S. Koehler.....	DR	38	14	54 00		54 00	
Boyd Weatherly.....	HM	17	5	14 50		14 50	
H. F. Bernitt.....	BR	53	21	80 50	19 50	100 00	
		575	203	753 50	28 00	781 50	

North Michigan

Milton Marks.....	BR	46	21	75 50	2 25	77 75	
G. C. LaCount.....	BR	45	23	80 50		80 50	
Herman Chubb.....	BR	19	9	31 50	3 00	34 50	
Mrs. Carrie Chubb.....	BR	8	2	7 00	2 25	9 25	
L. G. Lamb.....	BR	15					77 50
Leo R. Stevens.....	GC	26	6	23 00		23 00	
J. L. Bentley.....	BR	17	6	21 00	1 50	22 50	1 50
Roy Simot.....	BR	38	20	74 00	75	74 75	
Alice Wery.....	BR	22	8	31 00	4 50	35 50	75
Aurora Bailey.....	BR	17	8	29 00	5 00	34 00	2 00
Miscellaneous.....			2	7 00	204 75	211 75	211 75
		254	105	379 50	224 50	603 50	293 50

West Michigan

G. A. Potter.....	BR	37	24	87 00	2 75	89 75	
Lyle McNeal.....	BR	20	6	23 00	1 00	24 00	1 00
J. T. Worrell.....	BR	13	17	63 50		63 50	
Mrs. John Worrell.....	BR	3	1	5 50		3 50	3 85
V. W. Ferney.....	GC	24	5	18 50	1 50	20 00	1 50
Iva E. Garber.....	BR	25	7	20 00	1 50	21 50	
Bernice Webber.....	DR	27	11	36 75	3 25	40 00	
Clara Garber.....	BR	25	10	32 25		32 25	
		174	81	234 50	10 00	294 50	6 35

East Michigan

E. V. Sykes.....	BR	42	11	46 50	4 75	51 25	
Mrs. Clinansmith.....	MH	14	2	3 00	1 50	4 50	2 75
J. Pengelly.....	BR	52	8	33 00	20 00	53 00	
Jessie Boist.....	ES	25	15	55 50		55 50	
Lilah Beamer.....	HM	27	5	13 50	50	14 00	
Ethel Beamer.....	HM	27	6	19 00	2 85	21 85	1 50
Killa Toll.....	ES	11	4	14 00	50	14 50	50
Clayton Kelser.....	BR	7	2	7 00		7 00	
		206	53	191 50	30 10	221 60	4 75

North Wisconsin

Claude Morris.....	BR	13	46 50	11 50	58 00	
Beulah Johns.....	BR	3	10 50		10 50	
Thure Wiik.....	GC	15	54 50		54 50	
		31	111 50	11 50	123 00	

106 Agents 3015 1144 4174 98 479 53 4654 51 1067 95

PERIODICAL REPORT

	Paper	Hours	No.	Value
Fred Ericson.....	Watchman	11	10	7 50
L. E. Hanson.....	Watchman	9		8 60
		20	10	16 10

*Two weeks †One month

Camp Meeting Dates

North Wisconsin, Spooner	- - -	June 14 to 25
Northern Illinois, Brookfield	- - -	June 21 to July 2
South Wisconsin, Fond du Lac	- - -	June 21 to July 2
Southern Illinois	- - -	Aug. 9 to 19
Indiana, Wabash	- - -	Aug. 16 to 27
North Michigan	- - -	Aug. 23 to Sept. 3