

VOL. VII

NASHVILLE, TENNESSEE, FEBRUARY 13, 1913

No. 7

Saviour Ever Mine

"Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is the devil; and deliver them who through fear of death were all their lifetime subject to bondage." Heb. 2:14, 15.

> How can one live with a heart like lead, With soul oppressed with a nameless dread, With a shadow deep cast o'er the soul, Not hearing the word, "I've made thee whole"? There is no joy in such a life, But only terror, dread, and strife; And the soul is sad, and lines of pain If chased away soon come again: The days are long and the nights a dread To one who captive by sin is led, For sentence of death hangs o'er his head! But, O the blessedness of the one Whose trust is in the beloved Son! Whose faith lays hold of the vict'ry true Gained by him who can life renew. Songs flow from lips of the soul forgiven; Life's made bright by the hope of heaven. O ever blessed Christian hope,

O Saviour ever mine! I'll cling to thee whate'er betide, For all my life is thine.

С. Р. В.

Our Publishing Ibouse

Home Office News

SALES report for two weeks ending February 8, 1913: Total number of bound volumes, 6,694: Watchman, 14,542.

The several members of the Publishing House Board who attended the Keene meeting from February 3-5 returned to Nashville in time for the adjourned legal meeting February 10. Brethren Smith, Harvey, Randall and Bollman reached Nashville Friday, February 7. Elder Wight arrived Sunday night, coming via New Orleans where he spent the Sabbath

The Publishing House Board remains the same as last year with the exception of M. F. Knox who takes the place of P. T. Magan. The organization of the Board is almost the same except that Brother Bollman resumes his old place as Vice-President instead of Brother Eastman who occupied that position during the past year. Brother Eastman is manager of both the book and periodical departments of circulation.

Reports submitted by the treasurer, manager and heads of departments will appear from time to time either in this department or in such other form as will make them available to those who would be interested in reading them.

The entire factory and office force take up the duties of another year with renewed faith and increased courage. The Keene meeting was a real inspiration to those who attended it and the meeting itself was its own best justification.

The Southwest is a very important part of the field served by this publishing house and it is impossible for those who were present to feel otherwise than that the taking of the meeting to Keene was in the order of the Lord.

Brother Hook is again at his desk after quite a long absence. He received a right hearty welcome from the employees in the chapel on last Monday morning. After the usual song and prayer, when Brother Hook arose to speak he was greeted by a very vigorous clapping of hands which was something a little out of the usual order at our chapel service, but those who were present could not say that it was inappropriate. It was a heartfelt token of their pleasure at his return, which Brother Hook did not fail to fully appreciate.

An excellent spirit of union and harmony prevails in the entire publishing house force and this is a splendid omen of success for the year which we have so happily entered and which has already given so many encouraging tokens.



Does the Diet Reform Sustain the Same Relation to the Message as Formerly?

J. R. LEADSWORTH, B. S., M. D.

[A paper read before the council of workers of Southern California, held Jan. 6-16, 1913.]

About twenty years ago the writer with his companion was born into the third angel's message. Whatever knowledge was had of the peculiar doctrines held by this people was acquired mainly through reading. Not many weeks after baptism we were favored by a noonday visit from one of the pioneer ministers. He observed that we had not been fully instructed on the diet question, Both flesh and coffee were being prepared for the meal. The time and place were propitious for much needed instruction, and sufficient proof was presented from both the Bible and the Testimonies to settle the question for all time. From that day to this no excuse has been sought to justify even the occasional use of these disease producing substances.

Being connected at that time with one of the largest churches in the State, we soon found that almost all Seventh-day Adventists were fully as particular in regard to diet as we had been taught to be. Ministers constantly referred to it in their sermons, even though it was one of the most unpopular truths connected with the message. But observations of both myself and others during recent years seem to furnish sufficient proof that conditions have changed. I think a little inquiry will elicit the fact that few Seventh-day Adventists to-day stand as uncompromisingly against tea, coffee, flesh foods, etc., as did Daniel and his companions against the king's meat.

I will illustrate by two experiences, the first as related to me by a prominent worker. He with about a dozen other associate officers and leading members were being entertained by a prominent man of the world. The table was liberally supplied by nature's bounties prominent among which was a large beef roast. He said he queried in his mind just what he and his brethren would do about the roast. He did not have long to wait, as in turn they were each helped to a liberal serving of the flesh, and to a man they attacked it with apparent relish. He said he did not know how the others felt afterwards, but that he was ashamed of himself for not showing his colors.

While in attendance at the last General Conference a sight-seeing tour was planned by myself with a half a dozen others. These were prominent workers and returned missionaries. Noontime found the company with keen appetites and a restaurant was sought to satisfy their hunger. Dinner was served American plan and the food was liberal in variety and well prepared. All but two of the company partook of the flesh that was served. They were good spiritual brethren, and for all I know were more conscientious than those who ate not. But these experiences with others that might be related have necessarily left some impressions, and I am going to put a few questions just as they have suggested themselves to me.

In a copy of the magazine named *The Vegetarian* it is stated that Seventh-day Adventists are a non-flesh eating denomination. Is it true?

Is it not a fact that Seventh-day Adventists generally were more particular twenty years ago in the matter of diet than now?

Is it true that a diet excluding tea, coffee, flesh meats, and condiments is conducive to a higher spiritual attainment than otherwise?

Is it possible to reach the highest attainment intellectually and physically on a diet that excludes the above substances?

Quite a proportion of Seventh-day Adventists count themselves as non-flesh eaters, but when questioned admit that they eat fish or perhaps chicken. Is fish classified as flesh, and if so, is it safer or more permissible to ingest than that of other animals?

A score of years ago the question of proper eating and drinking was frequently presented as an essential and vital part of the message. Were these positions too extreme or were they overdone, and did the resultant agitation tend to do more harm than good?

Has the infrequent mention of the subject of late years been according to the well-understood plan, or is it one of the insidious devices of the enemy to cover up one of the distinctive truths of the message?

It being true that among those who are translated without seeing death, flesh food will cease to be a part of their diet, does it not seem that in view of the shaping of events in the Near East, there should be a general revival on this important subject? It is only by having kept the word of his patience that we are to be kept through the calamitous times of these closing days of this world's history.

Just as we have sat and listened to the soul-stirring truths of this message from week to week until our ears have grown heavy, so it seems it is with the health reform message. To many it seems to have become a yoke of bondage. On the other hand people who know not the special truths committed to us are eager to learn all they can about health living. The majority of them readily adopt the non-flesh diet when told of its advantages.

Let me give a few of many examples that might be detailed which furnish sufficient incentive for the adoption of the non-flesh dietary by thinking men of to-day:—

A few years ago Senator La Follette was a physical wreck. It seemed likely he would have to lay down the arduous burdens of nation and state he was carrying. But being progressive in practise as well as in theory, he began to rearrange his habits of eating. This is the menu as given in the *Dietetic and Hygienic Gazette*: Breakfast: Two whole wheat biscuits and milk; no tea or coffee. Luncheon: Milk, crust of bread, or zwieback and a few English walnuts. Dinner: A dozen or two English walnuts, some fresh vegetables that agree, particularly asparagus and spinach. Never any meat.

On this diet the senator has become as robust a specimen of a one-hundred-and-sixty-pound fighter as the world can show, capable of unlimited exertion, of unquestionable courage and unbounded energy.

Eustace Miles is another man whose remarkable powers of mental and physical endurance have scarcely excited the attention they deserve. Here is the menu: Breakfast: Four or five milk proteid biscuits and an apple. Lunch: Graham bread and cheese, two or three milk proteid biscuits. Tea: Two or three milk proteid biscuits. Supper: One vegetable, four or five milk proteid biscuits and an apple.

The total cost per day is twenty-seven cents. Mr. Miles has lived on a dollar a week, and that too when in hard training. Here is a sample of his capacity for work. He says: "Last year I coached about twenty pupils in Cambridge; I wrote over twenty books and a great many articles. And at any time I was ready to go it at a moment's notice, and play a hard racket match." He was once unhealthy, but since adopting the diet as given above has had practically no illness for four years, has always been in training and seldom has been obliged to stop his brain work during the whole period.

Now they seek health for a corruptible crown. How much more should we who are enjoined to keep under our body that it may be adorned with the uncorruptible crown?—*The Medical Evangelist.*

> "To DO right in a quiet way, Is to be a hero every day."

Light on the Billow's Crest

THERE is a story of a shipwreck which tells how the crew and passengers had to leave the broken vessel and take to the boats. The sea was rough, and great care in rowing and steering was necessary in order to guard the heavily laden boats, not from the ordinary waves, which they rode over easily, but from the great cross-seas. Night was approaching, and the hearts of all sunk as they asked what they should do in the darkness when they would no longer be able to see these terrible waves. To their great joy, however, when it grew dark, they discovered they were in phosphorescent waters, and that each dangerous wave rolled up crested with light which made it as clearly visible as if it were midday.

So is it that life's dreaded experiences when we meet them carry in themselves the light which takes away the peril and terror. The night of sorrow comes with its own lamp of comfort. The hour of weakness brings its secret of strength. SOUTHERN UNION WORKER

By the brink of the bitter fountain grows the tree whose branch will heal the waters. The wilderness, with its hunger and no harvest, has daily manna. In dark Gethsemane, where the load is more than mortal heart can bear, an angel appears ministering strength. When we come to the hard, rough, steep path, we find iron for shoes. — Kind Words.

Alabama Conference

Conference Directory

A. L. MILLER, President.

THOS. E. PAVEY, Secretary and Treasurer.

THOS. E. PAVEY, Tract Society Secretary.

MARK WILSON, Field Missionary Secretary.

OFFICE ADDRESS, 1700 7th Ave. N., Birmingham, Ala.

HELEN M. KEATE, Sabbath-School and Y. P. M. V. Secretary, Fort Payne, Ala.

C. R. WALDRON, Educational Secretary, Rockford, Ala.

News Notes

THE new Temperance *Instructor* is now ready for distribution. This is a good paper to scatter among your neighbors and it will do them good. Send in your orders to the tract society.

Don't forget the Colporteurs' Institute at Borden Springs, February 21 to March 2. We hope to have several new workers after this Institute. An Institute for the colored workers will be held later, and the time and place will be announced soon.

Elder Miller returned from the Keene, Texas, meeting February 7. He reports a pleasant trip and a good meeting. Elder Miller will leave for Oakwood School (Huntsville), Monday, February 10, where he goes to attend a meeting of the Oakwood School board and to counsel with the leading brethren in regard to the colored work. He will probably visit the Elkwood church before returning to Birmingham.

Brother Wilson has been at home for a week trying to get caught up with the clerical work connected with his official duties. He expects to start out on the road again this week. Brother Wilson is doing faithful work and the Lord is blessing his efforts. The canvassing work is gaining ground in our conference and we hope to soon be in the lead in the Southern Union Conference. Watch for the reports in the WORKER.

Brother Guilford is now located at Abbeville, and his first report from there is a very encouraging one. The Lord will always help those who trust him and then work faithfully. All the workers seem to be of good courage and are going forward trusting in the Lord for strength and for success.

Elder Bellinger is now at Long Island holding meetings and doing what he can to help the church at that place.

We are still waiting for a few churches to send in their annual reports. It is very important that we receive all these reports just as soon as possible and we hope that those who have not yet sent in their report, will do so at once.

Have you seen the new temperance book, "The Man that Rum Made"? This is a good book and one that every boy and young man should read. The book will be sent postpaid to any one on receipt of seventy-five cents. Order of the tract society.

Several of the churches have organized missionary societies and are doing systematic work for the Master. It is a good thing to organize for service, for in unity there is strength.

Our camp-meeting will be in August this year, and all should begin now to plan to attend this meeting. We hope

this year to have the largest camp-meeting ever held in the State. No one can afford to miss the camp-meeting for those who attend will be greatly blessed. We need to come together once a year and seek the Lord together. The exact date and place will be announced later.

Kentucky Conference

Conference Directory

B. W. Brown, President. F. C. BRUCE, Secretary and Treasurer. H. E. BECK, Field Agent. MRS. B. W. BROWN, Sabbath-School Secretary. W. H. WHITE, Y. P. M. V. Secretary. OFFICE ADDRESS, Nicholasville, Ky.

Missionary Institute

THE date set to hold our Institute this year is March 7-16. The brethren at the Grove church have given us a very urgent invitation to enjoy their hospitality for these few days, so the committee has decided to hold the Institute there. We hope to have the largest attendance this year that we have ever had. A number who are now engaged in other lines of work should plan to enter the field and sell the truth. The spirit of prophecy tells us that there should be one hundred workers where there now is one. Now God expects each of us to do our duty. It may be that some of us have been impressed by the Lord that we were called to do a greater work than we have been doing. I am sure that if we could hear the many earnest letters that come, telling how God has led them to accept the truth by reading some of our good books, many who have been thinking of entering the work would not put it off longer, but would decide to attend the Institute and go out at once, for truly the harvest is ripe. We have many counties where the message-filled books have never gone. Will you be one who will say, Lord here am I, send me to help finish the work. Write at once if you expect to B. W. BROWN. take up the work.

> Love, O love God's blessed Word! It has power to life impart. It is better far than gold: Lay it up within thy heart.

An Experience and Its Moral

HE who in his work meets with trials and temptations should profit by these experiences and learn to lean more decidedly upon God. He should feel his dependence every moment. Let us pray that nothing come in our way to cause us to doubt the blessed promises of our Saviour.

One week I received a letter from a worker saying: "What shall I do? This county has been worked for 'Bible Footlights,' also the town. Must I go home and wait until after the Institute to start out? What shall I do?" This is quite an experience isn't it. Dear people, listen to what this brother wrote the next week. "I received your letter of recent date; it was read with interest. The Lord has surely blessed me since I wrote you. I am having some rich experiences here with the people. I am of good courage and ask your prayers that I may ever be found doing the work the Lord has appointed me to do." The Lord can give success if we will only call upon him. Bro. Park Winkler; in Clark County, took \$52 worth of orders last week in twenty-eight hours. Bro. M. Wheeler, in Warren County, \$51.75 worth in thirty-two hours — a close race. And now, brethren, let us put in all the time we can, and make this the best year in the history of our work here. Remember our Institute will be held at Grove, Casey Co., Ky., March 7 to 16. Let all the workers and others who intend going in to the colporteur work plan to attend this meeting.

My address has been changed to Boston, Ky.

H. E. BECK.

Some Good Averages for Winter Days

AFTER making out the report for month of January, I found that three had averaged more than r per hour. Brother Winkler working in Clark County, with "Bible Footlights" had averaged 1.49 per hour, giving him $74\frac{1}{2}$ per hour for all time put in. Bro. M. Wheeler in Warren County averaged 1.11 per hour, 50 per cent of which would be $555\frac{1}{2}$ per hour. Bro. W. P. Ethington, 1.10, a profit of 555 per hour. Not one average was under 2.55 per hour for his labor. This surely should encourage all who are in the work to put in good time, and others to enter the work and help bear the message to those that are dying in sin.

Let all remember the Institute at Grove, Casey Co., Ky., March 7 to 16. All who attended the meeting last year said it was the best meeting they had ever attended, and this year we want to make it more interesting. Dear brethren, let us give up our worldly business and attend this meeting, and enlist in the giving of the last message of mercy to the dying world. H. E. BECK.

Mississippi Conference

Conference Directory

C. S. WIEST, President. MISS PARIZETTA SMITH, Secretary and Treasurer. MISS PARIZETTA SMITH, Tract Society Secretary. H. G. MILLER, Field Missionary Agent. MRS, E. L. MORROW, Sabbath-School and Y. P. M. V. Secretary. OFFICE ADDRESS, 932 Union St., Jackson, Miss.

Volunteer Movement in Jackson

WITH a disposition to fall into line and obey the call, the company of Seventh-day Adventists in this city are taking heed to the message, "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee."

Two companies have been formed and the territory divided into two sections for systematic Christian work. There seems to be a willingness to do, and the response is worthy of note. At the last meeting of the workers the reports showed 158 missionary visits made, and nearly 400 papers and magazines sold, besides 122 papers, and 1,288 pages of tracts bearing the message of truth, given away.

Other lines of Christian work are being used, such as assisting the needy and looking after the sick. Bible studies are given and correspondence work done. By these means many may be won to Jesus, and gathered into the heavenly fold. Already several interested ones have been found with whom future work may be done, and if judiciously performed may win them to the truth. It is evident that now, right now, is the most opportune time to search for honest souls in our cities. It is the doers of the word that are blessed of God. This has-been demonstrated many, many times. Those who engage in this work with the right motive — to rescue the perishing — will, themselves experience a rich blessing.

With steadfastness to sound principles, a daily consecration

for service, and perseverance of effort a great work can be done in a short time.

May every volunteer in this cause have a fixed determination, by the help of God to go forward. Then the words, "They that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars forever and ever," will be verified to the faithful.

Let wisdom and diligence characterize our efforts, and finally in the great consummation just rewards will be given.

Mrs. M. C. Kenyon.

Notes

OUR funds have not been coming quite so freely this month as we had hoped, but we are thankful that there has been quite a liberal Sabbath-school offering. Mississippi's motto for Sabbath-school offerings is, "All for Missions."

Elder Wiest returned from Keene, Texas, on the evening of the 6th. He reports a very interesting meeting at that place. He will be with the Jackson church Sabbath, February 8th.

The Colporteurs' Institute, which is to be held at the Hatley church near Amory, will probably be in session when this issue of the WORKER reaches you. We solicit your earnest prayers that this Institute may be a success.

Bro. J. S. Fry was in to see us Monday. He is delivering, this week.

Bro. Elmer Chastain, who has been doing some canvassing in his immediate neighborhood, called at the office Wednesday, February 5th.

Sister M. C. Kenyon, who has so kindly helped the Jackson church to organize missionary bands, left Tuesday, February 4, for Meridian, where she will be for several days.

Treasurer's Report Month Ending Jan. 31, 1913

Jackson Church\$	49 85
Conference Church	47 15
Individual	I 50
Total\$	98 50
OFFERINGS	
Sabbath-School\$	34 74
Harvest Ingathering	I 00
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Total\$	35 74
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Workers' Institute

THE Colporteurs' Institute for the white workers of Mississippi will be held at Hatley, February 17-27. All who are contemplating engaging in this important branch of the Lord's work should be present to assist in making the Institute a success and to prepare for better service in the field. And as soon as the Institute closes let us go right out into the field and begin our work.

Why is there such a dearth of laborers when the only thing that stands between us and our eternal home is the unfinished work?

Do you not feel that the Master is calling you into the field, and thus help in finishing the work so we can all go home? Don't you feel homesick for the better world? Then come to this meeting. Prepare to do better service, and let the Lord use you to place the message in many homes during the year 1913. VIRGIL SMITH.

Tennessee River Conference

Conference Directory

E. L. MAXWELL, President.

F. C. VARNEY, Conference and Tract Society Secretary and Treas. OFFICE ADDRESS, 509 Cole Bldg., Nashville, Tenn.

- MRS. E. H. REES, Secretary Sabbath-School Department, 2305 Buchanan St., Nashville, Tenn.
- C. F. LOWRY, Educational and Y. P. M. V. Secretary, 218 Morgan St., Jackson, Tenn.
- C. F. DART, Field Missionary Agent, 2309 Lacey St., Nashville, Tenn.

Hazel Academy Items

LAST week Beatrice Rigsby, and Esther Jones, both returned to their homes on account of sickness of relatives.

Miss Mabel Powers, and Ruby Williams of Amory, Miss., have taken the room made vacant, so both homes are still full.

The class in Principles of Agriculture has begun with good interest. There are nine in this class.

The young people's meetings on Sabbath afternoons are of profit and interest. Last week two Bible studies were given by members of the Bible Doctrines Class.

Several of the students with Miss Hibben called at one of the homes in the neighborhood of the school recently at their request and sang hymns for them. Reading matter was also left, and seemed to be appreciated.

The new Temperance Instructors have just been received and are being read by the students with much interest. The verdict of every one is that this is the best issue of all.

The Literary Society meets once in two weeks. Considerable drill work has been done in parliamentary practise.

Two Good Experiences

ONE of our colporteurs, Bro. D. H. Frase, was telling me some of his experiences while selling "The Man that Rum Made." They are so good, that I will pass two of them on to the readers of the WORKER.

A TEMPERANCE MAN

One day, a little after twelve o'clock, he came to the residence of an old soldier. He asked the man if he was interested in temperance. The soldier replied that he was very much interested, and had been a worker in the temperance cause for fifty years. But it would be useless to show the work as he had so many books. They had been to dinner but kindly invited him to dine, while they had a good talk on the temperance work. After this, Brother Frase, the man, and his wife, gathered around the fireplace, and Brother Frase said, "Let me show you one of the best books I ever saw on temperance." They readily consented. After looking it through the man bought one copy and subscribed for another. While writing the order, the colporteur was asked about his religion, his denomination, and reasons for keeping the Sabbath. The man seemed interested and purchased three juvenile books making five in all. Four were cash sales.

A DRUNKARD

Approaching a man, whom his neighbors said got drunk every time he went to town, Brother Frase told him he had a work on temperance. The man replied, "I drink and do not know as I ought to have anything to do with that book." Brother Frase said, "We all have bad habits to overcome. I have things I am trying to overcome every day, and I want to help you to overcome." And he proceeded to show the

As the man saw the cover picture, he said, "That is book. a good picture of the man that rum made. A good picture of me. I have drank rum for the past fourteen years, and this is the hardest thing I have to overcome." Brother Frase gave a short canvass as he thought there was but little use. The man said he was too poor to buy. But a lingering look at the book showed that he wanted it. The colporteur then called his attention to some of the good stories, and how others overcame the drink habit. The man finally gave his order and said he would try to have the money ready when the book was delivered.

As Brother Frase was putting down his name he doubted if he would deliver that book. But when he went to deliver, he met the man in the road coming to meet him, who said, "I suppose you have brought the book," and handed him the money. He took his book proudly and said, "I have not touched liquor since I ordered this book, and I do not think C. F. DART. I ever shall again.

More Than Three Million and a Third Pages

In going over my books, I find that our colporteurs have sold, during the past year, the following books :-

,	
Bible Footlights	3,111
Daniel and the Revelation	808
Past, Present, and Future	417
Miscellaneous	793
HELPS	
Best Stories	1,434
Gospel Primer	716
New Testament Primer	505
-	
Total	7,774

Magazines 12.509 This is more than three and one-third million pages of present truth placed in the homes of the people. Let us pray the Lord to water the seed sown. Let us make it five million

this year.	
OUR JANUARY REPORT	
Subscription books delivered\$ 13	39 25
Magazines Sold 13	30 60
Helps Sold 3	37 00
Bibles Delivered	3 05
	<u>/</u>
Total\$ 30	99 90
January 1912 7	71 50
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Gain\$ 23	<u>3</u> 8 40
C. F. DA	RT.

News Notes

WE were pleased to welcome Bro. L. D. Randall, manager of the Atlanta Branch of the Southern Publishing Association, as an office visitor Friday, January 31.

Eld. E. L. Maxwell, our president, is now in Texas, attending the annual meeting of the Southern Publishing Association.

Brother Artress, of Burns, Tenn., writes that three families have just begun to keep the Sabbath at that place.

Bro. C. F. Dart will leave Sunday morning, February 9, on a trip in the interest of the colporteur work, for the following places: Camden, Hazel, Springville, Trezevant, and Leach.

"Some folks think themselves solidly convinced of very unsound theories."

SOUTHERN UNION WORKER

Miscellaneous

The Power of a Word

WE seldom fully realize, As on life's way we go, The wondrous power of "Just a word, The weight of "yes" and "no."

We think that if the heart is right, We will be understood; No matter if we do not say Exactly what we should.

If a misunderstanding come, Though be it small and slight, If long allowed to run its course

No word can set it right.

A word, if said without due thought, May plunge in deepest night, Some struggling soul about to make A choice twixt wrong and right.

And so dear friends, I do advise That you a watch should keep Upon your lips that not one word Should give you cause to weep.

For I have heard that it is said, By those who ought to know,

That these are three of the best guards; The first one, "Is it so."

Then, "Is it necessary," next, And, "Is it kind," comes last.

Now, if these rules are kept through life You 'll have friends, firm and fast.

To Work Among the Jews With Our Literature

AFTER the Jew has read his first tract, he will want to know something of the people who are distributing such literature. Having been so bitterly abused by professed Christians during many centuries, he will want to know if this kind of teaching is similar to others he has heard of, which have resulted in the persecution and death of thousands of his kindred and many of his relatives.

The thing then to do is to give the Jew the tract, entitled, "The Two Great Truths." This tract deals with the Sabbath question, and with the pork question. To a large number of pious, devout orthodox Jews, pork-eating and first day observance are closely related. To them these two ideas are almost foundation stones of Christianity. When the Jews read that there are Christian people who observe the seventh day as the Sabbath of the Lord, and, at the same time, do not eat swine flesh, it will make, we are sure, a great impression upon their minds. It will break down prejudice. It will lead them to feel that perhaps they may not have been correctly informed as to what real Christianity is.

Having read this tract, the Jews will want to know more, perhaps some of them will feel that there might be some things about the true Christians different from those Christians they have known in Russia. Hence many will be glad to read further. The thing to do now is to place in their hands, consecutively the Bible Readings, one to three, published in Yiddish and English, which makes clear to them many things they know, but written from the standpoint of the fulfilment of the types, showing their fulfilment in Christ. We believe that with the blessing of the Lord this line of educational work will mean much in instructing the Jews as to the real meaning of the Christian religion.

We must not blame the Jew for feeling unkind towards the followers of Christ; for the Jews have been so cruelly abused for centuries. Still the Word of God tells us that they must know this message; it is to go to every nation, kindred, tongue, and people. The day will come when many of these children of Abraham will rise up and thank God for those Seventh-day Adventists who have unlearned them what they had supposed was truth for hundreds of years, and who have planted in their hearts the true message of God which contains hope.

After the Jews read this literature, they will want to know other things of present truth. They will have many questions to ask, and we are sure the Lord will, by his Spirit, move upon their hearts to want to know the true way of God.

The Jewish Department will be glad to give any information it can along the lines of help in working for the Jews, and all mail directed to the Jewish Department, South Lancaster, Mass., will receive prompt attention.

We hope that the readers will take hold of this matter, and interest themselves in this work. Here is a message which has come to the people of God recently:—

"In the closing proclamation of the gospel, when special work is to be done for classes of people hitherto neglected, God expects his messengers to take particular interest in the Jewish people, whom they find in all parts of the earth."—"Acts of the Apostles," page 381.

Here we have the word that the messengers of God are to take special interest in the Jews. There certainly must be a reason for this; and we believe that God will give large results. May God bless his people as they take hold of this work.

Please do not send to the Jewish Department for these tracts. Send directly to your state tract society, or to the South Lancaster Printing Company, South Lancaster, Mass. This printing company has been authorized by the Publishing Department of the General Conference to issue literature for the Jews. F. C. GILBERT.

A Fatal Disease—Its Symptoms, Etc.

WE are living in a time when new and unheard of diseases are taking hold of the human family. Among the most recent are those of "appendicitis," "hookworm," and "pellagra." There is another equally to be dreaded because of its fatal results. It is known under the name of "Moribus Sabbaticus," or a disease peculiar to church members.

The attack comes on suddenly every Sabbath. No symptoms are felt on Friday night; the patient sleeps well and awakes feeling well; eats a hearty breakfast, but about church time the attack comes on and continues until the services are over for the morning. Then the patient feels easy, and eats a hearty dinner. In the afternoon he feels much better and is able to take a walk, talk about politics and read the daily paper; he eats a hearty supper and retires early; sleeps well and wakes up in the morning refreshed and able to go to work and usually does not have any symptoms of the disease until the following Sabbath.

The peculiar features are as follows: It always attacks members of the church; it never makes its appearance except on Sabbath and on prayer meeting evening. The symptoms vary, but it never interferes with the sleep or appetite; it never lasts more than twenty-four hours; it generally attacks the head of the family; no physician is ever called; it always proves fatal at the end-to the soul; no remedy is known for it except prayer; religion is the only antidote; it is becoming more prevalent and is sweeping some every year to destruction .- Selected.

An Apostrophe to the Bible

Suggested by the reading of an article, "New Evidence of the Origin of Man," as taught by "science falsely so called."

> O Book of books, O Word divine! Thy light shall evermore be mine. How dark this world without thy light! Thy truth e'er shines with luster bright. Savants search over all the earth To find a record of man's birth, But 'tween thy lids the record's given, A revelation true from Heaven. Thy truth shall still my path illume, And rob of terror e'en the tomb.

C. P. B.

The Bible and the Instructor

ELD. J. N. LOUGHBOROUGH, the oldest active minister in the denomination, is this year celebrating the sixtieth year of taking the Instructor, and reading the Bible through by course. His statement is as follows :----

"Your letter of the 27th ult. was duly received, and read with interest. You speak of 'the oldest members' being 'interested in the Instructor'. Well, the age of the *Instructor*, and my age in the third angel's message are very nearly the same. The little sheet was first printed as a monthly at twenty-five cents When I first accepted the message, in September 1853, a year. the Rochester office (124, Mt. Hope Avenue), had just mailed the first number to its few subscribers. I have had access to the Instructor taken by my granddaughter, but now, as she is at Loma Linda College, and has her Instructor sent there, I must have it here for myself.

"As to the premium Bible; you feared it was not as good a I am well pleased with it. Bible as I ought to have. It is about the same quality as I have been using, and suits me well. The one I was using has smaller type. This one is a relief to the eyes, and being a little thicker paper than the other I can put some notes on the margin without the ink blotting through the paper. The Bible arrived Dec. 31, 1912, in good shape, all ready for me to begin with it, on Jan. 1, 1913, in reading the Bible through by course, the sixtieth time.

"In usual health, and with Christian regards to yourself, and Sister Reavis. I am,

> "Yours in the blessed hope. J. N. LOUGHBOROUGH.

Colporteurs' Report for the Southern Union Conference

Week Ending Feb. 1, 1913

ALABAMA	CONFERENCE

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Magazine Agents' Report

Week Ending Feb. 1, 1913

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E. H. REES, Secretary-Treasurer and Auditor.

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A. N. ATTEBERRY, Educational and Y. P. M. V. Secretary, Hazel, Ky

To Subscribers

ALL subscriptions should be sent to your local conference office or to the publishers, and not to the editor.

WE have received a marked copy of the Roswell (N. M.) Daily Record containing an article by C. F. Parmele entitled, "The Turkish-Balkan Struggle as Related to the End of the World." An introductory note by the editor is as follows:----

"Herewith is published a most readable article on the subject, "Turkey in Europe, and What Happens When He Is Driven Out." The article is written by Rev. C. F. Parmele, pastor of the local Seventh-day Adventist church, who has recently made an exhaustive study of this subject of so much importance at this time. While each reader may not agree with all the author's deductions, all will have to admit some grounds for the assertions, and the subject is a timely one."

FOR SALE.— GRANOIL,— A pure cooking oil produced from cotton seed, highly refined, tasteless and odorless, at the following prices, subject to market changes :—

5 I-gal. cans\$	4 00
1 5-gal. can	
2 5-gal. cans	
1/2 Bbl. (30 gals.)	
I Bbl. (50 gals.)	32 50

Our prices are right and our service prompt. For descriptive price list and full information concerning our more than thirty varieties of health foods, address

NASHVILLE SANITARIUM-FOOD FACTORY.

Madison, Tenn.

The Watchman for March

THE Watchman for March is now ready and is in many respects one of the best numbers yet issued.

"The Outlook" is always interesting, and it is especially so this month.

The editorials by the Editor, by the Associate Editor, and one taken from the Springfield *Republican*, with comments by the Editor, are all of absorbing interest.

The General Articles are all worthy of note, but those by A-Ben Avraham and J. S. Washburn are especially so. "The Mission Fields," by W. A. Sweany, and I. H. Evans will be read with interest by every one.

The department, "Things Here and There" is particularly good this month. In short, this number of the magazine is sure to be a seller. If you have never sold magazines now is a good time to begin. Order twenty-five copies of the March number and begin at once. They will cost you only five cents each; or you can get fifty copies at four cents a copy. It is a paper that will come as near to selling itself as any religious periodical printed anywhere.

Important Rules for Writing

I. ALWAYS be sure you have something of importance and interest to say before undertaking to write for publication.

2. Tell your story briefly, and in as simple language as possible. Tell it just as you would write it to a friend.

3. Write as plainly as possible, but be especially careful in writing proper names. They may be familiar to you, but that does not help the printers. The connection often suggests the ordinary word which may be represented only by a scrawl, but the connection gives no such help when a proper name is in question. Write your own name as plainly as any other. Some one here may know you, but the printer who sets your copy may not be that one.

4. Never crowd either your lines or your words. Leave plenty of space for corrections and necessary changes. We can not undertake to rewrite manuscript, and it would not be fair to the typesetters to place before them illegible copy.

Our typesetting is all machine work, which is very different from hand work. On this subject the *Linotype Bulletin* for June says: "The hand compositor rather prided himself on his ability to decipher illegible manuscript. Setting at the rate of about 800 ems an hour, he had time to study out his copy and to decide as to punctuation, or other points of style; but the keyboard operator, setting at the rate of 3,500 to 4,000 ems an hour, has no time to spend in this way. All machine copy should be edited carefully and made perfectly legible."

5. Send your copy in early. Only very short and important matter will be printed in next issue if received later than Sunday before date of issue.

The Eastern Question

A NEW sixteen page tract, by L. A. Smith, recently issued by the Southern Publishing Association, sets forth in a very clear and logical manner the meaning of the present situation in the Balkans, proving from prophecy and history that the standing up of Michael, or the close of probation follows the driving of the Turk from Europe and the planting of his seat of government at Jerusalem.

This question is now a live issue and this tract should be scattered everywhere.

Retail price one cent. Discount in quantities.

Order from your tract society.

"OUR House Which Is from Heaven, or Departing and Being with Christ," a study of 2 Cor. 5: 1-9 and Phil. 1:23, 24. This tract is by Elder C. P. Bollman and is on the state of the dead. In this little tract the author so presents the subject as to allay rather than arouse prejudice in the mind of the reader. W. W. EASTMAN.

A KIMBALL organ of first quality and good as new. Write, or call on Mrs. M. H. Crothers, Nashville Sanitarium, Sta. 5, Nashville, Tenn.