



VOLUME 13.

DES MOINES, IOWA, TUESDAY, JAN. 21, 1902.

NUMBER 29.

## Workers' Bulletin.

ISSUED WEEKLY BY THE  
MISSIONARY DEPARTMENT  
OF THE IOWA CONFERENCE,  
DES MOINES, IOWA.

JESSIE V. BOSWORTH, Editor.  
WILLIAM E. PERRIN, Assistant Editor.

TERMS: 25 CENTS A YEAR IN ADVANCE.

### THE SPIRIT OF HEALTH PRINCIPLES.

"THE body is dead... but the spirit is life." So said the Apostle Paul, and his pregnant words may be applied to the principles of health. Take the divine life away from these principles, and they become dull, arbitrary rules, a veritable yoke of bondage, an instrument of death instead of the minister of life. The life of the health principles is Christ. The true motive for building up the strength and beauty of the body is that it may be a fit temple for the Holy Spirit. The glory of God should be the uppermost thought in the mind of every intelligent creature. Now the glory of God is His perfect character, of which His law, both natural and moral, is a revelation. Therefore the desire to glorify God impels one to seek to know and strictly obey the physical laws governing the health and well-being of the body.

Quibbling over small matters is one way to take the life out of these great principles. Prescribing for others the same rules you have adopted for yourself is another way of losing the life and attractiveness of true health reform. Principles are living things; and to thrive, they must have fit soil and an abundant supply of the divine sunshine. Moreover, they must be allowed to grow, and adapt themselves to the circumstances, just as any other living thing. As soon as you have put a limit to the size of a living tree, you have pronounced its death sentence,

for a tree can not live without growing. Just so, when you precisely define a divine principle, it becomes in your hands a dead thing. You may embalm and adorn it so that it appears beautiful to the eye; but the action is wanting, the saving power is not there, and the principle is practically worthless.

It is very difficult to live by rules; but it is most easy and natural to live in accordance with divine, living, and life-giving principles. Health reform, while apparently pertaining especially to the physical organism, is essentially a spiritual matter. We put away fleshly lusts, not only as health destroying, but also because they war against the soul. In fact, rightly considered, the interests of body and soul are identical. Correct physical habits and a pure diet help to build up a pure body, which is the only fit abode for a pure soul. Because health principles are spiritual, we need the aid of the Spirit in order properly to comprehend them. On a casual examination, many things may appear inconsistent; but prayerful, earnest, persevering study will reveal only beauty and harmony. That which Christians especially need to realize in these days, is the close connection between physical and spiritual things, and the obligation resting upon all to glorify God in body as well as in spirit.

M. E. OLSEN.

### FROM THE SOUTH.

Dear Ones All: For some time I have wanted to write you. This is a beautiful spring day. Sister Minnie is attending the Conference at Nashville, Tennessee, and writes that they are having a precious meeting. Early in November there was an urgent call for a church school teacher here, and the work fell upon her until one from Graysville Academy comes. Ten pupils are enrolled. It is wonderful what

the Lord has done for these youth. I have the school in the absence of the teacher, and enjoy the work so much. One hundred copies of the *Gospel Herald* come each week; and it gives me renewed courage to see the boys and girls spend the recesses selling papers, coming in with their faces all aglow. The same spirit has caused some of the parents to do likewise; thus our prayer and missionary meetings increase in interest. Each afternoon we go out among the people. Yesterday I sold eleven papers, one "Object Lesson," and one "Gospel Primer," and at 8:30 p. m. had my week's washing upon the line. Later I will give you some of our experiences.

Two weeks ago we were made glad by receiving a box of tracts from the Beaman church; and the same week we organized a missionary society, with a membership of sixteen. In behalf of the company here, I wish to thank the following friends in Iowa for contributions received: Blencoe, \$1.87; Adel, \$1.00; Lisbon, \$2.10; Waukon, \$1.00; Ruthven church school, 20 cents; a friend, Davenport, \$2.00; Bonaparte Sabbath-school, \$2.40; Kalona Sabbath-school, \$1.00; Sister Paxton, Rome, \$1.00; C. W. Smouse and wife, Mt. Pleasant, \$5.00; Flora Hockett's mother, Kansas, 20 cents; C. T. Adams and wife, \$3.00. You will never know how anxiously the postoffice was visited, and how our hearts were made glad by the donations received. The building will go on until our money is gone, trusting the Lord to send us more. He ever supplies our need. The church is 24 ft. x 34 ft., with fourteen feet cut off for a school room. All are doing what they can to lift. One sister is out selling soap to raise her ten dollars. The women and youth expect to help lath. We will need money to buy a pulpit lamp, three chairs, six side

lamps, and five yards of carpet for the rostrum.

The lady with whom we live keeps the Sabbath, pays her tithe, reads the *Review*,—pork, tea, and coffee gone. The tobacco and snuff-stick will go next. She is an old school teacher, truly a Christian, and desires to obey the Lord in all things. She is busy giving tracts and papers to her friends. The editor of the county paper, whose wife keeps the Sabbath, gives a column each week to the subject of "True Education." We spent Sabbath, December 28, with the church at Hildebran. Although eighteen were absent, twenty-four responded to the roll call, and there were thirteen visitors. We had a precious season together; donations about one hundred dollars. We also observed the week of prayer; donations, \$10.65. We have only four organized churches in this large Conference. It is because of school advantages that there are so many members at Hildebran. This shows that schools should be all through this "most needy field." But where are the teachers and means? December 17 we received three cases of health foods from Sister S. J. Wentworth, of Battle Creek, Mich. We do praise the Lord for all the blessings and opportunities that come daily.

Yours in love,

MOLLIE R. LONG.

Hickory, N. C.

## FIELD REPORTS.

### ALBIA.

The week of prayer brought a rich blessing to the little company at Albia. The Lord drew near, and showed us the need of a closer walk with Him. A new determination seemed to inspire our hearts, and our minds imbibed the admonition that in order to carry the third angel's message to every tongue in this generation, there must be on the part of each individual a reorganized effort for personal service and self sacrifice.

We can not tell the result of the work with "Christ's Object Lessons," but the Lord has graciously blessed in this grand work. Sometimes from a human standpoint we did not realize our expectations, yet these disappointments strengthened our faith and gave us more patience. Of ninety-seven orders taken, fifty-six were delivered up to Jan. 1, 1902. Those postponed we expect to deliver as soon as we return to our work.

I will mention some experiences which seem to us strong evidences of God's providence. One morning something seemed to keep me from making an early start. Taking my book I walked up the street past two houses, feeling impressed that it was too early to enter. But there was no good reason for passing them, and with a struggle in my mind I passed and repassed them. Then I took it to the Lord in prayer, after which both houses were entered and three books sold in less time than it had taken to walk past them as I did. One another occasion my wife and I were invited to attend a cottage prayer meeting held by the Friends, at which we were given an opportunity to speak. By this means our work was well circulated and five "Object Lessons" were sold. It is evident now that the Bible readings held, and the house-to-house work with the *Signs*, are preparing the way for public meetings, which we expect to begin soon. There are bright prospects that the message will be carried to all the world in this generation, and we rejoice that the inheritance will soon be ours.

ARTHUR SHRAKE.

### MEETINGS HELD DURING THE WEEK OF PRAYER.

CROTON.—A meeting was held each afternoon during the week, and each proved interesting and profitable to all. The Spirit of the Lord came near, and many earnest prayers were offered. The attendance was good also, three from other churches attending. One Baptist lady came every day but two. The readings after having been read were given to a Baptist minister.

DORA RAINES.

MILFORD.—Though somewhat scattered, we held two meetings beside our regular Sabbath meetings during the week of prayer, and were greatly encouraged by a sense of the Lord's presence. We know that the loving Saviour has been watching over His little vine here for good. Patiently He has borne with us; and our remissness, we trust, is all forgiven. Yet in view of our great danger, God is solemnly and earnestly calling upon us to awake more fully, that we may see and know and do all that He would have us in this great closing struggle, which is now taking on such a spirit of intensity. The 4th inst was a bleak day, yet a goodly number came to our Sabbath-school and meeting, most of them a distance of more than five miles. I wish you could have seen how earnest-

ly those ruddy cheeked boys engaged in the study of the lesson of the barren fig tree, marching up to the bookcase with the secretary shortly afterward to arm themselves with tracts and papers. Yes, thank the dear Master, He is helping us to respond to His call. Though we feel so deeply the need of a well trained worker to instruct us on many points, we do not despair while we remember the loving invitation of Jesus, "Learn of me."

S. O. JAMES.

MUSCATINE AND BURLINGTON.—I was with the church at Muscatine until Christmas day. Excepting on Sabbath, the meetings were held in the evening, the English brethren using the church while the German brethren held their meetings in private houses. Brn. Metzger and Bodman and I spent the time during the day in visiting. The Lord came very near and blessed us in our associations, and when I left the brethren were of good courage. My prayer is that I may have the blessed privilege of meeting them all in the kingdom. At Burlington the meetings, with two exceptions, were held during the day. All took part in the meetings, and received a blessing as the Lord came near. Although they feel much in need of help, the brethren there are of good courage. Sixteen were present on the Sabbath. Dear brethren, be of good courage and fight the good fight of faith a little longer; soon the work will be finished, and Jesus will come.

F. M. CORBALEY.

## OBITUARY.

LITTLE.—Died, Dec. 19, 1901, at the home of his son near Des Moines, Charles C. Little, aged 80 years and 8 months.

Bro. Little was born in Mercer county, Penn., but came to Des Moines forty years ago. Twenty years ago he accepted present truth; and he now rests in the hope of the first resurrection. Funeral services were conducted by Eld. Wm. Guthrie, who used as a basis for his remarks the fourteenth chapter of Job.

J. S. WADDELL.

TALBOT.—Died, Sabbath, Dec. 7, 1901, at Council Bluffs, Iowa, of tuberculosis of the bowels, Sister J. E. Talbot.

Sister Talbot united with the church at Council Bluffs fourteen years ago, and has ever since been a faithful witness to the truth she loved. She was always willing to do her part in the work, and we shall miss her much; but we know she is sleeping, resting until the morning of the first resurrection. Two children, one aged sixteen years and the other ten, are left to mourn. Words of comfort were spoken by Eld. B. L. Dieffenbacher.

A. A. ZIPF.

**THE BOOK WORK.**

PLEASE WRITE.

Those who contemplate coming to the canvassers' and teachers' institute should notify me as soon as possible, as the knowledge thus obtained will aid materially in the necessary preparation. It may not be out of place to mention again a few points of interest. No charge for tuition will be made. The domestic work of the home will be done by the students under the supervision of the person acting as matron. Any books of reference that may be useful should be brought, but especially the following: Bible, concordance, "Christ in Song," "Patriarchs and Prophets," "Great Controversy," "Object Lessons," "Early Writings," "Steps to Christ," "Desire of Ages," and any text-books you may have on arithmetic, grammar, bookkeeping, physiology, and pedagogy. The probable cost of board will be \$1.25 per week. Some one will meet all trains on February 3 and 4, to direct students to the home. We greatly desire to see the will of God accomplished in our school, and to this end we ask the prayers and co-operation of God's people throughout the State.

I can not get the consent of my mind to close this article without again mentioning the necessity of means being donated to aid in the work. There are many in their homes who can not for various reasons go out into the canvassing field. Can not these have a part in the work by sustaining it with their means? The Lord tells us to educate men and women to do this work. Should we not every one be found either educating ourselves for the work or educating some one else? Shall not the reproach that has hung over our fair State, because we have let this work languish, begin to be rolled away? Those who, at the close of the institute, go out and canvass for three months or more will have their fare paid to their fields of labor. Teachers expecting to attend should write Prof. Floyd Bralliar, 603 E. 12th St., Des Moines, at once. T. H. JEYS.

Modale, Iowa.

CANVASSING REPORT FOR WEEK ENDING JAN. 10, 1902.

	Hrs.	Ord.	Val.	Helps.
CHRIST'S OBJECT LESSONS.				
Carl Jensen.....	23	4	\$ 5.00	
Mrs. Carl Jensen.....	16	6	7.50	
A. F. French.....		11	13.75	
E. G. Olsen.....		30	37.50	
Carl Rasmussen.....	30	11	13.50	
MISCELLANEOUS.				
J. W. Crouse.....	18	31	\$28.70	
DELIVERIES.				
	Books.	Value.	Helps.	Lost.
John Manuel.....	26	\$ 6.25		1
Carl Rasmussen.....	40	55.00		
A. F. French.....	4	5.00		
SUMMARY.				
No. of agents.....				7
" " orders.....				93
Value of ".....		\$105.95		
Value of deliveries.....		\$ 66.25		

**THE SANITARIUM.**

CONDUCTED BY EMMA A. PERRINE, M. D.

HEALTH HINTS.

"It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food, which set up a war in the stomach and thus confuse the brain. At meal-time cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all His blessings; and do not engage in brain labor immediately after a meal. Exercise moderately, and give a little time for the stomach to begin its work."

"When the mind or body is taxed heavily after eating, the process of digestion is hindered. The vitality of the system, which is needed to carry on the work in one direction, is called away and set to work in another."

"The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind."

"Nature bears abuse as long as she can without resisting, then she arouses and makes a mighty effort to rid herself of the incumbrances and evil treatment she has suffered. Then come headache, chills, fever, nervousness, paralysis, and other evils too numerous to mention."

NOTES.

MISS CELIA KLOCK, of Zearing, recently joined the nurses' class.

DR. MARY FREDERICK, of Colfax, is among the guests at the Sanitarium.

BRO. J. N. CARR, of Nevada, returned home last week much improved.

DR. J. H. KELLOGG visited the Sanitarium last Friday, performing five surgical operations, and attending a meeting of the Board.

ON account of the large number of patients at the Sanitarium, we have been obliged to fit up the Dormitory for the use of the nurses.

MISSSES DELTA AND KITTIE VAUGHN enjoyed a short visit last week from their mother, as she passed through Des Moines on her way to Sioux City.

**THE SABBATH-SCHOOL.**

CONDUCTED BY A. HELEN WILCOX.

EXTRACTS FROM LETTERS.

MRS. MARGARET McDONALD, GRINNELL: "We have just started our branch Sabbath-school, but we feel that we have been blessed for the little effort we have put forth. Eight to ten children come each Sabbath. We know it means work to interest these children and keep them so. The girls were much interested in getting the box of clothing ready to take with them for the needy ones at Des Moines. We hope these supplies will do some good."

EMMA E. POCH, ATLANTIC: "I read the articles in the BULLETIN on 'Branch Sabbath-school Work.' I know it is a good work, and that many souls will be saved as a result. I had a meeting for the children Sabbath, and I realized much the need of having these meetings each Sabbath. We had quite a nice little program for the children at the close of the week of prayer. A goodly number of visitors were present. We are of good courage in the Lord."

SIMON J. PINES, MADRID: "About a month ago a man from Madrid came out to our neighborhood, near Woodward, and organized a union Sunday-school. He experienced some difficulty in finding any one for superintendent, and when my brother's name was suggested, he was unanimously elected. He was also chosen teacher for a class ranging in ages from ten to fifteen years, while I was given the young people's class. The membership when organized was thirty-two, while now the attendance is from fifty to seventy-five. At first we questioned whether or not it was right for us to take so active a part in a school using Sunday-school helps, etc.; so we began to study and pray. Just then the article in the Review entitled, "God Given Opportunities," by Dr. Paulson, appeared, which proved helpful in deciding. Although we are not using our own literature, as in the small school, yet I think that if we prove faithful, walking humbly before the Lord, we will be able to accomplish more than we could have in the smaller school."

WHAT a blessing it would be if all would teach as Jesus taught! He did not aim to attract attention by eloquence... His language was plain, and His thoughts were expressed with greatest simplicity; but He spoke with loving earnestness. In your teaching be as near like Him as possible.— *Testimonies on Sabbath-school Work.*

## Workers' Bulletin.

DES MOINES, IOWA, JAN. 21, 1902.

—CANVASSERS' and Teachers' Institute, Marshalltown, Feb. 4 to March 31.

—BRO. P. L. HOEN recently went to Boode, to labor among the Swedish people of that locality.

—BRO. AND SISTER F. M. CORBALEY change their field of labor this week from Davenport to Burlington.

—MISS CORA SHAW, accompanied by two of her pupils, came from Sandyville to spend the Sabbath here.

—MISS RUBY McSPARRAN, teacher of the church school at Adel, spent Sabbath and Sunday in Des Moines.

—MRS. ELLEN POWELSON, of Batavia, writes that clean late copies of our periodicals will be very acceptable for use in a reading rack.

—THE title of *Words of Truth Series* No. 34, "Present Truth," is very suggestive of its contents. This is what we want, is it not? Order of this Office. Price 1 cent per copy.

—ELDS. L. F. STARR and N. C. BERGERSEN came from south-western Iowa last Thursday evening, remaining in this city until Friday afternoon, to counsel with Dr. Kellogg.

—WE are glad to receive for publication the article which appears this week from M. E. Olsen. Those especially who have taken up the studies in the "Forward Movement" will find the thoughts presented in this article very helpful.

—THE new book by Dr. J. H. Kellogg for use in the "Forward Movement" is promised by the first of February. Until it is ready lessons will appear each week in the *Review*, which should be carefully studied as preparatory to the use of the text-book.

—WRITING from 462 Selkirk Ave., Winnipeg, Manitoba, Eld. W. M. Adams says: "The work is moving nicely in this city. This last week of prayer is the best one of my life, and so it was expressed by the members of the church. We expect soon to have baptismal services. We thank the dear Lord for a part in His work, and for His blessing in the work." He also states that although the mercury has been down to thirty-five degrees below zero, at the time of writing (January 10) they were having lovely weather, unprecedented in that locality.

—No sterner duty confronts the people of God to-day than the obligation to give their sons and daughters a Christian education. To fulfill this duty church schools must be established; and to be successful they must be organized and conducted on the plans laid down by God Himself. The Union College Press has issued a neat thirty-two-page booklet on the subject of church schools. Besides valuable Testimonies on this subject, and a graded course of study, it contains other matter valuable to church school workers. Price per copy, 8 cents; five copies, 30 cents; ten copies, 50 cents. Address this Office.

—FOR the benefit of our missionary workers we repeat the terms on *Signs* subscriptions: Clubs of five or more, 70 cents per copy per year, and for three or six months at the same rate. From any one taking a club of five papers the publishers will accept single subscriptions at the rate of 83 cents per year. In other words, they will only charge the club rate of 70 cents plus the cost of sending out such subscriptions separately. The subscription can be changed at any time to another name without extra cost. Address orders to Missionary Department Iowa Conference, 603 E. 12th St., Des Moines.

—THE "Forward Movement" may be considered as a continuation of the Reading Circle lessons enlarged. Those who have been taking the Reading Circle studies will be the better prepared to take up the line of thought now presented under the heading of the "Forward Movement," and all who have not as yet taken advantage of these studies should begin at once. The word of the Lord to His people is, "Go forward."

—"WHETHER you are rich or poor, great or humble, God calls you into active service for Him. It will be by doing with your might what your hands find to do, that you will develop talents and aptitude for the work; and it is by neglecting your daily opportunities that you become fruitless and withered."

—A CHURCH school was recently organized at Blencoe, with Miss Lillian Fulton, from Blair, Neb., in charge.

—"MISSIONARY Work" No. 12 is crowded out this week, but will appear in our next issue.

—"THE poorest man is not the man who has the least, but the one who wants the most."

—SABBATH, February 1, has been appointed as the time for taking up a collection for the endowed bed at our Iowa Sanitarium. A communication from our Conference President has been sent out to all our churches and companies. We ask our church elders and leaders to give this matter earnest consideration. May those who are more fortunate consider it not only a duty but a privilege to help the afflicted poor among us in this way.

### A WARNING.

To all our brethren everywhere we wish to say, Beware of a man who calls himself a S. D. Adventist missionary; name, L. Schmidt; a German of medium height, smooth face, slightly cross-eyed. He is not worthy of your confidence, neither to be received into your homes, as he is guilty of habitual crimes, self-confessed. In your churches he will do the work foretold by the apostle in 2 Tim. 3:6. When last seen, he was in Harrisburg, Penn.  
E. H. REES.

Box 614, Williamsport, Penn.

[The above notice is published by request of the *Review*.—ED.]

### BUSINESS NOTICES.

UNDER this head, short business notices will be inserted at twenty-five cents per issue.

FOR SALE.—176 acres good land; buildings, good water, good market, near S. D. Adventist church and school. Address S. Wind, Box 156, Hendricks, Lincoln Co., Minn.

FOR SALE.—I have a good church stove that cost forty-four dollars. It has been used but little. Will sell it for twenty-five dollars and donate the money to the foreign mission work. Geo. H. Eymer, Red Oak, Iowa.

FOR SALE.—In Grant City, five acres of ground under cultivation; a good four-room house with summer kitchen attached, cob and coal house and other out buildings, just across the road from the S. D. Adventist church. Any one wishing to go into gardening can do well here, as there are three towns within five and one-half miles where there is a ready sale for vegetables. Will sell cheap. For particulars address N. E. Pontious, Grant City, Iowa.

FOR SALE.—A good home. House in good repair, with eight rooms and a good wood-shed attached; also a stable for two horses, a buggy-shed, and a poultry yard. Connected with this property there are about three lots of rich land, also two wells and a cistern. This property is located about two blocks east of the Iowa Wesleyan University in Mt. Pleasant, Iowa. In this city the S. D. Adventists have a good church building, with a church membership of over one hundred; also a church school building with a school now in progress. For further information inquire of C. A. Washburn, 106 W. Harlan St., Mt. Pleasant, Iowa.

### APPOINTMENTS.

WINTERSET, Jan. 30 to Feb. 2, 1902. We expect Eld. L. F. Starr to be with us on Sabbath.

N. C. BERGERSEN.