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DES MOINES, IOWA, TUESDAY, FEB. 18, 1902.

NUMBER 33.

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.

FAITH.

FAITH is a grasping of almighty power.—
The hand of man laid on the arm of God,—
The grand and blessed hour
In which the things impossible to me
Become the possible, O Lord, through Thee.
—Selected.

"GO WORK TO-DAY."

Dear Brethren and Sisters: The Conference workers have done quite well in selling the book "Christ's Object Lessons," and we have recently paid to Union College two thousand dollars. We should have turned over two or three times that amount. This work must not be left to the ministers and canvassers. God is calling on you to sell "Object Lessons." Will any of you say, I wish to be excused? A little from this the spring work will begin, and then your time will be taken up in other ways. From this time until spring work does begin, can not every church make a heroic effort to get rid of the books they have on hand? If you have sold all, can not you order more? I hope the church leaders and officers will lay this matter to heart, and that all of you will engage in the sale of "Christ's Object Lessons" for the next four weeks. Do not read this and pass it by, but go to work at once. Brethren and sisters, let us do our part in this good work. The quicker it is done the better. May God move on the hearts of the people throughout the Conference to take up this work. Please read the *Review* of February 4.

This means much more than talk. Let us get to work and *do* something. May God bless you all.

Your brother in the work of the Master,
L. F. STARR.

OUR IOWA WORKERS IN SOUTH AMERICA.

We are here, and I am making fair progress learning Spanish. I made a trip the past ten days in Uruguay with Eld. Westphal, and had a big time, as I was alone two days in a strange land, and not able to speak. It was a good thing for me, however, and a few such trips will help me much in learning Spanish. This is a very needy field. Buenos Ayres is a city of eight hundred and twenty thousand people, and scarcely anything has been done to reach them. Forty million people in South America to hear the truth in this generation! How shall they be reached? O, that we had more workers and means. We expect soon to have a small sanitarium in this vicinity. The country is fine, with unlimited resources, if the people can only be taught to use them. Thousands can neither read nor write. Work goes on every day in the week alike, and the bells in the Catholic churches are the only thing that tells of any difference in the days. One young man who was educated for a priest was found while sick, and helped, and is coming along nicely. We had a nice voyage, arriving here about four weeks ago. Our baby girl is three weeks old this morning. Give our regards to all the brethren there. We think of home often, but not with a desire to be back. This field is too needy.

R. H. HABENICHT.

481 Casilla del Coreo, Buenos Ayres, Argentina, S. A.

[Quoted from a letter written to Dr. E. L. Rozelle, December 30, just recently received.]

MISSIONARY WORK.—NO. 14.

DUTIES OF THE SECRETARY.

HE should present all special lines of work. When the Lord impresses the hearts of those who stand at the head of this work to place some special truth for a certain time before the church or the world, and a call is made for a special effort on *our* part in connection with the movement, that constitutes a "special line of work." Special lines of work might be mentioned as follows: Efforts in behalf of special numbers of our periodicals such as, the *Signs*, *Sentinel*, *Good Health*, and *Life Boat*; special donations, as, offerings for the Orphans' Home, the Endowed Bed, Christiana Publishing House, Skodsborg Sanitarium, the annual offerings, etc.; any special call to help forward the work, as, for instance, the effort with "Christ's Object Lessons."

"But," says one secretary, "we can not present these things all the time; our people get so tired and discouraged hearing them." Well, where will you draw the line? Then, too, that which you decide not to present before them may be the very thing that will impress their hearts the most. Did you ever think that perhaps, after all, it was not the calls which made the people tired and discouraged, but the way in which the calls were made? One secretary who has no interest in the call presents a subject before his society like this: "I am very sorry to take up your time, but I have another appeal to present to you. I do wish that our people would use a little judgment about sending these things out; for my part, there have been so many calls of late, that I have lost all interest in them." He reads the article in a listless, half-hearted way, making disparaging remarks now and then, and closes by telling the people that he

has read it, now they can do as they think best about it. What effect, think you, would such a presentation of any subject, no matter how urgent it might be, have upon you? Another secretary takes the same article, and tells her people that she has received another very urgent appeal which demands immediate attention. She is so glad that she has received it; for to her mind it is only another evidence that God has not cast off His people, but is still willing to trust them to carry His message to those who sit in darkness. We can all give something to each of these many appeals, perhaps not material aid; but there is not one who can not give his prayers. She reads the article, putting life and power into it. Then she tells them that they all know best what they can do to help in the matter, but suggests that they have a season of prayer, that the Lord may impress each one as to what he ought to do. Which of the two churches would be the most apt to try to help materially in the matter?

Dear secretary, give all the calls to the people. It is right that they should hear them, that their vision of this great work may be intelligently broadened. Remember that many have no other means of knowing about these special lines of work. You were placed in office for this very purpose; and if you do your work in the fear of God, He will abundantly bless you in it.

DELLA WALLACE.

FIELD REPORTS.

SIoux RAPIDS.

It has been some time since the BULLETIN family have heard from this place. After the tent season closed last fall, a portable tabernacle was erected, in which we hold services regularly on the Sabbath, preaching service Sunday evening, and prayer meeting Wednesday evening. Most of those who accepted the truth during the summer have been very faithful, and are anxious to learn all they can about the message. These words are often heard in our prayer meeting: "I want to walk in the light as God reveals it to me." A mothers' meeting is held every two weeks. The sisters of the company meet at some home, and study the principles of healthful living, give practical lessons in cooking, etc. Having sampled some of the dainty dishes thus prepared, we can testify that this line of work is a success. Such instruction should be given in every

company of Sabbath-keepers. It is well to teach people the theory of healthful living, but it is still better to teach them how to put that theory into practice. Steps have been taken to organize a young people's society, that the talents which God has given the youth may be cultivated and polished after His own likeness, and thus made ready for service. There are yet some, as in Elijah's day, who are halting between two opinions. May God help them to decide for the truth. We feel thankful for the rich blessing of God that has attended our work during the winter. We are now looking forward to the time when Eld. B. E. Fullmer will be permitted to return and take up the work with us again.

CHAS. W. HEALD,
C. E. RENTRO.

GRINNELL.

SABBATH, February 8, was a busy day for the church at Grinnell, as Eld. N. C. Bergersen met with us, and was obliged to leave that evening. The Lord gave special freedom in presenting His Word, and it was made so plain and powerful that we could not resist it. We were somewhat disappointed in not having the meeting continue longer, as several from neighboring churches came to attend the services for three days, some of whom have not had this privilege for some time. On Sunday Sister Della Wallace gave us an interesting Bible study on missionary work. We appreciated her help during the week she was with us. Two were added to the church, and all seemed determined to advance in the "Forward Movement;" but we can not do this unless we are ready to perform the little duties right in our own church. MRS. MARGARET McDONALD.

STUART.

As I have not reported through the BULLETIN for some time, it seems good to-day to speak a few words to the praise and glory of God, who has so greatly blessed me since our State meeting. I canvassed for "Christ's Object Lessons" most of the time until the week of prayer, and the work prospered above my greatest expectation; to the Lord be all the praise.

About January 1, I began holding meetings in the country five miles north-east of Stuart. The interest has increased continually, until we have not yet been able to close them; and some now rejoice in traveling the narrow way, while others are in the valley

of decision. We expect to close the present effort Sunday, February 15, and hope that by that time others will have been set at liberty by the Lord. Bro. Calvin Starr has been associated with me in the meetings.

We feel deeply stirred as we see the power and deceptive quality of sin. Surely it is time to look into the mirror of truth, and be sure that we have every spot removed. The hour demands straight work on the part of each individual. Shall we be up and doing, that the Master may be glorified in His witnesses? May the dear Lord hasten the time when the faithful are to be gathered home. Pray for the work in this place, that the truth may ever shine in its true power.

WM. GUTHRIE.

OBITUARY.

OWEN.—Died, Dec. 23, 1901, at his home twelve miles north of Columbus Junction, Iowa. Thos. A. Owen, aged 80 years and 11 months.

Bro. Owen was born in Kentucky. In 1845 he was married to Casandra P. Spencer, who died in 1864. In 1865 he was married to Matilda Roberts. By his first wife he was father of six children; and by the latter, one. In early manhood he was converted and joined the Baptist church, in which he faithfully served the Lord until the winter of 1871, when he heard the third angel's message presented by Eld. Robert Kilgore in Washington county, Iowa. He and his wife, who survives him, accepted it, and have ever since been faithful. Bro. Owen heeded our Saviour's words, "Seek ye first the kingdom of God, and His righteousness," and Paul's admonition, "Not forsaking the assembling of ourselves together, . . . and so much the more as ye see the day approaching." He was never too busy to go to meeting, and when a call was made for means he always responded liberally. He attended the State camp-meeting last spring, although ailing at the time. On returning home he continued to grow weaker, until he sweetly fell asleep. Wherever he was known he had friends, to whom he was ever ready to give a reason for his hope. During his last sickness he never murmured nor expressed a doubt; and he died as he had lived, cheerful and with perfect confidence in the Lord. Funeral services were conducted by the writer in the Baptist church, one mile west of his home, where he first heard the message.

E. H. ADAMS.

THE BOOK WORK.

CONSIDER THE BOOK WORK.—NO. 2.

THE gospel to the world in this generation should be the uppermost thought in the mind of every believer in the message. Then will the Lord's chosen arise as one man, manifesting the enthusiasm, skill, and self-sacrifice of the Waldenses of old, whose equipment was very incomplete as compared with ours. See "Great Controversy," pp. 61-78.

God has placed in our midst every facility to accomplish His work. Printing plants have been put in operation in different parts of the world. The Spirit of God has spoken definitely about this work: "The publishing houses, the presses, are instruments in God's hand to send out to every tongue and nation the precious light of truth."—*Test. Vol. 4, p. 595*. "By a thorough investigation of the prophecies we understand where we are in this world's history; and we know for a certainty that the second coming of Christ is near. The result of these investigations must be brought before the world through the press."—*Ib. p. 592*. Why is it that our publishing houses have become a power in the world? Ah, it is because the publications they send forth are sealed by the Spirit of God. They "bear the signet (seal) of the Eternal."—*Test. Vol. 3, p. 207*.
H. B. TILDEN.

Batavia, Iowa.

A CANVASSER in Otago, N. Z., writes that while canvassing he met an old lady who had been keeping the Sabbath alone for five years. She commenced keeping the Sabbath from reading a *Bible Echo* some one had kindly sent to her. When her friends ridicule her, she tells them that her Sabbath-keeping is a contract between her and the Lord, and she enjoys a better spiritual feast on that day than on any other.—*Australian Union Record*.

"LET the canvasser tell of the joy and blessing he has received in his ministry as an evangelist. These reports should find a place in our papers, for they are far reaching in their influence. They will be sweet fragrance in the church, a savor of life unto life. Thus it is seen that God works with those who co-operate with Him."—*Testimonies*.

"TRUE education is the preparation of the physical, mental, and moral powers for God."

THE SANITARIUM.

CONDUCTED BY EMMA A. PERRINE, M. D.

HEALTH HINTS.

To persons having imperfect digestion the question of food combinations is of especial importance. It has been demonstrated by chemical tests that there is a difference in the quality and reaction of the digestive juices required for the different classes of foods. The more simple our dietary, the less cause for trouble we will have in digestion. Vegetables, on account of the cellulose, or woody, fibre which they contain, digest very slowly, and consequently remain in the stomach a long time. Fruits digest quickly, and thus remain in the stomach but a short time. So if fruits and coarse vegetables are eaten together, the fruit will necessarily remain in the stomach so long that the sugar which is in it, under such a degree of warmth, sets up a fermentative process which interferes with digestion. Therefore, fruit and vegetables should not be eaten together. Milk when used by itself is digested readily; but when combined with fruits or with foods requiring a long time for digestion, is detained in the stomach until a process of fermentation and decay is set up. Fruits, grains, and nuts combine well, and should be taken at the morning meal if possible. Eggs, cream, and grains also make a good combination. The legumes, as, peas, beans, and lentils, are a proteid food, and require considerable time for digestion. Grains and nuts combine well with them, as do also potatoes.

Some of the foods that are hard to digest, and are of but little nutritive value, are: Warm breads, raw grains, griddle cakes, fried foods, muffins, pies, cakes, pickles, preserves, cheese, and a variety of other foods so called.

NOTES.

DR. EMMA PERRINE attended the Mt. Pleasant meeting as announced.

MARSHALL HASKELL, of Garwin, is spending some time here visiting his brother Robert and sisters Susan and Mary.

DR. T. F. PARKER left last week for Battle Creek, Michigan, to take some special studies at the Sanitarium, and thus prepare for field medical missionary work. Dr. Parker came to this institution nine months ago suffering from serious stomach trouble. He left here not only rejoicing in the restoration of health, but happy in the truth of God.

THE SABBATH-SCHOOL.

CONDUCTED BY A. HELEN WILCOX.

QUESTIONS ON "TESTIMONIES ON SABBATH SCHOOL WORK."

(February Study, pp. 58-61.)

Fourth week.

1. How may teachers avoid being superficial in their work?
2. Distinguish between the value we may receive from others' ideas, and relying wholly upon their opinions.
3. How do we "love much"?
4. What will enable Sabbath-school teachers to "speak with power"?

MANAGEMENT AND INSTRUCTION OF CHILDREN.

"THE management and instruction of children is the noblest missionary work that any man or woman can undertake. By the proper use of objects the lessons should be made very plain, that their minds may be led from nature up to nature's God. We must have in our schools those who possess the tact and skill to carry forward this line of work, thus sowing seeds of truth. The great day of God alone can reveal the good this work will do."—*Testimonies, Vol. 6, p. 205*.

But why instruct the children?—Because they alone will be permitted to solve the mysteries of the Word of God in the closing of this world's history. "As Jesus in the temple solved the mysteries which priests and rulers had not discerned, so in the closing work of this earth, children who have been rightly educated will in their simplicity speak words which will be an astonishment to men who now talk of 'higher education.' As the children sang in the temple courts, 'Hosanna! Blessed is He that cometh in the name of the Lord,' so in these last days, children's voices will be raised to give the last message of warning to a perishing world. When heavenly intelligences see that men are no longer permitted to present the truth, the Spirit of God will come upon the children, and they will do a work in the proclamation of the truth which the older workers can not do, because their way will be hedged up."—*Ib. pp. 202, 203*.

We know that in the early days of this message children did just such a work as this in Sweden, and some were imprisoned for preaching the truth. Do you want your children to have a part in the closing days of this work? Knowing then, that it may be their privilege, shall we spare any effort or expense that they may receive proper training? And think you that it will be the children of S. D. Adventists alone who will proclaim this message? Did Jesus enquire when the children were brought to Him for His blessing whether they were Jews or Gentiles? There are many children about us who would make brave little messengers for King Jesus had they the truth. Shall we deny them? or shall we gather them in and teach them? And how can this be done more successfully than by means of branch Sabbath-schools?

Workers' Bulletin.

DES MOINES, IOWA, FEB. 18, 1902.

—BRO. AND SISTER CARL JENSEN are taking a short course at Emmanuel College.

—MISS WINNIE WASSON, of Sandyville, is among the new arrivals at the Institute this week.

—A NUMBER of excellent general articles have been received which will appear as soon as space can be given them.

—FROM the general meeting at Mt. Pleasant Eld. L. F. Starr expected to go to College View, to attend a meeting of the North-western Union Conference Board.

—ONE of our church school teachers in attendance at the teachers' institute writes: "The instruction is fine, and I believe that I shall get an untold amount of good."

—A CLUB of five copies of the *Signs* will be sent to one address at the rate of 70 cents per copy. Additional single copies may be ordered by the person receiving the club at 83 cents per copy. Address this Office.

—AGAIN we are favored with a communication from Eld. John Hoffman written from Borga, Finland. He says that they have just closed a two weeks' canvassers' institute, from which fourteen workers have gone forth carrying the printed pages of truth.

—WE thank our kind friends who have so promptly responded to the call for copies of BULLETIN No. 29. And now we have discovered that other back numbers are all gone, of which a few extra copies are needed. Who can send us any or all of Nos. 5, 6, 13, 28?

—LAST week we mentioned the efforts of the members at Parkersburg in sending clothing to the South. Bro. J. W. Crouse writes further concerning other lines of work: "Some of our sisters are taking a live interest in the tract work, and the silent messengers are falling 'like the leaves of autumn.' Others are ministering to the sick and needy. Our young people are catching the spirit of the message, and some of them will take a course in some of our schools preparatory to going out into the great harvest field. It is little that we are doing, and yet the Lord blesses us so much in it that we feel constrained to press onward."

—BRO. F. H. CHAPMAN writes from Tallapoosa, Georgia: "We could not get along without our old home paper. Our interest has not abated in the advancement of the truth in the dear old State of Iowa, and we are in hopes of seeing much more done in this grand State, where millions have never heard the message. We extend to you an earnest appeal for workers."

—MRS. ELLEN POWELSON asks us to thank the kind friends who have supplied her with papers for the reading rack at Batavia. She has enough reading matter for the present.

—A CORRECTION.—In the tithe report for quarter ending Dec. 31, 1901, the \$65.00 credited to Exira should have been credited to the Providence church.

ONE THOUSAND DOLLARS FOR FRANCE.

A FEW weeks ago Prof. B. G. Wilkinson called for one thousand dollars to use in training native workers in France. The young people's society in Des Moines have undertaken to raise this amount by appealing to all our S. D. Adventist young people in Iowa, asking each one to give one dollar or more for this purpose. Older ones may also have a part in securing a foothold for the message in France in this way. Let all church and young people's society leaders make an effort to interest the young people in this special mission field. This will be one great means of spiritual advancement. The names of donors will be given in the BULLETIN from week to week. Address all communications to Miss Mary Jackson, 317 State St., Des Moines, Iowa. JAS. MONTGOMERY, *Leader*.

MARCH NUMBER OF THE "SENTINEL."

Do you want to know what the Roman Catholic theory with regard to the relation of church and State is? And do you want to learn this first-hand from an ardent Catholic who knows what it is, who thoroughly believes in it, and who states it frankly and unequivocally? Then do not fail to get the *March Sentinel of Christian Liberty* and as many numbers thereafter as are necessary, and read the series of articles which commence in that number on "The Catholic Theory of the Relation Between Church and State." The frontispiece will be very timely and suggestive in view of the present wide spread agitation of the Sunday question. It will be entitled "The Modern Diana,—Its Genesis and Evolution." Did you know that "Our Na-

tional Christianity" is to be one of the exhibits at the Louisiana Purchase Exposition at St. Louis? Read W. N. Glenn's ringing article on this subject in the *March Sentinel*.

Twelve numbers, one year's subscription, all of which will be equally as good as this one, can be secured for only \$1.00. Every individual should be a subscriber; every church should have a club for missionary work. Address orders to Missionary Department Iowa Conference, 603 E. 12th St., Des Moines.

BUSINESS NOTICES.

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

FOR SALE.—A wall clock suitable either for the home or church. A bargain. Address WORKERS' BULLETIN.

WANTED.—An able-bodied man, a S. D. Adventist, to do general farm work, etc. by the month. Mrs. Alice Seales, Echo, Harrison Co., Iowa.

WANTED.—A place to work for a S. D. Adventist farmer the coming season, by a young man aged twenty-four. Simon Olson, Route 2, Burlington, Iowa.

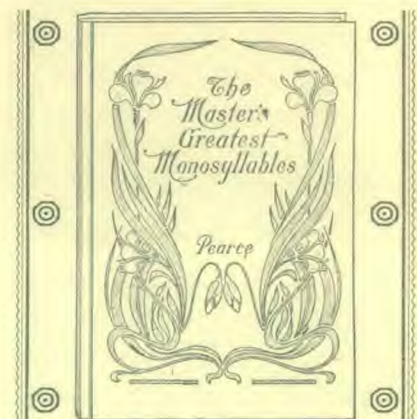
FOR ADOPTION.—A nice baby boy. For particulars address Mrs. Hattie Cleary, 15th St. and Milton Ave., Des Moines, Iowa.

APPOINTMENTS.

MUSCATINE,	Feb. 20-22, 1902.
Clinton,	" 23, 24, "
	L. F. TRUBEY.

GENERAL MEETINGS.

LISBON,	Feb. 25 to March 2, 1902.
Algona,	March 4-9, "
Hartley,	" 11-16, "



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