

A. G. Daniells,  
Takoma Park

# The West Michigan Herald.

“Watchman, What of the Night.”

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THE WEST MICHIGAN HERALD.  
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## Resolutions And Recommendations Passed at the Conference Held In Washington, D. C., May 11-30, 1905.

### THE SABBATH-SCHOOL.

WHEREAS, The Sabbath-school Worker has been re-established, and is the organ of the Sabbath-school Department; therefore,

RESOLVED, That we give this journal our hearty support, and that we endeavor to increase its circulation by placing it not only in the hands of all Sabbath-school officers and teachers, but in the homes of our people generally.

WHEREAS, We believe that the primary object of making contributions in our Sabbath-schools should be to carry the message to the regions beyond, and save souls in the kingdom of God; therefore,

RESOLVED, That all our Sabbath-schools be urged to plan to increase their donations both by exercising proper economy in their local expenditures and by more liberal giving.

WHEREAS, Sabbath-school con-

ventions, wherever properly conducted, have proved very helpful, not only in an increased interest in the work of the Sabbath-school, but in the deepening of personal piety and in the salvation of souls as well; therefore,

RESOLVED, That the holding of conventions in the various conferences be encouraged, embodying the various lines of missionary work, and that conference officers and laborers assist in these important gatherings, not only in counsel, but in providing talented help, that they may be made a strong educational factor in the important work of the Sabbath-school, and assist materially in building up the work of the gospel.

### ON YOUNG PEOPLE'S WORK.

Realizing the definite call of God to our young people to organize for service, and believing that the good work already begun in this direction should be encouraged and strengthened throughout the entire field; therefore,

WE RECOMMEND, That the Sabbath-school Department of the General Conference give special attention to this branch of the work in calling the attention of the various union and state conferences to the need of the appointment of suitable persons who can devote a part or the whole of their time to this branch of the cause, as circumstances demand.

WE RECOMMEND, That as far as possible, the young people's meetings at camp-meetings and other general gatherings be made more practically missionary in character: first, by introducing live missionary studies; second, by actually enlisting the young people in evangelistic effort for themselves and for others.

WE RECOMMEND, That there be

prepared at an early date a series of Sabbath-school lessons on the subject of practical missionary effort, calling the attention of the church, both young and old, to the work to which God has called them.

WE RECOMMEND, That superintendents and secretaries of local conference Sabbath-school and young people's departments seek to encourage the young people's societies under their supervision to unite in the support of one or more laborers in some mission field.

WHEREAS, There is great need of much instruction and careful planning concerning this work,—

RESOLVED, That a vigorous educational campaign be carried on throughout the union and state conferences by means of missionary conventions, articles in our papers, and the preparation and circulation of leaflets on the salient points of this work.

We urge our ministers and laborers to thoroughly study and present to the churches the divine principles of church organization, department, and discipline as set forth in the Scriptures and in the Testimonies of the Spirit of God.

### West Michigan Camp-meeting for 1905.

Arrangements are being made for holding the annual camp-meeting of the West Michigan Conference on the Allegan fair grounds August 17-28, 1905. Since many of our brethren attended the camp-meeting held at the same place last year, it is not necessary that any general description be given of this beautiful location. It is a very beautiful fair ground, nicely shaded by large spreading trees and lays adjacent to the little village of Allegan. Three railroads connect this point with the largest cities of the conference, the

Lake Shore connecting Kalamazoo and Grand Rapids with Allegan, the D. T. & M. connecting Battle Creek, and the Pere Marquette connecting with the roads running to Muskegon. Arrangements will be made for the handling of passengers and baggage, which announcements will be made later. The general detail of the plans of the camp-meeting will appear in another issue of the "Herald."

During the council of workers held at Kalamazoo early in June, the summer's work was so planned that it was expected that all laborers of the West Michigan Conference would be present during the camp-meeting. We trust that all our brethren throughout the conference will make an effort to attend this camp-meeting. We anticipate that this will be a bright spot in the Christian experience of each one who attends. Special effort will be made for the conversion of souls.

A. G. HAUGHEY.

### Missionary.

#### Report of Canvassing Work to June 17, 1905.

|                | Hours | Orders | Value    |
|----------------|-------|--------|----------|
| Desire of Ages |       |        |          |
| Ella Porter    | 14    | 8      | \$29 50  |
| Bible readings |       |        |          |
| Geo Matteson   | 52    | 30     | 75 75    |
| P. E. Simms    | 10    | 4      | 11 25    |
| Coming King    |       |        |          |
| Hugh Peake     | 5     | 2      | 2 50     |
| Totals         | 81    | 44     | \$119 00 |

The following are extracts from letters received from the canvassers the last few days:

"Last Wednesday was a cold, disagreeable day, and I came near returning home in the morning, but I tell you I had reason to be glad that I stuck to my business. (He took eight orders for Bible Readings that day.) The first order, or rather the first opportunity I had of telling of the coming of the Lord, warmed me up for the day. Such experiences are worth ten times as much as the margin on the order;

in fact that amounts to nothing only as a means of defraying expenses. None but those who have canvassed can comprehend what I am talking about."

Another: "I sold a gentleman a 'Desire of Ages' who purchased a 'Great Controversy' from me last summer. At that time he said he did not believe in Mrs. White's claims, but that he might after reading her books. When I called on him with 'Desire of Ages' and gave him a canvass, he exclaimed, 'Oh! what beautiful language. I must surely have that book too.' I would not be surprised if both he and his wife accepted the truth, as they appear deeply interested. We are giving two Bible readings each week. The work is onward and I am of good courage."

### Medical.

#### Round Shoulders.

We heard a woman say the other day, "I just can't help being stoop-shouldered and flat-chested, because all my people were that way. It is hereditary and there is no use to try to be any other way."

So there she was, a young woman, too, stoop-shouldered, chest sunken in, making a very awkward and ungainly figure of what might have been a symmetrical, girlish form. She had gotten the notion into her mind, however, that because some of her ancestors had been so lax in regard to their personal appearance as to allow themselves to become stoop-shouldered and sunken-chested that this same unsightly form must necessarily be forced upon her. Her ancestors, mother, aunt, grandmother, or whoever they were, probably were round-shouldered and flat-chested simply because they did not know enough to straighten the shoulders and keep the chest prominent. They doubtless had never heard of physical culture exercises, and had allowed themselves to get into the careless habit of dropping the shoulders and depressing the chest until they

came to think that they couldn't be any other way.

The round-shouldered, flat-chested person can become straight and symmetrical if she will go about it right. Standing upright and extending the arms on either side as far as possible and rotating them in large circles vigorously, at the same time breathing deeply, will help to strengthen the shoulders. Raising the hands above the head as far as they can be stretched and breathing a deep breath of air, and still another breath and another, simply packing the lungs with air, will soon round out and expand the chest. Stretching the hands out on either side of the body as far as possible, and well back, till the shoulder blades almost touch, then rotating the arms in very small circles, will help very much to straighten the shoulders.

What the round-shouldered, flat-chested person needs is to brace up, get some thought of energy and animation into the body. A stoop-shouldered, flat-chested person almost invariably indicates a purposeless life, lacking in ambition and void of energy. Brace up. Put the shoulders where they belong, expand the chest by breathing deeply and fully of fresh air all the time. Get out of the lazy, slouchy habit of letting your shoulders drop in an ungainly posture. Throw out the arms and swing them in large circles, around and around, while the chest is held well up.

A normal position of the body means always that the chest is in the lead. Round shoulders and flat chest make not only an ungainly figure, but such a position cramps the lungs and depresses them and robs them of the pure air that is so necessary to health.

Go outdoors. Expand the chest. Breathe in great, deep draughts of pure, fresh air. Swing the arms, limber up the muscles, exercise the body, and by bringing it back to a normal shape, health, strength, vigor and energy are sure to come.

—Selected.

### Hot Weather Number.

LIFE AND HEALTH for July will be "The Hot Weather Number," containing practical information on How to Keep Cool on a Hot Day, Cooking Without Fire, Hints on Bathing, Diet and Health, Fruit Canning, and many other valuable suggestions of a general nature appropriate for, and much needed during, the hot season.

This number begins a new department, For the Mother, conducted by Mrs. M. C. Wilcox; and among the many good things for mothers, it contains a poem entitled "Mother Heart," which is a rare gem, and will be highly prized by all mothers. All of the departments of this number of the journal contain their usual sparkling messages of good cheer and health-giving principles.

As an evidence of the popular appreciation of LIFE AND HEALTH the increased circulation of over 12,000 copies during the past year will speak better than words. This little health messenger seems to command the immediate attention and respect of the general public, and agents everywhere are successful.

Liberal discounts are given on annual subscriptions and copies to sell. Any one can sell it—who will try?

### History of the Bauer Church.

Late in the winter of 1884 Bro. A. Smith of Grandville, Mich., began missionary labor at Blendon, Ottawa County, and as a result three persons accepted the truth. Brother Smith was finally requested to give a public discourse on the Bible Sabbath, which he did. From this time an interest began to develop which was very gratifying. Sister E. S. Lane was then sent for to assist Brother Smith, and later on Elder E. P. Daniels came to help carry forward the work. Elder Daniels pitched a large tent, in which he held meetings from June until September, during which time twenty-three

persons accepted the truth. May 10, 1885 a church organization was completed with twenty-two members.

During the fall of 1887 a church building was erected at a cost of \$1,000, and dedicated the second Sabbath of January following. Since this time a church-school building has been added to the church building at a cost of \$150, making the present valuation of the building a little more than \$1,000, free from debt.

As we have already learned, the number of members at the organization was twenty-two. Since that time thirty-five others have been added, making a total of fifty seven. Four have died in the faith; seventeen have apostatized; three have been dismissed by letter; leaving our present membership thirty-three.

Three of our members have been engaged in the cause of present truth,—two as employees in the Review and Herald printing office, and one as a church school teacher. We now have a church school of eighteen pupils, from which we hope and pray that some, if not all, will go forth as laborers in the Master's vineyard.

MILDRED WILSON.

January, 1905.

### News and Notes.

Brother Kauble was at Monterey Sabbath.

Summer school at Berrien Springs begins to-day.

Elder M. N. Campbell called at the office Friday.

Elder A. G. Haughey spent Sabbath in Kalamazoo.

Elder Brink's tent company has pitched at Woodbury.

There will be a Sabbath-school convention at Kalamazoo July 8.

Elder Hansen closed his tent effort in Kalamazoo Sunday evening.

Brother Brackett met with the Paw Paw church Sabbath, the 17th.

Brother H. C. Pitton has joined Elder Horton's tent company at Benton Harbor.

The editor is on the sick list. She thinks vaccination is worse than the smallpox.

Elder A. G. Haughey expects to spend Sabbath and Sunday, July 8 and 9, with the church at Rothbury.

Elder D. T. Bourdeau is quite sick. We trust that the brethren will remember him in their devotions.

Elder W. E. Videto went to Berrien Springs this week, where he will remain during the summer school.

Brother J. C. Brower has been employed as a teacher in the Cedar Lake Academy for the ensuing school year.

Elder C. N. Sanders of the East Michigan Conference made a short business call at the office Wednesday of last week.

Sabbath-school secretaries and church treasurers are requested to be prompt in sending in their quarterly reports.

The statement made last week that four persons were baptized at Kalamazoo was not correct, the number being five.

For Sale—A good second-hand Bilhorn telescope organ very cheap. Address Elder Carl A. Hansen, Kalamazoo, Mich.

The Grand Rapids church building has been greatly improved in appearance by being re-painted, papered and carpeted.

Professor Prescott, and Elders Daniells, Evans and Cottrell were in Battle Creek this week attending to some matters of business.

The Grand Ledge, Potterville, and Eaton Rapids churches are invited to meet with the Charlotte church next Sabbath and Sunday.

Elder William E. Videto has been called to Emmanuel Missionary College as a member of its faculty, to be the instructor in Bible and history.

Elder Kauble stated that the prospects were good for an exceedingly large attendance at the summer school. Emmanuel Missionary College has greatly strengthened its course and materially strengthened its faculty.

Elder W. D. Parkhurst and Brother Kneeland were with the company at Wright Sabbath morning, June 17. In the afternoon they spent the time with the company at Nunica, where six persons expressed their desire for baptism. Elder Parkhurst is to return at a later time and baptize those who are ready.

#### Battle Creek.

Mrs. Minnie Harnden has been quite ill, but we are glad to report her much improved at the present time.

Brother W. E. Cornell met with the Urbandale Company on Sabbath, June 17, and reports a very enjoyable occasion.

Prof. C. C. Lewis, of College View, Neb., spent one day last week in Battle Creek. He was very cordially greeted by a large number of friends.

Sister Ida J. Ford died at Hickory Corners on Monday evening, the 12th inst., of pneumonia, aged 49 years. Elder G. W. Morse conducted the funeral services at that place on Wednesday.

The Battle Creek Tract Society has in supply a few copies of that excellent music, song and chorus, "After the Strikes are Over," written by Mrs. L. D. Avery Stüttle.

These can be had at 20 cents per copy, as long as they last.

At the afternoon service on Sabbath, the 10th inst., Elders H. M. J. Richards, F. W. Field, W. C. Hebner and Peter Howe occupied the time, each of them giving very interesting and inspiring exhortations. Each gave valuable particulars and spoke most encouragingly of the work in his field.

At three o'clock Sabbath afternoon, June 17, a large audience came together and listened to Prof. Lawrence, from California, who gave an interesting account of the work of Elder Hibbard, who has been laboring very successfully in San Francisco. Prof. Lawrence with his wife sang several duets.

Thursday afternoon, June 15, the funeral of Brother Samuel W. Cooper, Jr., was conducted at this place by Elder G. W. Morse. Brother Cooper was in the employ of the Review and Herald Publishing Company for 24 years. He is survived by his wife and only child, Dr. O. R. Cooper, of Banfield. His age was a little upwards of 60 years. Sister Cooper was a daughter of Elder J. B. Frisbe, one of the pioneer ministers of our people.

The baccalaureate sermon was given by Eld. A. T. Jones Sabbath, June 17, in the Tabernacle to the graduating class of the American Medical Missionary College. He dwelt particularly on the character of the work a medical missionary was called upon to do, the wonderful opportunities there are for doing this work, and the rich reward that will follow an unselfish devotion to this line of gospel work. He urged that the graduates go forth to their work with only one idea, that of helping their fellowmen, doing just the work that Christ did when he was upon earth, who went about doing good.

The graduating exercises of the American Medical Missionary College were held Monday evening, June 19. The Tabernacle was very appropriately decorated. The address of the evening was given by Dr. George D. Dowkontt, the founder of medical missionary work in this country. His address was full of practical suggestions and most helpful and inspiring words for medical missionaries. Dr. Wilburn H. Smith, representing the class, spoke on "The True Physician." The diplomas were presented by Dr. Kellogg with appropriate words. There were fifteen graduates.

In the morning of Sabbath, Eld. Morse spoke in the Tabernacle, on the subject of self-sacrifice in connection with the cause of God, and in the afternoon Eld. J. L. Shaw, who for four years has been engaged in mission work in India, spoke to the young people, giving a most interesting account of the work there, and closed with an earnest appeal for consecrated workers for that destitute field. Brother Shaw has suffered healthwise through his arduous labors in that country, and goes to Colorado, where he will spend a few months in recuperation. He expects to return to his field of labor as soon as his health will permit.

Another of the pioneers in this message has fallen—Bro. I. W. Griffin, aged seventy three years. The funeral was held from the Tabernacle Sabbath afternoon, the services being conducted by Elder A. T. Jones. For many years he has lead an active business life, and was greatly esteemed for his many sterling qualities. For twenty-eight years he has been a firm believer in this message, and died with a bright hope of eternal life. He leaves a wife, four daughters and one son to mourn their loss.