

A. G. Daniels

THE WEST MICHIGAN HERALD



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The West Michigan Herald.

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Margaret Haughey, Editor.

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Educational.

A Word to Our Teachers.

The secretary of the Lake Union Conference is making definite plans concerning the Teachers' Improvement Course this school year.

The first subject to be studied is our Denominational History. The text is to be Elder Loughborough's "The Great Second-Advent Movement," which is a revision of his earlier work entitled, "The Rise and Progress of Seventh-day Adventists." Mimeograph copies of a monthly quiz will be sent to each teacher taking the course, with a final examination at the close. The teachers will be to no expense except for the purchase of the book.

We hope all will avail themselves of this splendid opportunity of improving the mind and acquiring a thorough knowledge of our work for this time.

The necessary report blanks will soon be sent to all our teachers.

Any who may desire monthly report cards to parents may obtain the number required by addressing this office.

There has been considerable delay in issuing teachers' certificates, owing principally to the recent illness of the educational superintendent. They are now all filled out, and when property signed, will be promptly mailed.

CLIFFORD RUSSELL.

Work and Education.

It is not a virtue for men or women to excuse slow bungling work of any character. The slow habits must be overcome. The man who is slow and does his work at a disadvantage is an unprofitable worker. His slowness is a defect that needs to be seen and corrected. He needs to exercise his intellect in planning how to use his time so as to secure the best results. When one is forever at work, and the work is never done, it is because mind and heart are not put into the work. It takes some persons ten hours to do that which another accomplishes readily in five. Such men do not bring tact and method into their labor. There is something to be learned every day as to how to improve in the manner of labor so as to get through the work, and have time for something else. It is the duty of every worker not merely to give his strength but his mind and intellect to that which he undertakes to do.

Some who are engaged in domestic labor are always at work; It is not because they have so much

to do, but they do not plan in such a way as to have time. They should give themselves a certain time to accomplish their task, and make every move tell. Dullness and ignorance are no virtue. You can choose to become stereotyped in a wrong course of action because you have not the determination to take yourself in hand and reform, or you may say cultivate your powers to do the very best kind of service, and then you will find yourself in demand anywhere and everywhere. You will be appreciated for all that you are worth. "Whatsoever thy hand findeth to do, do it with thy might." "Not slothful in business; fervent in spirit; serving the Lord."

MRS. E. G. WHITE.

A Few Questions For Your Bible Class.

How long were the children of Israel in Egypt?

Who was Naaman?

Who were saved in the ark?

What disciple took Judas' place?

What books in the Bible have but one chapter?

Where is the Third Angel's Message found?

Name four great earthly kingdoms mentioned in prophecy.

Who is called the meekest man?

Who was the oldest man, and how old?

Who climbed a tree to see Jesus?

What wicked woman was eaten by dogs?

What wicked king was eaten by worms?

Who is called the first Christian martyr?

Name two men who never died.

By what symbol is this country

represented in prophecy? Where found?

Who wrote the first five books of the Bible?

What king became insane and lived like the beasts for seven years?

A History Quiz.

What European nations formed settlements in America?

Give name, nation, colonizer, and date of the seven earliest settlements in North America.

What were the aborigines of Mexico called? Of Peru?

Who first sailed around the world?

Who discovered the Mississippi river?

Name three inventions of the fifteenth century which had an important bearing upon the discovery of America.

Name five places where Columbus sought aid.

Why was a water route to Asia greatly desired?

Give exact date of Columbus' landing?

Who were the Northmen?

When did they visit America?

What remains did they leave?

Who were the Mound-builders?

When did they live in America?

What remains did they leave?

What tribe of Indians formerly lived in Michigan?

Where and when was the first settlement made in Michigan?

CLIFFORD RUSSELL.

The India Orphan Home.

The children of the West Michigan Conference have taken a great interest in raising twenty-five dollars for the support of an orphan for one year at our orphanage at Karmatar, India.

At our recent camp-meeting we held a missionary meeting and the children told how they earned the money. It was very interesting to hear them. They picked berries, sold eggs, washed dishes, had missionary gardens, sold papers, saved their spending money, etc.

We quote the following from a letter received from a little girl: "I cannot attend the camp-meeting, so I will send you what I have saved toward the India Orphan Fund. I earned it picking fruit. It is only a dollar, and to me it seems very little, but truly I have done the best I could and I give it cheerfully, for I am glad to have a part in this work."

We quote the following from one of our Sabbath-school secretaries: "I desire to let you know that our little children are taking quite an interest in raising the fund for India. My little six-year-old daughter set her mark at one dollar and she earned it picking berries. It would have pleased you to see her dance over the floor when I changed her nickles and dimes and gave her a silver dollar."

The children of the Grand Rapids church raised twenty-five dollars, and we have received from the children outside of Grand Rapids \$21.59. We understand that some have not sent in their money as yet, but it is very evident that we will have enough to support two orphans instead of one, for we have received up to September 1, \$46.59.

MARGARET HAUGHEY.

Dear Brethren and Sisters in the West Michigan Conference.

As again we stand face to face with another collection for the colored work in this great Southland, I feel that I would be particularly glad to say a few words to those of my native state. Until a little over two years ago I was numbered among the workers in Michigan. At that time we as a family answered the call to this school, realizing that we were entering a difficult field. Since then I have laid away my grandmother, and the past spring my dear wife. Mother and I are left alone to work on until he comes, or calls us. But we prefer to DIE IN THE WORK than to live OUTSIDE OF IT.

Since taking up work in this field our interest in the work there has not waned, and I trust yours in us has not either. No, I am expecting something very definite in this October 6 collection from you of Michigan, and I know you will not disappoint us. I trust all will take time to read carefully what I and others have to say about the progress of our work and our needs, in the "Review"; and then let each seriously ask himself the questions asked in Elder W. C. White's article.

God has richly blessed our work in that twenty-nine of our students went forward in baptism in thirteen months. But we must have your help in order that the work may continue to advance as it should. What will you do?

O. R. STAINES,

Bus. M'gr. Oakwood Manual Training School.

Medical.

Hygiene of the Person.

Strict habits of cleanliness should be observed. Many while well will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape are taken back into the blood, and forced upon the internal organs.

In regard to cleanliness, God requires no less of his people now

than he did of ancient Israel. A neglect of cleanliness will induce disease.

The ten commandments spoken by Jehovah from Sinai cannot live in the hearts of persons of disorderly, filthy habits. If ancient Israel could not so much as listen to the proclamation of that holy law, unless they had obeyed the injunction of Jehovah, and had cleansed their clothing, how can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible. Their profession may be as high as heaven, yet it is not worth a straw.

All who meet upon the Sabbath to worship God should, if possible, have a neat, well-fitting, comely suit to wear in the house of worship. It is a dishonor to the Sabbath, and to God and his house, for those who profess that the Sabbath is the holy of the Lord, and honorable, to wear the same clothing upon the Sabbath that they have worn through the week while laboring upon their farms, when they can obtain other.—Healthful Living.

Preparation of Food.

Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system, and brings disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking;" "Died of an abused stomach."

It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think. There are few really good cooks. Young women think it is menial to cook and do other kinds of housework; and, for this reason, many girls who marry and

have the care of families have little idea of the duties devolving upon a wife and mother.

Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetizing and at the same time simple and nourishing requires skill; but it can be done. Cooks should know how to prepare simple food in a simple and healthful manner, and so it will be found more palatable, as well as more wholesome, because of its simplicity.

Every woman who is at the head of a family and yet does not understand the art of healthful cookery should determine to learn that which is so essential to the well being of her household. In many places hygienic cooking-schools afford opportunity for instruction in this line. She who has not the help of such facilities should put herself under the instruction of some good cook, and persevere in her efforts for improvement until she is mistress of the culinary art.

DIET ON THE SABBATH.

We should not provide on the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this, the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. A clogged stomach means a clogged brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on Sabbath, many do more than they think, to unfit themselves for receiving the benefit of its sacred opportunities.

Cooking on the Sabbath should be avoided; but it is not therefore necessary to eat cold food. In cold weather the food prepared the day before should be heated. And let the meals, however simple, be

palatable and attractive. Especially in families where there are children, it is well, on the Sabbath to provide something that will be regarded as a treat, something the family do not have every day.—Ministry of Healing.

Coat of Many Colors.

GEN. 37:3.

The term "many" is not a part of the original text, and is misleading. A wrong impression therefore obtains where ever the Bible is read. Jacob was a man of sound sense, and good judgment, and the coat that he made for his son was of no "crazy quilt" arrangement, but a neat and becoming garment doubtless more elaborate and costly than ordinary robes of that character.

The marginal reading for "colors" is "pieces." The garment therefore was "a coat of pieces." If it was of different colors they no doubt were blended with as good taste as they are in such garments now. An example a brown coat with black velvet collar, etc.

The coat usually worn in the orient with little change for centuries was a single piece of cloth with a hole cut in it to slip over the head, and it hung in folds about the body.

The coat of Joseph was not one of one piece, but of "pieces" and probably of color arrangement expressive of dignity in harmony with usages at that time. The meger records of the dim past that we have indicate it.

A. SMITH.

Our educational secretary, Clifford A. Russell, is now located in Otsego.

"Whoso keepeth his mouth and his tongue keepeth his soul from troubles."

"Wealth maketh many friends, but the poor is separated from his neighbor."

"Every way of a man is right in his own eyes; but the Lord pondereth the hearts."

The Soul's Spring Cleaning.

Yes, clean yer house an' clean yer shed,
An' clean yer barn in ev'ry part;
But brush the cobwebs from yer head,
An' sweep the snowbanks from yer
heart.

* * * * *

Bear down with scrubbiu' brush and
soap;

Dump out ol' Fear into the rain
And dust an easy chair for Hope.

* * * * *

Plant flowers in the soul's front yard,
Set out new shade an' blossom trees,
And let the soul, once froze and hard,
Sprout crocuses of new ideas.

Yes clean yer house an' clean yer shed,
An' clean yer barn in ev'ry part;
But brush the cobwebs from yer head,
An' sweep the snowbanks from yer
heart!

--Sam Walter Foss.

Special Collection, Sabbath, Nov. 3.

It has been decided by the General Conference Committee that a collection should be taken in all our churches, Sabbath, Nov. 3, for the benefit of the international Publishing Association, at College View, Neb. This association publishes the following foreign denominational papers, "Hausfreund" and "Arbeiter" (German,) "Sions Vaktare," (Swedish,) and "Sendebud" (Danish - Norwegian,) also books, pamphlets, and tracts in the foreign languages. This is needy institution and should receive the hearty support of all our people.

E. T. RUSSELL,
Chairman Board of Trustees, I. P. A.

Battle Creek News.

Last Thursday evening a private baptism was conducted in the Tabernacle in which Fern West, Bertha Countryman and Miss Hill participated, Elder Heckman administered the rite. Only about a dozen of the most intimate friends were present on this occasion.

Elder J. N. Loughborough, one of our old pioneers in the work

preached the morning sermon in tabernacle Sabbath and also talked again at 4 o'clock in the afternoon. His message had the old time ring. Elder Loughborough will continue to occupy the tabernacle pulpit for several weeks to come, preaching on Sabbaths only.

Miss Mae Williams has entered the fall term of school at Berrien Springs College and expects to continue there during the coming year.

News and Notes.

The Otsego church school opened last week.

Cedar Lake Academy opened last week.

Brother and Sister Brower sailed September 21 for Porto Rico.

Brother Clifford A. Russell spent Sabbath with the church at Shelby.

This blue pencil mark means that your subscription expires with this number. Please renew at once.

Elder A. G. Haughey went to Takoma Park last week to attend the council of the General Conference Committee.

Doctor Julia A. White, who is connected with the Sanitarium at Loma Linda, California, is visiting her parents who live near Kalamazoo.

If you desire a prospectus of the Loma Linda College of Evangelists, address the president, W. H. Howell, Loma Linda, via Redlands California.

The following names were omitted from our teacher's list that was given in our last issue: Mrs. C. J. Tolf will teach at Cedar Lake, and Mildred Wilson at Bauer.

Quarterly report blanks have been sent out to the Sabbath-school secretaries and secretaries

of the Young People's Societies, and we hope they will be prompt in returning their reports.

You will notice in another column that the children of the West Michigan Conference have raised \$46.59 for the support of orphans at our orphanage located at Karmatar, India.

The program for the "Harvest Ingathering" is in the September 4, 1906 issue of the Youth's Instructor. The Mission Field study is in the September 11, issue of the Instructor. The program is a good one and we trust that many of our Sabbath-schools will plan to carry it out. Can we not have "a joyous commemoration of the blessings of God" to us, and have a feast of tabernacles?

When Everything Goes Wrong.

It is easy enough to be pleasant

When life flows by like a song,

But the man worth while is the one
who will smile

When everything goes wrong.

For the test of the heart is trouble,

And it always comes with the years,
And the smile that is worth the praises
of earth

Is the smile that shines through tears

It is easy enough to be prudent

When nothing tempts you to stray,

When without or within no voice of sin

Is luring your soul away.

But it's only a negative virtue

Until it is tried by fire,

And the life that is worth the honor
of earth

Is the one that resists desire.

By the cynic, the sad, the fallen,

Who had no strength for the strife,

The world's highway is cumbered to-
day—

They make up the item of life.

But the virtue that conquers passion,

And the sadness that hides in a
smile—

It is these that are worth the homage
of earth,

For we find them but once in awhile.

—Ella Wheeler Wilcox.