

# THE WEST MICHIGAN HERALD

HE THAT REAPETH GATHERETH FRUIT UNTO LIFE ETERNAL

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### Mush And Its Miseries.

Mush, a grain preparation of meal or flour, is prepared by boiling these in water, and is used, quite commonly as a breakfast dish. There is no question that such a preparation is a food. Grains have all a high food value. There are many kinds depending on the grain they are made from, and the way in which they are ground. Rolled oats, corn-meal, graham, rolled wheat, and patent preparations as Cream of Wheat are the most common. The digestibility of these varies somewhat, but is influenced more by whether they are thoroughly cooked or not. Most of these preparations require cooking for an hour, but oat meal should be cooked for three hours or longer. And right here is where

the "miseries of mush" come in. It is nutritious. It contains all the nutrition of the grain, lessened only by diluting with water with which it is prepared. And if thoroughly cooked these foods are easily digested, if as much attention is given to its mastication as should be given foods.

One object of mastication is to get the saliva thoroughly mixed through the food. Even though the food should not require breaking up or grinding it should have the saliva mixed with and spread through it. Unless this is done, the first process of digestion is lost and the lack of this so retards the gastric digestion that the food sours before it has been digested. Its nutrition is thus wasted, and we suffer from the poisons of decomposition aside from the distress that it produces.

It is just as useless to expect good bread from putting flour, yeast, and water together and letting it stand without mixing, as it is to take it in the shape of mush and swallow without sufficient mastication, and expect good digestion. Not giving due importance to this, some have gone to an extreme and claimed that such foods should be entirely discarded, that the stomach should not be given starchy foods in this form, but that the starch should be dexterized as it is in toasted flakes and similar foods. In these the starch is converted by baking into dextrin, one step in the digestive process. Because of this and because the yeast and germs of fermentation have been killed, these foods do not ferment as readily as do starchy foods. And for this reason

they may be used to good advantage by patients suffering from fermentation.

But because some have been so afflicted as not to be able to easily digest starch is no argument against its use. Our digestive organs if allowed to act, will soon convert starch into dextrin, and that into grape sugar. But that this may be done, the starch granules must be broken up by sufficient cooking, and the saliva must come in contact with every granule of starch by sufficient mastication.

The mushes in question have all nutrition qualities that are to be found in the dry toasted foods, and if treated as above are easily digested by all normal stomachs.

Dry or solid foods as bread, toast, zwieback, etc., if eaten with grains favor a more thoroughly mastication and for this reason are to be recommended.

Attention to the proper cooking and thorough mastication of these foods will prevent, in many cases, much distress, and will lessen the tendency to contract disease as will the leaving off animal foods. But of course, because there is something so bad as meat eating is no argument in its favor.

Just let our minds broaden out. Do not think that healthful living means to stop eating meat, and swallow, or rather wash down grain preparations as we often find them prepared, cooked so little that they taste raw.

For the sick there are no more suitable foods than thin grain preparations or grains. Hippocrates, centuries before Christ, recommended barley water for those suffering from fevers, and during all

the ages that have followed, medical science has learned nothing better. As summer comes on it will be worth your while to remember the value of such foods, in fever associated with warm weather. In cases of cholera infantum or similar bowel troubles, leave off milk entirely, and in its place, give just barley water.

A sensible understanding of this subject will give as the benefit of the food value of grains in the shape of mush, and save us from its miseries, which result only from fermentation with accompanying indigestion. So, if this exist, look for and avoid the causes, which in most cases, will be insufficient cooking or deficient mastication.

DR. L. J. OTIS.

#### \*Relation of Church Schools to the Third Angel's Message.

The message of the third angel of Revelation 14, is a message of warning against receiving the mark of the beast. It is the message of messages and it is the one which is to prepare a people in this generation for translation, and the church school is one of God's chosen instrumentalities for the education and preserving of our children who are to go with us into the promised land.

This work of training, or plucking as it were, the heritage of the Lord as branches from the burning is one of the most noble works that can animate the hearts of those who love the cause of God.

It is a benovolent work because that for the accomplishment of the end for which the church schools are established, Christ left his home in glory, and suffered and died the ignominious death of the cross.

Heavenly intelligencies are much more interested in the salvation of men than they are in themselves. Yes, I believe we all believe and appreciate this, yet it is difficult to understand that we are individually called upon to render an account of the way we treat this question.

But by faith in the light of prophecy we are enabled to see the bountiful harvest which will follow the sowing of the precious seed, and the only part which many of us at the present time will have in the closing of the message, is being done now as we are teaching this truth to the children who shall some day, not far in the future, stand in defense of the commandments of God before those who are trampling them under foot.

By one the gospel has been compared to one grand song of which Christ is the author, a song in which all have had their part to sing from the beginning of the gospel of Christ to the end of time. Began by one and carried on by another and another. As the work of one was finished, the song was taken up by other voices, and thus carried on from year to year, from century to century. At times it is a glorious anthem which made the earth vibrate in tremulous gladness, again a sad refrain, but always sweet and love-laden echoes as they were wafted upward blended in the harmonies of heaven. But now the evening of this work has come, only one strain is left to be sung.

The message of the third angel rings out upon the sin-laden air in every nation. It seems that all the sweetness in all the past ages has been intensified in the voice which proclaims the culmination of our hopes. But suddenly the dark clouds of strife which have long been gathering in the hearts of the enemies of the truth burst upon the singers and their voices are hushed. Must the song remain unfinished, and all in vain the efforts of the past? Ah no! even as it was when Jesus made his triumphal entry into Jerusalem, when the children with palm branches in their hands raised their voices in praise and singing, soon will they take up the glad tidings and raise their tender voices in proclaiming the third angel's message, and by

them the song is finished.

This message is going to triumph gloriously and have we rightly appreciated the children's part in it? And what children?

Have the children who have been trained by the world, and of course for the world, that degree of the missionary spirit to stand in the face of death a firm witness for God? We are told by the servant of God that our church schools are ordained by God to prepare children for this great work. But for the lack of the training which their parents and the church now have the opportunity to give them somebody's child will be left out of this grand procession.

Oh, could we only realize the importance of the moments that we are fast passing how anxious we would be to do the Master's will. "Suffer the little children to come unto me and forbid them not for of such is the kingdom of heaven."

How good it is that we can be laborers together with Christ. Angels would gladly do the work given us were it not that we need the fitting that we get through labor. So let us keep in mind that the message does not exist for us, but we exist for the message, and our only business in this world is to advance it in all its different phases. This message is a complete message only when all its lines are given equal attention and are equally developed, and we who now have the work in hand are responsible in a large measure for the way the message will be treated in the future.

Then let us seek to understand present truth in all its phases that we may act well our part and by saving the children for the cause of God, share with them the joys of the earth made new.

\*Read at a convention, April 27, 1907.

WILLIAM FAIRCHILD.

"A merry heart doeth good like a medicine."

## From the Field.

### Union City.

#### Report of One Week's Work, May 5-10.

Sunday—In the morning we visited two families in the country, who have lately accepted present truth. Found one sister carrying a heavy burden. She wished me to pray with her, so we went off by ourselves and sought the Lord earnestly. There she rolled her load upon the Lord. Thank the Lord for such experiences.

In the afternoon at 2:30 a Sunday-school is held in my home. We have a song service at the beginning, and usually each child selects a song. Generally the children march while singing. Before prayer we try to think of the things we have to be thankful for, then every one usually takes part in prayer. Some of these children never prayed before. We study the lessons in THE LITTLE FRIEND. We pay for our own papers, and have some left for missions. We have sent \$1.50 for the orphans of India.

Sunday evening Elder Bourdeau from Battle Creek speaks in a hall down town. I have charge of the music at these meetings. When Elder Bourdeau cannot come, I give a Bible reading that evening.

Monday—I called on seven families. One lady has been confined to her home for years with rheumatism, and she is glad to have me call once a week and sing to her. I called on others who have been sick for sometime. One Methodist lady wished me to pray for her that she might be able to sleep. Thanks be to God, she slept beautifully that night. I always go home at night rejoicing that the Lord has given me a little place in His vineyard.

Tuesday—Had a reading in the country. The lady wished me to go with her four miles to visit a sick relative. We prayed that the Lord would make us a blessing to

her, before we started. We did not find her very anxious to talk on religious subjects, but she permitted us to pray for her before we left. On our way back, I called on a family who are interested in the truth, and they said that they had been hungry to see me. I want to spend a day with them soon.

In the evening we had our good prayer-meeting which is held in my home. Many outsiders come in to these meetings because we have such precious seasons of refreshing. Not a moment goes to waste. After a song service, nearly every one takes part in prayer. When four or five have prayed, we sing a verse while still kneeling, then others pray. The Lord comes so near that His presence is realized by all. I give a short reading before we bear our testimonies. We have unconverted souls for whom we pray in these meetings, and also at 1:30 each day.

Wednesday—At 3:00 p. m. I have a Bible class where several ladies come together to study the book of Daniel. They have secured "Thoughts on Daniel" and are having a very interesting study. We take a few moments at the beginning of each class to seek the Lord earnestly for His Holy Spirit to guide us. All take part in prayer usually.

There was a lady from Three Rivers present this Wednesday and she seemed real hungry for truth. She asked so many questions that I did not get away until 5:30. It does me so much good to see a person anxious to know what is truth. I gave her a good supply of reading matter as I left her.

Afterwards I called on a lady who has been in her bed for over twenty-three years. She does not sit up or even turn over, and suffers almost constantly. Had a precious season of prayer with her.

In the evening had another reading with a Baptist lady, who I think will soon accept the truth.

Thursday—I made seven important calls, and left reading matter.

My prayer is that as they read, the dear Lord will impress their hearts with the truth. Called at the Methodist minister's home and had a very pleasant time there.

Friday—Prepared rooms for the Sabbath services which are held in my home. Elder Bourdeau meets with us twice a month. We are always pleased to have him with us. Brother A. J. Fishell of East LeRoy has charge of meetings other Sabbaths.

During the last year six have decided to obey the truth, and others are in the valley of decision.

My courage is good, and I expect to press the battle to the gates of the Holy City. I praise God for a humble place in his work, and I hope to be faithful so that I may hear the "well done" from His lips.

MRS. CLEORA GREEN.

#### The Lord is Working for Our Youth.

The Lord is blessing our young people in the work of laying the four hundred rods of coppers. Our readers will notice in another column the amount that has been sent to the office. Much more has been pledged, and we trust that it will be sent to the office as soon as it is paid. In some cases our young people will have to wait until they can raise a missionary garden.

We believe the young people will be glad to learn what the Lord has done for one of our young sisters. She has been in ill health for some time. The past winter she was very low. She could not speak above a whisper, and had not taken any nourishment for some days. It seemed that very soon she would be "called to walk through the valley of the shadow of death," but she said, "I will fear no evil, for thou art with me; thy rod and thy staff they comfort me." She was reconciled to the will of the Lord, and was ready for it to be done. All that humanity could do had been done, and the Great Physician sent forth his healing balm, her

strength was restored, her voice returned, and now she delights in praising God and telling of His wonderful works.

A few days ago I was visiting the church where she is a member, and when the call was made for more rods for the Copper Line her hand was the first one that was raised. She has planted a missionary potato patch, and the Lord helping her, she expects to gain physical and spiritual strength as she cares for the missionary garden.

Some time ago I wrote to a young lady, who is much interested in our work, but not a Seventh-Day Adventist. I told her something about the young people's work and that they were raising money to start a mission among the Finns. A few days ago I received a letter from her, and I will quote the following from it: "I see by your letter that the young people are starting a mission. How glorious to know they are willing workers! And we know that it cannot be run without funds, so enclosed you will find two dollars; a little sum, but every little sum given for Jesus' sake will amount, in the end, to one big sum,—praise His name. May the Lord bless this society in their work."

We praise God that he is blessing and we pray that it will continue. Let us push hard and get as much of our part of the Copper Line laid as we can by July 1. A General Conference Sabbath-school and Young People's Convention will be held at Mount Vernon, Ohio, July 10-20, and we would like to have this missionary enterprise finished by that time, and be ready for another when the convention closes. Let us work, watch and pray.

MARGARET HAUGHEY.

#### Obituary.

John Frederick Briggs, son of Brother and Sister William Briggs, died at their home in Bangor, Van Buren Co., Michigan, May 12, 1907, aged 28 years, 11 months, and 17

days. About two years ago he was stricken with tuberculosis of the lungs which resulted in his death. Though a great sufferer he bore his affliction with patience and fortitude. His was a cheery disposition, and he left a large circle of friends. The father and mother, three sisters, and one brother are left as mourners. The body was taken to Perle, Allegan County, where the funeral was held from the Baptist church. The great question of the ages—"If a man die, shall he live again?"—was chosen as a basis for the funeral discourse.

CLIFFORD A. RUSSELL.

#### Finnish Mission.

Otsego Young Peoples Society	\$ 5 28
Holton Church	1 60
Grand Rapids Church School	2 75
Covert Church	85
Allegan Young Peoples Society	2 40
Allendale Young Peoples Society	1 45
Robinson Sabbath-school	5 04
Dimondale Church	85
Maple Grove Church	2 69
Cedar Lake Young Peoples Society	17 08
Paw Paw Church	2 30
Agnew Church	3 46
Buchanan Sabbath-school	6 73
Battle Creek Church School	24 00
Shelby Church	90
Grand Ledge	4 18
Carson City	7 41
Douglas Church	2 74
Nunica Sabbath-school	3 37
Bauer Church	7 82
Muskegon Young Peoples Society	4 40
Total	107 30

#### News and Notes.

The summer school will be held at Berrien Springs, Michigan, June 4 to July 10.

Elder M. S. Burnham and E. A. Merriam attended services in Kalamazoo last Sabbath.

This blue pencil mark is to notify you that your subscription expires with this issue.

A Sabbath school convention will be held at Carlton Center Sabbath and Sunday June 1 and 2. The neighboring schools are invited to attend.

#### GETHSEMANE.

In golden youth when seems the earth  
A summer land of singing mirth,  
When souls are glad and hearts are light,

And not a shadow lurks in sight,  
We do not know it, but there lies  
Somewhere veiled under evening skies

A garden which we all must see—  
The garden of Gethsemane.

With joyous steps we go our ways;  
Love lends a halo to our days;  
Light sorrows sail like clouds afar;  
We laugh and say how strong we are.  
We hurry on; and, hurrying, go  
Close to the borderland of woe  
That waits for you and waits for me—  
Forever waits Gethsemane.

Down shadowy lanes, across strange streets,  
Bridged over by our broken dreams;  
Behind the misty caps of years,  
Beyond the great salt fount of tears,  
The garden lies. Strive as you may,  
You can not miss it on your way.  
All paths that have been or shall be  
Pass somewhere through Gethsemane

All those who journey soon or late  
Must pass within the garden's gate;  
Must kneel alone in darkness there,  
And battle with some fierce despair.  
God pity those who can not say,  
"Not mine, but thine;" who only pray

"Let this cup pass," and can not see  
The purpose in Gethsemane.

—Ella Wheeler Wilcox.

"Oh, give us the man who sings at his work."

"You find yourself refreshed by the presence of cheerful people."

"The habit of looking on the bright side of every event is worth more than a thousand pounds."