

A. G. Daniells,

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HE THAT REAPETH GATHERETH FRUIT UNTO LIFE ETERNAL

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PRAYER.

R. C. HORTON.

What is prayer? It is the lifting of the heart to God in the name, and through the meditation of Christ our Saviour. It is the communion of the soul with God through the aid of the Holy Spirit. It is the Christian's very life, power and strength. Through all the stormy centuries of time since the fall of man, God has delighted in the prayers of his saints. They have come up before him like holy incense from off the altar of God and he has kept a faithful record of them all. Prayer was offered in the temple and sanctuary service.

Not only on the solemn days, but also on ordinary days, morning and evening the servants of God prayed earnestly for his favor. See I Chron. 23:30. Neh. 11:17. Luke 1:10. I Kings 8:22. No uniform posture is enjoined in the Bible. Standing with the hands outspread. I Kings 8:22. Bowing of the head Gen. 24:26. Kneeling before God. Luke 22:41. Prostration on the ground. Matt. 26:39.

How can prayer be offered so that it will be acceptable to God and avail with him? We read that "the effectual, fervent prayer of a righteous man availeth much." James 5:16. Prayer should always be offered with submission to God's divine will, fervently, perseveringly and with a confiding reliance on God in Christ. It should be accompanied by humble confession and hearty thanksgiving; for the Lord says, "I will be gracious unto thee." Ex. 22:27. Abraham's prayer availed with God when he

prayed for the house of Abimelech. Gen. 20:17. Moses' prayer was effectual and was heard when he prayed for the fire of the Lord to be quenched among his rebellious people. Num. 11:2. Shemaiah's prayer was heard when he prayed for the restoration of the king's withered hand. I Kings 13:6.

Many prayers are offered that the Lord never hears. They are an abomination unto him. Isa. 59:1,2. Prov. 28:9. God is honored by the praying man, church or people, rather than the prayless. It implies pollution coming to the fountain opened for sin and uncleanness to be cleansed, it is weakness leaning upon Almighty strength, and emptiness coming to God for wisdom and fullness.

Prayer may be offered without prostration of the body or the movement of the lips, but not without the lifting up of the heart to God, or fervency of spirit and earnestness of purpose; and not without our feeling the need of divine help and guidance of the Holy Spirit. It is true, prayers may be said, and are oftentimes said both in public and private, being very eloquent and pleasing to the ears of the unsanctified hearer, but such is not praying, it is only saying prayers.

An earnest servant of God made the following remark at an evening meeting, just before they expected the Lord to come in 1844. A large number had gathered for prayer service before the preaching began and several had been saying their prayers, when he came in unobserved, no one knowing that he was present. He finally broke forth in earnest prayer and said, "Oh

Lord God of Israel, what a vast difference there is between praying and saying prayers." His earnest and fervent prayer brought the blessing of God in the meeting that night and heartfelt confessions were made, several giving their hearts to God and the good work of the Lord went on with converting power. What we need is to pray, pray often, pray in faith and pray always.

The apostle James says, "Ye have not, because ye ask not. Ye ask and receive not, because ye ask amiss, that ye may consume it upon your lusts." James 4:2,3. How could we expect the Lord to hear our prayers or grant our requests if we do not ask in harmony with his will? He cannot compromise his own word to gratify the requests of any selfish human being. Besides, to grant our request would be an injury to us and confirm us in our selfishness. His glory must always be considered, else we would not be asking in harmony with his will, and therefore our request could not be granted. But the Lord has not left us in ignorance concerning his will. He has revealed his will to us, and we as intelligent beings are to know what it is.

(To be continued.)

Do We Appreciate It?

After examining several periodicals published especially for young people, I am free to say that the Youth's Instructor is by far the best I have seen, viewed from the standpoint of wholesome reading. And when we stop to consider that this paper is the organ of our Young People's Missionary Volunteer Movement, and is our instruct-

or in the truths of the Third Angel's Message, and a medium through which we may take this truth to others, it is surely, for us, the most important paper.

Do we appreciate it?

Have we asked others to subscribe for it?

Let us be loyal, young people, to our good friend, the INSTRUCTOR.

M. E. KERN.

Medical.

Healthful Dress.

BY DR. L. J. OTIS.

Dress reform is an important part of the reformatory truths that were given to be proclaimed by this people. These truths bear the same relation to the third angel's message as the right arm to the body.

Aside from the material from which clothing should be made, there are two things that should be borne in mind. First, clothe the body uniformly. Second, avoid tight clothing that constricts or compresses any part of the body.

Have the dress made so as to uniformly cover all parts of the body. Don't allow fashion to cause you to go with bare forearms during the cold winter weather. If the feet are cold when wearing a single pair of stockings, wear two pair. A combination of an inside cotton next the feet surrounded by woolen stockings on the outside, often gives excellent satisfaction.

Personally, I have found that this is the proper place to wear a chest protector. Most colds result from congestion in lungs, due to constriction of vessels in extremities, brought on by their becoming chilled.

Keep the extremities and spine well protected. A chest protector worn to cover back is next essential after protecting well the extremities. There is, though, little need of anything extra over the chest. Be sure that the young girls

wearing short dresses, have special protection to feet and limbs.

The avoiding tight clothing would include, tight bands, as neck and waist bands, also corsets, which naturally constrict and misshape the natural waist, and skirts, suspended from the hips, which, in effect, is similar to the corset.

The circulation must not be hindered, and wearing such garments very materially does hinder the circulation in many different ways. The surface circulation is hindered by compressing the surface vessels. But in constriction of the waist, we find, besides this, a pressure on the large abdominal vessels, especially the vena-cava; and pressure on the kidneys which is sometimes sufficient to bring on some of the symptoms of Bright's disease, as swelling of the feet. The pressure on the liver also interferes materially with the circulation since the liver is a vascular organ receiving the blood from the entire portal circulation. The pressure here often brings on misshape and deformity of the liver, produces a prolapsed condition of the stomach, transverse colon, and spleen, and displaces the kidneys. Later this prolapsed condition of the abdominal viscera, causes malposition of the pelvic organs.

The result of errors in dressing are not always apparent at the time. It is quite common to find those who violate these principles of proper dress, to claim immunity from the results of such transgression, and later develop varicose veins, or some other more remote disorder, as the result of the continued interference with the circulation.

The diseases that might arise from improper dress are numerous. It is one of the half dozen causes that are responsible for all the common diseases. Some of these are directly due to improper dress, while others are indirectly due to the same errors. Those who say it never hurts them, too often awake to the fact that they are

victims of certain disorders which may make them miserable the rest of their life. In other cases there is a premature exhaustion of vitality, so that we find them old in appearance while they are yet young in years.

The remedy for all such errors, is to work to bring the body back to its natural form, clothing oneself for health; giving special attention to strengthening the muscles of the abdomen and back by means of proper gymnastics. The strengthening of these muscles tends to bring the organs back to their natural positions. Thus the normal action of all the organs is re-established.

From the Field.

Union City.

Elders Haughey and Bourdeau came to Union City October 25th, and spent the Sabbath with us. A small church was organized. There were some who we hoped would unite with us, who did not do so; but we hope and pray that they may soon.

Meetings were held on Friday evening. Sabbath forenoon and afternoon, at the home of the writer. Forty-two were present at the afternoon service. Several of my Bible readers attended and were favorably impressed with what they heard.

The Lord has been giving me some grand experiences of late. I would not take the world in exchange for ONE of them. I do thank God that we can be coworkers with Him. He furnishes all we need for the work, and we are simply the instruments in His hand. I will relate an experience which I had not long ago. A lady sent for me to come and see her as soon as possible. When I called she said that the Post Master had recommended me to her as a Christian nurse, and she wished me to give her massage as she was suffering terribly with shaking palsy. My heart went out to her in pity, but

I feared that I could not help her, as I am not a trained nurse, so I tried to get out of it in some way, but I found that I could not. The appointment was made for eight o'clock that evening. Before leaving her we had a few words of prayer. If ever I prayed in my life, I did that evening, that God would go with me into that home and teach me what to do for her.

Before beginning the treatment, I bowed by her bedside and asked God's blessing to rest upon the patient, and that the treatment might cause her to sleep that night. The Lord certainly answered prayer. She said it was the best massage she had ever had, and she slept like a child that night. To God be all the glory.

When I went the next evening she said, "You are going to have the prayer to-night, are you not?" Said she looked forward to the prayer more than anything else. She wants readings now. This is what I call a precious experience.

My courage is good, and I with you, expect to enter those Pearly Gates.

MRS. CLEORA GREEN.

From Our Missionary Student.

We know that all of our young people are very anxious to hear from Miss Winifred Trunk who is attending the Washington Missionary Seminary. She is very busy in her school work and has not had time to write any thing for the Herald, so we take the privilege of quoting from a personal letter:

"I cannot begin to tell you how thankful I am that I am here. It seems every day that new blessings come to me in ways, in which I had not thought. Elder Daniells has just finished giving us a series of talks on organization. These have been especially helpful as it is so important for us, just now, to be able to have a firm foundation. He has made it a subject of much thought and consideration, and we all appreciated it very much. Friday evenings we have a student's

meeting and it seems God's spirit does come very close to us.

We have organized a Sabbath school for the School and the Sanitarium. It is held in the Sanitarium Gymnasium until the new school chapel is finished. A church has been organized also. The name seemed very hard to find. Sligo was first given but many objected so a committee was chosen for the purpose, and after long deliberation and reporting, and having the report referred back to them, they offered the name, "Seminary and Sanitarium Church." This was accepted, not because it was exactly suitable, but because no one could think of a better name. There are fifty-four who wish to join here. There are now about fifty students here and more coming every day."

"Our matron is from Australia, but has been connected with the South Lancaster school for four years. Our preceptress is Mrs. Hayton from South Africa. I hope you will tell the young people of West Michigan how much I do thank them for what they have done for me."

We wish to tell our young people that Miss Trunk's letters are full of courage and cheer. The Lord is blessing her in her work, and he is blessing all of the dear youth of West Michigan who are giving of their means to help in this good work of educating one of their number. We hope that each one will remember the pledges made at the camp-meeting. These can be paid to E. A. Merriam, Otsego, Mich.

MARGARET HAUGHEY.

Missionary Volunteer Lesson, Nov.

16.—The New Earth.

1. For what purpose was the earth made? Isa. 45:18.
2. Does God's purposes ever change? Mal. 3:6.
3. What is the character of those whom the Lord designs should inhabit the earth? Matt. 5:5.
4. What is the character of

many of the inhabitants of the earth at present? Ps. 37:1,7,12,14, 35.

5. Since the purpose of God is not carried out what promise is made in Isaiah 65:17?

6. What then will become of the wicked? Ps. 37:9,12-15,20.

7. What promise was made to Abraham? Gen. 17:1-8.

8. What was included in this promise? Rom. 4:13.

9. To whom, with Abraham, was this promise given? Gal. 3:16.

10. Was this promise fulfilled to Abraham? Acts 7:1-5.

11. Did Abraham understand the matter? Heb. 11:9,10.

12. Was this promise fulfilled to his posterity? Heb. 11:13-15.

13. Why were they not permitted to receive the promise? verses 39, 40.

14. Then is this still future? 2 Pet. 3:13.

15. What effect did Adam's transgression have on the earth? Gen. 3:17,18.

16. How will the effect of this curse be removed? 2 Pet. 3:10.

17. Who will be destroyed in this fire? Rev. 20:8,9,10.

18. After this what will be the character of the inhabitants of the world? 2 Pet. 3:13.

19. What will be the nature of the beasts on the earth? Isa. 11:6-9.

20. Will the inhabitants have permanent homes and employment? Isa. 65:21,22.

21. Describe the condition of the earth. Isa. 35:1-7.

22. For what did Abraham look in connection with the fulfillment of this promise? Heb. 11:10.

23. What was John permitted to see, in vision, on the isle of Patmos? Rev. 21:1,2,10-14.

24. What are the dimensions of this city? Verses 15-17. (375 miles square.) "The length, breadth and height were equal," or proportionate.

25. Of what were the foundations composed? Verses 19,20.

26. Of what were the gates made? Verse 21.

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Margaret Haughey, Editor.

27. Will they ever be closed?
Verse 25.

28. Who may enter there? Rev.
22:14.

29. How often will they gather
there? Isa. 66:23.

30. As we near the fulfilment of
these promises how ought they to
effect us? 2 Pet. 3:11,12. (Note
the margin.)

31. What invitation should be
given? and by whom? Rev. 22:17.
S. D. HARTWELL.

Cedar Lake Academy.

Thursday evening, October 24,
Dr. Morey of Edmore gave us a
very interesting and profitable talk
on the subject of Care and Preser-
vation of the Teeth

Heretofore there has been but
one cooking stove for the Dormi-
tory and this of course made very
slow work to supply thirty-five or
forty persons. Therefore another
Laurel range has been purchased
and set up, making the baking and
preparing for meals much easier
accomplished.

In order to make the parlor in
the school home more homelike,
the students each gave five cents to
buy a new spread for the piano.
And as the plan worked so well, it
has been decided by the same plan
to see if we cannot purchase some
new lace curtains. This will make
the appearance much more home-
like. But the trouble now is, five
cents from each one will hardly do
this. Of course the Cedar Lake
young people are not a selfish class,
so if anyone else wishes to take
part in this plan they will be very
much welcomed.

School was closed Wednesday,
October 30, and the day was spent
by having a husking bee for recre-
ation in which about fifty persons
took part. The last of the corn
was husked about five o'clock. The
crop was a good one, the amount
being about five hundred bushels.

Dinner was served in the good
old fashioned style, and eating it
made us think of home. After
work a hayrack was placed on the
wagon, and a happy crowd of
thirty-eight took a ride to Rock
Lake, being drawn by four horses.
Some time was spent in taking
boat rides and playing games, and
we had a very pleasant time. A
lunch of good things to eat at our
return from the lake, ended our
day of pleasure.

The morning following that of
the husking bee was partially given
to Elder C. A. Hansen in which to
talk to the students. The discourse
was very profitable and we all ap-
preciated it very much. The talk
was mostly about sociability in
connection with our faith.

News and Notes.

Brother E. F. Collier gave the
office a call recently. He is look-
ing after the work in Kalamazoo.

Brother John E. Hanson informs
us that he has entered upon his
duties in Grand Rapids. His ad-
dress is 202 South Fuller St.

Elder J. W. Hofstra spent Sab-
bath, November 2, with the church
at Wright. He reports a good
meeting. Sabbath, November 9,
he spoke in the Otsego church.

THE YOUTH'S INSTRUCTOR bearing
date of December 3, 1907, will be
a special number known as "Our
Truth Number." We hope our
young people will do all they can
to circulate this issue.

Clifford A. Russell left last Wed-
nesday for a trip among the church
schools. He expects to visit the
following schools: Grand Rapids,

Carleton Center, Grand Ledge,
Lake Odessa, and Portland.

We are glad to report that the
treatment rooms in South Haven
are well patronized. The work is
carried on by the nurses, Misses
Flichel and Anderson, who have
more than they can attend to.

Our office work has been very
much broken up for ten days or
more on account of moving. For
four years the conference office has
been in a large store room. The
room was all right for a store, but
very inconvenient for an office. It
had no windows except at either
end, consequently we had poor
light and ventilation. We have
moved to a more rural part of the
town and are located at the end of
Hammond Street in a dwelling
house, and we have plenty of light
and fresh air. Our stenographers
have a private room where they
can read their notes without mo-
lestation, and our secretaries, book-
keeper, and editor do not have to
hear the click of the typewriters so
distinctly. When any of our
brethren and sisters or conference
laborers call to consult any of our
departmental officers, it can be
done in a private room without
disturbing others. We are all very
much pleased. As we look around
our rooms we are reminded of the
little girl who was taken to an oc-
culist to have her eyes examined.
It was discovered that she was
near sighted, and when the oculist
put a pair of glasses on her, she
exclaimed, "Oh, mamma, it is a
new world." As we look at the
clean paper on the walls and the
beautiful sunlight streaming in at
so many windows and have plenty
of fresh air, we say, "we are in a
new world." Our telephone is not
in as yet, but we hope to have it
soon. Elder A. G. Haughey and
E. A. Merriam have 'phones in
their residences, so if any one de-
sires to reach us by 'phone, they can
do so by calling either one of these
parties.