

# THE WEST MICHIGAN HERALD

HE THAT REAPETH GATHERETH FRUIT UNTO LIFE ETERNAL

VOL. VI.

OTSEGO, MICHIGAN, OCTOBER 7, 1908.

No. 40

## The West Michigan Herald.

Issued every Wednesday by the West Michigan Conference of Seventh-Day Adventists, Otsego, Michigan.

Rate: 25 Cts. per year (50 numbers) in advance.

Entered Sept. 23, 1903, at Otsego, Mich., as second class matter, under Act of Congress of March 3, 1879.

E. L. Richmond, Editor.

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### Our Mission.

Go where the sheep are straying,  
Out on the mountains cold;  
Seek, and with patience bring them  
Back to the Shepherd's fold.

See o'er the path you journey  
Light from His throne descend;  
He with His eye will guide you  
Safe till your work shall end.

Go where the poor and friendless  
Long for a word of cheer;  
Whisper the name of Jesus,  
Name to the heart most dear.  
Soft as the breeze of twilight,  
List to the words descend:  
He with His eye will guide you  
Safe till your work shall end.

F. G. CROSBY.

### Fresh Air.

There is no one thing so potent to prevent disease, so effective to maintain general healthy action of the whole body, so powerful to heal when sick, as fresh air. Some go from one medicine to another hoping to find something that may

prove a general panacea, when all about them it abounds, and yet how loath they are to accept of it. If there should be any virtue in the purchased medicine, in fresh air there is more.

We all need it. We all have to have it. And the more sick the individual the more he ought to have of it, and yet how little they often get. Under pretense of doing something for the patient, the windows are closed, and frequently the face covered, for fear a little fresh air might hurt them. How foolish! There is one thing we can all do for the sick, and that happens to be the very best thing for them, give them an abundance of fresh air. If in order to do this they are exposed to a draft, cover shoulders and chest well, but give the fresh air. A draft in the face is not harmful, and in some cases is quite essential, as in exhaustion, heart failure, and fainting.

In support of this, note the following from the New York State Journal of Medicine: "Nothing stimulates the heart better than a current of fresh, cool air upon the face. Fresh air stimulates the heart, reddens the blood, quiets restlessness, favors sleep, improves secretions and digestion: in short, meets most of the indications for the treatment of pneumonia in infants." And it is not only in tuberculosis, nor in pneumonia that fresh air is of value, we find it indispensable in other diseases as well. Especially is this so in the treatment of children's diseases of various kinds.

Fresh air brings the glow of health to the face. You who would be beautiful as the Lord in-

tended you to be, breathe fresh air. Is your complexion sallow or muddy; is your face disfigured with acne or other pimples and blotches? Fresh air if persisted in will remove these, and give that beauty to the complexion, that can be given by no purchased lotion or powder. Take it internally twenty-four hours during the day.

Remove all constrictions from the waist, give the lungs the greatest freedom possible, poise the body over the balls of the feet, have the hips back and chest forward, and then breathe and do not forget it, as we often do. By this means sleep is brought to the sleepless, the blood purified so that all secretions become more effective and the appetite increased. Thus it comes that not only the action of the lungs but of the stomach, liver, and of the whole body is improved.

The principal progress made in the treatment of tuberculosis in the last fifteen years has been in recognizing the fact that fresh air cured those who recovered, so now they have taken away the other medicines and are giving them air.

An article by Dr. Jas. M. Anders in the Medical Record says, that in his opinion the slow progress in the treatment of pneumonia at present and that has been made in the treatment of tuberculosis in the past, is due to the foundationless misguided hopes, which are too often based upon the products of medical manufacturers instead of recognizing the value of the natural elements everywhere available.

The tendency to bring a long list of drugs into the treatment of



disease was, and still is, most unfortunate. It is indeed gratifying to note the rational trend of modern medical progress, but how slow the people are to accept and put it into practice. As light bearers, let us not forget that this is a part of the light we have to give.

DR. L. J. OTIS.

### No, Don't.

Dear fathers, don't scold. The shoes will grow old, and the clothing wear out. 'Tis by no means at all worth scolding about. Your burdens will be like the sands of the sea, and nothing is what you might wish it to be; you'll be jostled and pressed, and perplexed and distressed; you'll wish for a place and a period of rest. The children won't do as you might wish them to; all things will run wrong, and the prospects look blue.

But, fathers, don't scold. O don't scold!

Dear mothers, don't scold.

There'll be dust on the carpet from John's dirty feet, and Mary and Polly will fail to be neat. They'll make a great racket; for quiet you'll plead; and after you've spoken, they'll fail to take heed.

All over the garden the chickens will scratch. The seeds will not sprout; the eggs will not hatch; the doors will blow open; the house plants will freeze; John's suit will wear out at the elbows and knees.

But, mothers, don't scold. O don't scold!

Dear brethren, don't scold.

Brother A. is too slow; Brother B. is too fast; Brother C. never sees till the chance has gone past; Brother D. is contrary, F. and G. are perverted; H., I., J., and K. are not soundly converted; while all of the rest, whether child, man, or woman, are all full of faults, decidedly human.

In short, to come quickly and right to the point,—the world and

all in it are quite out of joint.

But, brethren, don't scold, O don't scold!

T. H. JEYS.

### Queries.

The following questions have been sent us, and it may be that others besides the "Inquirer" will be glad to be informed.

1. Were the ten commandments written in the book of the law as well as on the tables of stone?—Ans. Yes. Read Deut. 5.

2. Is it proper to give members of a church a letter as they leave the church or wait until they ask from the church with which they wish to unite?—Ans. We consider the latter plan preferable. The individual should ask the clerk of the church he wishes to join to make application to the clerk of the church he wishes a letter from and this clerk will, upon action of the church, make out a letter and send to the clerk of the church to which the individual has removed.

### The Special Thanksgiving Review.

The special REVIEW for Thanksgiving will be profusely illustrated with cuts of our various mission workers, publishing houses, sanitariums and periodicals. Every page will contain some of these photos, making the whole number very attractive, as well as instructive. It will be the very best presentation of our home and foreign work ever given. It will do much toward giving the world an enlarged conception of our work. It will make the work of soliciting for donations for our foreign missions comparatively easy, and will have a favorable impression upon the minds of the people. This number of the REVIEW will be furnished free to all who will use them in soliciting for cash donations to missions. With them will be sent a suggestive canvass, showing how to approach the people, and something of what to say. A registered solicitor's card contain-

ing the name of the solicitor and a list of mission stations operated by the Adventists, with space opposite each station to enter the amount donated, will be issued to each person authorized by the elder, State Tract Society Secretary, or the Mission Board to receive donations.

When the week has ended, the donations with the cards are to be passed in to the Church Treasurer, and by him forwarded to the State Tract Society Secretary. The State Tract Society Secretary will remit for all churches and isolated members to the Mission Board.

Let us plan to have a part in this important work. If our people do their duty during this one week, the message in foreign fields will receive an impetus heretofore unknown, and our home work will be greatly strengthened through the better knowledge gained of it through the special REVIEW.

### Obituary.

Died, Elbert L. Foster, at his home two miles south of Cedar Lake, on Sunday evening, September 7th, after an illness of about two weeks, aged 29 years and 13 days. He has known the truth all his life, was baptised about nine years ago, and died with these words: "I will leave it all with Jesus." Words of comfort were spoken by the writer.

J. M. WILBUR.

"Sunshine is mightier than a thunder-storm, and patience, meekness and purity accomplish more than enthusiasm, assertiveness, and passion."

"A day well spent is a source of pleasure. To be constantly employed, and never asking, What shall I do? is the secret of much good and happiness."

"It is right to be ambitious if our ambition is directed toward right objects. When not properly controlled and directed, ambition is an evil."



## How the First 230 Copies of the October Signs of the Times Were Sold.

Mountain View, Sept. 22, '08.

Several members of the Circulation Department of the SIGNS OF THE TIMES planned to be among

the very first in introducing the October number to the people. The report below shows the results of first efforts, and the suggestions following tell how it was done.

Name	Place	Hrs.	Copies	Amount
Miss Belle Johnson	Redwood-Business	4¾	65	6 50
	Palo Alto "			
Mrs. J. R. Ferren	" "	4¾	77	7 70
J. R. Ferren	Palo Alto Res.			
	M. V. -Business	6¾	48	4 80
Miss Vinolia Earp	San Mateo- "	5½	22	2 20
H. H. Hall	" "	2¾	14	1 40
Geo. Perrine	Palo Alto Res.	2	4	40
		26¾	230	\$23 00

### METHODS USED.

In business territory—stores and offices.

"In almost every instance I was treated very kindly. I presented the paper in different ways, but frequently introduced my work as follows:

"I believe you will be interested in the October number of the SIGNS—handing copy—the leading feature is the money question—then refer briefly to the current items, turning to page 30—This article gives the steps which have led up to the control of a large proportion of our wealth by a few men. And it gives also the light of the Bible on this condition."—Miss J.

"I try to be just as cheerful as possible. I approach a person just as though I expect he will want it. If he does not buy, I bid him 'Good morning' just as cheerfully as if a sale had been made."—Mrs. F.

"As you are a business man, I presume you are interested in the money question. I have here the clearest, most straightforward statement of the whole financial problem that I ever read. It tells just when the trusts began; how they have developed; what proportion of the wealth of the United States is now in their control, and the meaning of it all. The magazine contains many other articles of interest, but this one will repay

you many times for its price, which is ten cents."—H. H. H.

"In a number of instances where persons refused at first to buy, by my stopping a moment just to speak in a general way of things which are happening, the person would decide to buy the paper. One man said, 'O, how can the Bible give light upon things which are happening now? It was written thousands of years ago, and we are living in an ENLIGHTENED age.' Yes, I replied, this is a wonderful age. We have street cars, and every kind of means for rapid travel, and it is a day when people are studying more than ever in the past. Did you know that these very things are foretold in prophecy? You may read in Daniel that there shall come a time when men shall run to and fro, and knowledge shall be increased, referring to the very day in which we are living. 'Well,' he said, 'I believe I want your paper.' He took a copy and said he would read it."—Miss Earp.

In residence territory—meeting women.

"I would like to take a minute of your time to show you this beautiful October magazine. While it gives special attention to financial matters, and presents it in the clearest way I ever read, it also contains many things of interest to the housewife. (Leafing from back) Here is an article on dress;

a beautiful story of a boy who wrote to his mother for advice as to what he would better read; a very interesting Temperance Department. An account of Prof. Shaw's visit to some of the Burmese Temples. It also contains an article showing the effects of concentrated wealth upon the children who labor in factories. This will appeal to every mother's heart. While many other papers present some of these things, none of them tell their meaning from a Bible standpoint. This is why I think you will be interested in this, even though you haven't much time to read. It has 52 pages, and costs only ten cents.

### GENERAL.

"In house to house work, I find it an advantage to not hurry too much. If a lady is met in her garden, pass a few words showing an interest in her work before presenting yours. If she is busy with the vegetable man, tell her you will be glad to wait until she is through. In stores and offices, the work may be done thoroughly, and so quietly that your presence is hardly noticed except by the person being addressed. Permission to pass among clerks may usually be obtained from the one in charge.

### Darkest Africa.

Paul, the "Apostle of the Congo," was another of these "commonplace blacks." The Rev. Henry Richards tells his story. There was one man, the son of a chief, who did all that he could to oppose the gospel. He would take his drum and some wine, and begin to dance to call the people away from the service. The weak ones would sometimes go and join in the dance. The sound of the drum seemed to electrify them; it reminded them of pagan times. Sometimes, when this man whose name was Nloko (meaning 'a curse') could not draw the people away from the meetings, he would come in and drive them out by making a great commotion." But the



time came when this Saul, "yet breathing out threatenings," heard the heavenly voice, and experienced a radical conversion. "Nloko was baptized. I gave him the name of Paul, because his experience was so much like that of the apostle. The man seemed to be full of the Holy Spirit." He was eager to preach. He asked for the hardest place, one where it had previously been impossible to gain admittance for the gospel. After some preparatory training, he went to Kinkanza. The people would not receive him. He then pitched his old tent outside the pagan town, and began his siege. Cold and dampness and hunger were his companions, but he was steadfast.

For some months there were no converts. Finally one man dared to say, "I am a Christian." Immediately he was rejected by his townspeople. Then Paul had a neighbor. A small hut was built near his tent, and the new convert moved in. Gradually the little community grew. A chapel accommodating three hundred people was built. This little company of Christians, just from paganism themselves, were soon sending teachers to other towns, and paying their expenses.

"All that Paul seemed to think of was souls; he dreamed of souls and how he could win them. "Of course," concludes Mr. Richards, "we have not many Pauls. He is a born preacher. No man's prayers seemed to help me as much as his. I am astonished at the man's power. He preaches the gospel of the cross. That is what breaks down the pagan." Before Paul died (1902) his church numbered 600 members, all converted under his personal evangelism. This number included none of the converts in the towns where his missionary teachers had gone. His people continued to carry the message across the Kongo to their heathen neighbors, and its influence is widening.—"Daybreak in the Dark Continent.

### News and Notes.

The Conference Committee met in Otsego last Thursday.

M. B. Butterfield is located at Scottville, Mich., for the winter.

Miss Beulah Sperry of Battle Creek has taken up the nurses course at the Nebraska Sanitarium.

After a summer's retirement Elder R. C. Horton was reinstated in the work, by vote of the Conference Committee.

The next session of the West Michigan Conference will be held January 18-22, 1909. The place has not been decided upon.

The tent meetings in Grand Rapids, Fremont, and Charlotte have closed. Those in Kalamazoo and Solon Center are still continued.

The News and Notes were crowded out last week. The matter used seemed all to be necessary. We will try and make up for the omission in future issues.

A temperance rally was held in connection with the tent meetings in Fremont, Sunday afternoon, September 20. Three outside ministers participated in the service. The music was furnished by a male quartette.

The Special October Number of the SIGNS is the best one yet. The article of the temperance situation is worth the price of the magazine. Send us ten cents for a copy, or better still make it one dollar and get the magazine numbers for a whole year.

The October number of LIFE AND HEALTH contains numerous timely articles on important subjects. The two color cover shows an active school boy with his books. Price 10 cents per single copy; two or more, five cents each.

"Heralds of the Morning," refers the reader to the signs of the

second coming of Christ, which may be observed daily, and which therefore appeal to everyone. Price \$2.00. We have some of these books with gilt edges, which we will close out at 90 cents each, postpaid. You will not have another chance when these are gone. Order some to day and loan them to your friends and neighbors. The book is profusely illustrated and even the children will be interested in it.

### Cedar Lake Academy.

The Intermediate Department of the Academy has been in session for four weeks. The present enrollment is thirty-five.

The primary department of the Academy, in charge of Miss Grace Evans, opened Monday, September 21, 1908. The enrollment in this department is twenty.

Classes in all grades are doing good strong work.

Recent arrivals are Mr. Floyd Gilman, Benton Harbor; Mr. Victor Bjork, Kreeton; Miss Mearl Sevy, Charlotte; Miss Emily Crouch, Petoskey; Miss Alma DuBois, Mesick.

Farm work is well in hand. Corn is about ready to husk. Our bean crop is harvested and threshed.

The Academy farm is being fenced with woven wire. Dry weather has delayed this somewhat.

Mr. Green and Martin Halverson made a trip to Alma with a load of peaches recently.

Grape and peach canning is the order of the day in the kitchen. A good supply of first class fruit is being prepared for winter.

It is not too late for earnest young people to enter. We have room in our dormitories for two or three girls and several boys.

Information may be obtained from the principal, W. L. Avery.

"The measure of our joy depends not on what God is willing to give, but on what we are willing and able to receive."