# TAKOMA PARK Tentral Union Reaper

Official Organ of the Central Union Conference of Seventh-day Adventists

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NUMBER 42

## Is Reform a Burden or a Privilege?

By Velma Davis-Cooper

Dietitian, Boulder-Colorado Sanitarium

What do our dietary principles mean to you? Do you believe in them to the extent that you consider it a privilege to follow them wherever you may be? Or are they a burden to you to be cast off at every opportunity?

It often seems that we become so familiar with the principles of diet which the Lord in His goodness has given us that we fail to appreciate them, forgetting the significant part that they are to play in our lives and in the lives of oth-

The light that has been given to us on health reform, which includes our fundamental principles of diet, was given to us before many of these things were recognized by the authorities of the world. Had this light been accepted and carried out conscientiously and intelligently, we might have been far ahead of those about us in the knowledge of proper diet. But what was the attitude taken? Some endorsed these principles without using any judgment as to their application, so that

#### WHY SOME GIVE UP

Usually the things that cost are the things that we appreciate most.

God has placed earthly possessions in our hands, and He expects us to return to Him a tithe for their ure. "Every man, woman, and youth may become a treasurer for the Lord, and may be an agent to meet the demands upon the treasury. . . The treasury will be full if all adopt this system, and the contributors will not be left the poorer. Through every investment made, they will become more wedded to the cause of present truth." -Testimonies, Vol. III, p. 389.

The payment of tithe on our part shows that we acknowledge God as the owner and giver of all good things, and that we return onetenth to Him to carry on His work in the earth.

J. F. PIPER.

the thing was made to appear ridiculous. The example of these few radicals served to turn many away because the truths were made to appear in a distorted light.

However, there have always been a few who have followed the instruction, allowing their common sense to aid in the application of it. The Lord does not expect us to stumble blindly along in the path He has outlined. Although the reason for some of the do's and don't's may not always have been clear to us, the light of science has revealed much that not only gives the reason but aids us in knowing how to apply the instruction to our own particular circumstances.

God did not give us these principles of diet to be a burden but a blessing to us physically, mentally, and spiritually. There are but few who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, and their eternal destiny."-Testimonies, Vol. I, pp. 488, 489.

"With Christ, as with the holy pair in Eden, appetite was the ground of the first great temptation. Just where the ruin began, the work of our redemption must begin. As by the indulgence of appetite Adam fell, so by the denial of appetite Christ overcame."-The Desire of Ages, p. 117.

"If the indulgence of appetite was so strong upon the race that, in order to break its power, the divine Son of God, in behalf of man, was required to fast for nearly six weeks, what a work is before the Christian in order that he may overcome even as Christ overcamel"- Counsels on Health, p. 123.

We find recorded for us in the word of God other outstanding illustrations of the test of appetite. Esau had a strong desire for a particular favorite dish, and he had so long gratified appetite that he did not feel the necessity of turning from the tempting dish. He continued to think upon it, and his desire was strengthened until his sacred birthright had lost its value and sacredness.

(Continued on page three)

#### TEACHER NEEDED

An experienced teacher is needed to fill an emergency vacancy. Single teacher preferred. Give qualifications, experience, and age.

A. H. RULKOETTER, Central Union Conference.

#### **TARDINESS**

Some people are late to everythinglate to meals, late to work, late to church, and late to see the opportunity of life itself. The habit of tardiness grows unless it is checked. When parents pass by with indifference the frequent tardinesses of their child at school, what can one rightfully expect of the child in the future?

The teacher is trying to encourage the child to reach higher standards and ideals by encouraging him to be prompt to his appointments. But indifference or carelessness on the part of the parents can defeat the work of the teacher. To be sure, some tardinesses are unavoid-But what about the others? Promptness in meeting appointments must be begun in childhood, encouraged in youth, and continued in maturity.

From the laws of nature and from the book of Revelation, we gain constant views of the promptness of God. Perhaps there is no greater example than the promptness with which the Saviour appeared at the time appointed. In the life of our Saviour there was a time for each event, and He met the appointment promptly. What a worthy example for us to follow.

If being tardy to school were the end of the incident, we might be less concerned. But it is not. What the final outcome of the habit of tardiness will be. neither the parents nor the child himself can accurately know. Indeed, we may not treat indifferently a habit of such far-reaching consequences. Give your boys and girls a chance. Teach them by precept and admonition the value of promptness. Help us to remove tardiness from our schools and from the character of our boys and girls.

A. H. RULKOETTER, Union Educational Secretary.

#### COLORADO CONFERENCE

V. G. Anderson, President F. W. Schnepper, Secretary Telephone CHerry 1767 1081 Marion Street

Denver

#### NOTICE

THE lay preacher and Bible worker institute announced for Grand Junction, Sabbath and Sunday, October 30 and 31, will be held in the Delta church at the same date instead of Grand Junction. All those who are interested in this line of work should attend the Delta institute. Elder R. J. Christian of the Central Union, Elder V. G. Anderson, the conference president, Elder R. T. Baer, the district leader, and the conference home missionary secretary will be present to give time to definite instruction in this line of soul-winning work.

L. G. JORGENSEN.

#### A POCK HOME MISSIONARY NEWS

MR. AND MRS. G. C. SMITH, of West Denver, have been helping their Juniors reach their Ingathering goals by taking them out Saturday nights in singing groups. They have solicited \$75, besides the \$52 raised by the Juniors on the Denver Junior Academy field day. They have a total of \$127. They expect to get the Junior Ingathering ribbon bookmarks.

Elder Alonzo L. Baker's temperance lectures in the five large cities of Colorado were well attended by the public and were given good publicity by radio broadcast and newspapers. Hundreds of copies of the special temperance number of the Signs were given out at these meetings. Our Missionary Volunteer societies and churches should take advantage of and follow up the interest aroused by Elder Baker's lectures and distribute hundreds of these papers in high schools and colleges. Our churches could do no better service right now than to distribute these by the hundreds to neighbors and friends in the interest of the great cause of temperance. The price of the temperance number of the Signs is \$15 a thousand. Order them now from the Colorado Book and Bible House.

The following churches now have their Ingathering goals: Ford, Sterling, Stratton, Denver German, Pagosa Springs, Cortez, Loveland, Salida, Cripple Creek, Grand Junction, Farmington, Wray, Holyoke, Colorado Springs, Blanca, Denver Third, Cedaredge, Ft. Morgan, Rifle, Arvada, Campion, Delta, Denver York, Golden, Buckingham, Las Animas, Lycan, Denver North, Paonia, Ft. Collins, Ala-

#### KANSAS CONFERENCE

T. B. Westbrook, President T. C. Nethery, Secretary Telephone 2-4141

Topeka

Make wills and legacles to the Kansas D. A. Conference Association.

#### **NEWS NOTES**

EVERYBODY In Kansas is watching with keen interest the Harvest Ingathering reports. To October 22 we have raised \$8,932. Only \$1,578 is left to be raised. We hope that all faithful members will strive to bring in just a little more. We will all rejoice together as we see Kansas go over the top. We are hoping this may be done in October. Let's try.

Brother L. W. Pettis is assisting Elder A. A. Dirksen in his field in the final touches of the Ingathering work there. Elders N. J. Aalborg and G. P. Gaede, together with their wives, were there some time giving assistance because of Elder Dirksen's illness and his extra burden of caring for the effort started in Larned by Elder Ford. We are happy to say that Elder Dirksen is steadily improving.

Thirty-five churches are over the top in the Harvest Ingathering in Kansas on October 22. Others are nearly over-Here is the honor list as it stands today: Great Bend, Dodge City, Columbus, Parsons, McPherson, Galena, St. Francis, Independence I, Girard, Medicine Lodge, Hutchinson, Palco, Lehigh, Kansas City I, Kansas City II, Kincald, Emporia, Hillsboro, Topeka II. Durham, Herington, Salina, Florence, Spivey, Portis, Liberal, Garden City, Topeka I. Enterprise, Ozawkie, Farlington, Wauneta, Bazine, Dighton, Goodland.

Elder H. Wentland, our home missionary secretary, is spending a few days in the Wichita district assisting Elder G. E. Taylor in some of his outlying churches in their Harvest Ingathering

In this great hour of crisis, especially in the war-torn zones of earth, it is inspiring to see our faithful members forging ahead in gathering funds even after the church goal has been reached. Many have reached their personal goals several times. It is reported that hundreds of thousands of dollars of damage has been done to our mission work in the war zones. Surely we will need to build up funds to reestablish our work after the wrath of man and demons has abated. Let us work while it is today.

#### MISSOURI CONFERENCE

E. L. Branson, President C. W. Marsh, Secretary

102 Jackson Street Jefferson City Make wills and legacies payable to the Missouri Conference Association of Seventh day Adventists.

#### WITH OUR YOUNG PEOPLE

THE young people will be interested to know that thus far this year the Missionary Volunteers of Missouri have raised over one thousand dollars in the Harvest Ingathering. Finel Let us keep up the good work. Be sure your name is sent to the office if you deserve a bookmark. The Junior Minute Man goal is \$2.50; Senior, \$11.49.

J. C. GAITENS.

#### STUDY AND SERVICE LEAGUE

So FAR this fall we have enrolled over thirty in our Senior Study and Service League course. Two certificates are being issued, as well as two for Junior Standard of Attainment. More certificates will be issued in the near future. To those who have enrolled we will be sending a list of the subjects covered in Bible doctrines, together with the names of the books which will be most helpful.

No doubt there are some entitled to certificates who have not received them vet. Send us your name and the necessary information, and we will see that you get your certificate.

Junior leaders and church school teachers should enroll their Juniors in the Junior Standard of Attainment course,

We are greatly encouraged by the response thus far received. Enroll now!

J. C. GAITENS. **€**00€

CHRIST would teach His disciples and His enemies, that the service of God is first of all."

#### Central Union Reaper

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#### WITH OUR COLPORTEURS

J. M. JACKSON

Field Secretary

MISSOURI CONFERENCE

Week Ending October		16, 193	7	
Colporteur	Book I	Hours	Orders	Deliv.
Mrs. C. A. Brown	Misc.	5	11.25	11.25
W. A. Burton	BR	35	5.25	50.75
Sophia Carter	BR	13	10.50	
Delvert Davis	HR	18		53.25
Sam Dunn	BR	53	60.50	94,50
J. M. Jones	BR	20	29.00	
Andy Krause	BR	5	5,25	19.25
Floyd Mathews	BR	25	21.00	
J. R. Minear	BR	20	15.70	1.50
John Ogren	RJ	36	8.00	.50
C. D. Saxton	BL	25	15.25	3.75
Delmar Saxton	BL	21	9.25	39.00
Mrs. Todd	Mag		60.00	60.00
Wm. Thomas	HR	5		36.00
Lonnie Thompson	BL	28		45.90
Mrs. J. G. Gunn	Mag	20	7.20	7.20
Mrs. A. F. Myers	Mag	21	16.35	16.35
Sadie Sawyer	Mag	40	20.15	20.15
Mrs. Weems	Mag		2.00	2.00
		390	296.65	461.35

#### COLORADO CONFERENCE

g Oct	ober	16, 193	7
Book F	lours	Orders	Deliv.
BR	48	93.00	15.50
Mag	40	40.70	18.20
BR	39	22.90	1.15
Mag	32	16.65	16.65
Mag	30	31.00	31.00
Mag	26	11.70	10.20
HP	17		22.75
BR	2	.25	
RJ	1	7.50	7.50
BR			176.00
	BR Mag BR Mag Mag Mag HP BR RJ	BR 48 Mag 40 BR 39 Mag 32 Mag 30 Mag 26 HP 17 BR 2 RJ 1	Mag 40 40.70 BR 39 22.90 Mag 32 16.65 Mag 30 31.00 Mag 26 11.70 HP 17 BR 2 .25 RJ 1 7.50

235 223.70 298.95

### NEBRASKA CONFERENCE

Week Endin	ig Oc	tober	16, 193	1
Colporteur				Deliv.
Mrs. J. B. Aitken		16	11.10	8.35
B. Y. Baughman	BR	47	32.25	21.75
L. A. Baughman	BR	47	24.25	19.00
L. E. Green	RJ	28	17.50	4.25
Mrs. L. E. Green	BTS	28	2.05	2.05
Mrs. H. Hirst	BR	32	17.00	5.25
Abel Larson		19	1.25	1.25
C. A. Pence			9.15	9.15
Louise Reid	Mag	15	9.30	9.30
		232	123.85	80.35

#### KANSAS CONFERENCE

Week Endir	ng Oct	ober	16, 193	7
Colporteur			Orders	Deliv.
Geo. Oblander	DND	45	12.00	27.25
Nerene Stevens	BR	32	24.50	38.50
W. M. Ladd	BR	25	14.00	116.50
Mrs. J. Gardner	Mag	19	14.85	14.85
Blanche Griffith	-		4.25	7.05
	_	140	60.60	204.15

#### WYOMING CONFERENCE

Colporteur Be C. B. Loomer Lois West	RJ 39 RJ 10		Deliv. 4.75 31.25 53.20	
Ruth Hensley Eleanor Longfellow	BR			3.00
		49	59.25	92.20

1046 773.05 1137.00 UNION TOTALS

"CHARACTER, like a well-cut jewel, shines whichever way you approach it."

#### Burden or Privilege?

(Continued from page one)

"There are very many who are like Esau. He represents a class who have a special, valuable blessing within their reach,-the immortal inheritance, life that is as enduring as the life of God. . . . happiness immeasurable, and an eternal weight of glory,-but who having so long indulged their appetites, passions, and inclinations, that their power to discern and appreciate the value of eternal things is weakened."-Testimonies, Vol. 11, p. 38.

Tempted by the alluring surroundings of the corrupt and luxurious court in the magnificent city so vastly different from their simple Judean surroundings, Daniel and his three youthful companions lived. The same mighty truths that were revealed through these men God desires to reveal through His followers today. The history of Daniel is an illustration of what He will do for those who yield themselves to Him and with the whole heart seek to accomplish His purpose.

To Daniel and his companions, at the very onset of their career, there came a decisive test. Would they eat the king's food which had been offered to idols and thus unite in homage to false gods? Dared they risk the enervating effect of luxury and dissipation on physical, mental, and spiritual development? At this trial of their loyalty, they considered their position, with its dangers and difficulties, and then in the fear of God made their decision. Even at the risk of the king's displeasure they would be true to principle. They obeyed the divine law, both physical and moral, and the blessing of God gave them strength and comeliness and intellectual power.

But how easily might these young men have failed in this great test had they been fearful of the ridicule which they might receive by standing for what they knew to be right, by considering these principles which they had been taught as of little importance, or by concluding that since they were away from home it did not matter what they ate!

Daniel and his companions had been faithfully instructed in the principles of of the word of God. They had learned to sacrifice the earthly to the spiritual, to seek the highest good. And they reaped the reward. Their habits of temperance and their sense of responsibility as representatives of God called to highest development the powers of body. mind, and soul.

In the experience of Daniel and his companions we have an instance of the

triumph of principle over temptation to indulge appetite. It shows us that through religious principle we may triumph over the lusts of the flesh and remain true to God's requirements, even though it may cost a great sacrifice.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had the moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character."-Counsels on Health, p. 574.

"If we enfeeble the body by self-gratification, by indulging the appetite, . . . in order to be in harmony with the world, we become enemies of God."-Testimonies, Vol. II, p. 63.

Since "our habits of eating and drinking show whether we are of the world or among the number who the Lord by His mighty cleaver of truth has separated from the world," let us endeavor, as workers in the cause of Christ, in our eating and drinking, wherever we may be, to do all to the glory of God.

#### **OBITUARIES**

Jones.—Mrs. Margaret A. Jones was born October 5, 1889, in Moniteau County, Missouri, and died at her home, 717 West Fourth, Pittsburg, Kansas, October 6, 1937. She leaves to mourn, her husband, Edward Jones; one son; two daughters; her mother, Mrs. M. J. Epple; seven brothers; and one sister, Sister Jones died with faith in the soon-coming Saviour, Words of comfort were spoken by the writer.

H. D. Jeffries.

Lane.—Eric W. Lane was born at Hutchinson, Kansas, July 8, 1875, and passed away at Topeka, Kansas, October 15, 1937. He leaves to mourn his passing his wife, Mrs. Lily Lane; one daughter, Lily Lane; two sons, Charles and George; one sister, Mrs. N. B. Shannon, of Topeka; and two brothers, David Lane, of Topeka, Kansas, and Elder F. G. Lane, of Crescenta, California. Words of comfort were spoken by the writer assisted by L. W. Pettis.

M. H. Jensen.

#### ADVERTISEMENTS

Advertisements and business notices are not solicited but are published only as an accommodation. They must be sent to the local conference office to be approved by the conference president before being published in the Central Union Reaper. For each insertion the rate is two cents a word, with a minimum charge of fifty cents. Cash should accompany the advertisement.

Wanted.—A conscientious young lad who wishes to obtain a practical nurse' training in small sanitarium. 4642 Ban croft, Lincoln, Nebraska.

Wanted.—By single man, thirty, work for Adventist farmer near Denver. Chores, etc. Ten dollars a month. Ralph Alt, General Delivery, Englewood, Colorado.

Adventist man and wife experienced in farm work would like job with Adventist. Can give A-1 reference. L. L. Leslie, Care of Marie Talbert, South Route, Ralls, Texas.

#### DIRECTORY

CENTRAL UNION CONFERENCE

4547 Calvert St., Lincoln, Nebraska Telephone 4-2182

#### Officers

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#### NEBRASKA CONFERENCE

O. T. Garner, President G. T. Burgess, Secretary Telephone F-2171

1405 South Seventh Street

Lincoln

#### REPORT OF OUR ACADEMY

Opportunity was lacking at the Lincoln camp meeting to report the progress of our academy at Shelton. Because of serious sickness in the city, it was necessary to shorten the meetings.

It is a pleasure to report that, during the biennium recently closed, the operating loss has been reduced. Many improvements have been made. All the classrooms have been painted. A stoker was installed in the furnace as a means of better heating and economy and also as a safeguard to prevent sparks from the chimney from starting fires on the roof. A considerable amount of money has been invested in machinery for the farm, including a new tractor and potato digger. A bread mixer was purchased for the bakery. Plans for additional improvements have been formulated and will be carried out as soon as funds are in hand.

Some notable improvements came as the result of the student improvement campaign. New chairs were purchased for the library. The guest rooms were refurnished and are in readiness for our guests. School has started off this year in a strong way with an increased enrollment of enthusiastic students.

We are preparing several new rooms for students. It will be possible for us to accept a few more students for the second semester; but as our dormitories are already crowded, we shall appreciate word in advance, so that additional rooming facilities can be arranged. One student who could not come this fall has already arranged for next year. Education is for a lifetime of service. It is important to lay plans in advance.

Our academy first opened its doors for the school year 1919-20. It has operated without interruption since then. During this period the average enrollment has been seventy-five. Of the 801 different students who have entered the "welcome" door, 246 have been graduated and have gone out into twenty-one states, and onethird of the graduates have attended college for further training.

Of the hundreds of students who have attended our academy one-fourth have earned half of their expenses by labor. A few have earned a larger portion. From such labor, in addition to financial benefit, valuable training has been provided for physical and vocational benefit. Investigation shows that eighty per cent are taking leading parts in activities in their home churches. Many letters received during the summer from Sheltonites express appreciation for benefits received, and their conviction that there shall be a better and bigger academy in the Nebraska Conference.

MELVIN Oss, Principal.

#### VICTORY HONOR LIST

COLORADO: (\$25) Mary Affalter, Earl Austin, George Wilson, Mrs. Wickwire, Mrs. N. T. Whorton, Mrs. B. M. Grandy, Mrs. Arthur, Mrs. Alexander, Mrs. J. P. Cooper, Mrs. V. G. Anderson, G. C. Mathiesen, Mrs. Clara Miller, Bertha Smith. (\$50) Mrs. C. W. Reeder, Dr. H. A. Green, Mrs. E. E. Bietz, Martir Adson. (\$100) E. E. Bietz, Karl Ziegler, Jr., J. A. Nordstrom, Melvin B. Swena, Eleanor W. Swena.

Kansas: (Minute Men) Mr. and Mrs L. W. Pettis. (\$25) Mrs. A. C. Long, H. C. Carpenter, Leonard Wood, Mrs. J. A. May, Mrs. Andy Seltman, J. H. Bartel, H. C. Schmidt. (\$100) R. R. Newman, A. C. Long, D. L. Olsen.

NEBRASKA: (Minute Men) Mrs. Caroline Segebert, J. K. Fisher, Mrs. Archie Moon, Mrs. Paul Mills, Mrs. J. Dennis, Perry Hills, Mrs. E. Ferguson, Mrs. Ollie Neville, Mrs. Verna Robinson, Mrs. Paul Hersh, Mrs. Mildred Heitman, Dale Loar, Mrs. Cora Pooler, Mrs. Glenn Ray, Vesta Scott, Chris Keldsen, Mrs. L. P. Norman, Mrs. John Erickson, Mrs. H. E. Van Svoc. Mr. and Mrs. D. D. Rees, Madge Rosenthal, Mrs. W. L. Graham, Dr. and Mrs. Frank Lopp. (Junior) Ge: aldine Adams, Wilford Burgess, Arla Evans, Geraldine Knee, Theresa Knee. (\$25) Mr. and Mrs. R. E. Bowles, Mrs. J. P. Christensen, Mrs. Ed Bristow, H. Langenberg. (\$50) Rose Nelson, H. M. Carskadon. (\$100) Shaylor and Loar singing bands, Elder N. R. Fickman. (\$300) Mrs. N. R. Hickman.

WYOMING: Mr. and Mrs. A. Renz. Mrs. F. Smith, Mrs. Tebebeugh

#### SUNSET

FRIDAY, OCTOBER 29, 1937	
Denver, Colorado	5:02
Topeka, Kansas	5:26
Columbia, Missouri	5:12
Lincoln, Nebraska	5:27
Casper, Wyoming	4:59

"God reserved to Himself a specified portion of man's time and of means, and no man could, without guilt, appropriate either for his own interests."

#### WYOMING MISSION

E. H. Meyers, Superintendent M. E. Hagen, Secretary Telephone 1053

Box 803

Casper

#### **NEWS NOTES**

We were glad to send the report of \$1.471.53 on to the union conference last week—the amount raised thus far in the Harvest Ingathering. This is a little more than half of the goal for our field. Somehow the last half should be gathered a little faster, as it makes it a long-drawn-out process to hold off until the cold weather. The above amount does not include a substantial check which was sent in by Brother Vorhies, the treasurer of the Upton church. We will say more about this a little later.

Mrs. John McKenna called at our office on Tuesday of last week. She found us doing some necessary cleaning and repairing on the interior of the office. We hope to have the appearance brightened up a bit before the close of the month.

The 30th of October is the fifth Sabbath of the month. We ask the treasurers again to be prompt with their reports, sending them to the office as early in the week as possible.

We are glad to see the growth in membership in this field. The report at the close of the third quarter showed a membership of 636. It is not our purpose to glory in numbers, but somehow our progress is measured in that way. We want to thank our church clerks for their work in compiling these reports for us.

We have in stock the reading courses for the Missionary Volunteer societies and will be able to fill orders for these excellent volumes. The price of the complete set is \$4.95 for the Senior course of the following books: Pioneers and Builders, Spirit of Prophecy in Adverse Movement, You and Your Problems, Sanctified Life, Sabbath and Sabbath Day, and Dope.