

EASTERN CANADIAN MESSENGER

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WEEK OF PRAYER

In taking up my duties as president of the Eastern Canadian Union Conference and in my first official message to the Sabbath keepers in Eastern Canada and Newfoundland the Week of Prayer is a timely subject. The custom of an annual Week of Prayer is not urged because prayer is more important then than at other times. Every week should be a week of prayer but we are living in an age of hurry when prayer is sadly neglected in many homes. The blessing of united prayer at the family altar, in the weekly meeting and at special appointed times is emphasized all through the Scriptures. "Let us hold forth the profession of our faith without wavering; (for he is faithful that promised); And let us consider one another to provoke unto love and to good works:

Not forsaking the assembling of ourselves together, as the manner of some is; and so much the more as ye see the day appraoching." Heb. 10: 23-25.

Profession alone will not save anyone and yet we are exhorted to hold fast to it. In our churches and companies there may be some who through indifference or discouragement are about to break this last tie that binds them to their first love for the truth. A special effort should be made to reclaim all such during the Week of Prayer. If roots of bitterness have grown up and if unkind words and prejudice have divided hearts forgive as you expect to be forgiven. Take the initiative in reconciliation with those with whom estrangements have come.

As we listen to the call for help from other lands let the Spirit of God subdue our hearts and unite us all in willing service. If possible meet with others of like precious faith during the Week of Prayer. If that is not possible then set apart a time each day to read the messages in the *Review* and pray for a special uplift and revival of faith and power for the finishing of the Third Angel's Message. We have our problems in the Eastern Canadian Union but none that cannot be solved if we all join

in united reconsecration and willing service.

If we do our proportionate part in supporting our mission workers in the dark heathen lands every one must bring into the treasury as liberal an offering as possible to make up our average of sixty cents a week for missions before December 31.

In closing I most earnestly plead for your prayers that God will give me the strength and grace needed to bear faithfully the burdens that falls to a Union Conference President.

C. F. McVAGH

MARITIME

F. W. Stray, *Pres.*
Office address

Amy Frank, *Sec. Treas.*
Memramcook, N. B.

WEEK OF PRAYER

We trust that every church will plan to meet regularly every day during the Week of Prayer, December 8-15. Arrangements have been made for ministers to visit some of the churches during this period. Not all will be visited at this time by conference workers.

Elder Chapman is preaching every night except Saturday night in his hall at Amherst, and does not feel free to leave. Professor Armstrong feels his first responsibility is with the school during this time of seeking God. Brother Van Sickle will be just taking on added work in the office, which will necessitate close application lest the work get behind. Brother Lamont is just beginning a special fall effort in St. John, in order to get a start before the holidays.

Elder Young will spend the entire week among the churches. The writer will also devote his time to this work. Brother Crooks will spend some time during the week with those churches where his departmental work requires his presence.

Word has already been sent to every church what to expect and what not to expect. It will be planned to give some special ministerial help soon to those churches that are not visited during the Week of Prayer. It seems better to

take a little more time and send experienced ministerial help, than to endeavor to provide for every church in the one week. This would necessitate a serious break in work which men are carrying on. Also those who have not had the experience cannot give the lifting power which the church hopes to realize when the conference goes to the expense of sending some one to visit the church.

We ask our local church elders and leaders to make a special effort at this time to enlist the largest number of the members possible in daily meeting. Read the article prepared for the day in the *Review and Herald* and have special prayer. Labor for all those within reach of the influence of the church, especially the youth, our boys and girls, "the flower of the flock."

Special interest in, and prayer for our foreign missions should have a large place in the daily exercises. The Annual Offering is taken in all our churches, Sabbath, December 15. While the Week of Sacrifice gift may have taken most of the available funds of many, yet we can give something in the annual offering. There may be some who have postponed the Week of Sacrifice who will make an equally substantial donation in the Annual Offering.

We shall write a request to every church elder and leader, to furnish us a report of the results of the Week of Prayer in his church. From these letters we hope to glean some good experiences for publication in the *Messenger*.

Let us, individually and collectively, make this Week of Prayer a season of special and earnest intercession. The isolated, as well as those who have the privilege of daily meeting with others, may share in the refreshing, "God is not far from any of us."

May the following experience be our goal for the Week of Prayer:

"Oh, for a closer walk with God,
A calm and heavenly frame;
A light to shine upon the road,
That leads me to the Lamb."

F. W. STRAY

WANTED

A young Adventist man who is well acquainted with farming and who wishes employment the year round. Apply to H. Bailey, R. R. 3, St Thomas, Ontario.

ONTARIO

D. J. C. Barrett, *Pres.* Jeannette Donaldson, *Sec.-Treas.*
Office address 3 Awde St., Toronto

WEEK OF PRAYER APPOINTMENTS

Belleville:	
L. A. Philpott	December 8, 9.
H. H. Rans	December 15.
Brantford:	
S. Donaldson	December 8, 9, 14, 15.
E. A. Jones	December 10, 13.
Chatham:	
D. J. C. Barrett	December 10, 11.
J. Capman	December 12, 13.
F. E. Thumwood	December 14, 15.
Dresden:	
G. Butler	December 10, 11.
Galt:	
F. E. Thumwood	December 8, 9.
S. Donaldson	December 11, 12.
G. Butler	December 14, 15.
Hamilton:	
E. A. Jones	December 8, 9, 15.
D. J. C. Barrett	December 15.
Iroquois:	
E. A. Jones	December 11, 12.
Lindsay:	
E. J. Westman	December 8, 9, 14, 15.
London:	
D. J. C. Barrett	December 8, 9.
J. Capman	December 10, 11.
G. Butler	December 13.
Lynden:	
G. L. Sather	December 8, 15.
Oshawa City:	
K. L. Gant	December 8.
H. H. Rans	December 13.
C. F. McVagh	December 15.
Oshawa College:	
C. F. McVagh	
E. F. Peterson	December 8-15.
K. L. Gant	
Paris:	
S. Donaldson	December 8, 15.
Port Hope and Coburg:	
William White	December 8, 9, 14, 15.
St. Catharines:	
H. H. Rans	December 8, 9.
St. Thomas:	
G. Butler	December 8, 9.
F. E. Thumwood	December 10, 11.
Toronto	
J. L. Wilson	December 8-15.
D. J. C. Barrett	December 12, 13.

Windsor:

J. T. Errington December 8-15.

ONTARIO CONFERENCE S. D. A.

D. J. C. Barrett, *President*

HAPPENINGS IN HAMILTON

A new Sabbath keeper is delighted with a copy of Daniel and Revelation purchased the other day.

Sister Henderson is planning to continue Sister Longard's work in Hamilton with the *Watchman*.

Some of the young people are going to try selling the monthly special color editions of the *Signs of the Times*, commencing with the December issue.

Somebody in Hamilton is made happy every Sabbath day. The young people supply the dainties for the generous filling of a basket or box, which is tastefully decorated with paper, and some of them present it to some "shut in." It works splendidly; and we hold no corner on the plan.

Attendance at the Young People's meetings, Sabbath afternoon, is more than double the membership.

Our Young People's leader is leaving us much to our regret. A farewell gathering was given Monday night.

The Correspondence band of the Young People's Society is beginning to reap its harvest. New appointments for Bible Readings are being made by reason of the interest which the literature has created. Harvest Ingathering money is also coming in from the same source.

For the third quarter of the year our Sabbath School showed a 100% attendance.

The number of visitors to our Hamilton Sabbath-School by quarters:

First quarter	37
Second quarter	80
Third quarter	90

The Sabbath-School is growing in membership too.

First quarter membership	69
Second quarter membership	43
Third quarter membership	40
Fourth quarter membership	50
Present membership	55

E. A. JONES

COLPORTEURS, ATTENTION!

According to present plans a colporteur institute will be held in Toronto, January 3-10. Brother Thumwood, the field secretary, and the writer with the co-operation of the conference officers and workers are definitely engaged in seeking for recruits who will respond to the call of God to enter this important line of evangelistic service. We also earnestly request and firmly believe that every church member will remember us before the throne of grace.

Beginning in Toronto on Sabbath, November 24, we were pleased to have six respond to the call to attend the institute. Elder Capman who at present is holding an effort in east Toronto believes that ere long his church will have others to recommend to this work. There are men and women in other churches also whom we believe will respond to the call. Having in attendance all the present regular colporteurs, in addition to the new recruits, we are looking forward to seeing at this institute the largest number ever brought together outside of the Spring meeting at the College. There is room for others. Will YOU be one?

"Since canvassing for our literature is a missionary work, it should be conducted from a missionary standpoint." Manuel page 10.

This point we are endeavoring to carry out. We are looking for men who can measure up to the following standard:

"Those selected as colporteurs should be men and women who feel the burden of service, whose object is not to get gain, but to give light to the people. All our service is to be done to the glory of God, to give the light of truth to those who are in darkness. Selfish principles, love of gain, dignity, or position should not be once named among us." Manuel for Canvassers, page 10.

We are glad to find here and there where our colporteurs have gone, people who appreciate their service for Christ, and occasionally some write to the office expressing themselves along the following lines:

"Cor. Mary and Wellington St.,
Brampton, Ont.,
November 18, 1923.

Mr. Fred Thumwood,
Toronto, Ontario.

Dear Sir:

Find enclosed \$1.00, cash payment on books, I am sorry I have neglected this for so long—I really meant to send it before.

I must also mention that your salesmen who

Eastern Canadian Messenger

OFFICIAL ORGAN OF THE
EASTERN CANADIAN UNION CONFERENCE OF
SEVENTH-DAY ADVENTISTS

Office Address - - - - - Oshawa, Ont.
Alma M. Hill - - - - - Editor

Entered as second-class matter. Price one dollar a year in advance.

have come here are perfectly nice and very much unlike any other agents who have called at my home. I remain

Yours Truly,

Workers of that stamp leave a good influence wherever they go. We need more such workers.

GEORGE BUTLER

Health Habit Talks

For Parents and Teachers

From the College Nurse

THE GROWTH OF THE CHILD

"Without health, no one can as distinctly understand or as completely fulfil his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character."—Mrs. E. G. White.

Did it ever occur to you that the child of school age is growing? I am sure that this fact has come to you very forcibly at times when dresses must be lengthened and coat sleeves let down. But, did it ever occur to you that the boy or girl of nine or ten should grow in height and gain in weight as regularly as the baby?

In the well regulated household the baby is weighed regularly every week, and, if he does not gain as he should, the cause is immediately located and attended to. When children do not grow or gain regularly in weight, something is wrong. If these boys and girls were weighed regularly every month, a condition of malnutrition would be discovered early and not allowed to result in serious consequences.

Children suffering from malnutrition are not only much below normal weight for height, but they gain much more slowly than they

should. At the ages of 6 to 10 years when a healthy child should gain 4 or 5 pounds a year, it may gain only 1 or 2 pounds, or even not at all; from 12 to 16 years, when healthy children should gain from 6 to 10 pounds a year, they may gain only 2 or 3 pounds.

About what a boy should gain

Age	Month	Period
5 to 8	6 oz.	9 oz.
8 to 12	8 oz.	12 oz.
12 to 14	12 oz.	18 oz.
14 to 16	16 oz.	24 oz.
16 to 18	8 oz.	12 oz.

About what a girl should gain

Age	Month	Period
5 to 8	6 oz.	9 oz.
8 to 11	8 oz.	12 oz.
11 to 14	12 oz.	18 oz.
14 to 16	8 oz.	12 oz.
16 to 18	4 oz.	6 oz.

In the article on the "Power of Habit" printed last week, the thought was brought out that children will form habits. Let us make much of this opportunity and train the children in good habits. This can be done by interesting the boys and girls in improving their health and getting them to be willing to train for health. Encourage them to perform faithfully the daily health habits which are being introduced in our schools. Make good health popular in your home and in your school. Instruct them as to what their weight should be for their height and how much they should gain each month or six weeks period.

"Why build these structures glorious

If man unbuilded goes?

In vain we build the school unless

The builder also grows."

"Even in the primary schools the children should be taught to form habits that will keep them in health." *Counsels to Teachers*, page 520.

"When the child is old enough to attend school his health should be regarded as of greater importance than a knowledge of books." *Education*, page 208.

PANSY E. PALMER, R. N.

"Day by day God instructs His children. By the circumstances of the daily life He is preparing them to act their part upon that wider stage to which His providence has appointed them. It is the issue of the daily test that determines their victory or defeat in life's great crisis."