

Seery - Gen. Conf. (sub. Dept)

# INDIANA REPORTER

Vol. IX.

INDIANAPOLIS, IND., JULY 22, 1903

No. 15

## RATES TO THE PERU CAMP MEETING.

The Central Passenger Association has again granted us rates on the certificate plan, at one and one-third fare for the round trip. A certificate with ticket that cost less than 75 cents full fare, one way, will not be honored. All certificates must bear date July 29, 30, 31, or August 1, 2 or 3. Those who cannot purchase tickets clear through to Peru should buy tickets—first, to the nearest point where such through tickets can be procured; then, at that place taking tickets through to place of meeting—taking certificate at each place

children under twelve. Follow instructions in Brother Young's article.

**Dining Room.** A dining tent will provide meals at reasonable rates, on the "European plan."

**Book Tent.** A good assortment of our publications will be on exhibition and for sale as usual.

**Order Tents.** Tents will be provided at usual rates. Order at once of Eld. W. A. Young, New Britton, Ind. He will locate you when you come on the ground.

**Baggage.** When you arrive at Peru, give your baggage in charge of *our agent* and save money.



where tickets are purchased. See that certificates are stamped and signed by ticket agents. Any one coming part of the way on electric lines will need to pay full fare both ways. All certificates must be handed to me by noon of August 5.

W. A. YOUNG.

## CAMP MEETING

Only one more week till we shall be encamped in our annual gathering. No one can afford to remain at home. Come expecting a blessing; yes, come to be a help and a blessing to others.

**Reduction.** Only for an unbroken trip on the steam railway will you receive one-third fare home. The electric car will be more expensive if you have baggage or

## IMPERATIVE

Let every church which has not engaged a teacher, or wishes to apply for a teacher, notify Mrs. I. J. Hankins at once. Address her at Berrien Springs, Mich. What salary can you pay? Will you board the teacher? Do you prefer a gentleman or a lady? It is possible that all the churches cannot be supplied; so if you wish a teacher, *apply at once.*

I. J. HANKINS.

The Anglo-Chinese school in Hong Kong has a membership of twenty-one. They are being taught the truths of God's Word. In the interior of China, in the province of Honan, where our first church has been organized, a boys' school was recently opened. One of those lately baptized has charge of the school.

## CAMP MEETING.

I. J. HANKINS.

The date fixed for our camp meeting, July 30 to August 9, will not be changed. The usual reduction in railway travel will be secured. The harvest and haying will be quite well out of the way at the date of our meeting. It seems the time is favorable for everybody, and surely the place, Peru, is favorable for those living in northern and central Indiana.

We expect to have good help at the meeting. Elder Danfells, Elder Covert, Prof. Magan and others are expected. But best of all, the Lord promises to be with his people. He has called us to a great work; let us come to this meeting earnestly inquiring of him what he would have us do to forward this work and hasten his coming and kingdom.

There are no buildings on the ground, so we shall have to use tents exclusively. I wish that those who desire to rent a tent would engage it at once of Elder W. A. Young, of New Britton, Ind. Please do not delay this matter. We want to make ample provisions for all who are coming to the meeting.

Let every one prepare now to attend this important gathering. Let no trifling matter keep any one at home. We hope to have interesting meetings for the young people and the children.

### REPORT OF TITHES FOR JUNE, 1903

Boggs town.....	\$166 10	New London.....	5 53
Connersville.....	26 50	New Marion.....	30 65
Dana.....	61 85	Patrick sburg.....	31 23
Evansville.....	3 95	Rochester.....	17 50
Elnora.....	5 00	South Bend.....	7 00
Etna Green.....	5 00	Terre Haute.....	64 09
Huntington.....	3 45	Windfall.....	6 18
Idaville.....	11 80	Elwood.....	3 00
Individuals.....	38 53	Jefferson.....	10 00
Indianapolis.....	191 39	West Liberty.....	5 15
Jonesboro.....	12 00	Pleasant View.....	18 58
LaFayette.....	24 46	Greenfield.....	60
Ligonier.....	17 27	Waterloo.....	3 00
Middletown.....	12 30	Franklin.....	34 83
Mt. Vernon.....	8 00	Petersburg.....	11 31
Total May receipts.....	\$836 25		
Total June disbursements.....	1,080 95		
Tithe Fund Dr. to cash June 1, 1903.....	\$657 88		
" " " " July 1.....	\$902 58		

We fell short this month, but this is doubtless owing to the quarter closing with June, and a large amount for the quarter not being brought in until after quarterly meeting, July 4. Next month will be far better.

### AMONG THE CHURCHES

At Tell City I found brethren who love the truth and are working to forward the message. Eight or ten young people from there ought to attend our Industrial School this fall. They are willing, but some of them haven't the means. What can be done for them? Well, this question may be studied with profit at the camp meeting. Let the youth and children come.

I stopped off at New Albany to see Bro. Collins, who is reading the Bible with several families, distributing tracts and papers, and, in short, working hard to distribute the seeds of truth. He reports a growing interest. At Oolitic I found Bros. Swarts and Anderson in the midst of a tent meeting, with an attendance of from

40 to 400. The outlook is hopeful. July 11 and 12 I visited Jonesboro and re-dedicated their chapel, which has been neatly repaired. The Lord blessed us in our meetings. Here I also found some young people of school age. What can be done for them?

I. J. HANKINS.

### SPECIAL DONATIONS TO AUSTRALASIAN FIELD.

Noble and E. Nordyke.....	\$2.00	J. Leonard.....	\$ 50
A. M. Hand.....	1.75	Mrs. DeWolf.....	4 00
Mrs. Peek.....	.25	J. E. Collins.....	2.00
Grass Creek.....	.50	Indianapolis Church.....	32.59
Lyons Church.....	1.50	Princeton ".....	2.42
Jonesboro Church.....	5.60	Patrick sburg ".....	15.20
Knightstown ".....	.81	Greenfield ".....	3.05
Franklin ".....	3.90	Terre Haute ".....	16 69
Mt. Zion ".....	6.64	Elnora ".....	3.00
Walkerton ".....	1.00	Olive Chapel.....	2.70
Mrs. Van Niman.....	.25	Salem Church.....	.50
Rebecca Adams.....	.50	Brookston Church.....	.50
Inwood Church.....	.95	Noblesville ".....	6.25
Elwood ".....	1.10	Frankfort ".....	.65
New Marion Church.....	2.13	Mt. Vernon ".....	2.51
Denver ".....	5.10		

### AN APPEAL FROM INDIA.

There are as many people in India who speak the English language as comprise the whole population of Australia. Is not this an evidence that God is opening the door for the entrance of his Word in this land? And can we not see him going out before us, and hear in the wide diffusion of English education in India the voice of God saying, Now, just now, is the time to take hold in earnest in the East?

Come along, then, brethren and sisters in the home land, you who have heard the call to India ringing in your ears. Delay no longer. Twenty people die every minute in this land. As the second hand moves around, every third second some one dies who never learned to love our Lord. Every year more than eight million die not knowing that "God so loved the world, that he gave his only-begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

Think not of home and country while issues so great are at stake, and souls are dying whom you might help to save. There are trials and perplexities to be met, but there are victories to be gained, and men and women to be saved. Some people get suddenly frightened when India is mentioned. They think of the bubonic plague, the excessive heat, the cholera, and the snakes, but if such things as these hold us from doing our duty, what shall we do in the swellings of Jordan? There are three thousand foreign missionaries in India, and some have lived here fifty years. Any one who is young and of reasonable health should be able to work in India. We say to you, "Come;" if God bids you, "come, come on."

There are unentered fields of Africa and China, with their cry of human woe ascending to God. What shall we do? What can we give? These are questions this denomination must answer, and answer soon. Our faith demands a consecration not less than all. "Whosoever he be of you that forsaketh not all that he hath, he can not be my disciple."

Calcutta, India.

J. L. SHAW.

## THE TEN-CENT-A-WEEK PLAN

L. H. EVANS, GEN. CONF. TREAS.

The support of foreign missions is becoming a question of great concern in carrying out the work of the Third Angel's message. The tithes, as taught by the word of God, are to sustain the ministry, that they may devote their entire time to spiritual work. The tithes, however, are not sufficient to sustain all the work of God; nor were they during the Levitical Then, they had not only the tithes, but also the offerings of Israel besides. Whenever God rebukes his people for their neglect in faithfully paying tithes, he nearly always rebukes them for their unfaithfulness in making offerings. Thus we read: "Ye have robbed me in tithes and offerings."

The mission work among Seventh-day Adventists is assuming gigantic proportions. The band of workers scattered to every nation under heaven is fast becoming a noble army of consecrated souls giving their lives for the salvation of lost humanity. If the ministry at home is to be sustained by a constantly incoming fund, why should not the worker who undergoes the sacrifice attending the opening up of the work in these more difficult countries have the same assurance of sustenance? If, while in Michigan, or Iowa, or California, I am assured of constant support, am I less deserving of support while I am in Africa, or Asia, or some island of the sea? Surely we must say, "Those in distant fields are doubly deserving of support, provided they are consecrated workers."

In order that these workers abroad may have support, and that there may be a continual stream of money coming in for their support, the "ten-cent-a-week plan" has been suggested, and where carried out, it has proved a blessing to all who engage in it. First, there is something definite in it. It may be hard for some to give this amount weekly; but most persons can give this sum, and many can give much more. Second, the sum is so small that generally it can be saved by careful forethought out of money we would otherwise spend needlessly.

How can we do less than to plan systematically to give ten cents a week to carry on the work of God in heathen lands? The plan is for all, each Sabbath, to place in an envelope the amount we will give to help on the work in these benighted regions, and hand it in to the church librarian or treasurer, Sabbath by Sabbath. Ten cents a week for every Sabbath-keeper in America means nearly \$350,000 a year donated to foreign missions. Surely it can be done if each one of us will take hold and do our individual part.

## THE SCHOOL

The work on the building is progressing favorably. The siding is nearly finished, the window frames are set, the boys are lathing, and the material is ready for the plasterers, who are daily expected.

The fruit trees and plants are looking well. Tomatoes, sweet potatoes, beans, cabbage, etc., bid fair to supply the school this fall and winter.

A good beginning has been made in these lines, and the outlook is encouraging.

I. J. H.

## THIS WILL INTEREST YOU

The Correspondence School for Nurses connected with the Sanitarium Medical Missionary Training School began a new class July 1. Lessons are sent weekly to students who are unable to leave home duties in order to take a regular course at one of our sanitariums. This is the fifth year this work has been in progress, and hundreds are availing themselves of it. Our pupils during the year of 1902 nearly doubled in number to those of any previous year. Studies in eleven subjects are given, among which Christian Help work, and care and treatment of the sick are prominent. Our lessons have recently been rewritten and enlarged and are in every way improved.

The tuition fee is five dollars for the entire course. This amount is to cover the cost of sending out lessons, correcting the replies, and returning the report to the pupils. The few textbooks required for this work are furnished at actual cost price. We shall organize a new class in July which will continue one year. By taking double lessons some students finish in six months. We shall be glad to hear from all who are interested. For descriptive circular giving full particulars, also testimonials from those who have taken the course, address Correspondence Department, Sanitarium Training School, Battle Creek, Michigan.



## THE GOOD HEALTH BATH CABINET

Is recommended by physicians of the Battle Creek Sanitarium as one of the best means of breaking up colds, symptoms of grippe, fevers, etc. It relieves the soreness of the muscles, rheumatism and the disorders of the liver and kidneys, and assists in keeping the skin in active health condition.

Write to-day for full description and prices.

Good Health Pub. Co.

Battle Creek, Mich

Agents Wanted.



## THE GOOD HEALTH ADJUSTABLE WAIST

Meets the requirements of every woman who desires a healthful and artistic dress. There are two styles,—the short waist ending at the waist line; the long waist ending five inches below the waist line. The adjustable features are:—

A Shoulder Piece, which may be shortened or lengthened, and the Under Arm Lacing. Write for full information of material, measurements, sizes, and prices. Satisfaction guaranteed. 2,000 sold since Jan., 1901. Every woman is delighted with it, supports everything that needs support without harmful pressure. Good agents wanted.



Dress Dept., GOOD HEALTH COMPANY, Battle Creek, Mich.

## THE REVISED CONSTITUTION

The following resolution was voted at the last session of the Conference :

*Resolved;* That the Conference Committee appoint a committee of three to compile and revise the constitution in harmony with all the proceedings of the body, of which committee of three the Conference president and Conference secretary shall be members, and the work when done shall be published.

In harmony with the above the following is now submitted. (Signed) COMMITTEE.

### CONSTITUTION OF THE

INDIANA CONFERENCE OF SEVENTH DAY ADVENTISTS.

Believing that we have committed to us the great work of disseminating light upon the "Commandments of God and the faith of Jesus," and the truths of the third Angel's message, for the purpose of securing unity and efficiency in our work, and of promoting the interests of the cause of present truth, we adopt the following as the constitution of this Conference :

#### ARTICLE I.

This Conference shall be known as the Indiana Conference of Seventh Day Adventists.

#### ARTICLE II.

SECTION 1. The officers of this Conference shall be a president, a treasurer, a missionary secretary, a Sabbath school and educational secretary, a state canvassing agent, an auditor and an executive committee of five, of which the president shall be one, and shall be elected annually, and shall enter upon their respective duties when the session at which they are elected shall adjourn *sine die*.

SEC. 2. The duties of the president and secretary shall be such as usually pertain to those offices.

SEC. 3. It shall be the duty of the treasurer to keep an accurate account of the receipts and disbursements of the Conference funds; to pay out the same as may be provided by the Conference; to report to the Conference secretary each quarter the amount of money received and paid during the quarter, and the amount on hand at the close of the quarter, and to make an annual report thereof to the meetings of the Conference.

SEC. 4. It shall be the duty of the executive committee to appoint, through one of our weekly papers, the time and place to hold the annual conference, and to call special conferences whenever, in their judgment, it may be needful to do so; to take the general supervision of all labor performed within and for this Conference, and to exercise a general watchcare over all matters pertaining to the interests of this Conference.

SEC. 5. It shall be the duty of the Conference to elect or appoint a committee of six, who shall not have been in the employ of the Conference during any part of the preceding year, who, with the executive committee, shall constitute an auditing committee, to examine and settle all accounts which are presented to the Conference at which they are appointed or elected.

#### ARTICLE III.

SECTION 1. It shall be the duty of the churches be-

longing to this Conference to adopt the tithing system of the Bible, and the funds so raised shall be paid quarterly to the treasurer of the Conference to be used for the work for which the Conference is formed.

SEC. 2. In addition to the tithes, the executive committee is authorized to call for donations as the wants of the cause may, in their judgment, demand.

SEC. 3. All money shall be paid out by the treasurer as may be provided by the executive committee.

#### ARTICLE IV.

SECTION 1. It shall be the duty of each church to make a written report every quarter to the Conference secretary of its standing, its additions and losses; the amount of its tithes, the number of members of the Sabbath School and Missionary Society, and to make a like report for the year to the regular annual meeting of the Conference.

SEC. 2. Where any church or scattered brethren wish ministerial labor in their vicinity, their call shall be made to the executive committee.

#### ARTICLE V.

SECTION 1. It shall be the duty of the Conference to determine who are the approved ministers within the bounds thereof, to grant suitable credentials to the same, and to grant license to those whom it may consider suitable to labor in the cause. And in the intervals between the regular meetings the executive committee is authorized to perform such duties.

SEC. 2. Those who may feel it their duty to exercise their gift as preachers or colporters, shall lay their exercises of mind before the executive committee, and the committee may license them if they consider them qualified.

#### ARTICLE VI.

SEC. 1. It shall be the duty of the ministers of this Conference to make a written report to each annual meeting of the labors *each* week during the conference year, or of so much of the year as they may have been in the Conference employ.

SEC. 2. It shall also be the duty of the ministers of this Conference to report to the annual meeting thereof all donations which they have received from churches and individuals, and such donations shall be considered by the auditing committee in settling the accounts of the ministers.

#### ARTICLE VII.

SEC. 1. Every member in good and regular standing in the various Seventh-day Adventist churches constituting this Conference who shall be present at any session of this Conference shall be entitled to all the privileges usually accorded to delegates to deliberative bodies.

SEC. 2. The members of the executive committee shall be members of the Conference *ex-officio*, and all ministers holding credentials from the Conference shall be considered delegates at large.

SEC. 3. Unorganized companies of believers shall be represented in conference by delegates at large.

#### ARTICLE VIII.

This Constitution may be amended at any regular meeting of the Conference by a two-thirds vote of the members; *provided*, that such amendment shall not conflict with the constitution of the General Conference.

taken of the case. I am not willing that the reputation of our camp meetings should suffer by their being reported as the cause of making people sick. If the proper course be pursued at these important gatherings they can be made a blessing to the bodily health as well as to the health of the soul. Mrs. E. G. WHITE.

### CAMP MEETING DAILY BULLETIN

The committee on advertising and publishing for the Peru camp meeting will doubtless arrange for a Daily Bulletin for each day of the meeting. It will contain reports of sermons and valuable discussion on the various features of our work. It is important that we should know our relation to the educational situation, and what our attitude should be toward aggressive missionary work with the printed page.

While it is hoped that all may attend the camp meeting, we anticipate that many will not be able to meet with us. So we are glad to know that an opportunity may be given whereby these may at their homes, share in the blessings of our annual meeting. Send 25 cents in stamps to the Indiana Tract Society, at the camp ground, Peru, Ind., giving us your address, for the Indiana Conference Daily Bulletin, *at once*. To those on on the ground the Bulletin will be one cent per copy.

### OBITUARY

Clara Augusta Sheets was born September 2, 1871, and died at her home in Huntington, Ind., July 1, 1903, aged 31 years, 9 months and 29 days, after long suffering from consumption, which she bore with patience.

She was baptised by the writer about two years ago, and was a charter member of the Huntington Church. She was faithful in her calling in the Lord, not only in the church and Sabbath school, but also in the many duties and privileges of life. In the moments of death Sister Sheets was not forgetful in her last payment of tithe to the Lord.

Services by the writer, assisted by the christian minister of Huntington. Many were present with sympathizing hearts, giving attention to the word spoken.

W. A. EBERF.

### NOTICE FOR INDIANA

The annual conference will be held in connection with the camp meeting at Peru, July 30 to August 6, 1903. The usual conference business will be transacted, including the annual election of officers for both the Conference and the Conference Association. We hope to see a full representation from all parts of Indiana.

W. J. STONE, President,

L. J. HANKINS, Vice President.

### TIME FOR ACTION.

W. A. SPICER.

We thank God for the foothold he has given us in the many lands abroad. This truth is sounding out. It stirs our hearts to see the ranks move forward. But most heart-stirring of all, we must confess, is the array of unoccupied fields. We face obligations to-day such as never before pressed upon any people.

The Lord is coming. The world is dying before our eyes. We must show the true-hearted in every land the

way of salvation from all the evil yet to come upon the earth. The visible breaking up of things has been preparing the minds of men to give attention to the advent warning. Among the millions of the East, where half the world lies in darkness, there is a growing conviction that the end of the age is at hand. A swift crusade through the waiting lands, one grand rally to plant the standard in every unoccupied field and the work is done.

It is time for action rather than talk. It is a frightful crime to sit at home, and thank God for blessings received, while a world is perishing. "There is a world to be saved!" The missionary who goes down into the depths of humanity's need must put his life and his all into the hand of God for service. The believer who remains to work and pray and hold the ropes at home must likewise live for but the one purpose of doing the Lord's business in the earth. Every energy of the soul and every resource on earth must be held absolutely subject to God's call. Anything less than this is treason to High Heaven at the very crisis in the great controversy. In the way in which we are facing this problem in our world-wide work to-day, in the response we are giving to the calls for help, we are deciding our eternal destiny.

Elder Bartlett preached in a Congregational church of this city last Thursday and Sunday nights. There was a good interest; several of the congregation after the service said that they were much helped by the preaching. Elder B. says that the time has come to enter all Christian churches with the Gospel of the kingdom. He said that the apostles preached in the synagogues and found congregations assembled many of whom were waiting for the message of Christ. So today if our ministry, instead of in the spirit of controversy and proselyting, would labor in the churches in the spirit of Christ with the signs following the true Gospel ministry, there would be a great demand for their services, and God's people would be called out of Babylon and prepared for the coming of Christ.

For lack of funds, workers under appointment, and for whom there is the most urgent need in the mission fields, must be delayed in the home land. If our hearts are made sad because of this condition, how must it appear to Him who has committed the last message of mercy to this people? If all will take hold heartily of the ten-cents-a-week plan, this situation will be soon relieved. The Mission Board will not only be able to carry on the work now in hand, but will have at least \$100,000 to invest in aggressive work in the most needy fields. By our gifts each week we are saying whether these workers shall be longer delayed or whether they shall go soon to the field. How will we respond?

From India, from Africa, from China, from the islands of the sea, from the down-trodden millions of so-called Christian lands, the cry of human woe is ascending to God. That cry will not be long unanswered.

Sister Rudolph and mother, of Indianapolis, were baptized last Thursday.

Subscribe for the Reporter; only 25 cents a year.

July 22, 1907

# THE INDIANA REPORTER

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Indiana Conference Association of Seventh-day Adventists  
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If you are not a subscriber for the Reporter, send 25 cents for a year's subscription to 1311 Central Ave., Indianapolis, Ind.

Those receiving extra copies of this paper will confer a favor upon the publishers by distributing them among their Adventist neighbors. Church elders are expected to distribute them at their next church meeting.

ENTERED AS SECOND-CLASS MAIL MATTER.

## OUR CAMP MEETINGS

There can be no influence so detrimental to a camp meeting, or any other gathering for religious worship, as much visiting and careless conversation. Frequently men and women assemble in companies, and engage in conversation upon common subjects which do not relate to the meeting. Some have brought their farms with them, others have brought their houses and are laying their plans for building. Some are dissecting the characters of others, and have no time or disposition to search their own hearts, to discover the defects of their own characters that they may correct their wrongs, and perfect holiness in the fear of God. If all who profess to be followers of Christ would improve the time of the meeting in conversing upon the truth, in dwelling upon the Christian's hope, in searching their own hearts, and in earnest prayer before God, plead for his blessing, a much greater work would be accomplished than we have yet seen.

God gave direction to the Israelites to assemble before him at set periods in the place which he should choose, and observe special days wherein no unnecessary work was to be done, but the time was to be devoted to a consideration of the blessings which he had bestowed upon them. At these special seasons the man-servant and maid-servant, the stranger, the fatherless and the widow—all were directed to rejoice that God had by his own wonderful power brought them from servile bondage to the enjoyment of freedom. And they were commanded not to appear before the Lord empty-handed. They were to bring tokens of their gratitude to God for his continual mercies and blessings bestowed upon them; they were to bring gifts, freewill offerings and thank-offerings unto the Lord, as He had blessed them. These offerings were varied according to the donor's estimate of the blessings which he was privileged to enjoy. Thus the characters of the people were plainly developed. Those who placed a high value upon the blessings which God bestowed upon them brought offerings in accordance with their appreciation of His blessings. Those whose moral powers were stupefied and benumbed by selfishness and idolatrous love of the favors received, rather than inspired by fervent love for their bountiful Benefactor, brought meager offerings. Thus their hearts were revealed.

God requires no less of His people in these last days in sacrifices and offerings than he did of the Jewish nation. Those he has blessed with a competency, and even the widow and the fatherless, should not be unmindful of His blessings. Especially should those whom

He has prospered render to Him the things that are His. They should appear before Him with a spirit of self-sacrifice, and bring their offerings in accordance with the blessings He has bestowed upon them.

Let all who possibly can attend these yearly gatherings. All should feel that God requires this of them. If they do not avail themselves of the privileges which He has provided for them to become strong in Him and in the power of His grace, they will grow weaker and weaker, and have less and less desire to consecrate all to Him. Come, brethren and sisters, to these sacred convocation meetings to find Jesus. He will come up to the feast; He will be present, and will do for you that which you need most to have done. Your farms should not be considered of greater value than the higher interests of the soul. All the treasures you possess, be they ever so valuable, would not be rich enough to buy you peace and hope, which would be infinite gain at the cost of all you have.

Separate from business cares and burdens and devote a few days exclusively to seeking the Lord. We should occupy the time in self-examination, close searching of heart, penitential confession of sins, and renewing our vows to the Most High. If any come to these meetings for less worthy objects, we hope the character of the meeting will be such as to bring their minds to its proper objects.

### HEALTH.

Nothing should be taken to camp meeting except the most healthful articles, cooked in a simple manner, free from all spices and grease. I am convinced that none need to make themselves sick preparing for the camp-meeting if they observe the laws of health in their cooking. If they make no cake or pies, but cook simple graham bread, and depend on fruit, canned or dried, they need not get sick in preparing for the meeting. None should go through the entire meeting without some warm food. There are always cook stoves upon the ground, where this may be obtained.

Brethren and sisters must not be sick upon the encampment. If they clothe themselves properly in the chill of the morning and night, and are particular to vary their clothing according to the changing weather, so as to preserve proper circulation, and observe strict regularity in sleeping and in eating of simple food, taking nothing between meals, they need not be sick. They may be well during the meeting, their minds may be clear and able to appreciate the truth, and they may return to their homes refreshed in body and spirit. Those who have been engaged in hard labor from day to day now cease their exercise; therefore they should not eat their average amount of food. If they do, their stomachs will be overtaxed. We wish to have the brain power especially vigorous at these meetings, and in the most healthy condition to hear the truth, appreciate it and retain it, that all may practice it after their return from the meeting. If the stomach is burdened with too much food, even of a simple character, the brain force is called to the aid of the digestive organs.

I am gratified to see the progress that many have in health reform, yet am sorry to see so many behind. If any become sick upon our encampments, inquiry should be made as to the cause, and note should be