

# Lake Union Herald

"In due season we shall reap, if we faint not."

VOL. I.

BERRIEN SPRINGS, MICH., WEDNESDAY, FEBRUARY 17, 1909.

No. 16.

## Lake Union Conference Directory.

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WM. COVERT,	E. K. SLADE,	J. B. BLOSSER.

### NOBILITY.

True worth is in being, not seeming—  
In doing each day that goes by  
Some little good— not in the dreaming  
Of great things to do by and by.  
For whatever men say in their blindness,  
And spite of the fancies of youth,  
There's nothing so kingly as kindness,  
And nothing so royal as truth.

We get back our mete as we measure—  
We cannot do wrong and feel right;  
Nor can we give pain and gain pleasure,  
For justice avenges each slight.  
The air for the wing of the sparrow,  
The bush for the robin and wren;  
But always the path that is narrow  
And straight for the children of men.

'Tis not in the pages of story  
The heart of its ills to beguile,  
Though he who makes courtship to Glory  
Gives all that he hath for her smile.  
For when from her heights he has won her,  
Alas, it is only to prove  
That nothing's so sacred as honor,  
And nothing so loyal as love!

We can not make bargains for blisses,  
Nor catch them like fisher in nets:  
And sometimes the thing our life misses  
Helps more than the thing which it gets.  
For good lieth not in pursuing,  
Nor gaining of great nor of small,  
But just in the doing, and doing  
As we would be done by, is all.

Through envy, through malice, through hating,  
Against the world early and late,  
No jot of our courage abating—  
Our part is to work and to wait.  
And slight is the sting of his trouble  
Whose winnings are less than his worth;  
For he who is honest is noble,  
Whatever his fortunes or birth.

—Selected.



"TRUTH for authority, not authority for truth."

### OUR SPEECH.

The right use of the power of speech has to do with every line of Christian work; it enters into the home life, and into all our intercourse with one another. We should accustom ourselves to speak in pleasant tones, to use pure, correct language, and words that are kind and courteous. Sweet, kindly words are as dew and gentle showers to the soul. The Scripture says of Christ that grace was poured into His lips that He might know "how to speak a word in season to him that is weary." And the Lord bids us, "Let your speech be always with grace," "that it may minister grace unto the hearers."

In seeking to correct or reform others, we should be very careful of our words. They will be either a savor of life unto life or of death unto death. In giving reproof or counsel, many indulge in sharp, severe speech, uttering words that are not adapted to heal the wounded soul. By these ill-advised expressions, the spirit is chafed, and often the erring ones are stirred to rebellion. All who would advocate the principles of truth need to receive the heavenly oil of love. Under all circumstances, reproofs should be spoken in love. Then our words will reform, but not exasperate. Christ by His Holy Spirit will supply the force and the power. This is His work.

Not one word is to be spoken unadvisedly. No evil speaking, no frivolous talk, no fretful repining or impure suggestions, will escape the lips of him who is following Christ. The apostle Paul, writing by the Holy Spirit, says, "Let no corrupt communication proceed out of your mouth." A corrupt communication does not mean only words that are vile. It means any expression contrary to holy principles and pure, undefiled religion. It includes impure hints and covert insinuations of evil. Unless instantly resisted, these lead to great sin.

Upon every family, upon every individual Christian, is laid the duty of barring the way against corrupt speech. When in the company of those who indulge in foolish talk, it is our duty to change the subject of conversation if possible. By the help of God we should quietly drop words or introduce a subject that will turn the conversation in profitable channels.

It is the work of parents to train their children to proper habits of speech. The very best

school for this culture is the home life. From the earliest years, the children should be taught to speak respectfully and lovingly to their parents and to one another. They should be taught that only words of gentleness, truth, and purity must pass their lips. Let the parents themselves be daily learners in the school of Christ. Then by precept and example they can teach their children the use of sound speech that cannot be condemned. This is one of the greatest and most responsible of their duties.

As followers of Christ, we should make our words such as to be a help and an encouragement to one another in the Christian life. Far more than we do, we need to speak of the precious chapters in our experience. We should speak of the mercy and loving-kindness of God, of the matchless depths of the Savior's love. Our words should be words of praise and thanksgiving. If the mind and heart are full of the love of God, this will be revealed in the conversation. It will not be a difficult matter to impart that which enters into our spiritual life. Great thoughts, noble aspirations, clear perceptions of truth, unselfish purposes, yearnings for piety and holiness, will bear fruit in words that reveal the character of the heart's treasure. When Christ is thus revealed in our speech, we shall have power in winning souls to Him.

The chief requisite of good language is that it be pure and kind and true,—“the outward expression of an inward grace.” God says, “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, if there be any praise, think on these things.” And if such are the thoughts, such will be the expression.—*Mrs. E. G. White.*



#### ORDER IN ISRAEL.

When Israel came out of Egypt they came in twelve tribes, led forth by Moses to go into the land which had been promised through the patriarchal fathers. A pillar of cloud overshadowed them by day and the same became a bright shining canopy at night. And enveloped in this cloud was their divine heavenly Leader the Son of God, Who directed Moses in all that he did for, and said to the people of his charge. The word says, “The Lord went before them by day in a pillar of cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night: He took not away the pillar of the cloud by day, nor the pillar of fire by night from before the people.” Ex. 13:21, 22. Thus they were led, through a period of forty years, until they were settled in their long-

sought country. While Moses lived, he was permitted to talk face to face with the Lord and obtain direct instruction from Him. During all this time the marching and the camping of Israel was controlled by the moving and the resting of the pillar of cloud “And so it was, when the cloud was a few days upon the tabernacle; according to the commandment of the Lord, they abode in their tents, and according to the commandment of the Lord they journeyed. And so it was, when the cloud abode from even unto the morning, and that the cloud was taken up in the morning, then they journeyed: whether it was by day or by night that the cloud was taken up, they journeyed. Or whether it were two days, or a month, or a year, that the cloud tarried upon the tabernacle, remaining thereon, the children of Israel abode in their tents, and journeyed not: but when it was taken up, they journeyed. At the commandment of the Lord they rested in the tents, and at the commandment of the Lord, they journeyed; they kept the charge of the Lord at the commandment of the Lord by the hand of Moses.” Num. 9:20-23.

Thus it is seen that, while the people looked to Moses as their leader, Moses was wholly subject to the Leader who abode in the cloud. Notwithstanding the fact that the Lord gave Moses explicit instruction for the people, it soon became apparent that he should distribute the responsibility of his leadership, and have a host of other men to share in the matter of counsel and government. To bring capable men in to share these responsibilities the following was advised and carried out: “Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness; and place such over them, to be rulers of thousands, and rulers of hundreds, rulers of fifties, and rulers of tens: and let them judge the people at all seasons: and it shall be that every great matter they shall bring unto thee, but every small matter they shall judge: so shall it be easier for thyself, and they shall bear the burden with thee. If thou shalt do this thing, and God command thee so, then thou shalt be able to endure, and all this people shall go to their place in peace. So Moses hearkened to the voice of his father-in-law, and did all that he had said. And Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.” Ex. 18:21-25.

This was excellent as far as it went, but it was also necessary that the twelve tribes should be equally represented by qualified men in the organic administration of affairs; and as Moses asked the Lord that it might be so, the following instruction was given: “And the Lord said unto

Moses, Gather unto Me seventy men of the elders of Israel, whom thou knowest to be the elders of the people, and officers over them; and bring them unto the tabernacle of the congregation, that they may stand there with thee. And I will come down and talk with thee there: and I will take of the spirit which is upon thee, and will put it upon them; and they shall bear the burden of the people with thee, that thou bear it not thyself alone." Num. 11:16, 17.

Although Moses was divinely called to lead the people, and a multitude of marvelous things had been wrought, giving evidence of his calling, as plainly as God's power could make it, even Aaron and Miriam, the brother and sister of Moses, spoke against the leadership of their brother and indicated in their complaint that they were as much entitled to lead as was he. "And the Lord spake suddenly unto Moses, and unto Aaron, and unto Miriam, Come out ye three unto the tabernacle of the congregation. And they three came out. And the Lord came down in the pillar of the cloud, and stood in the door of the tabernacle, and called Aaron and Miriam: and they both came forth. And He said, Hear now my words: If there be a prophet among you, I the Lord will make myself known unto him in a vision, and will speak unto him in a dream. My servant Moses is not so, who is faithful in all mine house. With him will I speak mouth to mouth, even apparently, and not in dark speeches; and the similitude of the Lord shall he behold: wherefore then were ye not afraid to speak against my servant Moses? And the anger of the Lord was kindled against them; and He departed. And the cloud departed from off the tabernacle; and, behold, Miriam became leprous, white as snow: and Aaron looked upon Miriam, and, behold, she was leprous. And Aaron said unto Moses, Alas, my lord, I beseech thee, lay not the sin upon us, wherein we have done foolishly, and wherein we have sinned. Let her not be as one dead, of whom the flesh is half consumed when he cometh out of his mother's womb. And Moses cried unto the Lord, saying, Heal her now, O God, I beseech thee. And the Lord said unto Miriam, If her father had but spit in her face, should she not be ashamed seven days? Let her be shut out from the camp seven days, and after that let her be received in again. And Miriam was shut out from the camp seven days: and the people journeyed not till Miriam was brought in again." Num. 12: 4-15.

This account shows that God regarded it as a very grievous sin for anybody to speak in a fault-finding manner of one who had been properly called to lead in the divine cause. It should be noticed that as a result of these criticisms the whole people had to wait in camp for seven days

for Miriam to recover from the leprosy which had fallen upon her in rebuke for her murmurings.

Later on in their journey, Korah, a cousin of Moses and Aaron, together with about two hundred and fifty renowned associates, in rebellion attempted to discredit the call of Aaron to the priesthood, and they took the matter in their own hands to displace him. Their claims were that Moses and Aaron were selfishly lifting themselves up above the congregation of the Lord. They did not approve of the plan which Moses had proposed of selecting the priests alone from the house of Aaron, and so they proposed to make the work of the priesthood a common affair, so that all the tribes of Israel could share in the priestly office. The Lord put a check on their high-handed apostasy by having the ground open and swallow them and all their possessions bodily. Therefore, Korah, Dathan, and Abiram, with their tents, their houses, their families went immediately down into the earth as it was rent asunder to receive them. Then flames burst forth and slew the two hundred and fifty rebellious leaders who had confederated with the chief conspirators.

To facilitate and unify the work in Israel, the Lord advised that the tribe of Levi should have the principal charge of the sanctuary service and the evangelistic work of the nation. And the tithe from the income of the other tribes was to be used for the support of the Levitical tribe in consideration of the services which they rendered to the general cause. The tithe was to be sacredly used and was not to be touched for any purpose except that which the explicit command of God advised. The Levites did not have a tribal division of the land allotted them, but instead they had forty-eight Levitical cities assigned them in different parts of Israel and they were to dwell in these cities.

In serving the sanctuary the Levites had a definite and specific work to perform, and this question required careful study and close attention to prevent confusion and blunders. The transportation of the sanctuary, or any of its furniture, was to be done after a very detailed plan which had to be carefully followed, else serious consequences would follow. It was for want of care, or for lack of proper information, that king David attempted to transport the ark of God upon a cart drawn by oxen, instead of having it carried by the Levitical priests as the Lord had ordered it to be done. David was making a royal display with an immense concourse of his admiring followers when the oxen stumbled and shook the ark so that Uzzah, one of the drivers, put his hand upon it to steady it upon the vehicle. The result was that Uzzah was smitten

for his rashness," and there he died by the ark of God."

There is a lesson in this sad affair that shows how much depends upon God's people following His regulations in all they do. David learned the lesson and three months later he proceeded to move the ark into its proper place by properly observing the Lord's order of organization in getting it accomplished. But was not David as much at fault in this fatality as was the lamented Uzzah? And since the Lord showed His disapproval at this breach of order on the part of a king and his subjects, does not the lesson admonish us to be careful and give attention to all matters of order and proper form in His work?

WM. COVERT.



#### SOUTHERN ILLINOIS.

NOBLE.—Elder Wood and the writer went to Noble, February 5, and remained there until February 9. The meeting was a profitable one in many ways. It was not all that we had anticipated, but we have a good report to bring in some lines. On Sunday, Brother Wood baptized two, and Sunday evening, a lady who had been studying the truth for some time took her stand, and is now waiting baptism. Several of the brethren and sisters there decided to take a step forward toward the kingdom. Time will tell as to what the results will be. We hope for a revival in the church of the old time spirit.

S. E. WIGHT.



#### WEST MICHIGAN.

GRANDVILLE.—I spent the most of Thanksgiving week with the Grandville church. The interest was good. December 5, I was with the Bauer church in the interests of the Ingathering work. I had much liberty in the preaching services. The week of prayer I spent with the Grandville and Byron Center churches. Besides reading services, I gave three discourses. Some had experienced much blessing in the Thanksgiving effort, and in circulating the petition to Congress. The donations by the Grandville church were remarkably liberal. December 26, I was at Wright. Here we had an unusually large congregation, and the interest was very good.

For the last three months, besides visiting churches, I have written many articles for the secular papers, in which I have introduced many strong points of present truth. I have written

many letters; have sold and distributed quite carefully more than one hundred periodicals and nearly five thousand pages of books and tracts. There are very encouraging evidences that the seed thus sown is germinating.

I have labored in weakness, trusting the Lord of the harvest to give the increase. I long for health and strength only that I may give the message. I praise Him for the wonderful strength He gives just at the time I need it.

A. SMITH.



#### INDIANA.

The annual conference of Seventh-day Adventists of the State of Indiana is now a matter of history. It was held at Jonesboro, February 1-8, and was an important meeting.

The Methodist people of that place; who have a commodious church, with dining-room, kitchen, and other convenient rooms, besides the auditorium, gave our people the use of the entire building during the conference. The preaching service each evening was well attended by the people of the town, and by request of the people and the consent of the pastor and congregation, we were permitted to present the Bible view of the Sabbath as an institution.

Many important questions were discussed and decided during the conference. It was thought that the condition of Elder Stone's health would not warrant his continuing to preside over the work of the conference, and that he should take some needed rest. Elder Morris Lukens was elected to the presidency, with few changes in the personnel of the executive committee. Elder Lukens was formerly president of the Chesapeake Conference, and later connected with the book department of the Review and Herald, at Washington. He will be welcomed by the brethren in Indiana.

It will require true devotion on the part of the people of the Indiana Conference to meet the remaining obligations against the Wabash Valley Sanitarium, but faith and loyalty will accomplish it. And all the while, that institution, under the blessing of God, connected with a godly life on the part of the workers, may do a great work in the advancement of the gospel message in Indiana.

This is no time for looking at the dark side of the picture, if there was a dark side. The word of the Lord to Moses, "Speak unto the children of Israel that they go forward," is the word of the Lord to-day. As the people of the tribes in the wilderness rallied around the standard of their respective tribe, so Indiana will be found rallying around the standard, and occupying the position assigned it by the Lord, in the procession.

ALLEN MOON.

## WISCONSIN.

We are much interested in the reports from our sister conferences in the union. Possibly a brief summary of the work in Wisconsin will likewise be of interest to others.

Our Danish work is being carried forward aggressively in four places. In Kenosha, where Elder E. Edwardson and wife have been working, five Danish and six English members have been added recently. A church will be organized there this spring. In Milwaukee our Bible worker, Sister Marie Olsen, is laboring. The new church there paid a large tithe the past year. Some new ones are coming in there and others are much interested. In Eau Claire we find Elder P. M. Hanson and Sina Gjerde, a Bible worker. A new church house will be built there this spring. In Mills-town, western Wisconsin, Brother K. Rasmussen is hard at work. The new church organized at Bone Lake near there is prospering and new interests are appearing in several places.

The Swedish work is being pushed with vigor in Superior, the second largest city in the State. Elder J. H. Hoffman and wife, assisted by Sister Nannie Nelson, who went there from our nurses' training class in Madison Sanitarium, are the workers located there.

The German work is in much need of a leader, especially in the great German city of Milwaukee. We have there three young Bible workers, who are devoting a large part of their time to the German work and several readers are much interested and some are accepting the message. Brother Louis Drews is carrying on a good work in Wausau, principally in the German. A number have taken hold to obey the message this fall and winter.

Among the English, a company is being fast developed in Tomahawk, and a church will soon be ready for organization. We quote from a letter just received from a young member there: "A year ago only two families were keeping the Sabbath. Now we have ten families and several more readers who have not yet decided." This work has been done by the faithful members there and by two short series of meetings held by Elder Theodore Lewis.

Elder M. H. Serns just recently closed a successful series of meetings in Sparta. Eight were added to the church.

Elder F. Stebbeds conducted an effort in his home church, at Blue River, which resulted in the addition of nine members and many others became interested. He and Elder Serns are holding a series of meetings in Mt. Hope with excellent attendance and interest. Elder C. J. Herrman is in the midst of a splendid interest in Moon. A letter from him dated February 1, stated that twenty-eight have accepted the truth,

nearly all adults. Some of the leading people of the community are among them.

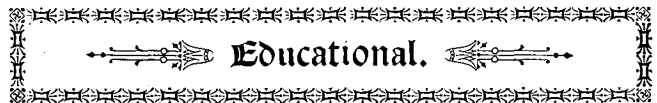
Our mission in Milwaukee is having much encouragement. Several have begun to observe the Sabbath recently from reading the literature the workers have distributed and a few Bible studies held with them. Sixteen people are engaged in the work there. Every house in more than half of the city has been visited with tracts and papers. Literature in English, German, Scandinavian, and Polish is given to the people; and papers are sold. We are placing the two tracts, "Is the End Near" and "Which Day Do You Keep and Why" in every place where they will be received, in all of these languages. Besides securing what we could of these from our publishing houses we have had fifty thousand tracts in German and ten thousand in Polish published in the city. By special arrangement we were able to get these printed at a very reasonable rate. We expect to finish the entire city in this way by April. It is planned to conduct tent meetings in German, English, and Scandinavian during the summer. Elder L. H. Christian will lead in the Danish-Norwegian tent meeting.

The Canvassers' Institute will be held in Grand Rapids, March 16 to April 4. Most of our experienced canvassers will remain in the field. The new ones and others who will enter the work will constitute the class this year. A large attendance is expected.

Brethren A. J. Olsen and F. B. Numbers are out among the churches. We see the results of their work by an increase of business along literature lines in the office.

Our new medical superintendent for the Madison Sanitarium, Dr. J. W. Hopkins, takes charge this week. He left California for Wisconsin January 30, in company with his wife. Their train was delayed by heavy storms and floods in the West.

C. McREYNOLDS.



## LAKE ODESSA SCHOOL.

We have been looking for some reports of other schools in West Michigan; but perhaps we had better do our own duty first.

We are all of good courage and happy in the Master's work. Of course trials come to us sometimes but, "All things work together for good to them that love God."

We are thankful for the blessings and help God has given us each day in our schoolroom. We now have one more pupil, making five in all.

What solemn hours we are living in! Surely

Christ's coming is at the door. May God help us to watch and be ready for the things coming upon the earth.

We have held cottage meetings since December 1, on Tuesday evenings. Each one has been well attended. At the last meeting about forty were present. As we made a study of the book of Daniel last year we thought it best to study Revelation this year. Many are interested, while some are very bitter. We are earnestly praying that some will take their stand for God and His truth.

Now let us hear from some of our schools. A word in due season is so good, it helps to cheer and encourage in this Christian warfare. O, how we long for that glad day when the harvest is over and we are all gathered home.

EDNA L. COOPER.

#### WISCONSIN EDUCATIONAL DEPARTMENT.

Last year it was proposed by the Wisconsin Conference to lend ten cents to any child who would invest it and bring in the proceeds for the sanitarium. Only twenty-seven of these dimes were called for, but something over ninety dollars have come in from the children for the sanitarium. Probably many dimes were lent by parents or teachers but the investment by the conference has been a most profitable one. If we would have the men and women invest the dollars in God's cause, we must educate the children to invest the dimes for Him. Some of these dimes were invested in seeds, some in eggs, some in tomato plants, but everything brought an increase and the Lord has given an increased blessing to our boys and girls.

Of the twenty-five church schools now reporting in Wisconsin, eight have only the summer and fall terms of school. These are now closed. Many others have long spring terms to give opportunity for outside work. Four schools were begun for the first time last fall. Two others had had but short terms of work prior to this year. Calls have come from two other companies for teachers to begin the work among them. Surely this is the work which turns the "heart of the fathers to the children and the heart of the children to their fathers."

The Sabbath-school convention held at the Sand Prairie church, December 5 and 6 of last year was the beginning of a work which has resulted in the conversion of a large number of children and young people. These youth are appealing to their parents to walk in the light. Similar results have been seen elsewhere. Surely the hope of this denomination lies in its young people.

Many of the primary school teachers find a

great blessing for their pupils and themselves as they go out among the people with our papers. Especially good experiences came to those who went out with the special *Review*. This missionary work is an essential part of the child's training.

MARY C. McREYNOLDS.

### Book Work.

#### CANVASSERS' REPORT FOR WEEK ENDING FEB. 5, 1909.

East Michigan.						
Canvasser.	Book.	Hrs.	Ords.	Value.	Helps.	Total.
Harry Park.....	C. K.	61	27	\$30 00	\$ 85	\$30 85
Effie Park.....	C. K.	30	22	24 50	35	24 85
Raymond Park.....	C. K.	75	45	50 50	3 00	53 50
Lester Rickett.....	C. K.	43	12	18 00	1 45	19 45
Charles Mahr.....	G. C.	33	7	19 25		19 25
Elbert Fishell.....	D. R.	69	5	13 75	5 55	19 30
		311	118	\$156 00	\$11 20	\$167 20
North Michigan.						
R. W. Coon.....	C. K.	40	34	\$43 00	\$ 3 35	\$46 35
C. H. Wallen.....	G. C.	25	4	11 00	11 00	22 00
E. C. Collard.....	B. F.	25	9	9 00	15 00	24 00
C. E. Matteson.....	B. F.	36	11	11 00	27 35	38 35
K. V. Bjork.....	B. F.	40	6	16 00	1 70	17 70
		166	64	\$90 00	\$58 40	\$148 40
Northern Illinois.						
C. R. Puels.....	D. R.	63	7	\$ 28 20		\$ 28 20
N. L. Taylor.....	G. C.	62	22	73 30		73 30
		125	29	\$101 50		\$101 50
Southern Illinois.						
Mrs. DeWitt.....	G. C.	12	1	\$ 2 75	\$ 2 55	\$ 5 30
G. W. Hicks.....		...	4	11 00		11 00
E. Jackson.....	G. C.	23	8	23 00		23 00
W. E. Bailey.....	B. R.	18	5	12 25	50	12 75
*J. E. Dent.....	B. R.	60	29	81 75	7 50	89 25
T. B. House.....	G. C.	35	7	20 25	3 90	24 15
J. L. Galbraith.....	B. R.	13	5	13 75	2 00	15 75
†Fred Minim.....	G. C.	30	2	5 50	7 40	12 90
‡E. Jackson.....		28	11	25 00	1 00	26 00
		219	72	\$195 25	\$24 85	\$220 10
Total, 22 Agents.....		821	283	\$542 75	\$94 45	\$637 20

\*Three weeks. †Week ending January 8. ‡Week ending January 29.

#### CANVASSING.

The question often arises, What part of the year is the best in which to canvass? My answer, judging from the experience of the canvassers, would be the winter time. Some have an idea that books cannot be sold soon after the holidays, but some of the best sales have been made during the last few weeks, averaging about one dollar an hour. But it is not all sunshine. There is a good deal of rain and mud to battle with, and it takes a brave heart to press on.

Sweet and precious experiences come to those who go out after them. Brother T. B. House writes:—

"I got through all week without paying a cent for board. Thursday night it was raining, and the people where I stayed wanted me to go with them to the next door to hold a cottage meeting

because the weather was such that we could not go to church. They insisted on my leading the meeting. I read to them, and talked on conversion, and we had a season of prayer. A young lady in the family professed conversion. I found that I could sell books in rain or snow or sunshine or whatever comes, as long as God does the selling for me."

Sister Mutzfelt had to remain at home last week and writes:—

"You can never know what a cross it was for me to give up the work even for this time. I hope to put in full time next week with the help of the Lord. My one desire is to serve God, and do His blessed will. I feel so unworthy." While canvassing Pekin, she sold a "Coming King" to a lady, and afterward corresponded with her. The lady is now deeply interested in the truth, and is attending our church in Peoria.

One day Sister Mutzfelt worked all day until about four o'clock when she came to an old lady, and showed her "Great Controversy," and spoke to her about the love of Christ. The lady burst into tears, and said, "You are the first one that ever spoke to me about the love of Christ." She bought a book.

New recruits are still coming, even at this time of the year. Sister DeWitt has started work in Springfield, Brother C. N. Ferris near his home in DuQuoin, and others are preparing to join the ranks.

The devil was determined to stop our work, and has been causing sickness to come to the workers, among whom were numbered: Brethern LeRoy Knott, E. Jackson, J. E. Dent, W. E. Bailey, and Brother T. G. Bailey's family; but all are nearly well once more, and are working hard.

The health books are coming to the front again as several are taking up their sale. This is as it should be according to the word that has come to us from the pen of inspiration.

In a short visit to Lovington, Tuscola and Champaign, I found much interest among our people in the book work. Several are planning to put in all their time. May the Lord add His blessing.  
C. J. Tolf.



## Health and Temperance.

### HEALTH TALKS.— No II.

#### Breathing Exercises.

The A. B. C. of health lessons is in deep respiration. It will be just as easy to breathe deeply after proper training as it now is to have a shallow respiration. The long continued disuse of the full expansive powers of the lungs causes the cartilages and tendons surrounding the joints to become stiffened and hardened so that it is a matter of long trial oftentimes before the chest can be properly expanded. System-

atic and graduated exercises are needed to overcome this condition.

The simplest method to begin with is as follows: Stand erect with the heels touching, the feet at an angle of forty-five degrees, and the arms hanging easily at the sides. Slowly raising the arms till they are level with the shoulders, quietly draw in a full breath at the same time. Hold this for a few seconds and then let the arms drop easily, exhaling more rapidly. A short pause between each exercise will avoid rapid fatigue. When this exercise has been mastered and a practice of ten or fifteen minutes is no longer tiresome, the addition of extending the arms above the head until they meet, breathing slowly until the hands touch, should be made.

After this is practiced for some time, the additional exercise of rising on the tip-toe at the same time as raising the arms above the head should be added as another step. These should be repeated eight times per minute.

There are other exercises more difficult, but if these are thoroughly tried several times daily in the open air or a well ventilated room, there will be a decided and beneficial improvement in health.

In taking these simple exercises it is imperative to breathe through the nose only. If you cannot, this valuable safeguard to health needs to be put into proper working order. The practice of mouth-breathing is a very serious defect.

Oxygen is the food of the blood corpuscles, while the articles we eat and drink go more directly to the plasma of the blood. Good blood is coveted by every one, and many people blame the blood for most of their ills. It can readily be seen that the possession of good blood is largely within our reach, and the supply of fresh air to the lungs is a good stride toward that end.

Normally we breathe once to every four beats of the heart. When by fever, exercise, etc., the heart beats more rapidly, the number of respirations increase proportionately to keep pace.

When the heart crowds the lungs beyond their capacity, we have the condition called "out of breath."

The respiration is carried on unconsciously and without exertion, nevertheless it is under the control of the will. This process (respiration) begins and ends in only the lungs; it consists in inhalation, circulation and assimilation of oxygen and the circulation to the lungs and exhalation of carbon dioxide and organic matter.

Thus you can see how far reaching simple breathing exercises are. "If it were some great thing" that were asked nearly everybody would readily follow it. As there is no expense whatever to this "blood purifier" it ought to be well patronized.  
DR. O. R. COOPER.

## LAKE UNION HERALD

ISSUED WEEKLY BY THE

LAKE UNION CONFERENCE OF SEVENTH-DAY ADVENTISTS

PRICE, FIFTY CENTS A YEAR.

PRINTED BY EMMANUEL MISSIONARY COLLEGE PRESS, BERRIEN SPRINGS, MICHIGAN.

Entered as second-class matter November 3, 1908, at the post-office of Berrien Springs, Mich.

All subscriptions should be sent to LAKE UNION HERALD, care College, Berrien Springs, Mich. All matter intended for publication should be sent to Room 215 Dean Building, South Bend, Ind.

## NOTICE.

All manuscript intended for publication in the Herald, should be addressed to the Lake Union Herald, 215 Dean Building, South Bend, Indiana, instead of to an individual. Edited matter may be sent direct to Berrien Springs; all matter not edited or typewritten should be sent to the office at South Bend.



## ITEMS OF INTEREST.

## Southern Illinois.

Brother W. H. Edwards spent February 8 and 9 in Springfield, auditing the conference books.

A temporal building 12 x 50 feet is being erected on the church lot back of the Springfield church. It will be used to store the conference tents and fixtures.

Brother A. W. Hewitt, M. D., has located in Peoria. We believe that all our people will be interested to know that a Seventh-day Adventist doctor has located in the conference.

Everybody should remember that a camp-meeting fund is needed. It is gratifying to observe that some in the conference are remembering this fund in a substantial way.



## Emmanuel Missionary College.

The chorus "Redemption" was indeed a success and an enjoyable occasion to all who were in attendance.

A most impressive chapel talk was given us last week by Professor Lamson concerning the new school at Chamberlain, South Dakota.

Following the morning service last Sabbath, three young men were baptized. It is good to see the youth giving their hearts to God, and dedicating their lives to His service.

Friday, February 12, being the one hundredth anniversary of Abraham Lincoln's birthday, an interesting program was given in chapel. Mrs. Graf gave a select reading on his "Two Mothers." Elder Videto spoke on the subject of "Lincoln as a Statesman."

Mr. Harry Wescott, who left school a few weeks ago, writes from Crosswell, Michigan, where he is laboring with Elder Lande, that they have begun work with the "Family Bible Teacher."

They expect to extend this work to the smaller towns around Crosswell, and also plan to hold meetings in school houses.



## West Michigan Conference.

Continued from last issue.

No. 31 approved the action of the Conference Committee in sending the chairman to view the situation in the Southern field, and further recommended the continuance of our support to laborers in that field, and the sending on of other young workers as calls may be made and as workers may be available.

No. 32 expressed appreciation of the LAKE UNION HERALD by urging all our brethren and sisters to become subscribers.

No. 33 recommended that all teachers who expect to engage in the work the following year should attend the summer normal at Berrien Springs.

No. 34 endorsed the action of the Lake Union Conference Committee in setting apart a day for a collection to assist Emmanuel Missionary College in meeting its running expenses, until a sufficient number of students are in attendance to make the school self-supporting.

No. 25 recommended that the West Michigan Conference join with the other conferences in the Lake Union in assisting in the support of Dr. S. P. S. Edwards.

No. 36 applied particularly to the work of the missionary secretary, and was referred to the Conference Committee for action.

No. 37 endorsed the action of the Mt. Vernon Convention in recommending to the training schools a careful study of our youth and their possibilities.

No. 38 approved of the Endowed Scholarship Fund.

No. 39 approved of the raising of an equipment fund for our schools.

No. 40 suggested the advisability of giving some of the more advanced students experience in Missionary Volunteer field work during the summer.

No. 41 recommended the organization of the Missionary Volunteer Societies in accordance with the plan of the General Conference Department.

No. 42. We recommend to all our young people, as well as our older members, the Morning Watch Calendar as an aid to systematic Bible study and prayer.

No. 43. We recommend That every Seventh-day Adventist family take the *Instructor*, and that fathers and mothers unite with their children in the Missionary Volunteer Reading Course.

No. 44 recommended that the resolutions passed by this conference be published in such form that they might be preserved for the use of our workers both conference and local.

No. 45. We recommend That individuals be advised to make the Conference Association the beneficiary of their wills and legacies, etc., and that the Association be made the executor of said wills.

No. 46. Resolved That we hereby express to the citizens of the village and to the members of the Otsego church of Seventh-day Adventists, who have so cordially shared in our entertainment, our hearty appreciation of their kind hospitality.

A collection was taken which was voted to be applied on the Equipment Fund.

The chairman announced the following departmental secretaries:

Medical: J. M. Wilbur.

Missionary and Religious Liberty: J. W. Hofstra.

Sabbath-school and Educational: C. A. Hansen.

Field and Missionary Volunteer: A. C. Haughey.

Meeting adjourned sine die.

A. G. HAUGHEY, *Chairman*.

E. L. RICHMOND, *Secretary*.



 Notices.

Reading Notices will be charged for at the rate of seventy-five cents for forty-five words or less; each additional word, initial, or group of figures, three cents extra.



## For Sale.

A fine farm of 47 acres; good fertile land; large 12-room house; large barn with basement; two good wells and fine spring; outbuildings, etc. An ideal country home. Land adjoins Adelphian Academy farm. Price, \$110 per acre. Reference: Elder E. K. Slade, Pres. East Michigan Conference.

For particulars address,

J. R. INSKEEP,  
Holly, Mich.



## For Sale.

The College Poultry Farm has for sale several excellent *Barred Rock Cockerels* of the Bradley Brothers strain.

Also—from our breeding pens of last year: 2 Barred Rock Cocks. 1 White Rock Cock. 1 Single Comb Black Orpington Cock. Fine Birds. Prices reasonable. Address, College Poultry Farm, Berrien Springs, Michigan.



## Canvassers' Institutes.

The following institutes are planned for the Lake Union Conference:

Northern Illinois, Sheridan, Feb. 12-21; Northern Illinois, Chicago, Feb. 21-28; North Michigan, Petoskey, March 5-15; East Michigan, Holly, March 16-28; Wisconsin, Grand Rapids, March 16 to April 4; Indiana, Beechwood, April 8-18; West Michigan, Cedar Lake, April 8-18; Emmanuel Missionary College, April 18 to May 2.

J. B. BLOSSER,  
General Agent.