

Missionary Worker.

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No. 6.

THE SABBATH IN THE HOME.

BEFORE the setting of the sun, let the members of the family assemble to read God's Word, to sing and pray. There is need of reform here, for many have been remiss. We need to confess to God and to one another. We should begin anew to make special arrangements that every member of the family may be prepared to honour the day which God has blessed and sanctified.

Let not the precious hours of the Sabbath be wasted in bed. On Sabbath morning the family should be astir early. If they rise late, there is confusion and bustle in preparing for breakfast and Sabbath-school. There is hurrying, jostling, and impatience. Thus unholy feelings come into the home. The Sabbath, thus desecrated, becomes a weariness, and its coming is dreaded rather than loved.

We should not provide for Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. Overeating befores the brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath many have done more than they think to dishonour God.

While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day.

MRS E. G. WHITE.

OUR STUDENTS AS CANVASSERS

I AM glad to be able to give a very encouraging report of this work. Several students are handling "Christ's Object Lessons," and "Christ Our Saviour." One sister handling the latter reports at the rate of four orders per hour.

Others canvassing with "Home Hand Book," have taken as many as two orders during one afternoon. One brother had quite a remarkable experience with this large book. He got an order the first afternoon he went out.

One handling "Great Controversy" is now making his second delivery since the college opened. He reports as many as nine orders in one afternoon of about four hours. Although he is so successful while canvassing, he is not a whit behind the very best in his studies. I might go on to tell how "Christ's Object Lessons" is going, but I will reserve that for another time, as I wish to write something about the work with *Present Truth* and *Good Health*.

Nearly all the students that are doing any canvassing put in some time selling these two very important periodicals. Some sell nothing else, while others (and rightly, too,) sell both books and papers, which can be done very readily by all our canvassers; for when you can interest a person sufficiently to obtain from him an order for a large book, it is but a small matter to sell a *Good Health* before leaving, and you need have no fear of it or a tract like "Sufferings of Christ" raising any prejudice against the book for which you have just got an order. I know by experience that it will not work that way, but will tend to increase the confidence of your customer in the larger work which you are soon to deliver. Therefore I would say to those in the field who are not already carrying a supply of *Good Health*, Get some at once, and you will thereby increase your usefulness, salary, and especially your reward when the Master returneth.

S. JOYCE,

(Concluded next week.)

"OPEN new fields, is the word from the Lord, and add to your workers. Educate young men to labour, and tarry not. Educate, educate, educate."

"STUDY to become acquainted with the manner in which Jesus worked and preached. He was self-denying and self-sacrificing. He did not shun toil; he suffered reproach, scorn, insult, mockery and abuse."

"GOOD HEALTH CLUBS"

THE subject of healthful living is one that ought to interest everybody. To obtain the physical benefits which all stand in need of to a greater or less extent, it is necessary to study the subject in a practical way. For this purpose we are planning to organise monthly meetings in all our churches and smaller companies. Following is a brief outline of the plan we have to suggest:—

Meetings are to be held monthly, preferably during the first week of the month. It has been suggested that the meetings be organised under the name "Good Health Clubs." The officers may be a president, one or more vice presidents, a secretary and treasurer, and a programme committee of three or five, of which it may be well to have the secretary act as chairman. Of course the president would be *ex officio* a member of the programme committee. It is expected that every officer will heartily endorse all the principles for which *Good Health* stands, and practise them. All readers of *Good Health* who are in sympathy with the reforms taught by the magazine may be invited to become members. Of course a hearty invitation to attend the monthly meetings should be extended to neighbours, friends, and acquaintances. Then as soon as they become acquainted with the principles of healthful living, and recognise the necessity of physical reforms in daily living, they will desire to become regular members.

It is desirable to make this monthly meeting a general rally for all those who are interested in the principles of health reform, and who wish to learn more concerning the laws which govern our being. It has not been thought best to have an admission fee, but it would always be permissible, at the close of the meeting, to take up a collection for current expenses.

The programme should be instructive and entertaining, and might well consist of several five or ten minute talks, one or two brief readings, a recitation pertaining to the subjects under consideration, and brief, spicy papers written on definite subjects assigned ahead, as well as appropriate music. Above all do not make the meeting tedious or tiresome.

The work of the Good Health Club should be educational and instructive, as well as interesting and attractive. Not only may questions relating to physiology and healthful living be discussed, but also endeavours should be made to interest the members in philanthropic work of various kinds, such as visiting one's neighbours in a friendly way, particularly those who are ill, giving assistance in the form of instruction and helpful suggestions to the poor, and to those who are ignorant as to these principles.

We find almost universally that the people are anxious to learn better ways of living, and the majority are willing to sow seeds that will bring forth health and happiness, providing they know how to do it. So let the Good Health Club stand in each community for a higher plane of physical living, and let the platform be "Health by right living."

A. B. OLSEN.

REPORT OF TITHE, FIRST-DAY OFFERINGS AND ANNUAL OFFERINGS

YEAR ENDING DEC 31 1901

Churches.	Tithe.		F st Day Off'g		Annual Off'g	
	£	s. d.	£	s. d.	£	s. d.
Bath,	78	11 0	4	7 8	6	0 0
Banbridge,	101	9 8	2	7 0	5	16 6
Balham,	131	11 6½	2	2 11½	6	4 0½
Belfast,	81	6 5	4	0	8	17 3
Birmingham,	123	15 6			17	0
Bristol,	8	1 4				
Cardiff,	26	1 5½	6	0	2	3 4
Croydon,	5	10 8			2	6
Derby	11	7 8			4	9
East Dulwich,	35	12 5½			14	6
Grimsby,	3	18 6	1	13 10½	1	8 0
Hackney,	21	19 4		1 0	1	1 10
Hull,	52	8 6	2	15 10	1	11 0
Kettering,	81	3 6	3	3 6	2	6 0
Leytonstone,	113	17 9½	14	6	3	4 5½
Liverpool & Birkenhead,	137	11 0	2	17 9	9	7 3
Manchester,	81	13 8	2	15 4	3	0 0
Newarthill,	20	10 8½			15	0
North London,	674	18 5	5	6 4½	17	9 2½
New Brompton,	2	1 0			8	0
Plymouth,	169	13 0	13	6	3	5 6
Southampton,	100	17 0	15	0	3	4 0
Swansea,	34	19 10	12	1½	2	2 0
Uxbridge,	28	4 3	1	19 10		
Wellingborough,	25	6 1			8	0
Westbourne Park,	31	10 8	1	19 0	1	6 9
Miscellaneous,	138	4 9	9	17 6	7	0 0
Total,	2,327	5 9	44	12 9	88	16 10½

BOOK MATERIAL FUND.

JANUARY DONATIONS.—S. Cowley, 6s.; Mr. H. Baldwin, 10s.; J. Howarth, 10s.; Mrs. S. J. Thomas, 4s.; A. R. Leask, £1; proceeds from lantern entertainments, Duncombe Hall, £1 10s. ½d.; contributions previously acknowledged, £63 18s. 2½d. Total donations, £67 18s. 2½d.

LIVERPOOL

I HAVE just returned from a ten days' visit to Liverpool and Birkenhead, where the work is making good progress. The interest at Liverpool is excellent, and many people are studying the truth.

The brethren and sisters felt very sad over the departure of Brother Washburn for America, and of Brother H. Armstrong for Scotland. The faithful labours of these brethren had been greatly blessed of the Lord, and in their departure they are taking with them the best wishes and earnest prayers of the church at Liverpool that they may have much success in the respective fields to which they have gone.

While these brethren will be much missed, the church has taken hold with earnestness to keep up the interest, and push forward the good work begun. I enjoyed my stay very much, and was glad to become better acquainted with the work in these important cities. How much we are in need of more truly earnest and consecrated labourers to answer the many calls for help.

O. A. OLSEN.

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FROM OTHER FIELDS.

BROTHER O. A. OLSEN returned to London last Wednesday evening.

BROTHER MEREDITH is arranging the tabernacle, formerly in use at Belfast, preparatory to opening services at Pontypridd.

BROTHER HUTCHINSON is hard at work constructing a new tabernacle with which to carry on the work in Ireland.

THE readers of the MISSIONARY WORKER will be glad to learn that Brother Harry Armstrong has gone to Scotland with his family, and has begun work at Glasgow. We all wish him much success. Let us remember him and the work there in our prayers, that the blessing of the Lord may attend his labours in a very special manner.

O. A. O.

BROTHER A. F. BALLENGER returned to Wanstead last Wednesday, after the mission at Southampton. He reports encouraging experiences in the work. Twenty two were baptized there last week, including a few re-baptisms. Brother Ballenger will probably make Kettering and Wellingborough his next field of labour.

WE are glad to note that some of our brethren, at least, are studying the tabular reports appearing in the WORKER. Brother Loveday, of Kettering, notices the small amount of the First day Offerings. Very possibly the matter has been almost forgotten in some companies. We shall have a little article next week entitled "Giving Like a Child" which will throw light on the general subject of liberality towards God.

YESTERDAY a reply was received from a lady seldom met, to whom the first four numbers of *Good Health* had been sent as samples with a note of recommendation, and requesting that they be returned if not approved. The answer says: "Thank you very much, indeed, for thinking of me with the magazines. They are very interesting, and contain much good advice. I should like to keep them, and enclose stamps, if you would kindly order me the others."

MRS. E. H. BRADLEY.

BROTHER E. E. FRANKE reports sixty people baptized as the result of a tent meeting held last summer at Trenton, N. J., (U. S. A.). A strong church was organised, with a Sabbath-school of one hundred and seventy-five members, and a Missionary Society.

IN New York City an extensive Gospel work is going forward under the general leadership of Brother S. N. Haskell. The following extracts will give some idea of what is being done:—

"The health and temperance movement has truly proved to be the right hand of the body. Through this means an open door has presented itself among the Jewish people. At the first meeting about five hundred Jews were present, and an unusual interest was taken in the subject presented. . . . It was thought advisable to demonstrate the error of the objection so often made, that it is too expensive for poor people to use health reform foods. So on New Year's day a union meeting was held in our hall, and a vegetarian dinner was served to over two hundred of our people. It was a simple meal of three courses, such as may be prepared in any home by one who understands vegetarian cooking. The whole cost of the dinner averaged only fivepence for each person."

A LETTER from Brother J. L. Snaw, Calcutta, contains the following encouraging words: "The longer I am in India, the better I like it. We can see the prospering hand of God going on before us, and the message is advancing in this land. My heart goes out for these poor people in their poverty and distress, and still more for their perishing souls. O, that we had more workers to spread the news of salvation amongst the millions of this benighted land. There are calls on every side; but we can only refuse, as our little handful of workers is too small. . . . We are pushing the canvassing work ahead, and trying to get everybody to do something for the Lord in the way of getting our literature before the people. . . . We shall also start an industrial school on a small scale, and carry on a printing office in connection with it. . . . I notice that you are starting a school in England. When it turns out more workers than you can employ, remember that India is a part of the British Empire, and don't forget our need of labourers."

THE closer we keep to Christ, and the more meek and lowly and self-distrustful we are, the firmer will be our hold on Christ, and the greater will be our power, through Christ, to convert sinners.

E. G. W.