

The Indicator.

"ARISE, SHINE ; FOR THY LIGHT IS COME, AND THE GLORY OF THE LORD IS RISEN UPON THEE."

VOL. V.

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No. 7.

BE CHEERFUL!

THE meanest worm that crawls the dust,
Before its life is ended,
Accomplishes the purpose just
For which it was intended.

Think ye that man alone hath been
Placed in this world to mar it?
Shall we live, and our fellow-men
Be none the better for it?

No! Let us lend a feeble ray
To light the gloom of sorrow ;
For we who proffer aid to-day,
May need the same to-morrow.

We each can make, tho' small and weak,
The world a little brighter ;
With every cheering word we speak,
Somebody's heart is lighter.

And should misfortune be our share,
With grief and pain attended,
Each pang with patience let us bear—
We know 'twill soon be ended!

Though rough and stormy be our way,
And paved with pain and sorrow ;
Though we may sow in tears to-day,
We'll reap in joy to-morrow.

—Selected.

HELPS FOR WORRIED WEEK-DAYS.

(Continued.)

WE want to live a life that will please God, and that will bear witness on its face of the genuineness of our piety.

How can we do this? We must first recognize the fact that our life must be lived just in its own circumstances. We cannot at present change our surroundings. Whatever we are to make of our lives must be made in the midst of our actual experiences. Here we must either win our victories or suffer our defeats. We may think our lot hard and may wish it were otherwise, that we had a life of ease and luxury, amid softer scenes, with no briars or thorns, no worries or provocations. Then we should be always gentle, patient, serene, trustful, happy.

How delightful it would be never to have a care, an irritation, a cross, a single vexing thing!

But meanwhile this fact remains—that our aspiration cannot be realized, and that whatever our life is to be made, beautiful or marred, we must make it just where we are. No restless discontent can change our lot. We cannot get into any elysium merely by longing for it. Other persons may have other circumstances, possibly more pleasant than ours, but here are ours. We may as well settle this point at once and accept the battle of life on this field, else, while we are vainly wishing for a better chance, the opportunity for victory shall have passed.

The next thought is that the place in which we find ourselves is the place in which the Master desires us to live our life.

"Thou cam'st not to thy place by accident ;
It is the very place God meant for thee."

There is no haphazard in this world. God leads every one of his children by the right way. He knows where and under what influences each particular life will ripen best. One tree grows best in the sheltered valley, another by the water's edge, another on the bleak mountain-top swept by storms. There is always adaptation in nature. Every tree or plant is found in the locality where the conditions of its growth exist, and does God give more thought to trees and plants than to his own children? He places us amid the circumstances and experiences in which our life will grow and ripen best. The peculiar discipline to which we are each subjected is the discipline we severally need to bring out in us the beauties and graces of true spiritual character. We are in the right school. We may think that we would ripen more quickly in a more easy and luxurious life, but God knows what is best ; he makes no mistakes.

There is a little fable which says that a primrose growing by itself in a shady corner of the

garden became discontented as it saw the other flowers in their gay beds in the sunshine, and begged to be removed to a more conspicuous place. Its prayer was granted. The gardener transplanted it to a more showy and sunny spot. It was greatly pleased, but there came a change over it immediately. Its blossoms lost much of their beauty and became pale and sickly. The hot sun caused them to faint and wither. So it prayed again to be taken back to its old place in the shade. The wise gardener knows best where to plant each flower, and so God, the divine Husbandman, knows where his people will best grow into what he would have them to be. Some require the fierce storms, some will only thrive spiritually in the shadow of worldly adversity, and some come to ripeness more sweetly under the soft and gentle influences of prosperity whose beauty rough experiences would mar. He knows what is best for each one.—*J. R. Miller, in Week-Day Religion.*

THE GENERAL CONFERENCE COUNCIL AT
BATTLE CREEK, MICHIGAN.

KNOWING that the readers of the INDICATOR will be interested in any news from the Council, I will pen a few lines. The first class in the morning is a class in oratory. It is conducted by Professor Humphries of Chicago. The class is held at eight o'clock. A second class is held at 4.30 p. m. The morning class is attended by most of the ministers attending the Council. The afternoon class is attended by a few of the ministers and the state agents.

The state agents hold two meetings each day, one at 8 a. m., and one at 6 p. m. The meetings are of an instructive nature. Some very interesting papers have been read and discussed. The position is taken in one paper that the state agent should not only educate and train canvassers, but should employ a part of his time in actual canvassing.

From 9.30 to 10 a. m. there is a general prayer meeting. From 10 to 11 a. m. there is a general Bible class. The study during this hour so far has been the book of Colossians. From 11 to 12 a. m. Doctor Kellogg discusses health topics. He is very clear in his explanations, and illustrates each point so nicely that

the large congregations are not only instructed, but entertained and delighted to that extent that many say, "I have heard many of these points discussed before, but never made so plain and forcible."

From 2.30 to 4 p. m. the General Council meeting of the day is held. During this time some branches of the work are presented and discussed. These meetings are of a very interesting nature. Suggestions are made and plans are formed which will in all probability be endorsed when the General Conference convenes, during the next week.

At 7 p. m., continuing one hour, some one preaches. Professor Prescott has occupied the hour for several evenings. When the hour is not occupied by him some one of the ministers who have been laboring in some foreign field speaks. Thus we have heard from Europe, Africa, and the Islands of the Pacific. These discourses have been of an interesting nature. The last hour of the day, from 8 to 9 p. m. is occupied by Elder A. T. Jones. He has discoursed each evening on the living issues of the present time. These discourses are interesting and instructive. Mrs. J. H. Kellogg and sister Fitch are conducting a cooking school at the Sanitarium for the benefit of the sisters who are attending the Conference. All are enthusiastic over the facts presented in relation to healthful cooking.

All the meetings are well attended, and the instructions given are of an educating nature. The Lord blesses and the meetings so far are a success.

S. H. LANE.

GRAHAM FLOUR.

We acknowledge you are right when you say, "It is almost impossible to obtain good graham flour in the average market;" for much of it is simply bran and some inferior white flour mixed, or at best the finest of the white flour has been removed to sell as "fancy patent." We do not thus speak on our own authority, for these facts have been stated to us by several millers doing a large business.

In preceding articles we have shown that the system demands every part of the wheat kernel, that it may be properly nourished; therefore, if we are robbed of any part, the re-

The Canvassing Work.

Report for the Week Ending February 8.

County.	Agent.	Hours.	Days.	Ords.	Value.	Miscel.	Deliv.	Value
Bible Readings.								
Steuben,	T. B. Harlan,	22	4	1	\$3.00	4.75	6	\$10.50
Monroe,	J. S. Fritts,	23	4	10	22.50			
Steuben,	Perry Tufts,	6	2	3	6.00	.50		
Chemung,	C. W. Inskeep,	6	1	1	3.00			
Great Controversy.								
Erie,	O. F. Thompson,	16	3	3	7.25	2.50	5	14.00
Patriarchs and Prophets.								
Broome,	J. Deeley,	16	4	3	6.25	7.25	3	6.75
Miscellaneous sales,					15.00			
Totals,	6 Canvassers,	89	18	21	\$63.00	\$15.00	14	\$31.25

maining ones must be supplemented in some way. Without doubt, it is wiser to dispense with the starchy portion than the nitrogenous, for the ordinary menu usually abounds in carbonaceous material anyway. The robbed and mixed graham flour of which we have spoken, very likely lacks sweetness, and so sugar or molasses is frequently added, thus taxing the digestive organs and cloying the appetite.

Probably there is no graham flour more nearly perfect than that manufactured by the old, or "stone" process, and we are very sure it surpasses the new in sweetness. The best of wheat should always be freed from seeds of weeds or any other foreign substance. Having once been successful in securing a good article, continue dealing with the same miller. Such flour will cost a trifle more than others, but it is really far cheaper.

We understand that the alimentary canal is made up of muscular coats, and it is by the strength of their contractions that it is kept clear of effete matter. Now it is plain that if a scanty amount of muscle-making food is eaten, there must be weak peristaltic action, and the result is constipation and its many attendant evils. But we do not understand it to be necessary that this muscle-maker *must* be taken in the form of coarse bran (in some cases a mechanical irritant), but that all may be reduced to a fine flour, and very satisfactory results follow. To be sure it will be a dark flour, and make dark bread, but the consumers will have light

hearts, bright eyes, and rosy cheeks,—all other things being equal. Starvation diet even in well-to-do families has too long been the rule; but we are hoping for the dawning and even the full light of a better day, especially among those who are waiting the coming of the dear Savior.—*Mrs. D. A. Fitch, Sanitarium Cooking School.*

THE New York Health Food Co. sell all kinds of flour, only the best of each. Find their advertisement in another column and send for circulars.

—BROTHER and sister J. R. Calkins left Rome last week for Battle Creek to attend the General Conference. They have reached their destination in safety.

—ELDER PLACE and wife left Syracuse last week for the west. Elder Place went to Mount Vernon, Ohio to visit his aged parents, and sister Place went directly to Battle Creek. Elder Place reaches Battle Creek this week.

—PROFESSOR EXCELL, elder of the Buffalo church, is attending the General Council meetings at Battle Creek.

—ELDER SMITH, editor of the *Review and Herald* has been quite poorly since his return from Palestine, but is gradually improving.

—Two Baptist ministers are attending the General Council meetings, who have recently embraced the views of Seventh-day Adventists. One is from North Carolina, and the other from Tennessee. They are much interested in the meetings.

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MAY'S RESOLVE.

BY EMMA L. PARDON.

[A story for the little folks.]

"MAY! May!" called Mrs. Willis.

There was no answer for some minutes, then the raspberry bushes parted, and the little girl appeared.

"Why didn't you come when I called?" asked her mother.

"I wanted to get a few more berries," answered May; "see, my pail is nearly full."

"I would rather see a little girl obey her mother promptly than get a bushel of berries," said Mrs. Willis. "I want you to get ready at once and get some eggs for Jessie's supper."

Jessie was May's sister. She was sick, and her mother got fresh eggs for her every day from a neighbor.

It took May some time to wash the berry stains from her face and hands, and to put on a clean dress. She then took a small basket, and started for the eggs. When she reached the place, there was a woman there buying eggs.

"That's the last egg I have," said the neighbor to her customer. The woman paid her and walked away. May went home with a sad heart.

"I'm so glad you have come, dear," said her mother, "Jessie is just asking for her supper."

May burst out crying. "I did not get any, she had just sold the last," she sobbed; "if I had only come when you first called, mamma, I should have got the eggs."

"Never mind," said Jennie kindly, "I can have some toast."

May dried her tears, and fixed a saucer of the choicest raspberries for the invalid. She made up her mind to be careful in the future to obey at the first call.

That would be a good resolve for you all to make, girls and boys. I trust many of you already heed God's commands,— "Honor thy father and thy mother;" and, "Children, obey your parents in all things; for this is well pleasing unto the Lord."

EUREKA HEALTH FLOUR,

The coming flour, contains *four times the nutriment of white flour*. Superior to *graham flour* in that it does not contain the coarse, irritating, indigestible, woody outer husk of the wheat kernel or coarse flakes of bran which have no food value, but which are unavoidably present in all Graham Flour. This superior *Whole Wheat Flour* is easy of digestion, perfect in assimilation, and thoroughly nourishes every part of the body.

IT IS A COMPLETE FOOD

for the dyspeptic, for the tired and the nervous, the brain worker and the muscular worker, the sick and the well. For Children and Infants it is an invaluable food, building sound bones, strong eyes and teeth, and a vigorous constitution. When such a natural and nourishing food can be obtained, it is a cruelty to feed children upon white flour, entailing imperfect development and physical degeneration upon them, as well as disease. It fully takes the place of all other flour, both White and Graham.

SPECIAL OFFER.

To introduce this flour into new places, we make the following offer, good until Feb. 15, only. For \$5.50 cash we will ship by freight prepaid to any part of the State one barrel of Eureka Health Flour. This makes it by far the cheapest flour on the market. Large and numerous orders from all parts of this State as well as from neighboring states, gives sufficient proof of the way this richest whole wheat flour is appreciated. Now is the time to begin using the flour that will add to your strength and happiness. Try it once, and you will use no other.

Agents and dealers wanted everywhere, especially where our people are located. Complete descriptive circulars of all our Foods, Flours, and Breakfast Grains sent upon application. Address NEW YORK HEALTH FOOD Co., ROME, N. Y.