

THE WEST MICHIGAN HERALD.

"Watchman, What of the Night?"

VOL. I.

GRAND RAPIDS, MICHIGAN, FEBRUARY 11, 1903.

No. 6.

THE WEST MICHIGAN HERALD.

Issued every Wednesday by the
WEST MICHIGAN S. D. A. CONFERENCE
220 Plainfield Avenue, Grand Rapids, Mich.

Rate: 25 Cents per Year (50 Numbers) in Advance.

Evangelical Department

CONSTITUTION

ARTICLE 1. NAME.

THIS organization shall be known as the West Michigan Conference of Seventh-day Adventists.

ARTICLE 2. TERRITORY.

The territory covered by this conference shall consist of the counties of Berrien, Cass, St. Joseph, Branch, Calhoun, Kalamazoo, Van Buren, Eaton, Barry, Allegan, Ionia, Kent, Ottawa, Muskegon, Oceana, Newaygo, Montcalm, Mecosta and Isabella, of the state of Michigan.

ARTICLE 3. OBJECT.

The object of this conference shall be to promote the spread of the everlasting gospel as embodied in the message of Revelation 14: 6-12.

ARTICLE 4. MEMBERSHIP.

Section 1. The membership of this conference shall consist of such duly organized Seventh-day Adventist churches as are or may be situated within the boundaries of the Conference.

Section 2. The voters of this conference shall be such duly accredited delegates as shall receive delegates' credentials from their respective churches. Each church shall be entitled to one delegate for each fifteen members or fraction thereof. The Executive Committee, all ordained ministers, and such heads of departments as the Executive Committee shall furnish with delegates' credentials, shall be entitled to a seat in the conference and to a part in its deliberations.

Section 3. After the conference shall have been duly organized it may, if it so desire, extend to such other persons as it shall designate the right to participate in the discussion, or to vote, or both, in the discretion of the Conference.

ARTICLE 5. OFFICERS.

The officers of this conference shall be a President, Secretary and Treasurer, who shall be elected at the annual election of the conference in the same manner as the Executive Committee.

ARTICLE 6. EXECUTIVE COMMITTEE.

Section 1. The Executive Committee of this Conference shall consist of five or more persons, of whom the President shall be one, chosen at the annual session of the conference in such manner as may be prescribed by the delegates thereof. As far as practicable the departments hereinafter mentioned shall be represented on the Executive Committee.

Section 2. The Executive Committee shall hold office for one year, or until their successors shall be elected and appear to enter upon their duties.

Section 3. The Executive Committee shall have full administrative power between the sessions of the conference. They shall give credentials or licenses to ministers or other workers who are entitled to such recognition; they shall fill any vacancy which may occur in their number, or in the offices, boards, committees or agents of the conference, unless other provision be made by vote of the conference for filling such vacancies.

Section 4. It shall have power to appoint from its number a president pro tempore.

ARTICLE 7. DEPARTMENTS.

The work of this conference shall be carried on under four departments; namely, Evangelical, Educational, Medical and Missionary. Each department shall be under the special supervision of a responsible head, who shall be chosen by the conference or the Executive Committee, with special reference to his fitness to properly discharge the duties of the department.

ARTICLE 8. SESSIONS.

Section 1. This conference shall hold a regular yearly session, reckoning from the year 1903, at such time and place as the Executive Committee shall designate by a notice published in the *Review and Herald* or the conference paper at least two weeks prior to the date of the session.

ARTICLE 9. TRUSTEES, COMMITTEES AND AGENTS.

The voters of this conference shall, at each regular session, elect the trustees of such corporate bodies as are or may be connected with this organization according to the state laws governing such corporations, and the conference shall employ such committees and agents as it may deem necessary, according to the by-laws in such cases made and provided.

ARTICLE 10. AMENDMENTS.

This constitution may be amended by a three-fourths vote of the members present at any regular meeting, or at any special session. PROVIDED, That if it is proposed to amend the Constitution at any special session notice of such purpose shall be given in the call for that session.

THE LIFE BOAT

WE hope our people are not overlooking the importance of circulating the *Life Boat* among their neighbors and friends. God is greatly blessing this publication, as well as those who engage in selling it. Two sisters from the Chicago Training School recently started on an overland missionary trip to the Pacific coast, selling the *Life Boat* en route. They report some wonderful experiences. One of them writes: "To-day more than ever am I convinced that God has sent his angels before us and prepared the hearts of his people." Her companion says: "People tell us all along the road that we ought to stay here, that we are needed here, etc."

The teacher and pupils of the Grand Rapids church school recently sold forty-nine copies of the *Life Boat* in a short time after school hours, besides taking several yearly subscriptions. Many of our schools could do a good work with this paper, and the experience thus gained will be invaluable to the children. It serves to develop the missionary spirit, and helps them to acquire the art of influencing men and women for good.

S. M. BUTLER.

CEDAR LAKE ACADEMY.

THIS school is now in its fourth year. Notwithstanding that it has labored under some serious disadvantages, the good hand of God has been with it from the beginning, and many students have not only received a mental training, but have also found Christ as a personal Saviour. And as the love of God has been shed abroad in their hearts, they have become imbued with the desire to carry to others the knowledge which they possess. This has led them to begin meetings in the school houses in their vicinity, where considerable interest has been aroused. Thus this school is not only educating your sons and daughters in books, but is fitting them for missionary service as well.

Educational Department

GOD'S SYSTEM OF EDUCATION

THE divine system of education is essentially different from that of the world. It is primarily a spiritual system, having for its chief object the restoration of the image of God in the soul of the student. Whatever may be its achievements, the school which does not accomplish this result is, from the divine point of view, a failure.

At the very threshold of every school that is conducted according to the divine plan of education the student is met with this declaration, "Except a man be born from above, he cannot see the kingdom of God." The whole school fabric is constructed with the idea uppermost that the student must have such an experience to fit him for citizenship in the kingdom of heaven. That idea is never lost from view in any of the work of the school. Divine and human agencies co-operate to accomplish this end.

In such a school the Spirit of God finds the fullest liberty to do its office work. Unhindered by human devices, the truth finds access to the heart of the student. Here, too, the Bible occupies a prominent and respected position. It is the final authority on all questions. The student is encouraged to come to its study with reverent spirit, and to open his heart to its hallowed influence. Conditions favorable to Christian development surround the student. Every effort is made to inspire him to do his best, not on the field of human endeavor for selfish purposes, but in the cause of Christ for the salvation of fallen humanity.

It is impossible to estimate the power of such an educational system on a young and developing character. The bent given to the life of the student is entirely different from that of the student trained under worldly influences. He cherishes ideas and aspirations radically different from the student educated in the secular schools. Eternity alone will reveal the power of such an education in determining character.

S. M. BUTLER.

THE SABBATH SCHOOL AS A TRAINING SCHOOL

THE well organized Sabbath school is an excellent place to train children and youth to become missionaries. Order, attention, and punctuality are weekly taught the child. These are essential requisites in the successful worker, and the Sabbath school has performed an important part in the character building by this training.

The teaching of the lesson is no small factor in attaining this result.

Although the lesson has been learned at home, it is line upon line and precept upon precept that fixes the thought in the memory of the child, and makes it a part of his character building. As the teacher brings out the truths of the lessons by well chosen illustrations, seed is sown and impressions made that will bear fruit in the life of the child. This systematic training in the truths of the third angel's message is invaluable in training for missionary service.

The school also offers opportunities for directing the youthful energies into channels of usefulness in the Master's service. Every such opportunity should be wisely improved. The talents of all can be used in some way. Those who possess the proper qualifications, spiritual and otherwise, may be called to act as superintendents, secretaries and teachers, while the younger ones may occasionally be assigned to such duties as making out the records of their classes, taking offerings, and so forth.

These things, though small in themselves, serve to develop skill and awaken a desire for a larger share of usefulness in the Lord's work.

MRS. S. M. BUTLER.

WHAT THE CAUSE NEEDS

CONSECRATED young men and women who feel a personal responsibility to carry the gospel into the moral darkness of the world is what the cause needs just now. This work can not be done by those who only professedly believe the gospel; it will require the best efforts of devoted energies, co-operating with divine agencies. The cause is greatly in need of young men and women who cultivate piety and devotion. Such as these have power and influence in the upbuilding of the church, and a no less important influence on their young associates.

Much valuable time that might be employed in preparation for missionary work is wasted by many of our young people. Some even spend their time in reading cheap literature. Time thus used is worse than misspent.

In churches where there are several young people it might perhaps be arranged to spend one hour each week in Bible study. Some definite line of operation should be laid out so that the work may be carried on effectively. Those who are trained in spiritual methods should at first take the lead. Afterwards those less experienced should bear a portion of the responsibility. In this manner all may be fitting themselves for some part in the Lord's vineyard. When we consider the great need of workers in the harvest field it behooves us who are young through consecration and training to fit ourselves for the work. GRACE CARPENTER.

Missionary Department

WHAT TO DO THE BALANCE OF THE WINTER

THE work done by our people in selling "Christ's Object Lessons" has prepared the way for other missionary efforts to follow. Much interest has been awakened by the effort that has been made to build and equip a school in our conference for the training of missionaries. Many people have formed more or less acquaintance with us as a people and with our institutions, who before this effort were uninformed regarding our work. The effort that has been made during the last three weeks has been especially fruitful in this regard. It has also served to awaken our people to a realization of the fact that there are many excellent people in the world, both in the church and out, who are ready to accept advance truth when it is brought to their attention in a Christian spirit. Our brethren who have taken part in this work have come into more sympathetic touch with these people than heretofore. They are now prepared to follow up the work in their community better than any one else. One of our brethren in speaking of his experience said: "We who are residents can sell to our neighbors much easier than a stranger can."

Now that the way has been prepared for more active missionary work, our churches should follow up the advantage thus gained. There is no better way to do this than by the distribution of tracts containing the message. Four new tracts have recently been prepared which present the subjects on which they treat in an up-to-date manner. This is an age of intense activity, and those who read demand matter to the point that may be read hastily. These four tracts deal with questions that are agitating the public mind, such as the conflict between labor and capital, etc. Just now while these questions are uppermost in men's mind we may gain their attention while we attempt to show them the meaning of these things.

Why not order a quantity of these tracts sufficient to supply the people of your community? Then divide the territory so that everyone that will work may have a definite place in which to labor. Get each laborer to assume the responsibility of placing these tracts in every family in his territory who will receive them. Then follow up the interest that is awakened by other labor,—Bible readings, medical missionary work, selling other books, etc. Many copies of Object Lessons can be sold to those who will become interested through the tract work.

S. M. BUTLER.

Medical Department

THE CELL

ALL the tissues of our bodies are composed of cells which are endowed with the attributes of life. These cells are very small, but with the aid of the microscope and by staining with different colors the sections to be examined, we are able to know a great deal concerning their properties.

Every cell consists of a cell body and a nucleus. The body, usually round or oval in shape, consists of a substance known as protoplasm,—a jelly-like substance. We do not know the exact composition of this protoplasm, but in general it is like the white of an egg. In this protoplasm may be seen thread like substances straight or winding, branching or interlacing, forming a regular network. Lying between these threads in the meshes of the network is a more fluid substance. This network of threads is to a certain extent controlled by the nucleus, and has to do with the more vital processes.

This protoplasm is capable of motion, as shown by its power of contraction, and the formation of processes. The extension and withdrawal of these processes enable the cell to change its position. Some cells possess little thread-like processes which can not be drawn into the cell, and these threads are in constant motion. Some cells possess only one thread-like process.

Living protoplasm is very sensitive to changes in temperature. All the processes of life occur in greater intensity in warm than in cold temperature. Thus by subjecting protoplasm to different temperatures, its various movements can be slowed or quickened.

The second constant element of the cell is the nucleus which is imbedded in the protoplasm of the cell body. This is usually sharply defined, and in shape corresponds to that of the cell body. Chemically, like the protoplasm, it consists of a complicated semi-fluid substance, containing minute granules which stain deeply. The nucleus is soft and capable of changing its shape when it comes in contact with solid substances, but only to return to its original form when the pressure is removed. It possesses then a certain amount of elasticity. In every resting nucleus one or more small round bodies are found which are termed nucleoli. A nuclear membrane partially surrounds the nucleus.

Cells divide by two methods—direct and indirect division. Nearly all the cells of the body divide by the indirect method, which is exceedingly complex. As a rule the mother cell and nucleus divide into two daughter cells, each

having a nucleus alike in every particular. Thus we have two daughter cells in the place of the original mother cell.

The simplest forms of animal life are organisms composed of but one of these cells, as the amoeba, and protozoa. In the growth of the higher animals, the first stage of development, the fertilized egg,—is a simple cell. This cell by repeated division gives rise to a mass of similar cells, and as development proceeds, the cells of this mass arrange themselves into three layers and from these three layers are developed all the tissues of the body.

The cells of these three layers assume new qualities. Adapting themselves to each perform certain definite functions, a division of labor follows. Cells having similar shape and similar functions are grouped to form tissues, and tissues are grouped to form organs. Thus in due process of time the very complex and wonderful human body is formed.

P. S. BOURDEAU, M. D.

FOMENTATIONS

A VERY hot fomentation has a powerful effect on the body. It stimulates the activities of the tissues, increases metabolism or tissue change, quickens the circulation, intensifies the nutritive processes, and encourages absorption and repair. Because of its excitant effect upon the nervous system, valuable curative results are produced.

Hot applications are most frequently used for relieving pain. For this purpose they are very beneficial, often affording relief in cases which are incurable. Nothing will relieve the pain resulting from sprains of the joints or muscles where the skin is not broken, quicker than a fomentation. It is also of service in relieving pain and relaxing the tissues in cases of dislocation and fracture.

The fomentation is always indicated where it is necessary to reduce swelling. In case there is an open wound, make the application around instead of over the injury.

The fomentation is one of the best means of increasing local blood supply; also to excite tissue change and stimulate absorption of an effusion or exudate; for instance, in pleuresy where water has formed. In case of congestion and inactivity of an internal organ apply the fomentation over the locality of the organ, and to the spine opposite.

For toothache and earache apply the fomentation over the seat of the pain, taking care to prevent the heat extending down the neck. To prevent this put a cold compress around the neck, or ice bag over the large arteries just below the jaw. This will cause the

blood vessels to relax and relieve the congestion.

In the early stages of a boil the fomentation not only relieves the pain, but by increasing vital activity facilitates absorption of the disease elements. In fully developed boils the fomentation will promote suppuration, or bring it to a "head." It is much better to begin in time to prevent suppuration if possible.

The fomentation may be applied to the spine or abdomen preparatory to a general cold treatment.

T. CAROLYN LEMONS.

THE GOOD HEALTH

THE January number of this journal is full of valuable instruction. The article by Dr. J. H. Kellogg, "What Can We Do For The Sick?" is invaluable. This magazine should be in every Sabbath keeping home. No family can afford to be without its instruction. I wish here to quote from the spirit of prophecy, Volume VII, p. 64. It is addressed to those who desire to obtain knowledge in medical missionary lines. The quotation reads:

"Fathers and mothers, obtain all the help you can from the study of our books and publications. Take time to read to your children from the health books as well as from the books treating more particularly on religious subjects. Teach them the importance of caring for the body,—the house they live in. Fathers, mothers, brothers, sisters, take up this work heartily, and see if the home church will not be greatly improved.

P. S. BOURDEAU, M. D.

MEDICAL MISSIONARY WORK

"BEFORE the true reformer, the medical missionary work opens many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible, the work that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to him who gave his life for you."

"Let our people show that they have a living interest in medical missionary work. Let them prepare themselves for usefulness by studying the books that have been written for our instruction in these lines. These books deserve much more attention and appreciation than they have received. Much that is for the benefit of all to understand has been written for instruction on health.

MRS. E. G. WHITE.

News From the Field

SAND LAKE

While the students from Emmanuel Missionary college were with us we had many enjoyable seasons. At a social meeting held Sabbath, January 31, a young man who had been the subject of many prayers made a start in the new life. We are of good courage and determined to go forward.

We sold thirty-one "Object Lessons", eighteen "Best Stories", and a few other helps, during the campaign. We hope to be able to dispose of our entire quota of books by April 1.

ROVILLA FIELD, Librarian.

AINGER

We took thirty-eight orders for "Christ's Object Lessons", and delivered twenty-two. The rest are to be delivered March 9.

MR. AND MRS. C. J. BUHALTZ.

OTSEGO

Sister Brown, a nurse from the sanitarium, and myself disposed of twenty-one books. I took five orders yesterday. The work is progressing nicely, and I am very much encouraged.

C. N. SANDERS.

SOUTH MONTEREY

I sold a copy of "Christ's Object Lessons" to a lady, and she, thinking the price of the book was \$1.75, borrowed that amount from her sister and brought it to me. In another family where I exhibited the book the husband asked his wife if they had not better take it, to which she replied, "If you do not I shall." I also found a lady who wishes readings on the signs of the times. I shall arrange to hold readings with her.

We had no books sent to us, but we want to have a part in this work. Our membership is very much alive at present. Please ship us fifty books.

J. B. BUCK.

SHELBY

Prof. J. H. Haughey and a company of students went from the college to assist this church in selling its quota of Object Lessons. Besides doing work in Shelby and vicinity, they canvassed the towns of Hart, Pentwater, Whitehall and Montague. They report many pleasant experiences, and no hard ones. Altogether ninety-five books were sold for the Shelby church, besides several conditional orders taken. Twenty-five books were sold for cash.

LAKEVIEW SCHOOL

This school is located in the country several miles from the church from which it takes its name. On account of the membership of the church being somewhat widely scattered, a portion of

the children are unable to attend the school. A neat though rather small house was erected and is used exclusively for school purposes. The school opened two years ago this winter, and is now in its fifth term.

At first there were only four pupils, but the number has since increased to twelve. This is a small school, but we are grateful that that many children can have the privileges of a Christian education. Four of the pupils are from homes where the seventh-day Sabbath is not observed. The classes range from the primary to the fifth grades inclusive. All take an interest in the Bible studies, and when given an opportunity willingly distribute tracts containing the gospel message.

We hope the the work of this school may be so done that the results will be seen in eternity.

E. G. BENTON.

EATON RAPIDS

As the campaign for the sale of "Christ's Object Lessons" in the West Michigan conference closes to-day, and as I have not reported before, I thought I would send you a short account of the work here.

I have canvassed the business and professional men of Eaton Rapids and Charlotte, and have taken fifty orders and delivered over half of them. We will close out the few remaining copies right away, and forward the cash to the conference as soon as collected. To the Lord be all the praise. We are of the best of courage.

B. F. BELLOWS, Elder.

ADA

The more I think of this Object Lessons' campaign, the more I am impressed that God's hand is in it all. Sending students to the different churches stirs our people to action. That has been the case in our church. Although we have not been able to sell a great number of books, I believe good will result.

I have been out in the country among my neighbors a portion of two days. I sold seven books, took two orders, and several conditional orders. We who are residents can sell to our neighbors much easier than a stranger can.

JAY J. EVANS, Elder.

Ability to do comes by doing.

"There is no power but of God."

"Genius begins where rules end."

God's love is equal to his wisdom and power.

"Whatsoever a man soweth, that shall he also reap."

It was the man with only one talent who buried it in the earth.

News and Notes

Elder A. G. Haughey has gone to Ohio to move his family to this conference.

We have received several reports from the field which must be laid over for lack of space.

The superintendent of the Edmore Sabbath school says, "We are enjoying the lessons on the Psalms very much."

If you don't like the HERALD tell us how to improve it; if you do like it tell others, and ask them to subscribe.

The regular meeting of the Cedar Lake Academy board was held at Cedar Lake Tuesday of this week. Several matters of much importance to the school were carefully considered.

The following churches have ordered their full quota of "Christ's Object Lessons": Pottsville, Blendon, Muskegon, Eaton Rapids, Wright, Grand Rapids, Quincy, Kinderhook, Coldwater and Lyons. Some of them have sold more than their quota.

There is a very commendable spirit of service manifested by many of our Sabbath schools. One of the workers writes that the superintendent of their school lives eleven miles from the place of meeting, and that the assistant superintendent is sick. But they are determined to keep up the school the best they can under the circumstances.

Professor Sutherland occupied the pulpit of the Grand Rapids church last Sabbath. He gave a very effective discourse on the individual responsibility of members to carry to others a knowledge of the truth which we possess. At the close of the service he attended the teachers' meeting of the Sabbath school, and occupied some time in speaking of the needs of our schools. His remarks were timely, and much appreciated.

The Tuesday afternoon meetings conducted by Dr. Bourdeau in the Adventist church in this city are growing in interest. About thirty ladies attended the meeting last Tuesday, notwithstanding that the weather was very unfavorable. Two original papers were read on the physiology of the cell, and two sisters read selections from the spirit of prophecy on the importance of obeying the laws of our physical being.

A Sabbath school and health convention will be held in Bauer next Sabbath and Sunday, the 14th and 15th instants. Mrs S. M. Butler will assist in the Sabbath school work, and Dr. P. S. Bourdeau will look after the medical part of the program. The West Olive and Allendale schools are expected to be present. This convention will be of much interest, and can not fail to be helpful to these two important lines of work.