

# THE WEST MICHIGAN HERALD.

"Watchman, What of the Night?"

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## Evangelical Department

### DESPONDENCY

THERE is nothing so unbecoming to a child of God as to be despondent. The days and nights of weariness and pain are indeed precious to those who walk the fiery furnace of affliction in company with the Son of God. Clouds may cast their thick shadows all around us; our hopes may fail; our hearts may grow weary, and life be a burden; but if we walk trustingly on in the darkness until we learn the lesson of faith, Jesus himself will take us by the hand and lead us forth into the light, and we shall see his blessed face in a broader and a brighter day.

In the review of the past we shall learn that our infinite Helper was by our side and bending over us with unutterable love when we were prostrate and thought ourselves forsaken. We never see him as he sees us. We are never as ready to receive his help as he is ready to relieve our need.

We have learned the highest joy of life when we have learned to take with grateful heart what God gives and live for his glory, in sickness as in health; in abundance as in want. The Son of God is glorified, the gospel of peace is preached to the world by all who suffer with Christ in patience and in hope. The Lord will not defer too long lest the trial of our faith end in unbelief and despair.

Those who walk with Jesus can tread the roughest path of life with firm and even step; without haste and without rest, doing the duties which the day brings and ready for the morrow when it comes. The hurry and the waste; the fear of failure and the hope of success, upon which so many weary their hearts, all come from a lack of trusting God, and attempting to do in our own strength that which should never be attempted.

Let us adopt this rule once adopted by a man of God: Give eight hours of the twenty-four to toil; eight to devotion and recreation; eight to rest; and

all to God. It is the giving of all to God that saves the loss of a single hour, and makes every day profitable. If we make it our great study to trust all to God and live in harmony with his will and in obedience to his word we shall have time to do all of our work and do it well, and there will be no time for despondency. If we walk with God in the day of peace and prosperity we shall find it easy to believe that he is with us in the night of conflict and sorrow.

R. C. HORTON.

### THE DISCONTENTED ROOTLETS A FABLE.

ONCE there was a beautiful lily that shed its fragrance all around. Many people noticed and spoke of the lovely flower, and delighted in its sweet aroma. But the rootlets of the plants were jealous of the flower, and complained to the gardner that while everybody admired and praised the flower they had to labor down out of sight in the dark ground for days and weeks sending up the material that formed the beautiful blossom; yet no one ever had a word of commendation for them or seemed to care for them at all. But the gardner said, "My dear children, though all the world may forget or despise you, I do not. I know but for your faithful service, unnoticed though it may be, that beautiful flower could not have been. I am pleased to hear the flower praised for your sakes, for it is a product of your faithful toil. In a little while the flower will fade and disappear, but you will live to produce others in constant succession. I can not forget your patience and labor of love."

MORAL.—The poor wife and mother in the family circle; the farmer at his plow; the day laborer at his wearing toil, may sometimes feel discouraged, and long to do some great work in the cause of God that would attract the attention of the world as others prominent in the work are doing, forgetting that the prayers and tears, the consecrated toil, and self-sacrificing financial contribution to the cause of God count for more in the sight of the Master than the attractive deeds of those blessed with greater opportunities and facilities, but having less consecration, less to discourage. See Luke 21:1-4; 12:48.

A. SMITH.

### THE GIRL WHO IS A SENSITIVE PLANT

I SUPPOSE everybody knows the nature of the sensitive plant, its disposition to shrink away and shrivel up at the touch of a finger. There are girls like this, so delicately adjusted that they are hardly fit for living in a world of rude contacts, where people jostle one another every day. But there is one great difference. While the plant cannot help itself the girl can, and if she will but try she may overcome the weakness which after a while does not wait for rebuff, being actually on the watch for slights and apparently reveling in its own distresses. I cannot exaggerate this statement. My dear sensitive plant of a girl, do you know that your family live in terror of hurting your feelings, that your friends dread you, and that you give us all the experience of skating over thin ice or walking over a rickety bridge? We never are quite sure that inadvertently we may not say the wrong thing, or omit what we ought to say, or forget a compliment, or stumble across a stone we did not see. Really, dear child, you are not a very satisfactory companion. Tears are too near your eyes. You too often wear an injured air. If you had malaria or measles, we might send for a doctor, but where shall we find one to cure a malady which has its root in the spiritual nature? You must yourself recognize the need of treatment, and, asking God to help you, begin without delay to be another sort of a girl. For, uncomfortable as the morbid young woman may be to others, she must in the nature of things be more so to herself....

One final word. When you must think about yourself, remember that you are God's child. Your Father has you in his sight all the while. He watches over you night and day. Here you are in God's world, to do your duty, not somebody's else duty, but yours; not a duty across the globe, but right in your own home. Begin by being cheerful.

—Selected.

"Not, gold, but only men can make  
A people great and strong;  
Men who for Truth and Honor's sake  
Stand fast and suffer long."

### Educational Department

#### THE VALUE OF RIGHT HABITS

In a recent article we endeavored to show that it is because of its physical basis that habit exerts such a powerful influence upon the individual, and constitutes so large an element in maintaining the stability of human society. In this paper we shall deal briefly with a few other phases of this important question.

1. It is essential that the child be early taught to perform the greatest possible number of activities from force of habit.

It is well known that what is done from habit requires the least expenditure of effort. If we were obliged to concentrate the physical and mental energies upon each of the duties required of us, we should be compelled to limit ourselves to comparatively few activities. But God has so constituted us that we are able to perform a great many details without close conscious attention. As age and experience increase, the number of activities which we are able thus to carry on grows larger, enabling us to make new acquisitions without overtaxing the strength. It follows, now, that the greater the number of desirable accomplishments that can be reduced to habit in early life, the greater will be the opportunity for achievement in manhood.

2. Habitual acts are performed with much greater precision than are those which depend upon the controlling power of the will.

If the reader will recall his first attempts to do some particular thing, and will compare them with his experience when the act in question has become a habit, he will have a practical illustration of this principle. This has an important bearing upon education. Accuracy is of prime importance in the instruction of children and youth. Much of the work that passes for education is sadly lacking in this respect. The student is not made to feel as he should that approximate results are not sufficient. Exactness is necessary in any department of life. Because of a lack of this many who are really intelligent and anxious to succeed fail in their work. The school breaks down at one of its most vital points if it fails to establish the habit of exactness in its students.

3. The foundation for the most important habits is laid during the first few years of the child's life.

Among the Jews the first twelve years were regarded as the critical period. Moses was trained by his mother until he reached that age and the principles

instilled into his mind never afterward lost their influence over him. Jesus entered upon a new era in his mission at the age of twelve years. Doubtless the vital period varies with different children; and it is also true that climatic influences have much to do with development. But as a general statement it is true that the whole life is largely shaped by the habits formed during the first twelve or fifteen years. How important, then, that correct habits be formed during that period! Who can rightly estimate the loss that has resulted to the cause of God, to the world and to the individual from the failure of parents and teachers to inculcate right habits in the children?

4. Nothing in the child's experience exercises so great an influence in habit forming as the school.

Nowhere are the essential elementary activities of the child so often repeated as in the class room and on the play ground of the school. Not by months, but by years is his school life measured. Habits of thought, of speech, of action are fostered. Indeed, for what other purpose does the child attend the school? How important then that school privileges be provided that will assist him in forming right habits! Anything short of this is confusing to the child and a reckless waste of his time and energies.

S. M. BUTLER.

#### THIS WILL INTEREST YOU

THE Correspondence School for Nurses connected with the Sanitarium Medical Missionary Training School will begin a new class the first of July, 1903. Lessons are sent weekly to students who are unable to leave home duties in order to take a regular course at one of our sanitariums. This is the fifth year that this work has been in progress, and hundreds are availing themselves of the opportunities which it offers. Studies are given in eleven subjects, among which are Christian Help work and the care and treatment of the sick.

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

### Missionary Department

#### SEMETRICAL DEVELOPMENT OF THE MISSIONARY WORK

IN the missionary work there is danger of one branch receiving a large share of attention to the neglect of others equally important. This would be a mistake. There is no branch of the missionary work that is unimportant, nor is there one that we can say is secondary to another. Yet there may be times when circumstances are especially favorable for urging a certain branch, as a general movement to raise funds for the forwarding of the work. Such movements should be pushed to the fullest extent. But the primary object of missionary work is the salvation of souls and this should never be lost sight of.

The Object Lessons' work was ordered of the Lord. He said all should engage in the work in some way, and the result would be the salvation of souls and a preparation of many for canvassing with larger books. This has been demonstrated many times.

Yet it is a fact that there are in a house many vessels; some to honor and some to dishonor. And in the body there are members, each having a different office. So in the church there are those who are adapted to each line of work that God calls upon us to do. For Christ is represented as a householder about to take a journey into a far country who called together his own servants, and gave to each his work.

When one line of work is pushed as the Object Lessons' work has been it would not be surprising if some engaged in other missionary efforts should think their work is not quite so important. But who would think of slackening our effort in foreign missionary work? I hear you answer, "Not one". Health and Temperance?—No. Religious Liberty?—No. Canvassing work?—No. Then in our home work we should not slacken our efforts but push it along on all lines. I believe in all our churches there is talent to carry forward every phase of the home work if the members will allow God to develop their abilities. He has in training a people who will be to Satan an "incomprehensible mystery." Some can give Bible readings; others can treat and care for the sick; and all, while canvassing for "Christ's Object Lessons", can hand out a few of the new tracts as they go from home to home, and eternity alone will tell the result of our efforts. Many who can do one line of work well are able to do but little at another. Officers of the churches, tract societies, and Sabbath schools should make a careful study of those under their charge, and encourage them

to engage in the lines of work for which they are adapted. When this is done, we shall see a symmetrical development of the different lines of missionary work.

God says, "My brethren there is no reason for discouragement. The good seed is being sown. God will watch over it, causing it to spring up and bring forth an abundant harvest. Remember that many of the enterprises for soul saving have, at the beginning, been carried forward amidst great difficulty." But guardedly and courageously move forward, for he says, "Lo, I am with you always, even unto the end of the world." So those who love and serve him may always be assured of his presence.

He will purify all who yield themselves to him, and will make them a praise in the earth. Nothing else in this work is so dear to God as his church. He will work with mighty power through humble, faithful men. Christ is saying to us to-day: "I am with you, co-operating with your trusting, faithful efforts, and giving you precious victories. I will strengthen you as you sanctify yourself to my service. I will give you success in your efforts to arouse souls dead in trespasses and sin."

"Unswerving faith and unselfish love will overcome the difficulties that arise in the path of duty to hinder aggressive warfare. Those inspired by this faith will go forward in the work of saving souls always doing that which the Lord commands."

I am sure God can work with each individual, and if we yield to him he will guide and direct us as truly as the head does the members of the human body. And we will be so happy in the doing of it that we can not find time to criticise any of the brethren or sisters.

W. C. HEBNER.

ALWAYS SPEAK IN A CHEERY TONE

WHO can estimate the influence that will result from determining always to speak in a pleasant voice, always to have on hand a smile to give if we have nothing else? When I think what a pleasant, sweet, cheery voice is in a family I feel I cannot put too high a value on it, but, after all, the fountain sends out the waters, and if the fountain is not right the streams will not be; and that is the reason why I dwell so much on the inner life, for from the inner, from the heart, proceed the streams that sweeten or embitter life. We are so apt to think that all our trouble has come from this circumstance or that person, but the fact is that it is not in the power of any person or any circumstance to make us unhappy if we are right within.—*Selected.*

Medical Department

THE PHYSIOLOGICAL EFFECTS OF HEAT

HEAT may be applied to the body in a variety of ways, as by steam, hot water, hot air, or by radiation from an incandescent body. In illustration of these several modes of application we may mention the fomentation, the Russian or vapor bath, the vapor spray or douche, the full bath, Turkish or hot air bath, and the electric light bath.

The results obtained from the application of heat to the body depends upon the manner of application, the temperature, the duration and the condition of the patient.

Water is hot when above the temperature of the surface of the body; that is, between 98° to 104°F., and is very hot when above 104°. Small areas of the body can endure a temperature at 120°, as in taking a foot bath or in the application of a fomentation.

Heat is one of the most powerful of all excitants. It is the heat of the sun which is the direct source of all vegetable life. Heat stimulates cell activity as is shown by the increased pigmentation of the skin when exposed to the direct rays of the sun, and by the prolonged use of fomentations or poultices.

When water is applied to the skin at a moderate temperature—100°—104°F.—it produces redness of the surface which is more or less intense, depending upon the thickness of the skin and the temperature of the patient.

Water at a moderate temperature—99°—101°F.—relaxes the surface blood vessels, while very hot applications—104° and above—cause contraction for a short time followed by dilatation.

The glands of the skin are stimulated to increased secretion by applications of heat so that perspiration may be slightly increased or vigorous sweating produced, increasing the amount of perspiration to fifty and sixty times the normal amount. When so much fluid is being given off by the body it is highly important that water be taken internally to compensate for the loss.

Prolonged perspiration weakens the skin unless frequent cold applications are applied. The temperature and sensibility of the body are also decreased by heat. A neutral bath, one at a temperature as nearly that of the body temperature as possible, is a very quieting treatment; the superficial nerve centers being completely at rest are able to accumulate energy. This treatment therefore is highly recommended in cases of nervousness.

The alternate hot and cold applications to the skin cause more intense

action and are often used to relieve pain by their revulsive effects. They are also a most efficient means of stimulating nutritive changes. The alternate hot and cold may be applied once, but it is still better to repeat it several times by means of the spray.

1. The primary effect of an application of heat is exciting.

2. The secondary effect, or reaction, is depressing, sedative.

3. The real effect of an application of heat depends upon the condition of the patient, the intensity and length of the application and the form of the application. Generally speaking we would say,—

(a) The effect of a short application at a very high temperature is very exciting, the depressing effects being nearly imperceptible.

(b) The effect of a less intense and more prolonged application of heat is slightly exciting during the application, but after the application very depressing effects are felt.

(c) When prolonged heat is applied at a high temperature the effect is both exciting and decidedly depressing or exhausting. When, therefore, a hot application is applied to the body it is always strongly advisable not to prolong it more than ten to fifteen minutes, and then to follow this treatment by a cold application to counteract the depressing effects.

DR. P. S. BOURDEAU.

NUTRIMENT IN NUTS

It is strange that nuts, which are relished by nearly everybody, are so seldom used except as occasional luxuries—at least in civilized countries. A pound of almonds is equivalent to a pound and a quarter of beefsteak, in blood-making qualities, and contains more than fifty per cent of an easily digestible and assimilable fat. Chestnuts contain nearly as much nitrogenous matter as barley, and more fatty, though rather less phosphatic matter. During the greater part of the year they form the chief sustenance of the stalwart and sturdy peasants who dwell on the slopes of the Apennines; and in France something like three million tons of chestnuts are produced yearly, and used in many ways of which English cooks never dream. In England there is a common belief that nuts are indigestible. But if eaten at mealtime and well masticated, their regular use will prove beneficial to most healthy people.

—*The Vegetarian.*

### News From the Field

#### ACADEMY NEWS

Norval Corkham is visiting his brother Vinton for a few weeks. They had not met since Norval was four years old.

Adolph Evers who had his arm broken by the stump machine is now out looking after the farm work, though he still carries his arm in a sling.

Student Ellis Brown was called last week to the bedside of his foster mother at Corey, Pa. We hope his fears as to her recovery may not be realized.

Several of the students attended the meeting at the Frost school house, Sabbath the 9th. Brother Brink has been laboring there and will probably place a tent in the vicinity this summer.

We desire very much to increase our henery. Who will add to any other offering they may find it in their hearts to make, a number of hens, sending them by express to Edmore, Mich.

Mrs. W. T. Marshall, who was called to West Virginia by the serious illness of her father, reports that he is still living, but there seems to be no earthly hope of his recovery. May God be his comfort.

The stump crew are rapidly cleaning up the five acres which we hope to plant to corn this season. Some of the stumps are very large, and the foreman has been trying dynamite with good results.

Emil Lauda who has been a student at the Academy several terms, is expecting to connect with Elders Sandborn and Stureman in tent work in the East Michigan Conference during the summer.

Student Irving Hall has the barn wall nearly completed, doing all the stone laying, as the teacher in masonry was away on another job. Brother Hall is one of our industrial students who has more than made his way the last year by his faithful work.

We were very much pleased recently to learn that one of our former pupils, Miss Mildred Jones, from whom we have not heard in three or more years, is now nursing in the Sanitarium at Guadalajara, Mexico. Miss Jones was one of the ten students baptized in December, 1899.

The carpenters are well along with a contract job for Brother Chas. A. Hall. The carpentry department has two contracts ahead, besides the repairs and remodeling of the dormitory. Vinton Corkham who has been taking the class in carpentry is in receipt of a fine set of tools recently ordered from Detroit, and is making rapid progress in the work.

J. G. LAMSON.

#### MORLEY

I have been trying to sell some of "Christ's Object Lessons" in my neighborhood. I have sold fifteen of the books left by Brother Fred Brink for this church, besides disposing of a copy of my own. I have been treated with respect where I have been with the books, nearly all saying that they thought it is a good book, and that if they were able they would buy. One Universalist lady did not care to buy on account of prejudice against the author, and one man and his son thought they would rather have a novel. But my courage is good and I will try to sell some more of them. I have a family of six to do for, and am 54 years old.

MRS. S. A. BUCHANAN.

#### SHELBY

Sabbath, May 16, we spent with the church at Shelby. Nearly all the brethren were present; also several from Rothbury and Ferry.

The object of our visit was to agitate the matter of a church school. The large number of children in the church make it especially desirable to have a school, but the scattered condition of the families renders the situation difficult. Some of the brethren live six to ten miles distant in different directions from the place of meeting in the village. This is one of the difficulties that are met in several of the churches, which we have not yet been able to solve satisfactorily.

The Sabbath school had planned to divide the time of the regular church service to exercises for the children; but as our time was limited it was thought best to postpone the children's part until next Sabbath. Several of the children are planning to do something to raise funds this summer for missionary purposes. We hope to get some reports from them which can be printed in the HERALD.

S. M. BUTLER.

### Obituary

BURGESS.—Died at Muir, Mich., May 6, 1903, Jerry J. Burgess, aged nineteen years. On account of his exemplary Christian life the deceased was very highly esteemed by all who knew him, and he will be greatly missed in the Lyons Seventh-day Adventist church of which he was a member in good standing. The husband and father died a few months since, leaving to the son the care of the widowed mother. This duty he has performed in a most affectionate manner.

The funeral service was largely attended by the friends, neighbors, and young people of the village. I trust that some of them may make their peace with God as the result of this sad incident.

W. H. HECKMAN.

### News and Notes

—Remember our phone number is 1859, Citizens.

—Elder W. C. Hebner called at the office last week on his way to Berrien Springs.

—Brother H. M. Spear called at this office last week on his way to Battle Creek.

—If you are needing a new Bible remember we have some bargains for you. We also have some slightly damaged ones which we will sell at reduced prices.

—Elder A. G. Haughey has been visiting some of the churches in district number one this week in company with W. D. Parkhurst, the superintendent of the district.

—We received a pleasant call from Miss Eliza Warner who has been teaching the church school at Bauer this year. The school at that place has just closed a very successful year.

—The sanitarium food store in this city is very neat and attractive. They are well supplied with all of the health foods, and receive bread fresh from the sanitarium daily. They report an increasing patronage.

—We trust our young friends will write to us telling us of their plans for earning money for missionary work this summer. We know you are all anxious to do something, but do not let it go at that. Decide what you will do, and then write to us, and we will put it in the HERALD, and that will encourage others to do something. We have heard from some, but we want to hear from you.

—From a letter received from Dr. Paulson, we quote the following: "The Lord seems to be opening up a great field of usefulness for the *Life Boat* among the poor sufferers in the city hospitals. Time hangs heavy on their hands and the uncertainty of their condition leads them to drink in eagerly the saving gospel. Where the paper has been introduced it has been very much appreciated by the patients. I believe if our people who live in cities where there are hospitals would appoint some one each month to take a handful of *Life Boats* and distribute them to the patients, they would soon develop great missionary opportunities.

One way to secure the necessary means would be for some well known member in a church or young people's society to pass around a subscription paper among some of the influential outside people." Are there not some of our readers who would like to thus engage in helping suffering humanity?