

THE WEST MICHIGAN HERALD

"Watchman, What of the Night?"

VOL. I

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Evangelical Department

Peace

When winds are raging o'er the upper ocean,
And billows wild contend with angry roar,
'Tis said, far down beneath the wild commotion,
That peaceful stillness reigneth evermore.

Far, far beneath, the noise of tempest dieth,
And silver waves chime ever peacefully,
And no rude storm, how fierce soe'er it fieth,
Disturbs the Sabbath of that deeper sea.

So to the heart that knows Thy love, O Purest,

There is a temple, sacred evermore,
And all the babble of life's angry voices
Dies in hushed silence at its peaceful door.

Far, far away, the roar of passion dieth,
And loving thoughts rise calm and peacefully,

And no rude storm, how fierce soe'r it fieth,
Disturbs the soul that dwells, O Lord, in thee.

—Harriet Beecher Stowe.

The Elder

THE church elder has a part to act. He is to take heed to himself; that is, he must see that he is in harmony with God, and maintain that unity for God and humanity. Then, too, he is to take heed unto all the flock, and feed the church of God over which the Holy Spirit has made him an overseer, "For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock. Also, of your own selves shall men arise, speaking perverse things, to draw away disciples after them." Acts 20:29,30.

Has Satan grown so stupid through the lapse of nineteen hundred years that we have nothing to fear from this source? I think not. But on the contrary he has come down with great wrath, knowing that his time is short, and he is working in cunning power—in signs and lying wonders, bringing into the church discord, by casting aside church order. We,

therefore, see the necessity of taking heed to the flock; for ye, brethren, are not ignorant concerning these things.

Past experience shows that those churches that have maintained the best gospel order in harmony with the Bible form of organization have been most prosperous in all lines of gospel work. Fanaticism is sure to arise in and among those who are opposed to church order. Elders, take heed to the wisdom of God and close this door to the enemy. "Wisdom is justified of her children." A. G. HAUGHEY.

Value of Church Order

The value of order in the church must be apparent to all who have given the subject an impartial investigation, from the fact that the church has entered the perils of the last days, a time when Satan is trying with all his power to overthrow the message of the third angel by bringing confusion and distraction among the people of God. It truly seems as though the children of light ought to manifest as much wisdom in conducting their affairs as the children of the world.

System and order, with unity of action, should be manifest among those who are brought to the light under the proclamation of the third angel's message. They should be such as are willing to obey God by keeping his commandments and the faith of Jesus, and be brought into gospel order, and disciplined in the school of Christ, and thereby become one solid body of workers to attack their common enemy, who is making war with the remnant of the seed of the woman—the church.

A. G. HAUGHEY.

Saying "No"

A BOYS' school was once being addressed by a very shrewd man, and amongst other questions that he asked was this: "Which is the hardest word to pronounce in the English language?" Many and varied were the guesses made by the boys; but they failed to guess the right answer, and were much surprised when they were told that the hardest word of all

to pronounce is the little word of two letters—the word "No!" Then the gentleman went on to explain to them that it often requires much true courage to resist evil practices and habits which we find in those around about us, and that when tempted to indulge in these it is not always easy to say "No." He went on to say that more men and women are injured and ruined in life through being unable to say "No" than we dream of, and that one of the finest achievements for anyone is to learn to ring out a brave, clear, unflinching "No" when tempted to do that which is evil.

Every movement that has ever blessed the world has had to begin with a few who dared to oppose the opinion and action of the crowd, and so they were able at last to turn the few into the many by their brave witness to the truth. Galileo, the man of science, said "No" when all the rest said the sun moved and the earth remained still; but Galileo was right and the crowd was wrong. Columbus said "No" when threatened by his crew and urged to return to Spain, for they thought there was no new continent away in the western hemisphere; but Columbus was right, and the discovery of America rewarded his persistency. So if we should be greatly outnumbered, and many round about us should urge us to forsake our principles, we must say "No" boldly and without wavering for a moment. It is not who can count the most on their side, but who is right; and if once we know that, if all the world should persuade us to desert, we must say "No," kindly, but firmly, "No!"—Rev. H. O. Mackey.

"BE sure that your manner of talking and walking and working is energetic and decided. There may be plenty of energy back of a drawl or a dragging walk, but it is hard to make people believe it. A very small engine with plenty of steam to run it is worth a dozen big ones with not enough steam to make their wheels revolve. Get up steam. Have energy and show it."

Educational Department

Consolidation of Rural Schools

EDUCATORS are now giving considerable attention to the betterment of the public schools in the rural sections. Many difficulties confront these schools, which render them, in some respects, less efficient than those in the cities and towns. In many districts there are but few children; the schoolhouses are small and ill-adapted to the work; the apparatus for instruction is limited; the school tax is small, consequently the schools are kept but a limited number of months in the year, and oftentimes are taught by inexperienced and inefficient teachers.

These conditions have led to a serious study of the entire question of country schools. The plan of consolidation has been tried in several states, and thus far the results are highly gratifying. The essential features of the plan are as follows: Two or more districts combine and erect a school building in some convenient location where all of the pupils may be gathered for instruction. Wagons, provided for the purpose, and driven by trustworthy persons, take the pupils to and from the school morning and evening. A sufficient number of competent, well-paid teachers are employed to give instruction. The school buildings are well lighted, heated, and ventilated, and equipped with blackboards, maps, globes, and other facilities which the ordinary one-district school cannot afford.

The results are said to be better instruction at less expense for the same grade of work, less exposure of the pupils to inclement weather, and better associations for pupils going to and from school. S. M. BUTLER.

Mastery of Fundamentals

So long as the great purpose of education is kept in view, the youth should be encouraged to advance just as far as their capabilities will permit. But before taking up the higher branches of study, let them master the lower. Even among students in the higher schools and the colleges, there is great deficiency in knowledge of the common branches of education. Many students devote their time to higher mathematics, when they are incapable of keeping simple accounts. Many study elocution with a view to acquiring the graces of oratory, when

they are unable to read in an intelligible and impressive manner. Many who have finished the study of rhetoric fail in the composition and spelling of an ordinary letter.

A thorough knowledge of the essentials of education should be not only the condition of admission to a higher course, but the constant test for continuance and advancement.

And in every branch of education there are objects to be gained more important than those secured by mere technical knowledge. Take language, for example. More important than the acquirement of foreign languages, living or dead, is the ability to write and speak one's mother-tongue with ease and accuracy; but no training gained through a knowledge of grammatical rules can compare with the study of language from a higher point of view. With this study, to a great degree, is bound up life's weal or woe.

The chief requisite of language is that it be pure, and kind, and true,—“the outward expression of an inward grace.” God says: “Whatever 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, and if there be any praise, think on these things.” And if such are the thoughts, such will be the expression.—From “Education.”

Condition of Our Young People

OUR young people are divided into three classes active Christians, nominal Adventists, and worldlings. It is from the first class that are drawn our ministers, Bible workers, physicians, nurses, canvassers, etc. The second class probably makes up the bulk of our young people, the great majority of whom are living without definite purpose in life. In the last of the three classes, will be found some of the best talent in the denomination. Many of them are earnest and intelligent young people. Believing that our work does not offer them the opportunity which their ambition covets, they have turned more or less fully to the world. And the world is making tempting bids for their service. As a rule, they are honest and industrious, and men of the world are not slow to recognize the value of such people, and offer

them inducements to enter their employ. As there is but one great hindrance,—the Sabbath,—that usually soon ceases to be an effectual barrier. Thus many of our most gifted young men and women, who would do honor to the cause in any society, are sacrificing their talents upon the altar of mammon.

Among the causes which have produced this condition among the young people, three stand out with peculiar distinctness; namely, worldliness of the parents, secular education, and failure to recognize our mission in the world. There is no denying that during the last decade we have, as a denomination, drifted rapidly toward the world. One great cause of this is the fact that the nearness of Christ's coming no longer settles down upon us with the deep conviction that it once did. Many are unquestionably saying in their hearts, “My Lord delayeth his coming.” Having made up their minds that Jesus will not come in their day, they are settling down to prepare for the wants of old age and for the wants of their children who shall overlive them. Is it strange that young people who are reared in such an atmosphere should be contaminated by its baneful influence? It permeates the soul like some deadly miasma, eating away the spiritual life.

The secular education which the mass of our young people have been receiving during the past two generations, is the second great factor in producing this undesirable result. Christian education is an integral part of the third angel's message, and had we seen the necessity of developing it as rapidly as we have other parts of the work, we should to-day, undoubtedly, witness a very different state of affairs. But instead, we have been content to sow the seeds of secularism in the minds of our children, and now the reaping time has come. We are learning to our sorrow the immutability of the law which saith, “Whatsoever a man soweth, that shall he also reap.” We do not complain because the secular school inculcates a spirit of worldliness, for that is its business; but it is plain that our young people who are trained under its influence will not, as a rule, long remain immune to the spirit of secularism. And those with the greatest talents are the most apt to become inoculated with that spirit, for the very obvious reason that their superior endowments enable them to delve more deeply into worldly sophistries. S. M. BUTLER.

Medical Department

The Importance of Health School Work

If this body be considered only as a splendid machine, lent by the mighty Master Builder for the use of man in his mortality, it would truly seem the part of wisdom for him to whom so marvelous a piece of mechanism is lent, to take a little time for the study of his great possession. "The proper study of mankind is man," and to "know thyself" in a physical sense is to know one of the greatest wonders of a divine creation. Yet where shall we find a piece of machinery that receives less careful study from the mass of the human family than this same body of ours, so delicately, masterfully, wonderfully framed to meet all the needs of our varied human existence?

Equipped with two eyes with which to "study the word and the works of God," these same two eyes are, by the masses of humanity, cared for and understood not at all, but so carelessly abused by overwork, reading by twilight, to say nothing of novel reading, and the frightful effects of tobacco, that infantile America must don glasses before he is well into his first trousers.

Equipped with just one heart to do duty as heat-and food-and energy-dispenser to the whole machine in its intricacy through all the allotted three score and ten years of life, yet so little cared for is the heart that to know that a neighbor's machine [heart] has been laid aside to await the great day of the coming of the Master Mechanic surprises us not at all. "Died of heart failure" would often be more truthfully expressed if we were to write, "Died of ignorant trifling with intense emotions; died of worry; died of coffee, tea or nicotine poisoning; in truth died of ignorance, and that willfully."

"But how shall they hear without a preacher?" I pray you, then, be the preacher. Spread the printed message of the gospel of health far and wide, and read and talk and practice all you know of the simple, plain truths that may keep a God-given body gloriously strong to do its work until he shall say, "It is enough."

You be the organizer, the prime worker, the heart-and soul-worker who shall call together your neighborhood, your church, your community to an earnest, honest, study of

this great gift of God. There is not in all the breadth and beauty of the third angel's message,—saving only Jesus, who is its soul, its end and aim,—anything that so uplifts and enlarges this erring nature of ours as a clear comprehension of the mechanism and purposes of the various organs He found necessary to our human life. And if the Heavenly Father, knowing our needs, gave the gift, shall we not as appreciative children study to care for this gift?

There has recently been held in Grand Rapids, under the auspice of the Health Club, one of the most thorough health schools. Cooking lessons were given that brought to our attention healthful, nutritious food-stuffs, prepared in a way to be most easily digested. And in addition to these lessons there were short talks given on the body and its care in health and disease. This sort of instruction could and may be had by any neighborhood, church or community with a little effort on *your* part. "In the morning sow thy seed and in the evening withhold not thine hand," for this part of the message must go to open the way for that which unto the whole man is life eternal. CAROLYN GEISEL, M. D.

The Relation of Growth to Health

WHILE it is not usually recognized, the weight of growing children is a much more important sign of general health than any other set of objective or subjective symptoms that can be obtained. The family physician who can have placed before him a continuous record of the child's weight, taken at regular intervals, say two weeks apart for several years, has more definite information than any amount of personal observation as to the child's habits in eating and sleeping, complaints of tired feeling, and the rest that the mother can provide. If parents were instructed more carefully than at present to keep such a record, physicians would not be so much in the dark as to the real condition of children's growth and health as they are at the present moment, because of the absence of specific data as to the progress of the child's development.

Needless to say, it is at the ages which have been noted especially at the public schools that this question of weight and health is most important. Just before and after puberty

there are likely to be variations of weight that are significant of the conditions of the general health. If besides the fundamental natural change that is taking place in the organism there is a rapid growth, then there are likely to be calls on the child's nutrition that are very difficult for any but the extremely healthy natures to respond to satisfactorily. Rapid growth is of itself a very trying and exhausting process. When to it is added the demand made by puberty, then great care must be taken to see that school exactions and even exhausting exercise shall not interfere with the important evolutionary processes at work.

When children are found to be below the standard of weight, then they should not be tempted either to play or study overmuch, but should be allowed to follow their inclinations without fear of establishing bad habits. Rapid growth is of itself as hard work as any ordinary human being can be expected to accomplish with any amount of comfort and without injury to the delicate organism.

With regard to the standard of weight for growing children, that usually given by authorities in the matter is that at five years of age a child should weigh about as many pounds as it is inches high. As a rule this will not be much over or under forty pounds. Children who come of large families should weigh something more than that. The rate of increase should be about two pounds for every inch of growth, with a tendency for the weight to exceed this standard proportionately rather than to fall below it. When a child is rather heavier in proportion to its height than this standard, it is a sign of good health. If the child is growing rapidly, it should not be allowed to fall much below it, without being made to rest more than has been the custom before. A deficiency of weight in proportion to height is always an unfavorable sign. Any interruption in the progress of increase of weight, especially during the continuance of growth, must be a danger-signal that should not be neglected by those interested in the patient.—*Selected.*

"In the preparation of food, the golden rays of light are to be kept shining, teaching those who sit at the table how to live."

News from the Field

Big Rapids Campmeeting

THE Big Rapids campmeeting began June 12, and closed June 21. Although much earlier than our campmeetings are usually held, it was fairly well attended. Representatives were present from the Mecosta, Morley, Shelby, Howard City, Barryton and Fremont churches.

Brethren Brink, Tefft, Harter, and Videto were in attendance throughout the meeting, and Elder Haughey, Brother E. A. Merriam, Sister S. M. Butler and Dr. P. S. Bourdeau came for the last Sabbath and Sunday.

The grounds were pleasantly located just inside the city limits; the weather was favorable; and while some of the people were a little disappointed at first at the size of the meeting, they expressed themselves at the close as well pleased with the idea of having small campmeetings.

The attendance from the city was mostly in the evening, when discourses were given especially to meet their needs. Doctor Bourdeau's lecture on "The Better Way," which had been advertised in the city papers, for Sunday afternoon, drew a good attendance, and many went away with a new interest in the subject of health, and carrying a liberal supply of health tracts with them.

One encouraging feature of this campmeeting was the large number of earnest, zealous young people who camped on the grounds. The brethren and sisters seemed eager to receive truth, and learn all that they could about the work to be done at this time.

The morning meetings, held at 5:30, were a great source of spiritual strength, and the last meeting was characterized by ringing testimonies, and praise for the blessings bestowed during the meeting.

The work in the city is opening up more and more and some are anxiously inquiring for the truth.

W. E. VIDETO.

Kellogg

THE work in this place is moving forward. The attendance the first evening was sixty-four, and has been good since, considering the stormy weather which prevailed during a portion of the time.

Sunday evening, June 28, our tent was well filled, between one hundred

and seventy-five and two hundred being present. The people are orderly, and listen very attentively to what is said. The subject of the evening's discourse, June 28, was the little horn of Daniel seven, and we expected to speak the following evening on Daniel eight, and the twenty three hundred days; but in the afternoon, about five o'clock, a bad storm from the northwest, amounting almost to a tornado, came up and did considerable damage to the tent and lighting fixtures, so that we were unable to hold meetings until we had our lamps repaired. I was out visiting the people about a mile away from the tent when I saw the storm approaching. I mounted my wheel and returned to the tent as fast as possible, but I only had time to tighten one of the guy ropes before the storm broke upon us. It tore two small holes in the tent, broke two wall poles, started two of the stakes, stripped one of the wall ropes from the stake, broke one lamp shade and all of the mantles, and damaged one lamp quite badly. It was only the Lord's care which prevented everything from being carried away.

W. C. HEBNER.

Grand Rapids

A VERY impressive baptismal service was held in the Grand Rapids church, Sabbath, June 27. The morning service, conducted by Elder Haughey, consisted of an outline of the various points of our faith, and an examination of the candidates.

A goodly number were present in the afternoon, when, under the administration of Elder Haughey, Brother and Sister Charles Wilcox, Sister Scales, Sister De Ruyker and Brother Adrian Benjamine made a public renunciation of the world and its follies, and pledged themselves to henceforth live for Christ. The Holy Spirit came very near, and as the service progressed, accompanied by some of the grand old hymns of Zion, the whole audience was visibly affected. The most eloquent sermon would scarcely have moved our hearts as did this simple witness for Jesus.

The prayers of the church go with these new members of the fold of Christ, and we trust that similar scenes may be often witnessed in our church.

B. F. KNEELAND.

Frost

WE pitched our tent in this place yesterday, June 30, and expect to begin meetings the evening of July 2. We held five meetings in the schoolhouse before pitching our tent. We are asking the Lord to direct us in our work this summer, and hope for good results.

[R. E. TEFFT

News and Notes

—Miss Ruth Moore returned last week from a ten days' visit with her parents in Ann Arbor.

—The Howard City church is the youngest church in the conference, but it was the first to make the quarterly report to the conference secretary.

—Brother Adrian Benjamine, one of the promising young men of the Grand Rapids church, is laboring with Elder W. C. Hebner in a tent effort at Kellogg.

—Brother A. W. Palmer, of LaBarge, visited the office last week. He and his wife are the only Sabbathkeepers in that vicinity. He left his tithe and subscription for the HERALD.

—In a recent sermon, the Rev. Dr. Newell Dwight Hillis, pastor of Plymouth church, Brooklyn, declared that the duplication of church plants is a waste of money, which will be avoided during the next twenty years by church combinations similar to the steel trust and other industries.

—Dr. and Mrs. H. G. Wiggins arrived in Grand Rapids the 9th inst. He is a graduate from the dental department of the Michigan University, and comes here to practice his profession. Brother and Sister Wiggins are estimable young people; and we welcome them in our midst; and wish them much success.

—Booker T. Washington has received an invitation from the British South African Company to plan an industrial system of education for the African race, from which the company draws its laborers. Mr. Washington declined the offer, preferring to devote all his time and efforts to the Tuskegee school, of which he is the president.

—The president of the Teamsters' Union, of Grand Rapids, Mich., on the 8th inst., went to the home of a railroad man where a funeral was in progress, for the purpose of calling off the carriages which were driven by members of the union. The cause for this summary action was that two carriages had been engaged, the owner of which had refused to sign the union scale of wages. The matter was adjusted by friends of the dead man sending away the non-union carriages and replacing them with others from a union stable.