

# THE WEST MICHIGAN HERALD

"Watchman, What of the Night?"

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THE WEST MICHIGAN HERALD

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## Evangelical Department

### Looking Forward

All men have their anticipations, their hopes. Ceasing to look forward, they cease to be natural, healthful men. Extinguish hope, and you crush out humanity. Let man feel that he has no future, that behind is darkness, and before despair, and he is robbed of the attributes of manhood, and left a poor, degraded, aimless, despondent thing. The world has its hopes of wealth or honor, or prosperity, or power, and though often baseless, yet they are always alluring. And Christians look forward, also; for the church of God has her hopes, radiant as the bow of promise, glorious as the morning star, reaching beyond the storms and woes of time, grasping the holy splendors of eternity. And it is of these that the prophet says, "Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless." 2 Peter 3:14.

Let us consider the objects expected, and the grounds of our expectations; the indications of the speedy consummation of our hopes, and the practical influence which such hopes should have upon believers.

In the epistle from which we have quoted, the following events are plainly predicted: 1. That there should come, in the last days, scoffers, walking after their

own lusts, and saying, "Where is the promise of his coming?" 2. "That the day of the Lord should come as a thief in the night." 3. That this will be "the day of judgment, and perdition of ungodly men." 4. The dissolution of the atmosphere or heavens, the melting of the earth by fire, and the destruction of the works of man therein. 5. The creation of new heavens and a new earth, wherein dwelleth righteousness. These are the objects of expectation here specified by the apostle, in view of which he inquires, "What manner of persons ought ye to be?" These, however, only compose a part of that grand and connected series of events which fill the vision of the expectant church, and which pale the waning splendors of a passing world with their surpassing grandeur, and their far more exceeding and eternal weight of glory.

"Seeing ye look for such things, what manner of persons ought ye to be in all holy conversation and godliness?" Should not the approaching glory inspire our hearts, and the impending danger chasten our souls? Our times demand earnestness, activity, and zeal. We have no time or room for worldly trifling now.

Our interests are too great,—our responsibilities too momentous. The time is short—the Lord is at hand. Can we not discern the signs of the times? "Awake, thou that sleepest, and arise from the dead, and Christ shall give thee light. Watch and be sober." Lay up your treasures beyond the reach of nature's final fires. There the thief cometh not, there moth and rust corrupt no more. Away with the honors and glories of this perishing world,—they are but the garlands that deck the

victims which are led forth to the slaughter. Well may we defer our honors, our pleasures, and our ease till He comes who shall crown us with eternal joy. Let us then be diligent. Let us do good to all as we have opportunity, and thus manifest the grace which reigns in us to eternal life. So may God give us boldness in the day of judgment, and enable us to render up our accounts with joy, and not with grief, in that day when he shall come.

The Master cometh quickly; let us be found watching when he appears. The signs of the times portend the dawning of eternal day. And while from afar there rises the cry, "Watchman, what of the night? Watchman, what of the night?" let us so discern the tokens of this coming glory that we may cry out, "The morning cometh, and also the night." Isa. 21:12. The morning cometh to the saint, and the night to the sinner; the morning of unfading glory, and the night of endless, starless gloom; the morning that breaks in blessing, and the night that closes in despair.

May God prepare us to hail that day with gladness, and to see our Saviour's face in peace. Be it our lot with those that are holy, and that fear God and love the truth; with the humble, the meek, and the merciful, and those who endure in faith, and patience, and obedience, to the end; to say in that day, "Lo, this is our God, we have waited for him, and he will save us; this is Jehovah, we will be glad and rejoice in his salvation." Isa. 25:9. May we then hear from his lips those words of joy, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world." —Selected.

### Educational Department

#### A Lesson for Parents

He who checks a child with terror,  
Stops its play, and stills its song,  
Not alone commits an error,  
But a grievous moral wrong.

Give it play, and never fear it,  
Active life is no defect;  
Never, never break its spirit;  
Curb it only to direct.

Would you stop the flowing river,  
Thinking it would cease to flow?  
Onward must it go forever;  
Better teach it where to go.

—Selected.

#### The Benefits of Wisdom

My son, if thou wilt receive my words, and hide my commandments with thee; so that thou incline thine ear unto wisdom, and apply thine heart to understanding; yea, if thou criest after knowledge, and liftest up thy voice for understanding; if thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the Lord, and find the knowledge of God. For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: he is a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of his saints. Then shalt thou understand righteousness, and judgment, and equity; yea, every good path.

Happy is the man that findeth wisdom, and the man that getteth understanding: for the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her.

The Lord by wisdom hath founded the earth; by understanding hath he established the heavens. By his knowledge the depths are broken up, and the clouds drop down the dew. My son, let them not depart from thine eyes: keep sound wisdom and discretion: so shall they be life unto thy soul, and grace to thy neck. Then shalt thou walk in thy way safely, and thy foot shall not stumble. When thou liest down, thou shalt not be afraid, yea, thou shalt lie down, and thy sleep shall be sweet. Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the Lord shall be thy confidence, and shall keep thy foot from being taken.

Hear, ye children, the instruction of a father, and attend to know understanding. For I give you good doctrine, forsake ye not my law. For I was my father's son, tender and only beloved in the sight of my mother. He taught me also, and said unto me, Let thine heart retain my words: keep my commandments, and live. Get wisdom, get understanding: forget it not; neither decline from the words of my mouth. Forsake her not, and she shall preserve thee: love her, and she shall keep thee. Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding. Exalt her, and she shall promote thee; she shall bring thee to honour, when thou dost embrace her. She shall give to thine head an ornament of grace: a crown of glory shall she deliver to thee. Hear, O my son, and receive my sayings; and the years of thy life shall be many. I have taught thee in the way of wisdom; I have led thee in right paths. When thou goest, thy steps shall not be straitened; and when thou runnest, thou shalt not stumble. Take fast hold of instruction; let her not go: keep her; for she is thy life.—*Bible*.

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#### Your Sabbath School Class

This morning in your Sabbath school class, there will be a prince of God—some one who may yet reign as king forever before the throne; there will be some one in your class who has a corrupt physical inheritance; there will be someone in your class who has a father and mother who does not know how to pray; there will be someone in your class who is destined to command in church or state—some Cromwell to dissolve a parliament, some Beethoven to touch the world's harp strings, some John Howard to pour fresh air into the lazaretto, some Florence Nightingale to bandage the battle wounds, some Miss Dix to soothe the crazed brain, some John Frederick Oberlin to educate the besotted, some David Brainerd to change the Indian's war-whoop to a Sabbath song, some John Wesley to marshal three-fourths of Christendom, some John Knox to make queens turn pale, some Joash to demolish idolatry and strike for the kingdom of heaven.

The reason we don't reclaim all our children from worldliness is because we begin too late. Parents wait until their children swear before they teach them the importance of righteous conversation. They wait until their children are all wrapped up in this world before they tell them of a better world. Too late with your prayers! Too late with your discipline! Too late with your benediction! May God arm us all for the work of snatching royal souls from death to coronation.

Hattie E. Allee.

GOD is looking for men and women great enough to do small things.

TEACHERS do you bring each member of your classes before the Lord every day in prayer? "The effectual fervent prayer of a righteous man availeth much."

## Medical Department

### The Work of the Liver

The liver, largest of all glands in the body, plays a very important part in the nutrition of the body.

Bile, which is formed by the liver cells, contains waste products, and is used partly as a digestive fluid in assisting in the absorption of fats; it should, then, be considered of importance, as it removes from the body waste products, assists in the emulsification of fats, and acts as an antiseptic, preventing excessive purification.

One of the most important functions of the liver is the conversion of sugar into animal starch or glycogen. When the food which has been absorbed into the blood is carried to the liver, the cells of this organ act as a sieve, preventing poisonous substance from entering the general circulation, and storing up the sugar in the form of glycogen, so that the percentage of sugar in the blood will not rise above a certain limit. Should this occur at any time, the excess would be given off through the kidneys, and would be lost. The amount of glycogen in the liver increases after meals and decreases during fasting hours, and if the fasting is prolonged, it may disappear altogether.

How wonderful the power of these liver cells—to give to the blood just the amount of sugar that is needed, and no more; to withhold from the blood such poisonous substances, which, if allowed to enter, would cause great general disturbance. When we consider such proofs of the great wisdom of man's Creator, it should cause us to feel as David did—"I will praise thee; for I am fearfully and wonderfully made."

#### CIRCULATION AND ASSIMILATION OF THE DIGESTED FOOD

After the food has passed through the liver, it is carried to the heart, and from there distributed to all parts of the body.

When it reaches the tissues, the individual cells take from the food such substances as they need to build up their structures into matter like themselves; able to perform their individual work. Solid food which has been converted into liquid food is transformed into solid tissues, which food forms a normal part of each cell. Thus from the food living substances are constantly being formed. The blood is truly the life of the whole body—a living stream, ever flowing and imparting its life-giving elements to every tissue.

Patience S. Bourdeau. M. D.

### The Almond

"Almonds are exceeded in nutritive value by no other food known, except one or two nuts, which have a slightly higher percentage of food elements. The most abundant element of the almond is its highly digestible fat, which constitutes fifty-three per cent of the total weight of the nut. The almond contains twenty-one per cent of a remarkable nitrogenous substance, of a chemical composition resembling gluten, but differing from it in the fact that it is more readily soluble in the digestive fluids, and also in the possession of remarkable emulsifying power. It is to the presence of this emulsifying principle that the almond, when ground to a paste, owes its property of being readily convertible into a delicious cream or milk, simply by the addition of water. Almond cream, or so-called almond butter, prepared from crushed almonds, is a most delicious substitute for cow's milk. It has an advantage over animal products in that it does not form large, tough curds, and hence is not retained for an indefinite length of time in the stomach, producing biliousness, acidity, gaseous distention, and other gastric disturbances.

### The Pecan

The pecan is a variety of the

hickory nut or walnut. It is not surpassed in digestibility by any other nut, and the large amount of fat which it contains gives it a high nutritive value.

### The Walnut

The walnut, of which there are several varieties, is especially desirable for its delicate flavor, which combines well with that of bread and grains. Crushed fine, they make a highly nutritious foundation for the meat of sandwiches, and for the flavoring of cooked vegetables and grains.

### The Filbert

The filbert has a much higher usefulness than has yet been accorded it. It is closely allied to the hazelnut. The flavor is delicately sweet, and the meat dry and fine-grained. It contains about half its weight of an easily digestible fat."—*Living Temple*.

## Recipes

### Stuffed Protose

For one-half pound of protose, make a dressing as follows: one and one-half cups of toasted bread crumbs, one-half cup hot water, one-fourth teaspoonful salt, one-third teaspoonful sage, one-half teaspoonful celery salt, one-third cup of cream. Mix all the ingredients together with a fork and do not stir, but use rather a chopping motion. Cut the center out of the protose and stuff with the dressing. Put the remainder of the dressing around the roast, and pour a little hot water over it and bake from twenty to thirty minutes.

### Nut Gravy

Rub smooth one tablespoonful of nut butter in one and one-half cup water, adding the water a little at a time, till of the consistency of cream, then add the rest of the water and one-half cup of tomato juice. Season with one teaspoonful of salt and thicken with one tablespoonful of white or brown flour. T. Carolyn Lemons.

### News and Notes

Professor Lamson was absent from the school at Battle Creek last week, attending the young people's convention at Mancelona.

Mr. D. W. Reavis, manager of the sales department of the *Review and Herald*, and member of the West Michigan Conference committee, made a pleasant call at the office last week.

Several letters have been received asking for sample copies of the Herald for use in securing other subscriptions for the paper. If you can use any we would be glad to send as many as you desire.

Mary E. Jacobs of Howard city, writes that they have organized a Christian Help Band. This happy band of workers meet every Thursday, and are wonderfully blest in their efforts to minister to the comforts of others.

The attendance of the Battle Creek church school is better than was anticipated. The rooms provided for the temporary use of the school in the old College building, are hardly adequate to accommodate those who are at present in attendance.

Eld. A. G. Haughey spent a few days last week with the company at Big Rapids, and returns with a very encouraging report of the work that has been done in that city during the past year. A more complete report will probably appear later.

Sometime ago the West Michigan Conference committee invited Bro. W. D. Parkhurst to locate in Grand Rapids as pastor of that church. He has consented to accept the invitation, and immediately following the next session of the Conference will locate in that city.

Work on the new church school building at Battle Creek has begun, and at the time this issue appears the foundation will have

been completed. A well has been driven, and the very best of water found in the basement of the building. It is now expected that the building will be completed by the first of January.

Mr. and Mrs. R. E. Harter, accompanied by their son, left Big Rapids, Monday, September 21, for Langford, S. D., where the parents of Mrs. Harter reside. For some time Mrs. Harter's health has been gradually failing, but it is hoped that the change from city life to the the fresh country air will prove beneficial.

Sabbath, October 3, is the date for the semi-annual collection for the Haskell Home, and the James White Memorial Home. A special appeal is made at this time to raise funds for the rebuilding of the power-house and laundry, which were destroyed by fire last April, and which have not been rebuilt on account of a lack of funds. Let us each remember the fatherless and aged, and help what we can.

Eld. W. A. Spicer opened a series of meetings to be held at the Tabernacle, Battle Creek, during the winter, by presenting the Eastern Question on Sunday evening, September 13. Elder VanHorn continued the subject of the Eastern Question in the presentation of the Seven Trumpets. Every Sunday evening these meetings are to be conducted, and the subjects presented will be on the prophecies and doctrinal themes, such as are given in a regular course of lectures.

Sabbath, September 19, Eld. I. J. Hankins delivered a very impressive sermon to a large audience at the Tabernacle, Battle Creek. For a number of years Elder Hankins worked as a missionary in Africa, returning to this country a little over two years ago. Elder and Mrs. Hankins are now making preparations to return to Africa, and will probably sail sometime in October. Our

prayers go with them as they depart to carry the news of the Gospel of the Kingdom to "Darkest Africa."

Eld. A. G. Haughey and W. E. Videto, spent last Sabbath and Sunday, September 19 and 20, with the companies at Agnew and West Olive. At Agnew fifteen persons were buried with their Lord in baptism, and a church of thirty-two members was organized, which is to be known as the Seventh-day Adventist church of Agnew. They expect to send a full delegation to the forth-coming conference. Brother Videto being fully acquainted with the history of the development of the work at this place, will furnish the Herald with this information later.

Milo D. Warfle and wife, who formerly labored in Michigan, are now located at Roswell, New Mexico, where they have been laboring and receiving financial support from Michigan, and the past year from the West Michigan Conference. From a recent communication we quote the following: "As we look to Colorado for our financial support, that means at least temporary separation from dear old Michigan. It seems like a funeral, for Michigan has been a mother to us in many ways. It is all God's work, and where he leads we want to follow, nevertheless we hope you all will remember us at the Throne of Grace."

As previously stated, the West Michigan Conference will convene at Charlotte, October 9-14, 1903. The friends at Chartotte have arranged for the entertainment of the delegates, and the committee appointed will meet the trains and assign the guests to their respective places. Will each one kindly bring a double blanket. Come with a prayer in your heart for a spiritual refreshing. As never before in the history of this message we need to improve these opportunities for spiritual upbuilding. By hearing the testimony of others courage is revived. God opens various avenues for the salvation of every earnest seeker after truth.