

Eld. A. G. Haughey

The West Michigan Herald.

"Watchman, What of the Night?"

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THE WEST MICHIGAN HERALD.

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Evangelical.

The Southern Work.

A good beginning has already been made in the Southern Field. With integrity and faithfulness a few have borne the burden. They have shown what can be done in various lines, and a foundation has been laid for a work that will be as enduring as eternity. The work done amidst poverty and hardship has not been recorded in the books of heaven as a failure. In the courts above those who have done missionary work under the pressure of adverse circumstances are registered as truly successful. God says not always, "Well done, good and successful servant," but, "Well done, good and faithful servant." In the south there are eight millions of colored people to whom the Third Angel's Message is to be given. Compared with the work in the northern states we would say the southern field can never be self-supporting. "It is the most fruitful field." "It is a legacy to the whole body of Seventh-day Adventists in America."

While one-tenth of the entire population of the United States is found in the Southern field less than one-hundredth part as much funds is appropriated to that work as is used in proclaiming the message to the remaining nine tenths of the population of the United States.

"The Lord has been working with and for the tired laborers in the South. Many are preparing to put their shoulders to the wheel and help advance the work. The cloud of darkness and despondency is rolling back, and the sunshine of God's favor is shining upon the workers. The Lord is gracious. He will not leave the work in the South in its present condition. The ones living in this great field will yet have the privilege of hearing the last message of mercy, warning them to prepare for the great day of God which is right upon us. Now, just now, is our time to proclaim the Third Angel's Message to millions living in the Southern states, who know not that the Saviour's coming is near at hand."

At the Charlotte session of the West Michigan Conference it was voted to donate four hundred dollars from our Conference funds toward the support of the work for the colored people in the South. "My heart aches as I look over the matter that has already been printed on this subject, but which upon many minds has no weight. Like the priest and the Levite, men have looked indifferently on a most pitiful picture, and have passed by on the other side. For years this has been the record. Our people have put forth only a hundredth part of the earnest effort they should have put forth to warn the indifferent, to educate the ignorant, and to minister to the needy souls in this field."

Now brethren let us be faithful, redeeming the time by giving liber-

ally toward the support of the Southern work. All donations to this work should be sent to the West Michigan Conference, Otsego, Mich.

A. G. HAUGHEY.

Lest We Forget.

"We recommend, That a decided effort be put forth this winter by all our churches, conference laborers, and officers, to secure a large corps of canvassers who will devote their whole time to this work, the names of such persons to be furnished the field secretary for training."

The above resolution was passed by a unanimous vote at the Charlotte conference, but thinking perhaps it may have slipped from the memory of the delegates and workers, we take the liberty to reprint it.

The Lord has told us that where there is one engaged in the canvassing work there should be a hundred. That indicates that there are many in our churches whom God is impressing with their duty in this matter, who are not responding. Here is where the church officers and conference laborers may render effective service. They can send to the field secretary the names of such persons as they think would make good workers in this department. He will be very glad to call upon them and help them obtain a fitting up for the work.

Let those who feel in their hearts that they ought to take up this work, but fear they cannot make a success of it, consider thoughtfully the following from the Lord:—

"We have no time to lose. We must encourage this work. Who will go forth now with our publications? THE LORD IMPARTS A FITNESS FOR THE WORK TO EVERY MAN AND WOMAN WHO WILL CO-OPERATE WITH DIVINE POWER. ALL THE REQUISITE TALENT, COURAGE, PER-

SEVERANCE, FAITH, AND TACT, WILL COME AS THEY PUT THE ARMOR ON."

With such assurances may we not go forward in faith and do the work the Lord is calling us to? God does not call a man to failure but to success.

M. N. CAMPBELL,
Field Secretary.

What Are We Doing For The Blind?

The field most neglected, I fear, is the one nearest by. This field should occupy the first place in our minds. But you say, which is the most needy field? For more than half a century the third angel's message has been sounded to the world to those with all their senses, but the blind have not been included. Means have not been spared in spreading the gospel, and scattering literature far and wide, bringing the message before the people; but there are thousands who have been overlooked—the blind. Do you not know that there are thousands of truth-loving blind people in this country and have you not realized that little or nothing has been done for this class in the way of providing religious literature? These thousands of unfortunate beings are obliged to read with their fingers, and a special kind of print must be prepared, and we thank God that a magazine has been established whereby the honest blind in our country, all in fact, may hear the message for to-day. Thousands are ready and waiting for the message, but have nothing they can read themselves, unless we supply them from this office.

We believe that most of our seeing friends know what we are doing; therefore we will not give you the history of our work; since space and time will not permit. There is but one religious paper printed for the blind in America, and we are thankful that God has placed the burden of this work upon us. The CHRISTIAN RECORD is the first and only one of its kind in the world. This magazine was started more than four years ago, and

since that time we have been trying, as best we could, to bring the work before the minds of the brethren and sisters; and we feel confident that when they realize what is needed and who it is that is to be warned, they will gladly respond to our call.

More than eighty thousand educated blind are appealing to us for something to read. Shall we turn them away? or shall we give it to them? This gospel of the kingdom must be preached, and especially to those in double darkness. These thousands can be reached; but how?—Simply as thousands of seeing brethren and sisters are reached every year, by literature. We are printing for this class,—the blind—and can supply hundreds, but we need financial support in order to meet the pressing demands made upon us daily. Can you not give something to this worthy enterprise? Your State has an institution for the blind, and this school is educating hundreds. But how?—Simply teaching them to read, and giving them a practical education. But they receive no spiritual instruction; many go away worse for having entered the school. We therefore appeal to you to aid us in supplying the blind in your State with literature.

The two systems used by the blind in this country are American Braille and the New York point. We have enough literature printed in either of these systems to educate the blind, and give them a fair knowledge of the most vital points of the Seventh-Day Adventist faith. What can you say to a work like this? Do you say, "Amen; go ahead and we will support the work," or do you look upon it as something that is of no importance? Our magazine is printed monthly and contains thirty pages. Each number gives about as much reading matter as is found in eight columns of the REVIEW. The regular subscription price is \$2.00 a year. Please consider the matter carefully and prayerfully, and send us your sub-

scription, and influence some of your friends and neighbors to do so if possible. Send all subscriptions to the office of the CHRISTIAN RECORD, 267 W. Main St., Battle Creek, Mich.

Some Day, Somewhere.

In golden youth when deems the earth
A summer land for singing mirth,
When Souls are glad and hearts are light,
And not a shadow lurks in sight,
We do not know it, but there lies
Somewhere, veiled under evening skies,
A garden all must somewhere see;
Somewhere lies our Gethsemane.

All those who journey, soon or late
Must pass within the garden's gate,
Must kneel alone, in darkness, there,
And battle with some fierce despair.
God pity those who cannot say
"Not mine, but thine;" who cannot pray.
"Let this cup pass," and cannot see
The purpose in Gethsemane.

—Our Young Folks.

Live For Something.

Thousands of men breathe, move and live, pass off the stage of life, and are heard of no more. Why? None were blessed by them as the means of their redemption; not a line they wrote, not a word they spoke could be recalled, and so they perished; their light went out in the darkness, and they were not remembered more than the insects of yesterday. Will you thus live and die? O man, live for something! Do good and leave behind you a monument of virtue that the storm of time can never destroy. Write your name by kindness, love and mercy, on the hearts of thousands you come in contact with year by year, and you will never be forgotten. No, your name, your deeds, will be as legible on the hearts you leave behind as the stars on the brow of evening. Good deeds will shine as bright on the earth as the stars of heaven.

No truth does the Bible more clearly teach than that what we do is the result of what we are. To a great degree the experiences of life are the fruition of our own thoughts and deeds.

Medical.

What Articles of Food Should A Bilious Person Avoid?

There is probably no condition more common among men than biliousness; no organ that is more complained of than the liver. Almost every trouble people have they attribute to the liver. The liver is one of the most important and most abused organs of the body. A great many diseases are attributed to the liver for which it is not responsible. Most of the diseases of the liver are due to errors in eating, and may be entirely avoided. By putting the fingers under the lower borders of the ribs, and pressing up half an inch, when in health, the lower border of the liver can be felt.

OVER-EATING.

After partaking of a hearty meal, it will not be necessary to put the fingers up quite so far in order to touch the lower border of the liver. After a hearty meal, the liver is congested or enlarged somewhat. When a person habitually over-eats, and takes two or three hearty meals a day, the blood vessels of the liver become chronically enlarged and the liver itself chronically congested. This condition is known in medical terms as a passive congestion of the liver. The cells of the liver are not able to do their work properly in this condition. The bile and waste products that should be eliminated through the hepatic cells are retained, and carried into the circulation, and then people have dingy eyes and a yellow skin. The system is saturated with those products which the liver should eliminate. The liver is a faithful organ, but is disabled often on account of being overwhelmed with work. But there are other causes aside from over-eating that are responsible for biliousness.

EXCESSIVE USE OF FREE FATS.

A few years ago some experiments were made by some physiologists upon animals. The different animals were fed entirely upon fat.

One man took a goose, and fed it entirely upon butter for a time. At the expiration of the appointed time the creature was killed, and it was then found that the liver was so enlarged as to fill the entire abdominal cavity, and was saturated with fat, so that even by mechanical pressure the butter could be squeezed from it. The liver had undergone fatty degeneration. The cells of the liver were almost entirely destroyed. Another experimenter took a dog, and introduced a little tube into the bile duct where it enters the intestine. He allowed the bile to accumulate on the outside instead of flowing into the intestines, and then fed the animal on certain kinds of food to ascertain the effect on the elimination of bile. He found by feeding the animal on fat that less bile was secreted or eliminated, and the more fat fed to the animal the less amount of bile was eliminated.

This clearly showed that the use of fats as food interferes with the secretion of bile, and results in the accumulation of bile in the system, or in other words, produces biliousness. All the blood of the intestines and stomach runs to the liver, carrying the elements which have been absorbed. In the liver are little cells, and connected with them are little capillaries, the liquefied nutritive principles pass along these capillaries to the cells which absorb the food elements, and the wastes are eliminated by these cells through ducts which finally form the regular bile duct, which empties into the intestine. It has been found that when large quantities of fat are taken, the fat is also absorbed by the cell, so that it is unable to do its work of eliminating the wastes from the blood and as a result these wastes are carried into the general circulation, and produce biliousness. So a person who wishes to get rid of this condition must avoid fats.

FREE USE OF SUGAR.

One of the principal functions of the liver is to store up sugar, and

then deal it out to the system as required. When an excessive amount of sugar is taken, the liver is overwhelmed—has too much work to do—and the result is that the sugar passes into the circulation and produces biliousness. Not only that, but the excessive work thrown upon the liver disables that organ so that it is unable to carry on its work of eliminating the other poisonous products carried to it.

CONDIMENTS.

Probably another cause of biliousness is the free use of pepper, mustard and other irritants. These substances are carried to the liver, and their first action is to stimulate the liver, or whip it up, so that the liver secretes more bile; but as soon as the stimulation has worn off, there is a diminished secretion of bile so that a person in order to avoid biliousness, must continue the use of these irritants. When a person abandons these irritants, he becomes bilious, and so thinks that these substances are beneficial. The liver is merely being whipped up. This may continue for a few years until finally the organ gives out entirely, and the person comes to his end and that without remedy.

The outside structures of the body are much more sensitive than the delicate inside membranes. If a little mustard or pepper is placed on the skin and tied up, you know the effect it would have,—a blister would be raised. Then think of the effect it must have upon the liver, upon these delicate cells. It seems to me that this is sufficient evidence that these things are an injury to the system.

USE OF FLESH FOODS.

In the use of flesh foods we are constantly in danger of taking too much of the albuminous element. This is why meat eating produces gout and is responsible for rheumatism. But in addition to the albumin in flesh, uric acid is also present to the extent of about fourteen

grains per pound of flesh. In the flesh of the animal we have the same products (as in the human body) on the way to the liver to be converted into urea. The venous blood is laden with these waste products on its way to the liver to be converted into urea when the animal is killed.

So in addition to the excess of albumin, we take into the system the uric acid, and so the liver is overworked and becomes clogged. This is supposed to be not only one of the principal causes of Bright's disease, but also of diabetes. Dr. Haig has shown that diabetes is frequently caused through excessive meat eating.

In the light of these facts it is very strange that diabetic patients were placed on an almost exclusive meat diet a few years ago. This is the very worst food that could be given them, because the excessive use of meat results in throwing an excessive amount of work on the liver. This interferes with the natural function of the liver to store up sugar, and so the blood becomes saturated with sugar. This then has to be eliminated through the kidneys. This is really what diabetes is—the presence of sugar in the blood. Anything that overworks or disables the liver causes retention of wastes, and produces biliousness.

DR. D. H. KRESS.

We call special attention to the question found elsewhere in this issue, "What are we doing for the blind?"

We need not think it hard to believe that our bodies can be raised pure and beautiful out of the cold earth at the word of Christ, when every spring he calls the flowers and trees from death to life.

Be temperate in food, modest in apparel, careful in speech, civil in manners, prudent in counsel, strong in adversity, humble in prosperity, grateful for favors, cheerful under contempt, patient in affliction, discreet in all your actions.

News and Notes.

The Treasurer's Report Blanks have been mailed to the churches, and it is hoped that every church treasurer will give immediate attention to this matter.

We regret very much that the paper is late this week in mailing, but owing to the floods which exist in various parts of the state the mails are greatly hindered and delayed.

The Sabbath School Quarterly Report blanks have been forwarded to the secretary of each school. If you have failed to receive your blanks, kindly notify the office at once that you may receive others and make an early report for this quarter.

Elder A. G. Haughey was suddenly called to his former home in Ohio last week on account of the death of his aged mother, who passed away quietly after a long severe illness. The true hope of the Christian is indeed a "blessed hope" in times of sorrow and death.

Last Sabbath, March 26, the services conducted in the Tabernacle, Battle Creek, were especially designed for the children and youth. Elder G. C. Tenney gave an excellent sermon especially adapted to these young minds, which was beautifully illustrated by the drawings of his son who is an artist.

Elder R. C. Horton is conducting a series of meetings at Bangor. From a recent letter we quote the following item concerning this effort:—

"The friends here have hired a hall and sent for me to come and hold some meetings. I have held four meetings with an increasing interest."

Though no special public effort is being made in the revival work in the Battle Creek church, the Spirit of the Master is still working upon the hearts of the people and young men and women are sur-

rendering their lives to the service of the Lord. Last Sabbath afternoon, at the close of the general prayer and missionary services, seven young people went forward in the ordinance of baptism, and others will follow their example in the near future. The twelve District prayer meetings are well attended every Wednesday evening, and the interest in missionary work throughout the church is good. Last Sabbath the regular missionary donations amounted to \$70.00.

One young boy has organized about twenty boys into a Boy's Club, and they meet every evening to pray and study the Bible and the general missionary fields of the world, and plan for daily service in personal labor.

The readers of the Herald will regret to learn of the failure of the health of Brother H. E. Osborne, and that he has been compelled to give up his work of the ministry in our Conference and seek a more favorable climate in Southern California. While connected with the Sanitarium in Battle Creek last summer his health failed and he spent the remainder of the year at his home in Maine where he rapidly improved.

Returning to Michigan, he accepted an invitation from the West Michigan Conference Committee to enter the ministry in this conference and to have charge of the work in District 1, but before he was ready to enter upon the work the severe winter climate proved unfavorable to his condition and his health rapidly failed again. On March 22nd, in compliance with the advice of the physicians and his friends, he left for Los Angeles, California, for his health.

Let us pray more for our ministers and workers that they may be protected from sickness and disease in these times when the harvest is ripe and the laborers are so few. Satan's fiercest attacks are upon the ministers and they need our constant support.