

A. G. Daniels  
222 N. Capitol St.

# The West Michigan Herald.

"Watchman, What of the Night?"

VOL. II.

OTSEGO, MICHIGAN, APRIL 6, 1904.

No. 14

## THE WEST MICHIGAN HERALD.

Issued every Wednesday by the West Michigan S. D. A. Conference, Otsego, Michigan.

Rate: 25 Cts. per year (50 numbers) in advance.

Entered Sept. 23, 1903, at Otsego, Mich., as second class matter, under Act of Congress of March 3, 1878.

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## Evangelical.

### Good And Evil.

When the prince of evil found that he could not down the blessed gospel, nor bring it to an end by killing the Prince of good, his last resort was to harass, persecute and destroy the disciples of Christ. He really suffered a great defeat when he caused the death of the Son of God. His malignity was made manifest to all the universe. His own machinations opened up the way of salvation through the precious blood of the Son of God which he caused to be shed. He became more desperate than ever when Christ arose from the dead and ascended to heaven beyond his reach, and his only hope was to harass and destroy his disciples.

"And I heard a loud voice saying in heaven, now is come salvation, and strength, and the kingdom of our God, and the power of his Christ. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time."

The persecutions of the meek, humble, disciples of Christ were something peculiar in our world, nothing like them had ever been seen in the preceding ages of history, nothing so bloody and cruel were known in the four thousand years before. The terrible, protracted, wearing-out, pitiless, and awful sufferings inflicted by Rome in pagan, but more especially in papal ages, were something unequalled and most wonderful, yet it was in fulfillment of prophecy, and was followed by the greatest reformation that this world has yet witnessed. Thus it is seen that man has tasted of the fruit of the tree of good and evil.

A. G. HAUGHEY.

### Offerings Every Week.

A short time ago we enjoyed the occasion of our annual offerings very much. A child of God is always made glad when he sees provision made for spreading the gospel of the kingdom. Why not make substantial offerings every week? The situation in the world demands of us a strenuous effort. We are blessed as Christians in proportion to the effort put forth in advancing the Lord's cause. A church that does not work to advance the gospel among sinners is the most cheerless, lifeless organization in the world. The church member who does not work in this way becomes wretched and miserable. A Seventh-day Adventist company that does not engage actively in promulgating the message of Jesus' second coming is of all organizations the most inconsistent.

Every consideration argues that we select the most effective method possible for raising means to forward the third angel's message, and then push ahead with great

faithfulness. The plan of weekly offerings is an admirable method for providing funds to extend and build up the work in many lands. Its frequent occurrence is greatly in its favor. Through this means our attention is often called to the great wide harvest field. The aggregate amount of fifty-two offerings in twelve months can scarcely fail to make a handsome sum.

If each of the seventy-thousand Seventh-day Adventists in the world should give ten cents a week, the total offering for one week would be \$7,000.00, and for one year it would give the grand total of \$364,000. It may be said that some members can not do so much as is suggested. True; but many could do much more, so the average could be made to reach that amount. The missionary offerings for the year 1904 should greatly exceed those of any previous year. If any have been neglecting this matter, then let such begin immediately to perform it.

Every church should use the envelope plan in carrying this into effect. Almost every church which does use the missionary envelopes for their weekly offerings has greatly increased the amount given. And usually the spirituality and courage of the members have increased in a like ratio. These envelopes can always be secured through the tract society department of the conference. There should be frequent remittances to the Mission Board in order that the many needs of the cause may be regularly supplied.

Every church should agitate this subject until all become thoroughly aroused. They should also teach its needs and methods until every one is perfectly instructed. Keep at it, and soon it will be enjoyed, and then it will be easy to do it.

WM. COVERT.

## Missionary Department.

### A Blessed Experience.

It is a blessed privilege to be "a co-laborer with God," and all will have abundant opportunity to do something to hasten the coming of our Lord, by giving the message now due in the place where God's providence has stationed them. The word is, "Do with thy might what thy hand findeth to do," and in this injunction no one is overlooked.

While in Grand Rapids doing house to house visiting, distributing Good Health, Life Boats, tracts, etc., giving treatment to the sick; and visiting the jail and court rooms to find those who are needing the help Christ alone can give, it was my privilege to make the acquaintance of many people who expressed the opinion that there should be a home for wayward and erring girls—not a prison reformatory—where condemnation, frowns, and cold, hard discipline would be meted out, but a real home where God's sweetest grace—LOVE, would show those dear forsaken ones the truer, nobler side of life, where hope might unloose their bondaged souls, and let them free to live in the peace-purity of the Christ life. How many children drift away into sin because they have not the right kind of homes. Too many mothers are derelict in their duty to warn their boys and girls of the snares and pitfalls awaiting them in life; absolute silence upon the most sacred subjects that should bind parents and children together in a sweet confidence that the enemy could not overthrow!

The home idea is one we place special stress upon. We avoid speaking of our place as an "institution," nor do we ever refer to the members of our family as "in-mates." We all sit at one table, and all join in morning and evening family worship. The same loving interest is taken in each one, and all are regarded as our "daughters." The practical duties of life in which every true woman should

be experienced, such as house work in all its branches, domestic and sanitary science, hygienic cooking, laundry work, fruit canning, sewing, mending, dress making, etc., are thoroughly taught.

Our work embraces five lines of work which we all recognize as necessary, viz., evangelistic, social purity, health and temperance, medical missionary and educational. This last we intend to further as soon as we can find a Christian church school teacher with the real missionary spirit.

The fact that we are on a lovely farm seven miles from the city limits, adds much to our peace of mind for several reasons. The Spirit of Prophecy has said "Out of the cities is my message." We never have had a doubt as to God's leading in locating us where we are. The temptations of city life are removed, and the influence of evil associates banished, and besides we have land enough (forty acres) to establish several lines of industrial work, which will be a means of income to support the work, and of employment and training to those who seek our assistance. We purpose putting in two or three green-houses for early vegetables and flower specialties, as soon as God so directs. Our poultry business we shall begin in a small way this spring. A forty dollar incubator was donated and money to start, has been sent us, for which we thank our Father. An apiary will be established as fast as we can build suitable equipments for such a business. Twelve hives of bees were kindly donated by our dear brethren in this state. This gives us a nucleus for the business.

I have spoken of the work itself; but there is another side of the question of equal importance, possibly of greater importance. Our minds were led out in the beginning of this work to stand on the promise that "The wealth of the Gentiles should flow" unto us, and our appeals for assistance have been almost entirely to those who

do not belong to our faith. We have been directed to lawyers, doctors, judges, business men, bankers, brewers, and every kind of person, to present our work and its needs. Thus we have made a broad acquaintance that God has used, is using and will still use, to His honor and glory, as we continue to walk humbly before Him, realizing our responsibilities, and our weakness out of Christ.

On many occasions while calling in the interests of the work have I been asked about the truths we profess, and with my Bible with me, I have given Bible readings in men's offices, that have been a surprise to me, and evidence of the leading of the Holy Spirit in a striking manner. Men, to whom the avenue of approach would seem well nigh impossible, have heard the message and God will give the increase. My heart is full of deepest gratitude and joyful praise for these wonderful opportunities, and I would earnestly request the prayers of our people, that God will bless every effort put forth.

Many times we have had less than a dollar in sight; and on one occasion, with a family of six girls and three babies, we had just a nickle and a penny in the purse. God sent us that day a wealthy gentleman to visit us, who left a ten dollar bill, and a pledge of one thousand dollars when he sold some property. We are now having special prayer that God will send a purchaser so we can complete our buildings standing unfinished, because of which fact, we have had to turn away this winter, fifteen girls!

Out of eight girls, five are living good honorable lives, and we rejoice with joy unspeakable to see these precious souls for whom Jesus died, turning toward the gleaming portals of the mansions above, pressing on to share heaven with the angels in glory and the redeemed host. "There is joy in heaven over one sinner that repenteth," and Jesus "came to seek and save, that which was lost," for which we praise Him and rejoice to do His work.

MRS. W. H. MCKEE.

## Medical.

### The Breath of Life.

Of the many things that the body needs, fresh pure air stands preeminently first. It is just as important that we give thought to the quality of air and the manner we breathe, as that we should give attention to the quality of food and manner in which it is eaten. Indeed, pure air may be called one of our most necessary foods.

Death occurs more quickly when the body is deprived of air, than when deprived of water or food. We read in Ps. 104:29, "Thou takest away their breath; they die;" and again in James 2:26, "As the body without the breath (margin) is dead; so faith without works is dead also."

Every living cell whether vegetable or animal breathes. Plants do this by means of their bark and leaves; worms by their skin; and fishes by their gills. Man has about two thousand feet of lung surface, which must come in contact with the air that is breathed into the lungs. This certainly means work on our part. We cannot simply remain quiet and have faith to believe that it will take place, for it never will unless we put forth effort. In order to carry out God's physical laws, faith and works must go hand in hand. We must co-operate by obeying these laws, which are so essential to health. By lack of effort on our part, we may break down the wall of resistance which God has placed about the body, in which case the germs of disease will enter and take lodgement in the devitalized tissues, and disease and sickness will be the sure results. This cannot be because God does not love us, or because providence has sent affliction upon us. No, we have simply opened the door, and the enemy or life-destroyer has entered.

A normal respiration means expansion of the whole chest cavity, and slight protrusion of the abdom-

inal muscles. The movement of the upper chest is naturally less than that of the lower, because of the greater flexibility of the lower ribs, the upper ones being much more firmly held in position than the lower. If any part of the lungs remain immovable during respiration, the air which is in it stagnates, poisons very soon accumulate, and the tissues become poisoned, and paralyzed. These tissues are no longer able to resist the diseased germs of pneumonia, tuberculosis and those of other diseases; they are very sure to find a place in these idle parts, and the next thing we know an acute inflammation is set up, and that most dreaded disease consumption may have gained a permanent foot hold.

It is utterly impossible for a person to take a normal respiration whose waist is in the least contracted. In such a case we see merely costal or abdominal breathing. Neither of these forms of breathing are capable of bringing the lungs fully into action. The abdominal muscles, in order to serve their important purpose in respiration, must be strong and well under control so that they may be contracted vigorously when one desires to increase the force of the voice as in singing or public speaking.

The objects of respiration are many. We will mention only a few of the more important ones. In the first place it exercises the tissues of the thoracic cavity. Again it brings oxygen to all the cells of the body. Moreover it carries away from the body very harmful poisons and carboic acid gas. It also assists circulation and digestion, and increases or keeps up lung capacity. A brisk walk with deep respiration on a cold frosty morning has very much the same effect on the body that a cold bath has, viz., to tone up all the tissues. The feeling of nervousness, languor and mental depression are driven away. The eyes are more brilliant, the cheeks more rosy, and a general

good feeling is produced as the result of the better ventilation of the body. If a person gets easily out of breath on exercising, it shows that he ought to exercise his breathing capacity by exercise such as running, climbing, going up and down stairs, rowing, swimming and deep breathing. Be very sure that your living rooms are well aired each day, and that the air is kept pure both during the day and night.

DR. P. S. BOURDEAU.

### CONFERENCE.

BIENNIAL SESSION OF LAKE UNION  
CONFERENCE.

For various reasons there has been some indefiniteness as to the time of holding the next Biennial Session of the Lake Union Conference. But advice has been received from Eld. A. G. Daniells that May 17-27 would be preferred by those who are coming from without the district. It is believed that all delegates will cheerfully conform to this time, because this late date makes it favorable for the attendance of Sister White.

The place where the Conference is to be held is Berrien Springs, Mich. The first meeting of the session is appointed for 7:30 p. m.

Persons other than delegates desiring to attend, should inform Prof. P. T. Magan at an early date, so that provision for their comfort can be made. There is sufficient room in the cottages for all delegates. If a considerable number of non certified persons desire to be present, we can easily pitch tents for them. We simply want to know, so as not to be embarrassed when the time comes.

Delegates and visitors would do well to bring bedding. Good board will be prepared for all at reasonable rates at the College Dining Hall.

WM. COVERT.  
Vice President.

### News and Notes.

School at Cedar Lake closed for the spring vacation last Wednesday.

Prof. J. G. Lamson will visit the church schools at Wright and Six Lakes this week.

Are there any young people in your church? Are they working for souls? Wont you help them to get at it?

Miss Mary Lamson returns to Battle Creek for her vacation. She has been teaching the past term at Cedar Lake.

Mrs. J. G. Lamson will remain at Cedar Lake for two weeks, returning to Battle Creek about the middle of April.

Elder S. H. Lane is spending a few days in Battle Creek, being called to his home to attend the funeral of an aged lady who has been living in his family for some time.

Prof. W. W. Prescott and Elder A. G. Daniells passed through Battle Creek last week enroute to Washington, D. C. from the Pacific Coast. Prof. Prescott remained in the city several days to visit his parents who reside there.

Last Sabbath, April 2, was the day appointed for the semi-annual offering received for the Haskell Home. Elder A. T. Jones gave an interesting sermon at the Tabernacle, Battle Creek, portraying in a very practical manner the principles of Christianity, and the relation each should sustain to these principles.

Elder Fred Brink and W. E. Videto are still holding meetings in the school house about eight miles from Mt. Pleasant. They report an excellent attendance. Let us remember our ministers and workers at the Throne of Grace that their efforts may be blessed abundantly of heaven.

February school report will show over FIVE HUNDRED children enrolled in West Michigan Conference in the church schools. Are your children among the five hundred? If not why not? Do you want a school next year? Begin early to plan for it.

Say friends, who is talking in the first verse of the eleventh chapter of Daniel? Who is it that says "I"? "That's easy," you say, but now the text,—To whom does "him" refer? Who was strengthened? Send your answers to S. D. A. Department of Education, Battle Creek, Michigan.

There will be a regular meeting of the Cedar Lake Industrial Academy Board at Cedar Lake, beginning Monday at 2.00 o'clock, p. m. April 11, and lasting till the following Wednesday morning. The members of the conference committee who are not members of the board are invited to be present if their duties will allow. At this meeting of the board the faculty for the coming year will be chosen, and we invite any in the conference who have matters that they would like to bring to the attention of the board to address the same to the chairman or secretary at Cedar Lake, Michigan, prior to the meeting. Will those members expecting to be present notify the chairman upon receipt of this notice.

The Department of Education has received response from nearly all the churches in the matter of enrollment, but only a few of the Elders of the churches have acceded to the request for the names of likely young men or women who will take hold of the work which the Conference Committee has assigned this department, in the raising of the two needed funds for the Conference. Surely the elders of churches care SOMETHING about this matter. Let us hear from you. Address J. Grant Lamson, Battle Creek, Michigan, with the name of

the young person, male or female, in whom your local church has confidence, that they may take hold of the work. Come brethren, this is a good way to test your profession that the ministers should not spend their time in the churches, but should be working new fields. Some have written. Have you?

No doubt some of our readers have noticed something of the work that is being done for the Southern field in the selling of the "Story of Joseph." We believe that this is a field in which all of our people are and should be deeply interested. While "the General Conference Committee recognizes the South as one of the needy mission fields of the world, and has endeavored to make a fair appropriation of its receipts to the Southern Field, this help is far from meeting their great needs. Brother J. E. White's plan for the sale of the "Story of Joseph" makes it possible for this denomination to raise a large amount of money for the work among the colored, without taxing itself beyond reason, and this plan will not draw all the missionary gifts of the denomination from other mission fields. The plan is simple. Sell "The Story of Joseph" for twenty-five cents a copy," and the proceeds will be sent to the Southern Missionary Society. Here is an opportunity for mothers and children to do valiant service for the Savior. This work can be kept up during the entire year. Let each one who reads this consider seriously what you can do to help this branch of the work, sending all orders and remittances to West Michigan Tract Society.

Report of Canvassing Work.				
Great Controversy	Hrs.	Ord.	Val	Helps
Jay Doty ...	81	8	22.00	4.30
Irving Steind	80	10	25	
R. A. Neilson	91	6	15.50	4
Ordis Dow . .	28	3	8.00	
Bible Readings.				
L. Kerr . . . .	22	2	5.00	
Marvel of Nations.				
F. B. Johnson	4	3	4.75	
Totals, . . . .	306	32	80.25	8.30
M. N. CAMPBELL.				
Field Sec'y.				