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The West Michigan Herald.

"Watchman, What of the Night."

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Evangelical.

Our Essential Work.

If we are Christians, our sins have been forgiven, and we are the Lord's. He gave himself for us, and his righteousness to us. In doing this, He made us debtors to the world of sinners, and therefore our service is claimed on their behalf. Since this is so, we would say with the apostle. "As much as in me is, I am ready to preach the gospel."

The preaching is due everywhere, and must be done in the power of the spirit. Our strength is required, our energies are needed, and our means should be invested in proclaiming this gospel of the coming kingdom. Not only should we open our hearts to the indwelling of the Lord's Spirit, but we should apply our minds most ardently to the study of the Bible. Our ability for service should be as great as possible. A careless preparation is censurable. None of us have reached the highest mark of evangelistic ability. In most cases, a very great improvement is demanded.

Christ's mission to earth related to saving sinners. His ministry above pertains to the same blessed work. He is now in heaven, to appear in the presence of God for us. Our mission to earth is to labor for Him. The one business of our lives is to perform this work. Every secular calling should conform to this business. Each day's service, and every stroke included, should hasten the long-desired event—the second coming of our Lord.

The time has fully come when our people should make the prosecution of the Third Angel's Message the all absorbing question. Every department in the Conference should be up to date with its aggressive plans. Its officers and workers should be zealous in carrying them forward.

The church officials have much more to do with these matters than many suppose. Surely there must soon be a very decided improvement in the home work. If the local elders, deacons, clerks, treasurers, librarians, teachers, and superintendents are fully awake and vigilant, the whole cause will be lifted to a much higher plane than it now occupies. The influence of such a state would secure a good attendance at the meetings, and all the services would become the fruit of life.

The church members will then cease to rob God, and the tithe will be faithfully paid into the treasury. When these things are done, the favor and power of God will be upon His people.

This will do away with idlers in the churches, and complainers will abandon their unholy calling. Perhaps they will be converted, and become happy in the Lord. Let all who love the message, pray

for the coming of this blessed condition. May the Lord hasten the glad time.

WM. COVERT.

Saving a Soul From Death.

"O, if one soul from Antworth
Meet me at God's right hand,
My heaven will be two heavens
In Immanuel's land!"

Thus exclaims the sainted Ruth-erford; and thus may every one, who labors to win souls, look forward with the hope of redoubled joy at meeting our dear Redeemer, and what will be the unspeakable delight of meeting some shining one at the pearly gate awaiting our arrival, who shall take us by the hand and say, "By God's blessing you saved my soul from death. Next to Jesus I owe this blessed state to you. I will be an everlasting remembrancer of your kind Christian faithfulness while on earth."

Christian friends would not such a greeting make your heaven

Two heavens

In Immanuel's land?

Have you any reason to expect such a greeting? How will you feel to behold others thus welcomed and yourself passed by—not a single soul amidst the hosts of heaven to thank you for friendly interest and efforts for its salvation? Ponder this while you have opportunity to "save a soul from death."—Selected.

Without Christ in the heart all our attempts to keep the heart pure are only sad failures; with Christ in the heart, we are borne so much above sin and Satan that we seem to be almost or quite in the atmosphere of heaven itself, and so Christ in the heart causes our impulses to be heavenly and pure.

Educational.

Another Chance

To show your interest in the work of the young people. At the last meeting of the Conference Committee much attention was given to the work of the Department of Education, and especially to the work of and for the young people of the Conference.

The Superintendent has spent much time and given much thought to the work of organization, and the young people have been called upon to give some time to several definite lines of work. One of these is the raising of \$1500 for a Tent and Camp-meeting Fund. Another is the raising of \$500 for Cedar Lake Academy. Another is the definite organization of bands and companies for active service in the different home communities.

The beginning of this work and the building up of a strong organization for aggressive work has necessarily involved some extra expense, and the Department is anxious to carry on its work without being dependent in any degree upon any of the other funds of the Conference. When the work is fully started, the sums coming in from the young people will much more than cover the running expenses of the Department. What more reasonable thing than that the cost of establishing and superintending the church schools should be borne by the youth? Why not just as fair that the expenses of organizing the youth for work should be paid by the young people themselves, or at least by those whose interest in and for the younger members of Christ's fold leads them to assist in defraying the needful cost of the Department.

With this thought in mind, the committee felt that it would be right and proper to set apart a day in which there should be special thought and attention given the youth in the regular Sabbath service, a service in which old and young join but in which the youth

are given a prominent place, and that a special collection be taken that day for the work of the Conference Department of Education. We believe that if the officers of the churches will take this matter in hand now, and will call the attention of the church to the day set apart for the purpose named, that enough will be realized in this one day to more than repay each church for all its trouble, and at the same time place the work for the young where it will be self-supporting.

The day unanimously chosen by the committee was May 14, and there are now four weeks in which to prepare for this service. Why may we not make this a "May Day" in a better, truer sense than we ever have the first day of May.

Remember the date, May 14, 1904.

J. GRANT LAMSON.

Make a Beginning.

Remember in all things if you do not begin you will never come to an end. The first weed pulled up in the garden, the first seed in the ground, the first dollar put in the saving bank, and the first mile traveled on a journey are all-important things; they make a beginning, and hold out hope, a promise, a pledge, an assurance that you are in earnest in what you have undertaken. How many a poor, idle, hesitating outcast is now creeping and crawling on his way through the world who might have held up his head and prospered if, instead of putting off his resolution of industry and amendment, he had only made a beginning!

"An important element in educational work is enthusiasm. On this point there is a useful suggestion in a remark once made by a celebrated actor. The Archbishop of Canterbury had put to him the question why actors in a play affect their audiences so powerfully by speaking of things imaginary, while ministers of the gospel often affect theirs so little by speaking of

things real. 'With due submission to your grace,' replied the actor, 'permit me to say that the reason is plain: it lies in the power of enthusiasm. We on the stage speak of things imaginary as if they were real, and you in the pulpit speak of things as if they were imaginary.'

The teacher in his work is dealing with things real, and he should speak of them with all the force and enthusiasm which a knowledge of their reality and importance can inspire. Every teacher should see to it that his work tends to definite results."

Obituary.

Clarissa Elizabeth Knickerbocker died of heart disease while attempting to hitch her horse on the streets of Allegan, Michigan, March 31, 1904, aged 63 years, four months, and twenty-two days. Twelve years ago she and her husband, under the labors of Elder Ostrander, embraced the Adventist faith, and since then she has been a faithful member of the Allegan church. She was possessed of a very unselfish disposition, and this connected with the religion of Jesus Christ, made her a very aimable woman. She was highly respected wherever known, and was dearly esteemed by her family. She leaves an invalid husband, who will miss her constant ministrations, also six daughters with their families, and five brothers, and more distant relatives. These mourn the loss of a faithful wife, a dear mother, a kind sister, and esteemed friend. The funeral was held April 3, at the home of her daughter in Allegan, and she was laid to rest in the cemetery three miles east of town. A discourse was given from Romans 14:8, latter part of the verse.

M. B. MILLER.

The Cedar Lake Academy Board held a short session at Cedar Lake Monday of last week to consider several important matters relative to the work of the Academy for the coming year.

Medical.

Acute Nasal Catarrh.

CAUSES.

Certain persons are predisposed to attacks of acute nasal catarrh. Sometimes this predisposition extends to entire families or is inherited, but more often it is acquired, and usually by the following mode of life. We see it in persons who get very little fresh air; they remain indoors unless the weather is perfect; they live in houses always overheated; the sleeping rooms are carefully kept closed at night for fear they may take cold, and for the same reason are overloaded with clothing. Any active exercise will throw them into a profuse perspiration. These conditions after a time result in a great sensitiveness of all the mucous membranes, and especially those of the nose and pharynx, which is much increased by living in a damp, changeable climate. Often attacks are brought on by not sufficiently covering the head, by wetting the feet, and especially by exposure to the raw winds of spring, accompanied by the dampness which always occurs with melting snow.

A draught of cold air for a few minutes when perspiring is sufficient to excite sneezing and a nasal discharge. Germs also play an important part in the cause of nasal catarrh and is probably contagious, being communicated by persons using the same handkerchief or occupying the same bed.

SYMPTOMS.

There is redness and swelling of the parts, and a profuse discharge from the nasal passages. At first sneezing and a slight fever may be noticed. Mouth breathing is very often due to nasal obstruction and sleep is disturbed. There may be a mild inflammation of the eyes when the Eustachian tubes become closed; deafness results which may only be temporary. Often times, with children especially, the digestive track may be involved, and

there is vomiting or diarrhoea with large mucous stools.

TREATMENTS.

A person suffering from acute catarrh should remain in a room with even temperature of about 70° F. the bowels freely opened, and the food somewhat reduced.

Locally the nasal passages may be syringed with warm boiled water to which a pinch of salt is added. Dobell's or Seiler's solution may be employed, diluted with an equal amount of water. During the syringing, the mouth should be open and the head inclined forward, and but little force employed. The nose should be thoroughly cleansed twice or three times a day.

PREVENTION.

The question of how to prevent taking colds is a very important one. Thorough hygienic conditions are of the greatest importance. A large, well ventilated sleeping room, the window being kept open at night except during the most severe weather. The temperature of the house during the day should be between 68° to 70° F. Even children should be accustomed to going out of doors unless the weather is extremely bad. Live in the open air as much as possible during the summer. Another point which is equally as important with the others is taking the morning cold sponging immediately upon rising. The bath need not last more than one minute, and must be followed by brisk rubbing. In the case of a small child it is well to have them stand in a foot tub of warm water while the rest of the body is being sponged with water at a temperature of 40 to 60 F. A good reaction should always follow. When colds are often repeated there is developed a chronic rhinitis, which is much more difficult to cure and is quite sure to lead to very serious conditions.

DR. P. S. BOURDEAU.

"Health is better than wealth."

Publication.

The Lover's Love.

Many titles of books are misleading, but the work with the above title is not. There is not a chapter in the whole book but would warrant the title. "God is Love," and the Pharisees said of Christ that He was "The Friend of sinners." The word "friend" is derived from PHILOS, which means lover. Should we therefore hesitate to say that Christ was a lover of sinners just as much as He was a hater of sin? We cannot afford to throw away a twenty dollar bill because it has been counterfeited, neither can we afford to allow sin and satan to have the choice of languages which belong to the best character and the best attributes of that character. The "Lover's Love" is a title that corresponds with the contents of the book.

The following testimonials will reveal the hearty reception that is being accorded to this new book:

"I have read the book with interest, and believe it will be a blessing to many in setting forth some of the glories of John 3:16. Young people will surely read it with interest.

W. A. SPICER."

"I have received the copy of "The Lover's Love or John Three-Sixteen." It is a very excellent book. I think it is one in which our people would be interested. I feel that it is a very valuable addition to our Sabbath-school library.

MRS. L. FLORA PLUMMER.

Sympathy is one of the greatest secrets of our lives. It can overcome evil quicker than the harshest treatment. It strengthens good, bringing forth more help to bear the hardest trials that come to all from time to time.

"As ten millions of circles can never make a square, so the united voice of myriads cannot lend the smallest foundation to falsehood."

News and Notes.

Elder A. G. Haughey visited Berrien Springs Sabbath and Sunday, April 16 and 17.

Elder A. G. Haughey, M. B. Miller and Ezra Brackett have been appointed as a committee whose duty it will be to select a favorable site for the camp-meeting.

Elder I. D. VanHorn was suddenly called to Ohio last week to preach the funeral sermon of a friend. He is expected to return this week and will visit Hastings at an early date.

Remember the fourteenth day of May which is to be set apart for a special collection throughout all the churches for the payment of the expenses in establishing the Educational Department of the Conference.

A teacher's institute will be held at Cedar Lake some time in June, and the Conference Committee has voted to pay the railroad fare to and from this institute for all the teachers who are regularly employed in the church school work in this Conference.

Miss Ruth Moore who has been associated with the work of the West Michigan Conference office for the past year recently returned to her home at Ann Arbor, and the place thus made vacant has been filled by Miss Lillian Smith of Battle Creek.

The attendance of the Kalamazoo Sabbath School has increased from fifteen to forty members and they report splendid meetings. The Young People's Work is also being revived and much interest manifest with a membership of eighteen, and others are expected to join in the near future.

The Conference Committee held a short session in Grand Rapids, Tuesday, April 12, at which time several matters of importance relative to the work of the Conference were considered. At that time it

was voted that the Lake Union Conference be granted the use of the West Michigan Conference tents during the session of the Lake Union Conference to be held in Berrien Springs, May 17-27.

It is thought best by the Conference Committee to couple the following workers into companies of two, as far as possible, for evangelical work. It was therefore

Voted, That Elder Fred Brink and W. E. Videto be invited to labor together during the coming summer, and that their field be somewhere in Districts Four or Six.

Voted, That Elder W. C. Hebner and W. H. Heckman be invited to labor together in District Five.

Voted, That Bertha Snyder and Anna Kemstra make Muskegon their field of labor.

Among other questions mentioned at the recent session of the Conference Committee was the importance of a full delegation from the West Michigan Conference to the Lake Union Conference which is to be held in Berrien Springs, May 17-27. After considering the question it was

Voted,—That the Conference workers in the West Michigan Conference, who are not included in the list of delegates elected at the Conference, be invited to attend the Lake Union Conference, and that their traveling expenses be paid by the Conference.

We had the pleasure of meeting with the Potterville church last Sabbath, and enjoyed the privileges of the day. On account of the heavy snow which fell the day previous, rendering the roads almost impassable, a large number of the members were unable to attend the services. After the Sabbath School Elder G. C. Tenney gave a very practical sermon. It was a pleasure to meet here Brother J. F. Carman's family, who have been for many years faithful consistent christians and pillars, of this church. The Potterville church desires that

a series of meetings be conducted there, and it is hoped that this request may be granted in the near future.

The District of Columbia Sunday Bill recently introduced in the House of Representatives at Washington has passed that House and is now in the hands of the Senate Committee of the District of Columbia, the chairman of which, Senator Gallinger, is committed to the principles of religious legislation, and other members of the committee are strong advocates of a District Sunday Law. Up to the time of the printing of this issue of the Herald everything is favorable to the passage of this bill by the Senate and its becoming a law.

For a number of years the National Reform Bureau has been working hard to secure the passage of this District of Columbia Sunday Law, and it has been thought they would never be able to accomplish it, but while the Religious Liberty Association has been disbanded and its members have felt secure in the enjoyment of the time of peace and quiet, the Reformers were wise enough to continue their work, and now they are about to commit the United States government to the principles of religious legislation, and when this is done the flood gates of prosecutions for the violation of State Sabbath laws will soon be thrown wide open.

The new edition of "Great Nations of To-day," by A. T. Jones, is a book of great importance at this time and will sell readily to those interested in the Eastern Question. Price 25 cents.

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with personal instruction.

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