

The West Michigan Herald.

"Watchman, What of the Night."

VOL. II.

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THE WEST MICHIGAN HERALD.

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Evangelical.

A United Work.

It has been proposed that in the erection of buildings and the opening up of sanitarium and school work at Takoma Park, arrangements be made for the sanitarium to give a large amount of work to the school, and for the school to use its facilities as far as consistent for the forwarding of the interest of the sanitarium.

The first building to be erected on our forty-seven acre tract will probably be a school house built to accommodate about thirty students. Then close by a dining-hall to seat about one-hundred persons. Over the dining room, the space which later on will serve as work-rooms for the lady students, can be used at the first as meeting hall for the church, and school room for evening classes.

With these two buildings the school can open up a boarding house for workmen and an evening school. Tents can be used during the summer by many workmen,

while the sanitarium buildings are being constructed.

In the erection of the sanitarium buildings, we shall endeavor at first to put up a two-story building, with basement and attic, which will accommodate a family of about twenty-five patients, but so planned that it can be enlarged to accommodate fifty or more patients if enlargement becomes necessary. In this building must be our parlors, and in wings or annexes, the dining rooms, bath rooms and offices.

By using the school house as a home for the sanitarium helpers, it may be possible to open up our sanitarium work with accommodation for a goodly number of patients before next winter.

It is our hope that the school house may also be the home of some of the workmen engaged in erecting the General Conference building and the Review and Herald building. An earnest effort will be made to secure experienced and efficient teachers, and to conduct evening classes in such studies as will be most highly valued by the workmen on our various buildings.

W. C. WHITE,
Chairman of Sanitarium Board.

The Distribution of Literature.

Let every Seventh Day Adventist ask himself, "What can I do to proclaim the third angel's message?" Christ came to this world to give this message to His servant to give to the churches. It is to be proclaimed to every nation, kindred, tongue and people. How are we to give it?

The distribution of our literature is one means by which the message is to be proclaimed. Let every believer scatter broadcast tracts and leaflets and books containing the message for this time. Colporters

are needed who will go forth to circulate our publications everywhere.

In the miracle of feeding the multitude with the loaves and fishes, the food increased as it passed from Christ to those who received it. Thus it will be in the distribution of our literature. God's truth, as it is passed out, will multiply greatly. And as the disciples, by Christ's direction, gathered up the fragments, that nothing might be lost, so we should treasure every fragment of literature containing the truth for this time. None can estimate the influence that even a torn page containing the truth of the third angel's message may have upon the heart of some seeker after truth.

E. G. WHITE.

Words of Elisha on Venturing in Aggressive Warfare.

When the prophet Elisha was on his dying bed, "Joash the king of Israel came down to him, and wept over his face, and said, O my father, my father, the chariot of Israel and the horsemen thereof. And Elisha said unto him, Take bow and arrows. And he took unto him bow and arrows. And he said to the king of Israel, Put thine hand upon the bow, and he put his hand upon it, and Elisha put his hands upon the king's hands. And he said, Open the window eastward. And he opened it. Then Elisha said, shoot. And he shot. And he said, The arrow of the Lord's deliverance, and the arrow of deliverance from Syria: for thou shalt smite the Syrians in Aphek, till thou have consumed them. And he said, Take the arrows. And he took them. And he said unto the king of Israel, smite upon the ground. And he smote thrice, and stayed. And the man of God was

wroth with him, and said, Thou shouldest have smitten five or six times; then hadst thou smitten Syria till thou hadst consumed it: whereas now thou shalt smite Syria but thrice." 2 Kings 13:14-19.

What an exemplification of faith and courage on the part of a dying man. It is the more remarkable for being exhibited under such circumstances. It furnished indubitable evidence that faith and courage were not with Elisha things of mushroom growth, like Jonah's gourd that grew in one night and soon wilted and disappeared; but that they were real virtues that had been developed and had acquired strength under severe tests in a long and varied experience. Here we have a precious lesson on the importance of venturing in aggressive warfare of a spiritual character; for in this case more than a literal warfare was involved. There was a warfare against unbelief, and pusillanimity was that which prevailed in the mind of the heroic prophet, and a lack of which aroused the holy indignation of the man of God and caused him to show his marked displeasure on this occasion.

And will not those who now stand in the light, experience and manifest similar indignation and more than ordinary displeasure at seeing so little venturing in doing missionary work, now that the time is so near when no man can labor for the salvation of others? What is needed now is more venturing in laboring for the salvation of others who are perishing in their sins. More aggressive spiritual warfare is called for by Him who ventured all to save us. We must venture more, first in worrying against unbelief and cowardice; and the way to do this is to humble the soul before God for past unbelief, pusillanimity and spiritual indolence, and to go to work for perishing souls as we never yet have done. We should put forth more aggressive efforts in our work. If Joash the king of Israel had been

more disposed to do this, he would have realized greater victories. And has it not been too much so with us in the past? Let us repent for this, believe and go forward in more aggressive warfare. Obstacles and foes we will meet, but these will give God an opportunity of granting us greater victories, if we will only believe and go forward in the name and strength of the great Captain who never lost a battle.

D. T. BOURDEAU.

"While The Evil Days Come Not."

The wise man's exhortation to the young is, "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them." There is much of evil in this world, and "evil days" are liable to come. Indeed, if life has not been rightly spent, evil days are sure to come.

The early life of the Patriarch Jacob was marked by deception, craft and wrong-doing; and yet it did not bring prosperity or comfort. He was deceived by his own children, and saw many sorrows, so that in the presence of Pharaoh he was led to say, "Few and evil have the years of my life been."

A life spent in vice and sin will usually end in evil days. A life spent in extravagance and luxury is very likely to terminate in want and poverty. If wealth and opportunity are made occasions for vicious and sensual indulgence, then the evil days are sure to come, when disappointment, pain, disease, and death show most clearly that "whatsoever a man soweth, that shall he also reap." On the other hand, if we spend the days rightly, if the moments are filled up with useful and faithful service, if we remember our Creator in the days of our youth, the sorrows may not come in later life, and evil days never come; or if they do come, we shall be able to meet

them with courage, strength, and good cheer.

Where days of youth are wisely spent,
And days of strength and prime,
We have no reason to repent
Of ours as misspent time;
No 'evil days' can enter here,
Repentant for the past.
But joy and pleasure ever near
And triumph to the last.

—The Christian.

Medical.

Why Robust People Suffer Most From Typhoid.

We are often asked, Why is it that strong, healthy men and women are more liable to typhoid fever, and when they do have it they are more likely to die as a consequence of it? This is a pertinent question and ought to be answered.

As is well known, athletes are more liable to die of pneumonia than people who are not highly developed physically. The reason for this is that in the case of athletes the breathing capacity of the lungs has been greatly increased by athletic exercises. Nearly the whole of the available lung has been brought into constant daily use. All of the latent air cells have been developed, and when acute disease attacks the lungs it has greater area over which to spread, and the pneumonia is of a more virulent and active type.

Another reason why athletes are not so liable to recover from pneumonia is that they have no latent lung to call into action after the disease begins. In the case of ordinary men and women, at least one-third of the lung surface is in a latent or unused condition. When disease sets in it attacks only the active portion of the lungs. This leaves the person with a little reserve lung, which may be whipped into action after the disease has been developed.

Not only do the inflammatory processes of pneumonia have less surface presented for their ravages, but there is latent lung which can come to the rescue of the patient

in the later stages of the disease.

Something very similar to this is true in the case of robust people having typhoid fever. It is a very curious fact, not generally known, that the small intestine differs in length in different people. Gray gives the average length of the small intestine to be twenty feet, but anatomists who have given this subject special study have found the average in the adult male to be twenty-two and one-half feet, and in the adult female twenty-three and one-third. In an analysis of one hundred cases the shortest small intestine observed was fifteen and one-half feet and the longest thirty-one feet and ten inches, a difference of over fifteen feet.

This surprising variability, when properly considered, is a very significant fact. The small intestine is very important to digestion. It is here that the digested fluid of food is mainly absorbed by the blood vessels and lacteals. As the dissolved fluid slowly moves along the tortuous canal, the nutritious portions are gradually absorbed by the blood vessels of the mucous lining. It is very easy to see that the length of the tube has an important bearing upon the absorption. Other things being equal, the longer the tube the more perfect the absorption will be. A tube thirty feet long, folded and twined upon itself, would present more than double the obstruction to the passage of food that a tube fifteen feet long would, and thus would become more than twice as valuable as a digestive organ.

If it is a fact that some men have double the length of small intestine that other men have, and also a fact that women on the average have a greater length of small intestine than men, this would at least help to account for their differences in vitality, which every physician has noticed. As a rule, women will bear long strains and hunger better than men. Some men can go twice as long without

food as others can. Some persons are hungry and faint if they miss a single meal, while others can go twenty-four hours or longer with little or no inconvenience. The variety in the length of the small intestine would certainly go a long way to account for these differences. The blood vessels and lacteals of the intestines perform the same function for man that the roots do for plants. The roots absorb from the earth nutritive material. The tree is strong and of rapid growth in proportion to the numerousness of its roots. The length of the small intestine in a great degree determines the numerousness of the blood vessels and lacteals that absorb the nutritive material from the alimentary canal.

These well-attested anatomical facts explain why strong, rugged people are more liable to have typhoid fever severely than people of less vitality. In all probability, the principal reason that some people are stronger than others is the increased length of the small intestine.

Typhoid fever is simply enertic fever, or intestinal fever. In other words, typhoid fever is inflammation of the mucous lining of the intestinal tract, just exactly as pneumonia is inflammation of the mucous lining of the lungs. As in athletes there is a greater surface in the lungs for the action of inflammation, owing to the over-development of the lungs, so in strong, rugged people there is a greater intestinal tract for the action of the inflammatory processes of typhoid fever. There is more destruction of tissue, more intestinal glands to suppurate, and in every way the disease runs a stronger and more virulent course. These differences are due to the anatomical differences in people. These anatomical differences are not generally known, but they serve thoroughly to explain why strong people are more liable to die of pneumonia and typhoid fever than people less robust.—Selected.

News and Notes.

The church school at Maple Grove closed last Friday, and the school at Bauer closes this week.

Prof. J. Grant Lamson went to Berrien Springs Tuesday of this week for work in connection with the class of thirty students who went down from Battle Creek.

The special hall effort conducted in Grand Rapids closed last Thursday evening. Let us continue to pray that the seed sown may bear fruit and in eternity reveal a wondrous yield.

Letters from the teachers who have replied relative to the institute are all of the same tenor. The teachers are anxious to have an institute where they can come together to study methods and plans of school work.

Elder I. D. VanHorn recently visited Carlton Center and Hastings where Elder Fred Brink and W. E. Videto have been laboring. Although the members present were few, a good interest was manifest and all were encouraged by the words spoken.

Elder A. G. Haughey and Ezra Brackett left Allegan Tuesday in search of a camp-meeting site. They expect to visit Benton Harbor, Holland, St. Joe and other coast towns. Elder M. B. Miller, who is also a member of the committee, was unable to go on account of sickness.

From a recent communication from Wm. Reefman of Holton, we note with much interest the good work which is being accomplished there with books, tracts, and papers in the various languages to be found at that place. God has said that His word shall not return unto Him void, and given us the blessed privilege of being co-laborers with Him in revealing the truth to others.

The Battle Creek Church Training School will close its term this week. There will be special services in the Tabernacle at the close of the term. The total enrollment has been 175. Of these over 100 remained faithful in their attendance. The class in hydrotherapy and simple treatments will be continued for a few weeks.

Elder A. G. Haughey called at the office Monday on his return from Berrien Springs. Preparations are already being made for the Lake Union Conference which will convene at that place May 17-27. The delegates and visitors are requested to take sheets, blankets, pillow slips, towels and table napkins with them. Board will be served on the European plan at the same rate as it is served to the students. All who wish to attend should correspond immediately with Prof. P. T. Magan, Berrien Springs, that all arrangements may be made as early as possible.

Elder A. G. Haughey spent Sabbath and Sunday, April 23 and 24, with the brethren at Shelby and Rothbury. A new church is being organized at Rothbury and a house of worship is now in the process of erection. It is expected that nearly thirty persons will enter this organization. Elder W. C. Hebner has spent six weeks at Rothbury, having the use of the town hall during this time. An excellent interest has been manifest during the entire effort. May the work not cease but continue to prosper and increase, being watered with the rich dews of heaven's choicest blessings.

In our issue of April 20th we announced the passage of the District of Columbia Sunday bill in the House of Representatives at Washington, and its being then in the hands of the Senate Committee with flattering prospects of being reported favorably by this committee and passed by the Senate.

Word has just been received to the effect that the committee had deferred action on this bill and that it would not be taken up again during the present session. This delay will give more time for petitions to be circulated and an earnest protest made against the enforcement of the observance of the first day of the week in the District of Columbia as a religious institution.

The Teacher's Institute for the West Michigan Conference Church School teachers will convene at the Academy building, Cedar Lake, Mich., June 7, at 10 o'clock a. m. The institute will continue one week. We are expecting to have several educational workers present. More definite announcement will be given later as to those who will assist.

The question has been asked if those who have not been working in the church schools, but desire to attend, will be welcome. The answer is, we shall be glad to welcome all who are interested in the educational work who can come at that time. We will desire, however, to know before hand who are coming in order that we may make arrangements for room. All who attend will be expected to pay their board while they are in Cedar Lake.

The subjects for discussion will be printed in a later issue of the HERALD. We desire at this time to see every person who has been teaching the past year in the West Michigan Conference, and all who hope to teach the coming year.

Notice To Church School Teachers.

The final term reports for all church schools in the Conference will be mailed this week. We are anxious to have these reports returned immediately as we wish to use these reports as a basis for the Superintendent's report of Church Schools at the Lake Union Conference, May 17. All the teachers will

see how necessary it is that they do not delay making out these reports.

Prof. Lamson visited Cedar Lake last week at which time the course of study for next year was carefully considered and plans for the new calendar were taken up by Elder S. M. Butler, Prof. J. Grant Lamson and B. A. Wolcott. Watch for this new announcement and begin to plan now to send your son and daughter to Cedar Lake the coming year where they may participate in the privileges of a Christian education which will prepare them to bear a part in this great work of sounding the gospel of the kingdom to all the world in this generation.

Cedar Lake Academy has 21 students enrolled in the Academy and 21 in the Church School. This is the best enrollment for the spring term since the school was started. Mrs. Eva Waters is teaching the Cedar Lake Church School.

Bergis A. Wolcott has been employed for the coming year as preceptor in the Cedar Lake Academy.

Miss Pearl Skervin, teacher of music at Cedar Lake, made a business trip to Chicago this week.

NOTICE.

A large number of applications have already been received by the undersigned for accommodations at the Emmanuel Missionary College for the meeting of the Lake Union Conference May 17 to 27. Many more are applying for accommodations than had been expected. We will, therefore, be obliged to ask all those who are not delegates who have not registered their request for accommodations with the undersigned by Friday, April 29 to bring a straw tick in addition to their bedding requisite to making themselves comfortable.

P. T. Magan,
Emmanuel Missionary College,
Berrien Springs, Mich.