

The West Michigan Herald.

"Watchman, What of the Night."

VOL. II.

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No. 34 *a*

"He Leadeth Me."

Psalm 23.

In "pastures green"?—Not always; sometimes
He

Who knoweth best, in kindness leadeth me
In weary ways, where heavy shadows be—

Out of the sunshine, warm and soft and
bright.—

Out of the sunshine into darkest night;
I oft would faint with sorrow and affright,

Only for this: I know he holds my hand;
So, whether led in green or desert land,
I trust, although I may not understand.

Beside "still waters"?—No, not always so;
Ofttimes the heavy tempests round me blow,
And o'er my soul the waves and billows go.

But when the storms beat loudest, and I cry
Aloud for help, the Master standeth by,
And whispers to my soul, "Lo, it is I."

Above the tempest wild I hear him say,
"Beyond this darkness lies the perfect day;
In every path of thine I lead the way."

So, whether on the hill tops high and fair
I dwell, or in the sunless valleys where
The shadows lie, what matter! He is there.

And more than this: where e'er the pathway
lead,

He gives to me no helpless broken reed,
But his own hand sufficient for my need.

So where He leads me, I can safely go;
And in the blest hereafter I shall know
Why in His wisdom he hath led me so.

—Selected.

Strengthen the Hands of the Builders.

Let the work in Washington move forward. Let every one act his part in self-denial and self-sacrifice. Our people are not to wait for more appeals, but are to lay right hold of the work, making those things which appear impossibilities, possibilities. Let each one ask himself, Has not the Lord entrusted me with means for the advancement of His cause? Has He not bidden his servants in Washington arise and build? Shall I, at this time of great importance, withhold my means, which God asks me to invest in raising up memorials for Him? Let us be honest with the Lord. All the

blessings that we enjoy come from Him; and if He has entrusted us with the talent of means that we may help to do His work, shall we hold back? Shall we say, No Lord; my children would not be pleased, and therefore I shall venture to disobey God, burying His talent in the earth?

There should be no delay. The cause of God demands your assistance. We ask you, as the Lord's stewards, to put His means into circulation, to provide facilities by which many will have the opportunity of learning what is truth.

The temptation may come to you to invest your money in land. Perhaps your friends will advise you to do this. But is there not a better way of investing your means? Have you not been bought with a price? Has not your money been entrusted to you to be be traded upon for Him? Can you not see that He wants you to use your means in helping to build meeting-houses, in helping to establish sanitariums, where the sick shall receive physical and spiritual healing, and in helping to start schools, in which the youth shall be trained for service, that workers may be sent to all parts of the world?

If they will be faithful in bringing to His treasury the means lent them, His work will make rapid advancement. Many souls will be won to the truth, and the day of Christ's coming will be hastened.

God will prepare the way before His faithful people, and will greatly bless them. The righteousness of Christ will go before them, and the glory of God will be their rearward. There will be joy in the heavenly courts, and joy, pure, holy joy, will fill the hearts of the workers. To save perishing souls, they are willing to spend and be spent. Their hearts are filled with grati-

tude and thanksgiving. The consciousness of God's love purifies and enobles their experience, enriching and strengthening them. The grace of heaven is revealed in the conquests achieved in winning souls to Christ.

So God's work in this world is to be carried forward. The church here below is to serve the Lord with self-denial and self-sacrifice and the most glorious triumphs are to be won.

ELLEN G. WHITE.

News From the Field.

Freemont and Kent City.

Since last writing to the "Herald" I have attended camp-meeting at Allegan and received some very special blessings there for which I thank the Lord.

Before changing my field of labor for a warmer climate during the winter, I am enjoying a few weeks of much needed rest. Week before last while in Mecosta Co. on some business, I met with a company of Holland Sabbath keepers at Freemont on Sabbath, Sept. 3rd. I spoke to the young people in English, and afterwards to the older members through a translator, as they cannot understand the English. The Lord came in, and many expressed their desire to awake, and be set at liberty from the lukewarm condition of the Laodiceans, and to receive power from on high, that they might be lights in this last generation. Especially did the Lord's Spirit work with the young people who were present at both meetings.

On the return trip, Sabbath, Sept. 10 was spent at Kent City with the church there. We read to them the chapters entitled, "Power Promised" and "Shall We be Found Wanting," from Testimonies for

the church Vol. 8. Hearts were touched and many were seeking the Lord for a new experience. The leader took an expression to see how many would or could attend if a meeting should be held Sunday afternoon. Almost all hands were raised and we had a profitable time together the next afternoon. The Lord came near and gave liberty as we tried to consider our High Priest and His work for us at this time in the Heavenly Sanctuary.

Several people from town were present and expressed themselves as having received a blessing, as also our brethren and sisters. We feel thankful for the privilege of cheering the little companies as we go along, and trust that the Lord will bless the efforts made in feebleness.

We are of good courage in Him, for "He giveth power to the faint; and to them that have no might he increaseth strength." Isaiah 40:29. So to Him be all the praise.

ELIZABETH MCHUGH.

Battle Creek.

The Young people of Battle Creek are studying the different phases of the truth. As a people we feel the lack or sufficient knowledge of these important truths, and we hope that this line of study will create an interest that will deepen into careful study.

The first subject was the Coming of Christ, but divided into three different parts,—Promises and Reasons of the Second Coming of Christ, Signs of Coming and Manner of Coming. It is our intention that different members of our society will take up these studies, and this will be an experience which shall be a great help to everyone who takes part.

We have had an excellent attendance, and there seems to be an interest to learn more of these precious truths, and we hope as winter comes to us our numbers will increase.

MINNIE O. HART, Sec'y.

Educational.

The Sabbath-School Teacher's Responsibility and Influence.

It would be difficult to enumerate the many responsibilities and influences of a Sabbath-school teacher. When one takes a class in Sabbath-school he is taking a great responsibility, but few teachers realize the greatness of it. We need good, earnest, wide awake Sabbath-school teachers who realize their responsibilities.

No teacher can succeed who does not have communion with the Great Teacher. He should be an affectionate and trusty guide. He must spend time in a prayerful study of the word. The earnest teacher is a growing Christian, and is willing to labor diligently in his work. Many times sowing in tears, but he may bring back sheaves rejoicing.

Teaching is not all of a teacher's work; nor is it always the most important work of the teacher. A teacher's spirit, character, atmosphere, and life, impress and influence a scholar quite as much as his words. In order to be a successful teacher he must know whom he has to teach; not merely know his scholars by sight, know them by name, know them so he can greet them as acquaintances, but know them in their individual capacities, attainments and needs. Some of the most delightful friendships of life are those formed between teacher and scholar. The teacher must let the scholars know that he loves them and that he is interested in their welfare and they will try the harder to learn.

Looking at the Sabbath-school teacher's sphere and mission it is evident that the work which he is called to undertake has a basis as permanent as the plan of God for the welfare of the human race, and involves interests vast and limitless as eternity. The responsibilities of such a work are infinite. Some teachers feel their responsibility and feel at a loss to know how to

teach. There are various methods of teaching. But the great question is, not "what method of teaching is most commonly successful in the Sabbath-school;" but, "what method of teaching I am to adopt in the teaching of this lesson to this class? or, how am I to cause these scholars to know truths which I know, and which I want them to know?" These are the questions which need careful and prayerful study.

The teacher should make it a point to be punctual; he should be at his place ready to greet the first scholar with words of welcome and encouragement. He should never be absent unless it cannot be avoided. This example will have its influence.

Sometimes teachers feel that they are not making any impression upon their scholars. They cannot perceive that their lessons are heeded or remembered. But impressions are made. Silently and softly many a lesson sinks deep into their hearts, sometimes to be vividly remembered long, long years after, and become operative then for good. "I was influenced more than I was taught," has been the testimony of many persons, who looking back to their Sabbath-school days, recall their teachers to memory. The earnest, faithful teacher will leave behind him remembrances that will never be forgotten, though he may have seen no result from all his labor, and felt that the seed sown had fallen on barren fields. But when his labors are ended and his Master calls him to rest, then the seed sown spring up and the barren field becomes fruitful.

It is not the amount of seed sown, but the multiplication that God gives the seed that makes the harvest. Then, Sabbath-school teachers, be ambitious to become,

"Perfect teachers, nobly planned
To warn, to comfort, to command."

Press onward and upward, work while it is day, and in the harvest time when the Great Teacher gathers in his own beside the crystal

sea, there will be many little circles around him, formed of those who loved him here, and taught in his name.

MARGARET HAUGHEY.

Need of Divine Enlightenment.

We once heard a Sabbath-school superintendent make the following remark: "Sabbath-school work is so monotonous for it is the same thing over and over. I have been superintendent for one year and the pastor of the church has conducted the general review for more than a year, and everyone is tired of listening to him; but there is no one else capable of doing it, and I do not know what to do."

What was the trouble with that superintendent? "Many who are engaged in the Sabbath-school work need divine enlightenment. They lack spiritual insight to enable them to apprehend the wants those for whom they are laboring."—Testimonies on Sabbath-school, page 18. That superintendent needed divine enlightenment, and we are inclined to believe that the pastor of that church needed the same.

It was demonstrated to that superintendent that there were others in the school who were capable of conducting the general review and assisting in many ways to help make the school more interesting and thus break up the monotony. He was happily surprised when he found that he had teachers who possessed rare qualifications and all they needed was an opportunity to develop them. If there are other superintendents who are having a similar experience to the one just mentioned we hope they will seek the Lord for "divine enlightenment."

MARGARET HAUGHEY.

"For the Lord giveth wisdom; out of his mouth cometh understanding."

"I have more understanding than all my teachers, for thy testimonies are my meditation."

Medical.

Acne.

The sebaceous or oil glands secrete an oily substance which contains water, earthy and alkaline phosphates, various granular matter, cast-off epithelial cells, olein, chlorides, cholesterine and palmitin. In health this secretion is perfectly fluid at the temperature of the body. Its main function is to keep the skin and hairs in a flexible condition, and to throw off the solid matter as waste material, thus acting as excretory bodies.

When the secretions are not eliminated, but collect in the ducts, the disease is known as comedo; sometimes this collection may be detected by its dark color due to a deposit of dust carbon on the oily surface of the skin.

When the secretions remain in the glands and ducts, causing a damming up, as it were, decomposition occurs which results in an inflammatory process which we call Acne. Pimples, "lumps" in the skin, are most frequently seen which vary much in size. While this eruption is devoid of itching and the pain is very slight, the condition is very unpleasant and often times causes much embarrassment. The disease appears at about the fifteenth year, when the glands are developing and changing, and is most commonly manifest on the face, neck, chest and back. It may, however, appear in nearly every other part of the body. The inflammation may be very severe or mild. Boys and girls are equally susceptible. It is reported that blonds of both sexes are the more often afflicted with Acne, but when brunettes become its sufferers, the cases are most obstinate. If not treated it may persist for years, during which time the patient is subject to occasional partial remissions. Usually when the body has attained full maturity, it disappears almost spontaneously.

CAUSES.

Persons afflicted with Acne are

often more or less generally run-down, dyspeptic symptoms and irregular habits of the bowels are very common manifestations. At this age in life the functions of the glands are unusually active, and this increased activity is then more readily perverted, until it becomes a diseased condition.

A very close relation exists between the organs of the chest, abdomen and pelvic cavities. Any disturbance of the latter may be reflected to the former. Without any doubt the most frequent causes of acne are associated with disturbances of the stomach and intestinal tract, which includes dyspepsia, malnutrition and constipation from various causes. Acne may come as the result of taking certain medicines, such as bromides, iodines, the external use of tar, etc. The use of face powders and other cosmetics, irritating soaps, neglect to use soap, excessive shaving, "bangs," "frizzes," dyed veils, improper compression of the neck by tight collars, too frequent fingering of the face, and many other agencies may be the immediate or remote causes of the disease. Lastly, pus germs form an important factor in the cause of acne.

PATIENCE S. BOURDEAU, M. D.

"Those who engage in the service of God have no right to disregard the laws of life and health. We have important responsibilities to fulfill in regard to ourselves."

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

"Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God."

"I will praise thee for I am fearfully and wonderfully made."

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News and Notes.

Dr. Staines and Mrs. Foy of the Sanitarium left last night for a three weeks' trip through the West.

Elder M. B. Miller, pastor of the Battle Creek church, is attending the General Conference Council at College View, Neb.

Miss Edith Griffin of Battle Creek goes this week to Ann Arbor where she expects to pursue a literary course of study during the coming year.

Miss Margaret J. Bilz spoke to the young people of the Grand Rapids church Sabbath, September 10. Much interest was manifested by all who were present.

Miss Minnie Hart has been recently added to the corps of teachers in the Battle Creek Industrial Academy, because of the large overflow in the primary grade.

Elder L. N. Lane is very ill at his home in Charlotte. Although his condition is critical, and he seems to be near "the valley of the shadow of death," yet his hope in the Lord is good.

The A. M. M. College at Battle Creek, opens its fall term Wednesday, Sept. 21, 1904. A number of the nurses now in training at the Sanitarium, and some of those who have graduated, will enter the course this fall.

The Battle Creek church held a general missionary meeting in the tabernacle one evening last week and talked over plans for work for the fall missionary campaign. We hope that much aggressive work may be accomplished.

The Sanitarium at the present time, is full of guests, and all helpers are doing their utmost to entertain the multitude of people. Mrs. E. G. White was a guest there while in Battle Creek recently. She spoke to the guests one morning and to the helpers another.

Elder R. C. Horton, who has charge of the tent work at Arlington Center, says they are laboring from house to house, thus trying to instruct the people and lead them to accept the whole truth. The weather has been very unfavorable for tent work. Do not forget to remember our workers at the "throne of grace."

Elder I. D. VanHorn, who has been out in the field during the summer, has returned to his home in Battle Creek, reporting a most interesting and profitable season. On the Sabbath day, he gave a most excellent address on the subject "Learn a Parable of the Fig Tree." This was one of the sermons in which the trumpet gave forth a certain sound.

Elder A. G. Haughey writing from College View, Neb., says: "There is a good representation at the council meeting. Many matters of interest are coming before this council. It was voted to hold the next General Conference at Washington, D. C., May 11-30, 1905, and invite a number of our missionary laborers from abroad to attend."

The young people's society of the Battle Creek church, is following out a line of studies in its Sabbath meetings relative to the fundamental doctrines of our faith. These lessons are conducted by the young people themselves. On last Sabbath afternoon, Evert Beuchel occupied the hour and gave a most interesting and instructive study on "The events of the past few months and their relation to the Third Angel's Message."

A very interesting service was conducted in the Sanitarium gymnasium recently, by Doctors Johnson, Morse, Elwell, Howe-Otis, Mrs. Cluff and Mrs. Richmond. These spoke on the various phases of rescue work in Chicago, dwelling upon the crying needs of fallen humanity, and advocating that "Down in the human heart, crushed by the tempter, feelings lie buried, that grace can restore."

The work of the International Health Association, which has been carried on at the Chautauqua assemblies during the summer, has come to be more than self supporting. This is the work which the Lord has told us is an entering wedge for the message, and we are happy to see it prospering. Doctors David and Mary Pulson and Mrs. H. W. Ward were among the field laborers this season, and report excellent success.

How to Present the Third Angel's Message to Your Friends.

No doubt you have relatives, friends and neighbors to whom you would like to present the Third Angel's Message in a strong, pleasing and attractive manner. We believe the THIRD ANGEL'S MESSAGE series of the SIGNS OF THE TIMES, which will be issued during the month of November, will supply this want. There will be four papers in the series, each with cover, and each filled with short, pithy articles on Present Truth. Price will be as follows:

From one to four sets of four papers each, 20 cents a set.

Five or more sets to single names and addresses, 15 cents a set.

Five to twenty sets to one address, 12 cents a set.

Twenty-five or more sets to one address, 10 cents a set.

For description of the series, address.

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