

A. G. Daniels
Tacoma Park Sta.

The West Michigan Herald.

"Watchman, What of the Night."

VOL. II.

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THE WEST MICHIGAN HERALD.

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Missionary.

Sowing and Reaping.

Sow thy seed in the morning,
Slack not thy hand at night;
Rich sheaves are awaiting those
Who labor with their might.

Then why stand idle waiting,
For something else to do?
Take books and tracts and scatter,
For thus the seed you sow.

The season is a short one,
And calls for no delay;
But seed with weeping moistened,
May grow within a day.

The harvest time is nearing;
Say not "four months," and wait,
While others reap the harvest,
And you are found too late.

Then do not stand idle longer;
The Master's call obey:
For even the last hour's labor,
The "penny" he will pay.

When the sheaves are gathered in,
And the righteous home shall go,
May you enter with the reapers,
And the "joy of Jesus" know.

—J. B. Buck.

REVIEW AND HERALD.

The "Review" visits every family in the following named churches and companies:

Cedar Lake
Bangor
Bloomingdale
Otsego
Blendon
Holton
Paw Paw

Canadian Sanitarium.

A little over a year ago a nice property, very suitable for a sanitarium, was purchased by the Quebec Conference for about one-third of its value, or original cost,

and we fitted it up as best we could and began work.

We felt that, in the light of the testimonies, this was an opportunity that should be improved and it has already been demonstrated to be a step in the right direction. Our furnishings being rather meager and facilities limited, we are unable to meet the demands of the institution.

At a meeting of the Conference in September, Elder A. G. Daniels and W. C. White were present and gave the medical work careful study with the Conference Committee. In view of the importance of the work, the influence exerted in the Conference and the increase of patronage, it was agreed that \$4,000 should be raised to make the necessary improvements and put the institution in proper shape for success.

It was voted that the Quebec Conference raise \$1,000., and that we ask the brethren and sisters in the States to contribute \$3,000 to this worthy enterprise. This matter was taken up at the recent council at College View, and approved of. A few conferences were named in which we were to enter and present the matter to the churches and ask them to help us.

West Michigan was one of the conferences designated by the committee, and in talking the matter up with the President, Elder A. G. Haughey, he asked me to write an article for the "West Michigan Herald" that the people might better understand the condition and the needs.

We have asked the West Michigan Conference to raise \$500 for this needy field and we hope and pray that each church will take up the matter soon and respond to this call, as the Lord may impress your minds. The Canadian brethren

and sisters have sent thousands of dollars to the States, in days gone by, to help in carrying on the work, and now, that they have set up housekeeping for themselves they will appreciate very much some help in getting started.

Please read what Elder Daniels says concerning the Knowlton Sanitarium in the "Review" of Oct. 20. Knowing of your liberality and your willingness to help in every time of need we feel confident that you will assist us in this critical time. All money received will be properly receipted and in January we intend to publish in our Union paper the amounts, and by whom, or conference donated.

Please send all money for this purpose to your Conference treasurer, stating that it is for the Canadian Sanitarium. Every dollar contributed to this worthy enterprise will be judiciously expended and it will be a blessing to the work in Canada, and may the Lord bless you all in giving is my prayer.

In behalf of the Canadian brethren and sisters I wish to express our gratitude to the brethren and sisters in the West Michigan Conference for past favors, and thanking you in advance for the help at this time, I remain,

Your brother in Christ,
W. H. Thurston,
Pres. C. U. C.

Canvassing Work to October 29th, 1904.

Great Controversy	Hrs.	Ord.	Value	Helps
Mrs. Ella Porter	32	18	\$49.00	\$ 2.00
Bible Readings				
Jos. Franklin	3	1	2.00	
Home Hand Book				
F. B. Johnson	15	3	19.00	
Coming King				
W. A. Doering	17	8	8.00	
"Heralds"				
W. A. Doering	19	9	7.50	
Helps				
Henry Busick	24	16		5.45
Total	110	62	85.50	10.25

M. N. CAMPBELL,
Field Secretary.

October Tithe Report.

Agnew	\$ 63 20
Allegan	81 81
Allendale	39 48
Ainger	44 00
Bangor	20 00
Battle Creek	358 30
Berrien Springs	56 07
Blendon	70 97
Burlington	6 93
Carlton Center	36 50
Carson City	27 37
Cedar Lake	37 93
Charlotte	103 43
Clifford Lake	26 21
Coldwater	36 33
Decatur	47 90
Denver	9 77
Diamondale	43 42
Douglas	61 16
Eaton Rapids	10 96
Edmore	77 42
Fremont	45 38
Frost	4 95
Glennwood	11 15
Grand Rapids	35 90
Grandville	27 40
Greenville	135 80
Homer	15 97
Individuals	42 24
Kalamazoo	42 99
Kent City	24 75
Kinderhook	72 11
Lakeview	30 00
Lowell	15 70
Lyons	7 60
Maple Grove	52 00
Medical Dept.	4 00
Mendon	55 18
Monterey	100 69
Mt. Pleasant	9 50
Otsego	240 20
Orange	66 09
Palo	13 66
Potterville	68 00
Quincy	68 34
Rothbury	23 00
Sand Lake	23 13
Shelby	33 38
Trufant	12 10
Urbandale	2 00
Vermontville	24 00
West Leroy	28 13
Wright	75 10
Total	\$2,668 73

From The Field.

HASTINGS CHURCH.

We had a very interesting missionary convention on Sabbath, October 29th. Ten were present, and the majority expressed themselves willing to take hold and do what they could toward the spreading of the Gospel of the Kingdom throughout the world.

Though few in number we praise the Lord that his blessing and promises are to the "little flock."

PERCY WINSLOW,
Clerk.

GOODWELL.

We have had a good interest and attendance ever since we came to this place. Thus far we have held seven public services. There were no Sabbath-keepers around here when we came. Now there are five and others are interested.

We held meetings in the school district joining this before we came here. We believe the Lord directed us to this place. The people come from the former place to attend the meetings. We ask our brethren and sisters to pray for us.

A. L. EVANS.
JAMES THORP.

Editor West Michigan Herald: You can chronicle the Blendon church, with which Mrs. Bourdeau and I have recently spent three days in earnest and most agreeable labor, as having a clean record, so far as patronizing the "Review" is concerned.

All the families of that church that did not take the "Review" subscribed for it; and even a non-Sabbath-keeper who heard the plea in favor of the "Review," and testimonies that followed it in an excellent social meeting, said, "I too, want the paper for one year." And let the good work go on, both among believers and unbelievers.

D. T. BOURDEAU.

GRAND RAPIDS.

Our brethren and sisters may be interested to hear that we are newly located on the ground floor of the same building in which we were formerly. It is better and is also cheaper. The way opened suddenly and plainly for us. The Master cares for all these things.

I am now working in about twenty families. I find working with souls to be work that must be BROADLY and DEEPLY done. There must be a genuine change in people's characters and it must be wrought by the Master. I hope to do some thorough and sure work for eternity.

I am working some with the "Family Bible Teacher" and find it fills a place in the work when used judiciously.

One soul is as precious as another. Some do not know what they are missing. Let us hold on to every soul with whom God brings us in contact until we know there is no more we can do.

MABEL JAFFRAY.

Educational.

The Sabbath-school at Sand Lake held a "Harvest Ingathering" service October 30. We had an interesting program, in which the children and youth took part. The collection amounted to \$1.65, and they decided to send it to the Haskell Home.

The young people manifest a good interest in their meetings. At present we are studying about the New Jerusalem.

MRS. T. O. FIELD.

CEDAR LAKE.

The Cedar Lake Sabbath School held a Harvest Ingathering service Sabbath, October 22, at which an offering of \$8.82 was made for mission work. A fine program was given in which the children took part, and the students from the Academy also rendered valuable assistance. The room was beautifully decorated with plants, ever-

greens and bitter sweet, and presented a pleasing picture. As the children brought in samples of the harvest of the year, such as nuts, grains and vegetables, and placed them upon the table and among the decorations, our hearts were again called to the goodness of our Heavenly Father in so bountifully supplying us with the blessings of the year.

One interesting feature was a nature study by Brother G. I. Avery on buds. He had a variety of buds to illustrate the talk from which he drew many timely spiritual lessons.

Cedar Lake Academy News.

The students of the home were entertained by Mrs. Thompson and daughters at their residence Saturday evening, Oct. 29. They all report a very pleasant time.

A new one and one half horse power gasoline engine has recently been installed on the farm. It is much appreciated as it supplies the large amount of water needed which was impossible with the wind mill.

The work at the Academy is progressing. The first month of school closed last week with the students working hard. The farm has been blessed with good crops, and the prospects are bright for a good school year. The school session is from 7:45 to 12:15, giving the afternoon for industrial work.

One student was heard to remark "I have only been here three weeks and I see there is a difference between the schools of the world and the Christian school." There certainly is a difference. If all our young people realized this, and would heed the call that is coming to us to enter such schools, they would see too "there is a difference."

Three full-blooded Buff Orpingtons were recently received from Elder A. G. Haughey for the academy. These are much appreciated

not only for the value of the fowls, but because the gift shows a substantial interest in the school on the part of the donor.

The students have improved the time allotted them for industrial work, and the potatoes, beans, carrots, sugar beets, onions etc. are all harvested. There are yet five acres of corn to be husked.

The beans were thrashed Friday forenoon, and for a while the yard in-front of the barn was a dusty, noisy place. Many hands made light the work, and soon the work was done with the result of 109 bushels of beans.

A meeting of the school board was held Wednesday, Oct. 26. Elder A. G. Haughey, W. E. Videto, Fred Brink, and Prof. J. G. Lamson were present. W. E. McCurdy and E. L. Olmstead of this place were asked to become members of the board to fill two vacancies caused by the resignation of the trustees, B. A. Wolcott and J. G. Lamson. Other matters relative to the interest of the school were considered. Elder Haughey was chosen chairman of the board to fill the unexpired term made vacant by the resignation of Prof. Lamson.

Medical.

Report of Medical Work for October.

Examinations complete	15
Prescriptions	84
Medical Call	67
Consultations	92
Treatments given	232

October has been our busiest month. Each month has brought us more work than the preceding month.

DR. PATIENCE S. BOURDEAU,
Grand Rapids.

Care of the Body.

"Know ye not that ye are the temples of God." I Cor. 3:16. A proper care of the body is a duty that we not only owe to ourselves, but to God.

The Lord desires that we have strong, healthy bodies, and we cannot do a good thorough work for Him if we are suffering with some disease. We realize that much has already been said in our several periodicals along this subject, but we believe there is much more to be said and done, and that the subject should ever be kept before our people: to that end the writer purposes to undertake a series of articles of "How to Care for the Body," which we trust will be helpful in the home and for the individual.

One important thing to consider in relation to the care of the body is the CLOTHING, and especially at this time of the year when we are experiencing so many sudden changes in the weather. Many diseases could be traced back to "having taken cold" some time in the past weeks; may be months. And most of the so-called colds are contracted by wearing improper clothing.

The question of how much and what material should be worn might be considered. The poisons of the body are partly eliminated through the pores of the skin and if too little clothing is worn the outlet surface is blanched and the internal organs are congested. While on the other hand too much clothing over burdens the body.

There are a few things that should be remembered. Keep the feet well protected from dampness. Warm woolen stockings should be worn, and comfortable shoes with low heels. Woolen underwear should be worn in cold weather, and all clothing should be so adjusted that there will be no heavy weights about the waist. Let the skirts be buttoned to a comfortable waist so that the weight will rest upon the shoulders. This may mean a little work, but it will pay in comfort and health.

It is painful to see some of our young ladies with thin shirt waists without proper undergarments at this time of the year, and with their clothing so tight and uncomfort-

able, for we know that they are sowing seeds to be reaped in poor health and suffering.

The neck, waist, limbs and feet should be free from restrictions to interfere with the circulation, for good circulation means good health.

This does not mean that our clothing should be so loose that it will be untidy, but we may dress perfectly easy and comfortable and yet look neat and well fitted. The "Gospel of Health" is to be demonstrated to the world by God's people. So let us be faithful in this as in other departments of His work, that He may be glorified in our bodies which is our reasonable service.

MRS. EDITH E. BRUCE.

Healthy Sleep And How To Get It.

Any person who cannot sleep is ill. A person who is always sleepy is also not well. A healthy person sleeps only during the time allotted for rest, and his sleep will be at an average of the same duration.

Now comes the question, How long shall we sleep? Of course what is suitable for one does not necessarily apply to all. Children, because they are continually growing, need plenty of sleep. Old people need only a little sleep.

For a grown-up person, a sleep of from seven to eight hours' duration should be sufficient. Septem horas dormire sat (a seven hours' sleep suffices) was an old Roman proverb.

How do we obtain a healthy sleep? One of the foremost necessary conditions is the thorough ventilation of the sleeping apartments. Without the right amount of fresh air, a healthy sleep is not possible.

If you want to sleep well, you should not partake of any late supper. If the stomach has to attend to its duties of digestion while we sleep, it cannot rest.

And with the stomach there are also other organs affected. For the same reason you should also

abstain from partaking of any hard-digestible dishes at your evening meal. There is one point which should not be overlooked, and that is, to have some rest before going to bed.

He who overworks himself steadily, be it either bodily or mentally, as also he who excites himself or broods over his sorrow, will not be able to enjoy a healthy sleep.

The right time to sleep is undoubtedly the time before midnight, because the sleep before that time is the most beneficent, as is well known and proven by scientific research, and counts double.

Nine o'clock or a little later is the right time to go to bed, and if possible do not go to bed later than ten o'clock. The above may be taken as a general rule, but of course there are some exceptions to every rule.—Health.

Items of Interest.

Brother Armstrong of Grand Rapids has moved to Chicago.

Brother W. H. Heckman spent Tuesday of last week in Otsego.

Prof. E. A. Sutherland gave the office a short call one evening last week.

Miss Jennie Nelson of Cedar Lake, a bookkeeper and stenographer, is helping in our office now.

Eld. A. G. Haughey spent last Thursday in Battle Creek looking after the interests of the Conference work.

Miss Elizabeth McHugh left Grand Rapids last week for her new field of labor in the South. May the blessing of the Lord go with her.

Brother M. N. Campbell, the field secretary, informs us that the prospects are very good for quite an increase in our canvassing force.

The Grand Rapids young people's meetings are growing in in-

terest and attendance. Some of the young people are going out with reading matter and placing it in the homes of the people. Some of the church school children are very enthusiastic in the work.

The churches of Allegan, South Monterey and Otsego held their quarterly district meeting at Allegan last Sabbath. South Monterey and Otsego were well represented but no one was present from the Kalamazoo church. The church was nicely decorated and all received a hearty welcome from the Allegan brethren and sisters.

Eld. A. G. Haughey occupied the hour at 10:30 a. m. His theme was the "Second Advent of our Lord." This service was followed by an interesting Sabbath-school under the supervision of Brother Clifford Russell, superintendent of the Allegan Sabbath school. At 2:15 p. m. a missionary meeting was held in which Elder A. G. Haughey, Brethren W. E. Videto and E. A. Merriam occupied the time, calling the attention of the people to the importance of entering the missionary campaign.

We believe that each church that was represented will be among the list of churches in which every family receives the weekly visits of the "Review & Herald." A collection was taken up for the work among the colored people in the South, this with the Sabbath-school collection amounted to over twenty dollars, will all go to the work in the South. We believe it was a profitable day to all who were present.

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