

A. G. Daniels
Tacoma Park Sta.

The West Michigan Herald.

"Watchman, What of the Night."

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THE WEST MICHIGAN HERALD.

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REVIEW AND HERALD.

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

- Cedar Lake
- Bangor
- Bloomington
- Otsego
- Blendon
- Holton
- Paw Paw
- Wright
- Glenwood
- Orange
- Decatur
- South Monterey
- Allegan.

Special Notice.

For varried and excellent reasons the last Special SIGNS will bear date of December 7 instead of November 30th as first planned. This will give an extra week in which to work. The issue of Nov. 30 will be a regular one, without cover.

SIGNS OF THE TIMES,
Mountain View, Calif.

A Report From Mountain View.

We are beginning to get settled. This morning's mail (Nov. 6) brought us orders for nearly 7,000 sets of the special SIGNS.

In their convention yesterday the San Francisco church ordered more than 1,000 sets.

The young people of New York City have ordered 700 sets.

Last Sunday morning at chapel service our office employees ordered 775 sets, but are using many more.

The Superintendent of one of our business rooms ran out between quitting time and the beginning of the Sabbath last Friday, and secured four orders for sets out of five homes visited.

Another employee who is setting type on the SIGNS secured 23 orders for sets, one day last week.

Total orders up to date, demand an edition of 85,000 sets. Truly our friends are celebrating with us.

Lessons In Testament History.

THESE are a series of lessons prepared as a systematic guide in the study of the Life of Christ and Apostolic History. The construction method is used and the lessons are supplied with outline maps and illustrations. They are intended for use in the academic department of our training schools, our academies, and the higher grades of the church schools.

Vols. I and II (on the Life of Christ).....60 cents.
Vols. III (Apostolic History).....30 cents.
Price of the set.....90 "

Volumes I and II are not sold separately. Do not send personal checks. Order of the Union College Press, or the author, M. E. Kern, College View, Nebraska.

From The Field.

GOODWELL.

Our meetings at this place are increasing in interest and attendance. A Lutheran lady has accepted the Sabbath. This makes eight who have taken their stand to keep the commandments.

They are all adults. There are others interested and we hope they will unite with us. We hope to see a church organized at this place. Pray for the work here.

A. L. EVANS,
Jas. THORP.

Medical.

The Air We Breathe.

Now that cold weather is coming on and our homes of necessity will be more or less closed, it will be well for us to consider the subject of ventilation.

Pure air is as essential to good health as pure food or water, even more so. We may live for a time without food or water, but we cannot live without AIR.

Pure air is said to contain:

Oxygen.....	20.61	volumes.
Nitrogen.....	77-95	"
Carbonic Acid Gas... .	.04	"
Aqueous vapor.....	1.04	"

in one hundred volumes of air. Oxygen is the most essential element to life entering into all forms of both organic and inorganic substances, and is said to constitute one half the globe.

The average adult breathes 450 cubit inches of air every minute, throwing out about 25 cubit inches of carbon dioxide which polutes and renders unfit for breathing 5000 times its volume of air. So one can readily see the reason of having well ventilated houses especially the sleeping room, to which we

are confined at least one third of the time. It is simply suicidal to breath air which has been exhausted of its pure oxygen, yet how very often we enter homes that have been closed to the free air and sunshine, which God has so abundantly given us without money and without price.

Homes that are built for convenience and beauty are so often neglected in the means of ventilation.

Ventilation should be from near the ceiling opposite side of the rooms as the impure air rises, but if this can not be had and the windows must be used for ventilation, a good way to do it is to fit a board six inches wide and as long as the window to the lower sash. That will admit a nice flow of fresh air between the sashes without a draught, and will do much toward keeping the air pure.

It is true that the more air we have the more fuel we need, but it is poor economy to save fuel by keeping the house so tightly closed up that the members of the household will be obliged to breathe over and over again poison air which will be sure to bring sickness sooner or later.

Keep the house well aired and the headache and that tired, weary feeling will leave you. Smiles will chase away fretfulness, and the whole household will be healthier and happier.

God has abundantly provided us with air, sunshine and pure water, and He wants us to make the most of His gifts. We can not fully appreciate God without we make free use of all that he has provided for us to make our bodies strong and vigorous.

Do not shut yourself up in the house because it is getting a little cold. EVERY ONE should take some exercise in the open air EACH DAY, and then when you are out in the good fresh air don't be afraid to BREATHE, throw back the shoulders and take in deep breaths with the mouth closed, and you will be adding new strength and vigor to your life.

What is true in the home in regard to ventilation is doubly true in our churches and school houses where there are so many to spoil the air.

Some means should be provided for ventilating our little churches (for most of our churches are small and crowded.) It is no wonder that some become sleepy and the children are restless and services seem long, when the air is so loaded by poison. Light burns brightest in pure air. So will the light of God's love shine out in our lives if we are ever surrounded with a pure atmosphere.

MRS. EDITH E. BRUCE.

How to Cure a Cold.

Begin where the cold begins. If you get your feet wet, soak your feet in hot water as soon as possible. If you have become generally chilled take a hot bath. If you have exposed the back of the neck, apply a hot fomentation to the back of the neck. Immediately after the hot bath, go to bed. On this account it is better to take the bath at night, but go to bed at any rate. Drink a quantity of hot water or hot lemonade, and perspire for an hour. The surface of the body should then be rubbed vigorously with a towel wrung out of cold water, frequently re-wet so as to keep the towel cool. Dry the skin well and rub it until warm; then wrap up warmly in bed.

Protect the head, put on several extra blankets so as to keep warm, open the window wide so as to allow the cold air to circulate through the bedroom all night. Shield the head from direct draught. If it is a slight cold it will be nearly cured by morning. If the cold has gotten two or three days start it will not be dissolved so easily, and additional treatment will be required. Every night before going to bed take a long bath at 95 to 98 degrees. The duration of the bath should be thirty to sixty minutes. After the bath go to bed, wrap up warmly, and sleep with

the window open as above suggested. Cold air is one of the best remedies for a cold.

The diet must be regulated. A fruit diet is best. A cold is really a fever. It is due to an accumulation of poisonous waste matters in the body. Oxygen burns this up. Fruit acids assist in the elimination of the poisons. Meats of all kinds must be avoided. Drink water or fruit juice to the amount of two or three quarts a day. A little dry bread or zwieback with fruit should constitute almost the sole food for a day or two, or until the worst symptoms are relieved.—Battle Creek Idea.

"Our entire life belongs to God, to be consecrated to his service." Rom. 12:1.

"God is the owner of the whole man. Soul, body, and spirit are his." 1 Thess. 5:23.

"Jehovah has given a specimen of himself; for man was made in the image of God." Gen. 1:26.

"The wonderful mechanism of the human body does not receive half the care that is given to a mere lifeless machine."

"The Spirit of Christ is to take possession of the organs of speech, of the mental powers, of the physical and moral powers." Isa. 50:4.

Educational.

Report of Sabbath-Schools for the Quarter Ending Sept. 30, '04.

Number of Schools	82
Present Membership	2807
Average Attendance	2059
Total Contributions	\$881.08
Total expense of schools	\$207 88

MARGARET HAUGHEY,
Sec'y.

Maple Grove Church-School.

A special meeting was called by the chairman of the school board of the Maple Grove church, Oct. 30, 1904.

The teachers and members of the church were invited. The business meeting was followed by a program conducted by the teacher, Miss Mildred Wilson, which was enjoyed by all those who were present. She gave an outline of the work accomplished during the month of October. It surpassed anything expected by the patrons of the school.

A selection was read, from Christ Our Saviour, by Hazel Morris. It was written in her own language from memory. It was a credit to both teacher and pupil. The closing exercise was a motion song by the primary class. All felt repaid for the effort and were invited to attend another similar meeting Nov. 27, 1904.

ETHEL HANES,
Sec'y.

GRAND RAPIDS, WRIGHT AND NUNICA.

I passed through Grand Rapids Friday, Nov. 11, on my way to the Wright church. I spent a short time at the home of the Bible workers and found them of good courage in the Lord's work. I visited the church school and found about twenty children and youth who are receiving a christian education under the supervision of Miss Kelsey. I am glad that our children and youth have the privilege of attending christian schools, and may heaven's choicest blessing rest upon our church schools and teachers.

At Wright I found a well organized Sabbath-school. At the close of the Sabbath-school a missionary exercise was conducted under the direction of Brother Gilbert Iles, superintendent of the Sabbath-school and the church school teacher. They had a very interesting program which was carried out by the children and youth. They gave the geography, customs and history of the missionary work of India. At the close of the exercises a collection of \$9.03 was taken up for the work in India. After a short intermission we

were called together for church services. Brother W. H. Heckman was present and gave a short and interesting discourse on the "new birth." All were much interested in the discourse, and we believe the words that were spoken fell on good ground.

Brother Hoffstra was at the services and informed me that there would be a Sabbath-school at Nunica at 2:30 p. m., and invited me to attend which invitation I accepted gladly. Brethren Hoffstra and Kneeland held a tent meeting at Nunica during the summer, and the Lord gave them "souls for their hire." On arriving at Nunica we found twenty-five or more present and a Sabbath school was conducted, Brother Kneeland having charge. At the close of the school a superintendent was chosen, and we are glad to add another school to our family.

At the close of the Sabbath school a short social meeting was held, in which several praised God for the light of his truth. Brethren Heckman, Hoffstra and Kneeland were all present and added their words of praise.

On my return trip I stopped in Grand Rapids and spent a little time at the treatment rooms which are in charge of Dr. Patience Bourdeau. The Lord is blessing the Medical department of our conference. It is an opening wedge for other branches of the message. We hope and pray that every branch of the work may prosper, and that all will be faithful in the work and hasten the coming of our Lord.

MARGARET HAUGHEY.

A Question.

Have you ever thought seriously of the statement, "Our children are the only things that we can take with us from this world?" Of what avail will it be to us to accumulate property at the expense of their receiving an education in

christian schools? But some are doing this. Various excuses are made: "It is so expensive;" "I want this improvement on my farm that I cannot get if I send my children to our schools; I do not think it will do any harm to send them to the public school;" "I have bought a piece of property and must have the help of my son in clearing and paying for it; when that is done I will send him to our schools" etc. But as time passes along your sons and daughters are forming habits of thought, influenced by their surroundings and teaching that are gradually undermining their faith, and soon it will be TOO LATE.

Academy Notes.

The principal of the school met with the church at Trufant, Sabbath, Nov. 12.

Miss Clara Wilson spent Sabbath and Sunday with her parents in Fenwick.

The advanced arithmetic class is a large one, consisting of seventeen students. The class have just finished square and cube root, and are much interested in their work.

Brother and sister Gurver of Clifford Lake made the Academy home a pleasant call recently. They desire to buy property here and send their children to the school.

The job of husking the corn has been given to two of the students, Martin Halvorsen and Oliver Denslow, who are improving all of their spare time from school, so that they can finish the work before the cold weather comes.

Isabelle and James Lafferty entered the school this week. The family recently came from Ohio, and bought property a mile and a quarter south and east of the Academy, that they might educate their four children in our schools.

At the young people's meeting Sabbath afternoon it was voted to send for 20 Life of Joseph, to be sold by the young people. The

proceeds are to be used for the work in the south.

The students' prayer meeting of Nov. 4 was especially interesting. A short instructive Bible reading on, "Little Things" by Mrs. Straight was one of the features of the meeting. All were impressed with the thought that it is the little things day by day that form the character.

The academy family were pleasantly surprised recently with a visit from Miss Flossie Hall, a former student, who was on her way to teach a family school in Horr. This makes four who attended the academy last year who are now engaged in teaching,—three in church schools, and one, Miss Mae Parker, is the instructor in the bookkeeping and stenography in the academy.

News and Notes.

Brother W. E. Videto has located his family in Otsego.

Miss Flossie Hall is teaching a family school at Horr.

Brother W. E. Videto spoke at the church in Otsego Sabbath.

Elder A. G. Haughey spent Sabbath with the company at Hartford.

The Grand Ledge Sabbath-school will hold an Ingathering service Nov. 22.

Elder D. T. Bourdeau spent Sabbath with the brethren and sisters at Lowell.

The Otsego church school opened Wednesday with Miss Eliza Warner as teacher.

A Sabbath-school convention will be held at the Otsego church on Sabbath, Nov. 19.

Brother B. A. Perscott has located in Muskegon, where he expects to do Bible and canvassing work.

Brother W. H. Heckman went to

Battle Creek on Monday. He will assist Elder Miller in the work at that place.

Miss VoWyla Aiken, who is teaching the church school at Bauer, has eleven pupils and she says she expects more soon. She is of good courage in the work.

We quote the following from a letter written by Elder W. C. Hebner, who is laboring near Holton: "I spent Thursday and part of Friday canvassing among the farmers for the "November Signs" and sold twenty-two sets."

We quote the following from a letter written by Elder E. W. Webster of Columbia, S. C.: Sister McHugh is in South Carolina. Please convey our thanks to the good people who show us the kindness. Words will fail to express our thankfulness for this help."

Elder W. D. Parkhurst writes that they had a very interesting meeting at the Grand Rapids church Sabbath, October 29. On Sabbath Nov. 5 orders were taken for six hundred copies of the special number of the Signs and three hundred and ninety copies of the November Life Boat. On November 6, six persons were baptized and united with the church.

Battle Creek News.

Dr. Benton Colver of Dayton, O. is making Battle Creek a flying visit. He brings good reports of the work at Dayton.

Dr. Carolyn Geisel and Mrs. M. J. Hawver Sanitarium matron, went to Chicago on Wednesday, to attend the Chautauqua assembly. Dr. Geisel who has charge of our Health School work, received many invitations to represent the work in the field next season. This work is "the entering wedge" for the message, and should be followed up with the rest of the Third Angel's message.

Mrs. Minnie Harnden is teaching a Health School class in cooking at the Sanitarium. The class is

formed of Sanitarium patients and they have two lessons a week. The class numbers about one hundred patients, and all seem greatly interested in learning how to cook in a healthful way, so they may retain their health after receiving it back at the Sanitarium. These very foundation principles of truth which are thus taught, open the way for further truth, and establish a spirit of inquiry in the minds of these patients which leads to the development of the entire Third Angel's message.

Prof. Sutherland gave a very excellent address on Sabbath morning in the Tabernacle. He spoke concerning the work he and brother Magan are about to establish in the South. The congregation showed their appreciation of the words spoken by a hearty response in the way of financial aid for the proposed school. In the afternoon Brother Sutherland spoke to the Young People, illustrating his talk by the Russo-Japanese war,—dwelling particularly on the fact that the Russian nation is a non-progressive one, being very much satisfied with herself and her conquests, and not caring particularly to adapt herself to new ideas or improved methods. While on the contrary the enterprising little Japs are wide awake and anxious to keep up with our times, hence, although smaller in number, they are mightier in valor, and so their great victories. Shall we be like the Russians or the Japanese in the warfare in which we are engaged,—shall we be wide awake and up to the times in this work of the great Third Angel's message?



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