On November 6th we were made glad by the arrival of Sister McHugh of Grand Rapids to join us in our labors in this needy and long-neglected field. We wish to express our hearty thanks to the dear brethren of your conference for the gift of a supported laborer. I do not know how better to convey to your minds our needs, and our appreciation of this help, than to say that if Michigan had only six laborers: two churches; less than 100 believers all told, so poor that their annual tithes amounted to less than $400.00, offerings and donations to all branches less than $100.00; one old tent in the field; no tent and camp meeting fund; and calls coming from many places for help that you cannot fill; no means on hand even for the Director to use in visiting scattered believers and gathering up the widely scattered interests,—if your good conference were in this condition and some older field should send you help and share their laborers and funds with you, then you would be able to comprehend our present feelings of gratitude. May the Lord bless you richly for this.

We earnestly ask for your prayers to follow your gift; and we promise to keep you informed about the progress of our work, and the success of your laborer in the South Carolina Mission. Again we say God bless you one and all.

Your brother in Christ,
E. W. WEBSTER.

We hope that all the churches in the West Michigan Conference will arrange for meetings at this time. We would be glad to send a worker to each church but this is impossible, for we do not have enough workers to supply each church.

Remember brethren and sisters that your dependence is in the Lord Jesus Christ. If you will invite Him He will be present by His Holy Spirit.

We would suggest that you lay aside your work as far as possible and meet each day and have the reading that is prepared for the day, and spend the time in seeking the Lord.

The harvest is great and we need workers and means. If we cannot go and carry the last message to a perishing world, we can give of our means to help those who can go.

God grant that we may arise and shine and go forth with new zeal and carry "the Advent message to all the world in this generation," then our Lord will come and take us to "a better country, that is, a heavenly."

A. G. HAUGHEY.

Dedication of the Paw Paw Church.

The brethren at Paw Paw will dedicate their new church building Sabbath, December 3rd. Meetings will begin Friday evening and continue over Sunday.

The members of neighboring churches are cordially invited to attend these meetings and entertainment will be provided for all who come. Those planning to attend please notify either Dana P. Smith or George Matteson.

Elder A. G. Haughey will be with us and other efficient help is expected.

M. N. CAMPBELL, 
Elder.
Shall We Borrow?

It is evident that, unless money is contributed freely to aid in the construction of the buildings at Washington, the work will have to cease, or those in charge will have to borrow. Shall the work stop? Certainly not. It would be unwise to cease now. Shall we borrow? We hear thousands exclaiming, No, No, no!

Will not all who expect to aid in the work do so immediately? Some are saying, "I expect to send a donation before the buildings are completed?" If so, why not now? The weather in Washington is not so severely cold in the winter as in the north, and building operations can be continued all winter, and those in charge should have ready means to prosecute the work. We trust it will not become necessary to borrow. The moment this is done, interest begins. It eateth like a cancer. It ceaseth not. It is unacquainted with a Sabbath or rest day of whatever name or nature. It knows no vacation. It increaseth liabilities constantly.

On account of debts already created by our publishing houses, sanitariums and schools, the denomination is paying in interest at least $50,000 each year. Such an interest bill is indeed a terrible drain in consuming earnings and donations. Could we get out of debt, and the amount we now pay in interest be placed in mission fields in paying laborers, thousands could be warned, and hundreds would embrace the truth to become pillars in the church, and donate thousands of dollars to the cause to press the message still farther into the regions beyond.

It would be inconsistent to borrow under the circumstances. It can be avoided if all will donate now. If we do not, and money is borrowed under the necessity of circumstances to complete the buildings, will not those who do not donate become more responsible than those who have the work in charge? Should the work cease for lack of means, it would be to the chagrin of the builders, the detriment of the cause, and constitute a severe rebuke to our lack of liberality.

Let us not borrow, but be liberal, realizing that the Lord loves a cheerful giver. Thus shall we please the Lord, gladden the hearts of the builders, forward the cause, and hasten the glorious consummation when care and anxiety will surrender to pleasure, death to life, and early institutions to mansions of glory.

S. H. Lane.

Obituary.

Brother Jehiel F. Mead, a member in good standing in the Hastings church, suddenly yet peacefully passed away, caused by a paralytic stroke, Nov. 19, 1904. He had reached the advanced age of 79 years, seven months and eighteen days.

The last twenty-eight years of his life he was a devoted christian man. He united with the Seventh-day Adventist church and was strong in the truth for our time. He showed an example of piety, temperance, uprightness of life, and was respected by all who knew him. He leaves his second wife, a widow, and eleven children to mourn their loss.

The funeral was held at 2:00 p.m. Monday, Nov. 21st, in the Methodist church at Barryville, and sermon by the writer. He was laid to rest in the church yard cemetery to await the coming of the Redeemer and the resurrection to eternal life.

I. D. VanHorn.

A Personal Request.

Eight months have now passed since the day of my departure from Michigan, and it is my desire to extend greetings to my friends who may read the "Herald," and to request their intercession in my behalf that my faith fail not.

The weary months of separation from activities and association of former days have involved severe trial. God graciously changed my plan for my life when I was yet in school, and for five years my effort was given to preparation for our own work. He then gave me several years of privilege in pleasant association with chosen servants in this cause—an opportunity which should have been more highly appreciated by me, and more wisely improved as well. It is now a great temptation to feel that my past is lost and my future hopelessly blighted. Yet facing the future with empty hands and weakened physical powers, it is my happiness to know that I sought to give my best years to God's work.

Will those interested please pray that I may overcome the peculiar temptation of this trying time, and that I may learn quickly through affliction the lessons I failed to master under apparently favorable conditions.

My hope is in His all-sufficient grace, and I gratefully acknowledge His goodness.

H. E. Osborne,
National City, Calif.
Medical.

General Principals.

OBEYING the laws of life.

1. By sacredly guarding the health.
2. God has pledged himself to preserve us.

DISOBEYING the laws of life.

1. The body becomes sickly.
2. The nerves are benumbed.
3. The mind is dwarfed.
4. The soul becomes discouraged.
5. Satan gains the victory over us.
6. God cannot speak to us.

What shall we do?

Shall we heed the warning of God so graciously given us in these last days? Must God's beloved children be hampered with "sickly bodies," "dwarfed minds," "benumbed nerves," and "discouraged hearts" when He has an important message to impart to perishing souls? Must "Satan gain the victory over us" by our neglecting health reform, for he knows in that which naturally devolve upon us, God so graciously given us in these last days? Must God's own chosen people be hampered with "sickly bodies," "dwarfed minds," "benumbed nerves," and "discouraged hearts" when He has an important message to speak to us, that we may impart it to perishing souls around us? Must "Satan gain the victory over us" by our neglecting health reform, for he knows in that God's plans are being thwarted.

God has given us much light in caring for our bodies—let us heed it.

In performing the heavy burdens which naturally devolve upon us, we come to think that the welfare of our own body is a secondary matter. Work is heaped up and every day finds us reaching beyond our strength.

We become so weary that we cannot at the close of the day, intelligently thank our heavenly Father for his care over us. If we try to read to improve ourselves we find the mind is too weary to grasp the subject.

The Bible reading, the missionary letter, the word of cheer and comfort to our discouraged neighbor is put off till another time and Satan has now the victory.

We say we are too tired to take the warm bath that would be so restful and which is so necessary to good health and with a discouraged heart we slip away to bed more like a beast of burden than like an intelligent human being.

Good, hard, earnest work is necessary to the development of physical, mental and spiritual life; but we should not work, neither should we require others to work to that extent that every thing else is crowded out of our lives.

Simplicity in living both in dressing and eating will overcome the difficulty to a great extent, and order and regularity will help out wonderfully. I wish that these words: simplicity, order, neatness could be written over every Adventist door and in the hearts of every housewife until our homes, our lives and "all we have and are" would be an honor to His cause.

Do we believe that Christ is soon coming to claim His own? If so, do we let our habits of a busy life tell our neighbor. Every time we are tempted to do something that would overwork us, we must realize that Christ would not wish us to be thus burdened.

Do we believe that Christ is soon coming to claim His own? If so, do we let us take time in our busy life to tell our neighbor. Every time we are tempted to do something that would overwork us, we must realize that Christ would not wish us to be thus burdened.

We must be exemplified as a "peculiar people, zealous of good works." If we are thus exemplified it will mean a great many things to most of us. Something in our lives will have to be cut out. Some things will of necessity be added, and each one will come to look upon his own body as the temple of God, and will treat it as such.

E. E. Bruce.

Educational.

Sabbath-School and Young People's Work.

SABBATH-SCHOOLS.

We believe the interest in the Sabbath-school work is good, yet we desire to see it better, for we know there is need of improvement in all departments of the work.

On account of the long, cold winter in this state many of our people are deprived of Sabbath-school privileges during the winter months, and for this reason the home department work has been started.

We hope the officers of our schools will look after the home department work and get every Sabbath-keeper who cannot attend Sabbath-school to be a member of the home department.

We have isolated Sabbath-keepers who live too far from the Sabbath-school to belong to the home department. We would like the names and addresses of our isolated Sabbath-keepers, and will try to get them to join the home department. If our workers know of isolated Sabbath-keepers they will confer us a favor by sending us their names and addresses. We desire the hearty co-operation of all our Sabbath-school officers and our conference laborers in this work.

YOUNG PEOPLE'S WORK.

We know of a few young people's societies but have not been able to obtain the names of the officers, so we ask the secretaries to send us the names of their officers as soon as possible, for we desire to correspond with them.

There are many isolated young people who cannot have the privilege of belonging to a society, and we would be glad to have their names and addresses.

We ask these isolated young people to write to us and let us have a state organization. We want to do all we can for our young people and we hope to hear from many.

MARGARET HAUGHLEY.

Sabbath-School Notes.

"Every Sabbath-school worker who has passed from death unto life through the transforming grace of Christ, will reveal the deep moving of the Spirit of God upon his own heart."

"Superintendents, never scold nor
complain before your teachers and scholars. Is you wish to influence the school for good, put away the whip, and exert a heaven-inspiring influence, which will carry the minds of all with you."

"Do not refuse to bear responsibilities because you have a sense of your weakness and inefficiency. God can give you strength and wisdom if you are consecrated to Him and keep humble. Let none through slothfulness refuse to work; and let none rush ahead, urging his service when not wanted."

**Academy Notes.**

Miss May Parker was called to Memphis last week by the death of her grandmother. She returned the first of this week.

Brother W. E. Videto is visiting the church schools. We hope to have an interesting report from him for the next issue of the "Herald."

Mr. Arthur Strickland of Gaylord, Mich., arrived in Cedar Lake Friday, Nov. 26. He comes to attend the Academy, and will be an occupant of the home.

There has been a decided improvement in the class work during the past month. Harder study, and consequently better lessons are encouraging features.

The Otsego Sabbath-school is increasing in interest and attendance. The attendance has increased so much that one is reminded of a busy bee-hive during the class recitation.

Brother Calvin Fox, a member of the Wright church, has sold his farm near Coopersville and will locate in the vicinity of Cedar Lake. He expresses his satisfaction with the spiritual, educational and financial advantages to be had here.

Mrs. C. H. Gurney and two children of Saginaw, spent Thanksgiving at the Academy with her son, Arthur. Before leaving for her home the next morning, she attended several classes and expressed herself much pleased with the work of the school.

The young people's meetings on Sabbath afternoon are growing in interest. Plans for aggressive missionary efforts are discussed at the meetings, and during the week these plans are put into execution by visiting the homes of the people in the vicinity of the school. Several of the students of the dormitory, accompanied by Brother Rathbun, one of the Academy faculty, went to Edmore this week to sell the special number of the Signs, and distribute other literature.

The students' meeting Friday evening, November 25, was of special interest. By invitation, Prof. J. G. Lamson spoke to the young people. He emphasized the fact that our schools have a definite mission,—that of fitting students for active work in some department of the third angel's message. At the close of his remarks he asked those who would dedicate themselves to God, to be used by Him in any manner he may choose, to indicate it by rising. Nearly all in the house responded to this invitation.

**News and Notes.**

Do not forget the week of prayer Dec. 10-17.

The December number of "Life and Health" is an interesting one. We believe this journal is improving with age.

Elder R. C. Horton and Brother Collier are holding meetings at Berlamont and have a good interest.

The brethren and sisters of Carson City have remodeled their church, and are planning to hold a series of meeting soon.

The Third Annual Session of the West Michigan Conference will be held in the S. D. A. church in Grand Rapids, Jan. 20-25, 1905.

A meeting of the board of trustees of the Emmanuel Missionary College will be held Nov. 29.

Elder Fred Brink will visit the Howard City, Lakeview and Trufant churches this week in the interest of the "Review" campaign.

We see by the "East Michigan Banner" that a school is to be established at Holly, Mich. It will be known as the Adelphian Academy.

The Washington Training College opens Nov. 30. Any one desiring an announcement, address Washington Training College, Takoma Park Station, Washington, D. C.

The Michigan Sanitarium at Kalamazoo has moved into the new bath rooms and the first week after they opened they had to turn patients away on account of lack of room. The training school is prospering, and all are of good courage.

Brother M. N. 'Campbell, field secretary, gave the office a very pleasant visit one day last week. He is busy in the campaign work, and the Lord is blessing his efforts. We are glad to receive visits from our field workers for it gives us new life.

The Lord is blessing Elder D. T. Bourdeau in the "Review" campaign. The following promise is certainly being fulfilled in his case: "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint."

The Sabbath-school at South Monterey held an Ingathering service recently. A collection of $15.67 was taken up; $6.50 of the amount was given by the kindergarten, primary and intermediate divisions. It was voted to use all the money, not otherwise designated, for the church school at that place. They report an interesting and profitable time.