

A. G. Daniels
Tahoma Park
The West Michigan Herald.

"Watchman, What of the Night."

VOL. II.

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THE WEST MICHIGAN HERALD.
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Speak To-day.

Why do we wait till ears are deaf,
Before we speak our kindly word,
And only utter loving praise
When not a whisper can be heard?

Important Notice.

This blue pencil mark is to inform you that your subscription expires Jan. 1, 1905. We hope you have enjoyed the "Herald" so much that you want its weekly visits for another year.

It is through the columns of the "Herald" that we communicate with the brethren and sisters of this conference, and for this reason we want the "West Michigan Herald" to visit every Seventh-day Adventist family in this conference.

The Third Annual Session of the West Michigan Conference will be held in Grand Rapids, January 20-25, 1905. We desire to give the brethren and sisters a report of this conference, and we will do this in the columns of the "Herald."

If you wish to have this report, renew your subscription at once, and thus not miss a number of the paper.

If there is a brother or sister in your church who does not take the

"Herald," will you do a little missionary work and get them to subscribe for it?

Please send in your subscription at once: 25 cents a year in advance. Address, West Michigan Herald, Otsego, Mich.

From The Field.

HOLTON.

Sabbath and Sunday according to appointment we met at the house of G. A. Klose to consider the advisability of organizing a church at Holton.

Elders F. Brink and W. C. Hebrner were present. After the Sabbath school Elder Brink spoke from John 15:1-11. The theme of his talk was, that we have life only through Christ, and that life flows from Christ through all the body, or church, as the sap flows through the vine into the uttermost branches.

After the discourse the matter of organization was fully discussed, and all thought best to proceed at once with the work.

Elder Brink, being sent by the Conference Committee to assist in the work, was invited to the chair.

An expression was taken of all the members present who wished to unite together in church fellowship to raise their hands. Eleven responded. Brother William Reefman spoke of his two daughters who were away from home, but wished to unite with the rest, and would receive letters from Fremont with their parents. This made thirteen members in all.

The Chair then called for all who were members of other S. D. A. churches to raise their hands. Five responded. These were taken to form a nucleus, and through them an organization was effected. A full corps of officers was elected, and Brother G. A. Klose, the dea-

con, was ordained.

The name chosen for this church was the Holton church of Seventh-day Adventists.

A donation of three dollars and ten cents was raised to purchase books for the Clerk, Librarian and Treasurer.

W. C. HEBRNER.

GOODWELL.

Brethren A. L. Evans and James Thrope began holding meetings in a school house in this place about the latter part of October. Their meetings were well attended and the people manifested much interest in the message they gave, some receiving it gladly.

After four weeks of earnest effort on the part of these brethren, I was requested to go there and baptize their converts. I responded, and Wednesday afternoon, November 23, I baptized six converts in the "Big Muskegon" river and organized a Missionary Society. The Lord has certainly blessed the labor of these brethren, and in this has manifested his willingness to bless the efforts of ALL OTHER laymembers of the church, who, like these men, will go out with a burden for souls and do unselfish work for the Master. How the "Loud Cry" would swell and the message go were all our people engaged in this work! Lord hasten the day!

I feel sure there are a number of others here who will yet decide to step out and obey God.

Brethren in the churches:—Pray that God will continue to bless the work, and the workers in this place.

W. D. PARKHURST.

Elder D. T. Bourdeau obtained ten subscriptions for the "Review" while at the Grand Ledge church.

The 400,000 copies of the Third Angel's Message series of the Signs of the Times have all been called for.

Educational.

MAPLE GROVE.

We have visited the school at Maple Grove in Barry county, where sister Mildred Wilson is teaching.

Sunday afternoon, December 4, a special program was given by the pupils. Among other things, they are piecing missionary quilts, and some fine specimens of their work were exhibited.

The company at Maple Grove have recently built a neat little school house, and they also hold their weekly meetings in it.

W. E. VIDETO.

WRIGHT.

Our school is doing nicely and I have nothing but words of courage. The longer I am in the church-school work, the more strongly convinced am I that it is the right hand of the message. I often think of the words, "It is a grand work to reform, but a grander work to form."

I am so thankful for the privilege of having a part in this work. I have put my heart and soul in this work, determined to make it a success. The church-school work stands in a good light before the people of the community. I frequently have the opportunity of speaking in behalf of Christian education, and as often is our work spoken well of.

We have yet seen no conversions in the school this year, but several are deeply stirred and we hope to see some for next year to prepare for work in the south. I can sum it all up by saying that I am of good courage and the work is onward.

GILBERT ILES.

EMMANUEL MISSIONARY COLLEGE.

Things at Emmanuel Missionary College are moving as smoothly as can be expected. Week before last a very pleasant board meeting was held at this place at which time some new regulations were formed whereby we are enabled to do more thorough work than has ever been done.

Now, we need more students, and it stands with the people in the field to see that young people are sent to us to receive a training. The great wide harvest field is calling for laborers, and Emmanuel Missionary College stands ready to train young people in as short a time as possible to enter some department of the work. May our young people be aroused to the fact that we are living in the last days, and that now is the time for them to come to the front.

Academy Notes.

Miss Nellie Spencer, who has been suffering from an attack of tonsillitis, has fully recovered and is again in the school.

As the farm work is nearly done, more of the resident students are entering the school. Vernon Jobs, Frank Olmstead, Ellis Brown and James Olmstead are the latest arrivals.

The Academy team is used each Sunday evening by those holding meetings in a school house about five miles southeast of Cedar Lake. The subject under consideration at present is the Sabbath. The community is much stirred over the question. The work is in charge of Brethren Frank Fishell and Ned Collins.

Some nice work is being done on the Academy printing press by Brother Otto Rathbun. Brother Rathbun is a practical printer, having had several years' experience with the Review and Herald Pub. Co., the Gage Printing Co., of Battle Creek and other large concerns. If any of the readers of the Herald desire letter heads, envelopes, cards of any kind printed, we trust they will send us an order, as this will be one means of helping the school.

We quote from a letter recently received from Brother and Sister Wolcott, who left Cedar Lake to take charge of an industrial school in Palisades, Colorado. "We have a large log house for our dormitory. It has a large parlor, sitting room,

dining room, kitchen and good-sized bed-room down stairs, and two large rooms up stairs. We have no girls in the dormitory. The boys occupy the upstairs and the parlor is used as a study room. We have a fine little school room with primary and intermediate departments, and 38 scholars. We are busy early and late, but enjoy the work, for it is the Lord's."

REVIEW AND HERALD.

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

Cedar Lake
Bangor
Bloomingdale
Otsego
Blendon
Holtón
Paw Paw
Wright
Glenwood
Orange
Decatur
South Monterey
Allegan
Lowell
Kalamazoo
Freemont
Lyons
Carson City
Bushnell
Frost
Carlton Center.
Urbandale
Bedford
Grand Ledge
Berrien Springs
Benton Harbor
Eaton Rapids

Telephone Directory.

West Michigan Tract Society, Otsego, Mich., Long Distance Bell Phone No. 29.

Elder A. G. Haughey, Otsego, Mich., Long Distance Bell Phone No. 149.

E. A. Merriam, Otsego, Mich., Long Distance Bell Phone No. 139.

Eld. W. D. Parkhurst, 927 Quigley Ave., Grand Rapids, Mich., Long Distance Bell Phone No. South 178.

Dr. Patience S. Bourdeau, 475 Wealthy Ave., Grand Rapids, Mich. Long Distance Bell Phone No. 1503. Citizens Phone No. 3358.

Medical.

Care of the Teeth.

In studying how to properly care for the body it is very important that we take into consideration the care of the teeth.

The teeth besides being an ornament to the face, giving it expression and symmetry, perform the main part of the mechanical digestion.

By grinding the food it is mixed with the saliva, and thus prepared for digestion in the stomach and other digestive organs.

When we consider the fact that starches are largely digested by the action of the saliva, and that a large part of our diet is made up of starch foods, we can appreciate the necessity of giving the teeth proper care.

When the teeth become decayed or missing, food cannot be properly masticated, hence not enough saliva is brought into use, the food is swallowed in almost an unbroken mass or "washed down" with some kind of liquid (which NEVER should be done) and the next thing, the individual is suffering from indigestion, prolapsed stomach, torpid liver and many other ailments so common to this day and age of the world.

That disease of the teeth like most other diseases is caused by germs, is recognized by the medical and dental profession.

The unwashed tooth surely is an ideal breeding place for micro-organism; since it has warmth, moisture and plenty of decayed food.

Food passed through a filthy mouth cannot help but breed disease to the whole alimentary tract. Blood poisoning has been known to be caused by ulcerated teeth, and many other serious conditions may be traced to poorly kept teeth.

Nothing can be more disgusting to a refined individual than to hold conversation with a person whose mouth is full of filthy, dirty teeth, for with such a condition one could not expect but to have a foul breath.

Booker T. Washington, who has done so much to educate and train for usefulness the colored people of the South, requires each student to be provided with a tooth brush before entering the school. He says that "a person can be marked for their refinement by the use of the brush."

Surely this is an example to us. We would say then that the teeth should be kept clean for a three-fold reason:

First: That they may be preserved as long as possible.

Second: That they may perform their office in the work of digestion and thus promote good health.

Third: For general appearance and cleanliness.

A FEW PRACTICAL HINTS.

Attention should be given to the teeth from infancy. Some people think because a child loses his first teeth at an early age, that they require little or no attention, but this is a wrong idea.

When a baby has not more than six or eight teeth they should be carefully washed with a clean linen cloth, and later on a soft baby tooth brush may be used. It is very important to preserve the temporary set as long as possible, both for the health of the child and to secure a perfect permanent set.

As the permanent set is developed the temporary set is absorbed to make room for them, but a dead nerve can never be absorbed, hence deformity is most likely to occur in the permanent teeth. The practice of pulling the child's tooth with a string is entirely wrong, as much damage may be done to the tooth.

The adult's teeth should be thoroughly cleaned with a brush and some good tooth powder once a day and the teeth should be well brushed after each meal to remove all particles of food.

There are many kinds of tooth powders on the market, but for a few cents one can get at a drug store, precipitated chalk, which is an excellent thing for the teeth.

When the teeth begin to decay they should at once be filled, for it is much easier to keep the teeth than to use artificial ones.

At any rate keep the teeth CLEAN by some means, that we may be able to speak forth the praises of God with a clean, sweet mouth.

EDITH E. BRUCE.

December Life and Health.

The cover of the December LIFE AND HEALTH is very neat and attractive. It is made up of a picture of the Bartholdi Fountain covered with ice as it appeared on the day of McKinley's second inauguration, with the Capitol building appearing in the background. The following contents of this issue will be found to be very interesting and profitable.

Health by Chewing.

The Rationale of Exercise.

The Doctor and His Patients.

Foods and Customs in China.

The Doctor to His Son.

Christ a Lover of Nature.

How to Arrange the Dessert.

In addition to the above topics, the December issue contains editorials on Muscle Heat vs. Stove Heat, Stuffy Rooms, What are Health Foods, Pure Foods, Communicable Diseases, Sanitation, Hygiene, Questions and Answers, Reviews on Recently Published Books on Health, Health Hints for Winter, A Cure for Dandruff, etc.

All this valuable reading in a single issue of LIFE AND HEALTH costs only 5 cents a copy and only 50 cents per year by subscription.

This journal has been tendered a hearty reception. Everybody seems to like it. Agents are having excellent success in soliciting for it. Special rates are given to agents on the November and December issues. Terms and prices will be furnished on application.

Address West Mich. Tract Society.

Elder A. G. Haughey conducted the morning services at the Tabernacle in Battle Creek Sabbath, December 10.

News and Notes.

W. E. Videto will spend Sabbath, Dec. 17, with the Coldwater church.

Brother C. A. Prescott reports a good interest in the Bible study at Muskegon.

E. A. Merriam will meet with the Carson City church next Sabbath, Dec. 17.

Elder Horton spent Sabbath, December 3, with the church at Benton Harbor. Two persons were baptized.

Brother H. E. Osborne reports his health is still improving, and expresses his gratitude to the West Michigan Conference for the interest taken in his behalf.

The editor left Otsego last Friday for Morley where she will spend the first part of the week of prayer. The latter part she will spend with the church at Mecosta.

Dr. Patience S. Bourdeau writes: Our treatments still continue good. Some of our patients are soon to leave for a warmer climate during the next few months, but we will doubtless have others to take their places."

Sunday evening, December 4, a Helping Hand Band was organized in the Grand Rapids church with a leader, secretary and treasurer, to meet each week for the purpose of doing practical missionary work.

Dr. P. S. Bourdeau spent December 9-10 with the church at Belding. She spoke to the young lady employes of the silk factory Friday evening and Sabbath afternoon, and then again in the evening demonstrated to them.

Brother Hayes and family of Charlotte have been having a severe seige of typhoid fever, but all are now on the road to recovery. Among the nurses who attended them was Sister McCoy, a native of the Pitcairn Island.

On Sabbath, November 26, Brother William Cruthers visited the Allegan church and preached an interesting discourse. On Sab-

bath, December 3, they had another interesting meeting. The leader spoke of the solemnity of the times and the importance of the present truth. This was followed by spirited testimonies from many. The hearts of backsliders were touched. One man who has not been keeping the Sabbath for some time said he believed it was the best meeting he ever attended. The Lord blesses those who draw nigh to Him.

Battle Creek News.

Services will be held in the Tabernacle in Battle Creek every evening during the week of prayer. The Districts have their meetings each afternoon at 2:30.

The Sanitarium is still quite full of guests although the busiest season is over. The helpers connected with this great family have a good generous portion of work always on hand.

The patients' cooking classes are doing well under the direction of Miss Cooper. The demonstration classes also continue with good interest; also the lectures on health topics in the parlor.

Mrs. Minnie Harnden spent Sabbath, Dec. 10, with the church at Charlotte. She reports a most enjoyable time, and found the church alive and very earnest. They voted to hold one meeting a day during the week of prayer.

A little boy eight years old who is canvassing in Battle Creek says he expects to have money to put in the offering this year, because he is doing so well selling his papers. He wishes to give some of his pennies to the children of China and India, so they might know more about Jesus' coming. This little boy has sold at odd times out of his school hours, between 150 and 200 papers, making a little commission on each paper for himself. Where are the other little boys and girls who want to be doing such good missionary work for Jesus?

Financial.

November Tithe Report.

Allegan	\$ 7 80
Allendale	5 90
Battle Creek	2785 72
Bedford	118 90
Belding	20 40
Brookfield	12 46
Benton Harbor	114 44
Berrien Springs	37 92
Burlington	12 01
Bushnell	51 79
Byron Center	9 82
Cedar Lake	19 19
Carson City	23 20
Carlton Center	22 50
Diamondale	8 94
Grand Rapids	122 74
Grand Ledge	36 20
Hastings	49 58
Horr	5 00
Individuals	6 20
Mendon	20 28
Medical Department	10 00
Monterey	43 28
Mecosta	15 33
Orange	19 25
Otsego	2 50
Paw Paw	103 31
Shelby	27 40
Waverly	85 99

\$3798 05

November Receipts.

Acre Fund	\$ 32 63
Canadian Sanitarium	2 10
Christ's Object Lessons F'd.	12 25
Haskell Home	42 25
Herald	3 00
James White Home	1 00
Merchandise	23 17
Mission Board Offerings	9 36
Nashville Sanitarium	7 76
Oakwood School	5 50
On Account	150 68
Otsego Church-school	30 00
Sabbath-school Offerings	52 32
Southern Field	208 02
Southern School	5 00
Tithe	3798 05
Washington Fund	10 00
Weekly Offerings	32 30

\$4425 38