

A. G. Daniels

The West Michigan Herald.

"Watchman, What of the Night?"

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Danger From Improper Reading.

As I see the danger that threatens the youth from improper reading, I cannot forbear to present still further the warnings given me in regard to this great evil.

Before accepting the present truth, some had formed the habit of novel reading. Upon uniting with the church, they made an effort to overcome this habit. To place before this class reading similar to that which they have discarded is like offering intoxicants to the inebriate. Yielding to the temptation continually before them, they soon lose their relish for solid reading. They have no interest in Bible study. Their moral power becomes enfeebled. Sin appears less and less repulsive. There is manifest an increasing unfaithfulness, a growing distaste for life's practical duties. As the mind becomes perverted, it is ready to grasp any reading of a stimulating character. Thus the way is open for Satan to bring the soul fully under his domination.

There is no time for engaging in

trifling amusements, the gratification of selfish propensities. It is time that you were occupied with serious thoughts. And you cannot dwell upon the self-denying, self-sacrificing life of the world's Redeemer and find pleasure in joking and jesting and whiling away your time in foolishness. You are greatly in need of a practical experience in the Christian Life. You need to train the mind for the work of God. The religious experience is to a great degree determined by the character of the books you read in your leisure moments.

If you love the Scriptures, and search them whenever there is opportunity, that you may come into possession of their rich treasures, then you may be assured that Jesus is drawing you to Himself.

The gathering together of many books for study, too often interposes between God and man a mass of knowledge that weakens the mind, and makes it incapable of assimilating that which it has already received. The mind becomes dyspeptic. Wisdom is needed, that man may choose aright between these many authors and the word of life, that he may eat the flesh and drink the blood of the Son of God.

My brethren, discard the streams of the lowlands, and come to the pure waters of Lebanon. Never can you walk in the light of God while you crowd the mind with a mass of matter which it cannot digest. It is time we resolved to have heaven's help and allow the mind to be impressed with the word of God. Let us close the door to so much reading. Let us pray more, and eat the words of life. Unless there is a deeper work of grace in mind and heart, we can never see the face of God.

MRS. E. G. WHITE.

Canvassers—Attention!

In assuming the duties of the office of Field Secretary of the West Michigan Conference, it is not with the expectation that a boom in the canvassing work will be experienced or that more or better work will be performed than was performed under my predecessors, but it is with the hope that the cooperation of conference officers, district directors, church officers, and laity may be realized, and that God will bless the efforts of those engaged in the work of carrying the gospel message. "The canvassing work is God's means of reaching with the truth, many who can be reached in no other way." This is a quotation from the Testimonies often used by speakers and writers on missionary work until it must be a familiar one to all the readers of the "Herald," and yet one on which too much emphasis cannot be placed, as the responsibility of reaching the "many who cannot be reached in any other way" will rest heavily upon those who might engage in that work. That the Lord has established publishing houses among us and has impressed able writers to bring out books upon present truth, cannot be denied; and the purpose of these printing plants and the many volumes of books made is certainly not alone to fill shelves with idle matter, but that the "many" may be reached with the truth which will be to them a savor of life unto life.

From the records of the work in this conference for the past three years, I am sure the field is still open for self-supporting work in Western Michigan, and a good corps of canvassers should be maintained. This can be done if all will consecrate themselves to God's service, willing to be used in what-

soever way he may desire. A few willing souls volunteered their services at the camp-meeting to increase the number of workers who are searching for the "many who cannot be reached in any other way."

I shall be pleased to hear from any who may desire to enter the work this fall, or from those who are thinking about it but are undecided. Address me at Otsego.

S. D. HARTWELL.

WORK.

WARWICK JAMES PRICE.

The work which presents no difficulties to be overcome soon grows uninteresting.

There are some workers so anxious to catch time by the forelock that they almost tear the forelock off.

If it is true that good work implies that the workman knows himself, it is equally true that the best work shows that he has forgotten himself.

There is only one right way to work,—and it is neither in doing things before they are started, nor in doing them all over again after they are finished.

Go to some successful workman and ask him which of his days were happiest and it's long odds that he'll say to you, "Those in which I began my career."

It is only when at work that man fulfills his proper place in God's creature scheme. They are indeed rare exceptions who "also serve, who only stand and wait."

The world is altogether too restricted in its use of the word "art." Work of any kind, done superlatively well, is art,—dusting pictures as well as painting them.

A good worker is pretty much like a horse, after all. When it's up-hill, going don't worry him; when it's down-hill, going don't hurry him, and be sure and take good care of him once he's in the barn.—Selected.

Educational.

The Ideal Church School Teacher.

"Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." This text should be the motto of every true church school teacher, and its fruit will be seen in the life. She will be kind, gentle, meek, forbearing, peaceful, impartial, thorough and progressive; loving her worksincerely because of the good she may do, and having a firm trust in God that He will guide in the decision of every perplexing question.

—The Educational Messenger.

State Home Department Members.

It is the privilege of each isolated Sabbath-keeper to share in the blessings of the Sabbath school by becoming a member of the State Home Department. There are many persons scattered through the various Conferences and mission fields, who live too far from any organized Sabbath-school to be reached personally by Home Department visitors. All such isolated ones are cordially invited to become State Home Department members, the Conference Sabbath-school Secretary acting as your Home Department Secretary.

Order your lesson quarterly from your State Office, secure a Home Department envelope from your State Sabbath-school Secretary, study the Sabbath-school lesson each Sabbath, and at the close of the quarter send in the envelope as your report to your State Sabbath-school Secretary, and receive another for the new quarter. Primary children should study the lessons in the Little Friend. Lessons are provided for the intermediate division and for the youth, in the Youth's Instructor.

We have been admonished that "the Bible lessons which are taught in our schools are of far greater consequence than many now discern," and the instruction to parents is that "greater care should be

taken by the parents to see that their children have their Scripture lessons, than is taken to see that their day school lessons are prepared." The great adversary is working with power to draw men into the world. The study of the Sabbath school lessons may be a powerful factor in holding them back from corrupt influences. Every parent, every young person, every child needs the help which a regular study of the Sabbath-school lessons will give.

The need of isolated parents and children studying the Sabbath-school lessons is certainly no less than of those who can attend a Sabbath-school. Each person separated from church and Sabbath-school privileges should maintain his connection with the Sabbath-school work by studying the Sabbath-school lessons regularly, and reporting quarterly to the State Secretary.

Young People—Attention!

We are authorized to announce the publication, about October 15, of a volume of "Addresses for Young People," by President Chas. C. Lewis, of Union College. It will consist of ten addresses, given on various occasions during the past fifteen years, principally before audiences of young people. Just the book to save young people from skepticism, and inspire them to seek an education and lead pure and noble lives. The book will contain about 300 pages, and will be durably and handsomely bound. It will form an appropriate and valuable present for any young person, and may turn the current of his life into broader, deeper, and purer channels. Price \$1.00 per copy, postpaid. Orders received at once and filled with first copies from press. Send for descriptive pamphlet, giving sample pages, and telling how to secure a copy free.

Address correspondence, and make orders payable to UNION COLLEGE PRESS, College View, Nebraska.

If You Would Be Popular—

Be helpful.
 Be sociable.
 Be unselfish.
 Be generous.
 Be a good listener.
 Never worry or whine.
 Study the art of pleasing.
 Be frank, open and truthful.
 Always be ready to lend a hand.
 Be kind and polite to everybody.
 Be self-confident but not conceited.
 Never monopolize the conversation.
 Take a genuine interest in other people.
 Always look on the bright side of things.
 Take pains to remember names and faces.
 Never criticise or say unkind things of others.
 Look for the good in others not for their faults.
 Forgive and forget injuries, but never forget benefits.
 Rejoice as genuinely in another's success as in your own.
 Cultivate health and thus radiate strength and courage.
 Always be considerate of the rights and feelings of others.
 Have a good time, but never let fun degenerate into license.
 Have a kind word and a cheery, encouraging smile for everyone.
 Learn to control yourself under the most trying circumstances.
 Be respectful to women, and chivalrous in your attitude toward them.
 Meet trouble like a man, and cheerfully endure what you can't cure.
 Believe in the brotherhood of man, and recognize no class distinctions.
 Do not be self-opinionated, but listen with deference to the opinions of others.
 Never utter witicisms at the risk of giving pain or hurting someone's feelings.
 Be ambitious and energetic, but never benefit yourself at the expense of another.

Be as courteous and agreeable to your inferiors as you are to your equals and superiors.

Do not bore people by telling them long, tedious stories, or by continually dilating on your own affairs.

—Success.

Medicial.

The Spiritually Diseased.

Many a lean dyspeptic, who has no appetite for his food and no refreshing rest in his sleep, is simply dying of worry and peevishness. The acrid humors of the mind have struck through and diseased the digestive organs. The medicine he needs is not from the physician or the pharmacy. A good dose of divine grace, with a few grains of gratitude for God's mercies, and a frequent bracing walk of benevolence in helping other people, will do more to quicken his appetite and put healthy blood into his weakened frame than all the drugs of the apothecary.—Dr. T. L. Cuyler.

Our Duty to Preserve Health.

Is it not time for us to understand that nature will not long suffer abuse without protesting? Our heavenly Father does not willingly afflict or grieve the children of men. He is not the author of sickness and death. He is the source of life; he would have men live, and he desires them to be obedient to the laws of life and health, that they may live.

Those who are engaged in constant mental labor, whether in study or preaching, need rest and change. The earnest student is constantly taxing the brain, too often while neglecting physical exercise, and as the result the bodily powers are enfeebled, and mental effort is restricted. Thus the student fails of accomplishing the very work that he might have done, had he labored wisely.

If they worked intelligently, giving both mind and body a due

share of exercise, ministers would not so readily succumb to disease. If all our workers were so situated that they could spend a few hours each day in out-door labor, and felt free to do this, it would be a blessing to them; they would be able to discharge more successfully the duties of their calling. If they have not time for complete relaxation, they could be planning and praying while at work with their hands, and could return to their labor refreshed in body and spirit.

Brethren, when you take time to cultivate your garden, thus gaining the exercise needed to keep the system in good working order, you are just as much doing the work of God as in holding meetings. God is our Father, he loves us, and he does not require any of his servants to abuse their bodies.

Do not, however, feel it your duty to live on an insufficient diet. Learn for yourselves what you should eat, what kinds of food best nourish the body, and then follow the dictates of reason and conscience. At meal-time cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings. And do not engage in brain labor immediately after a meal. Exercise moderately, and give a little time for the stomach to begin its work.

Health is an inestimable blessing, and one which is more closely related to conscience and religion than many realize. It has a great deal to do with one's capability. Every minister should feel that as he would be a faithful guardian of the flock, he must preserve all his powers in condition for the best possible service.

Our workers should use their knowledge of the laws of life and health. They should study from cause to effect. Read the best authors on these subjects, and obey religiously that which your reason tells you is truth.

MRS. E. G. WHITE.

News and Notes.

Emmanuel Missionary College shipped 570 baskets of fruit September 6.

Elder E. W. Farnsworth has been engaged as Bible teacher in Union College.

Elder S. M. Butler attended the North Michigan Conference camp-meeting last week.

The Grand Rapids church school opened September 4 with Miss Ada Somerset as teacher.

Brother J. W. Hofstra has been very ill, but we are glad to learn that he is improving.

The Sabbath-school lessons for the last quarter of 1905 are on the book of Esther. Send in your orders early.

Miss Edith Shepard, of Otsego, returned last Thursday from her Western trip and reports an enjoyable time.

Miss Nellie Nelson went to Holly last week to attend the East Michigan camp-meeting and do the stenographic work.

Wanted—A good, strong girl who understands cooking. Must be neat and active. Address, Michigan Sanitarium, Kalamazoo, Mich.

Four young men who were baptized at the Allegan camp-meeting united with the Otsego church last Sabbath. It was a day of rejoicing to all who were present.

Elder A. G. Haughey and Miss Margaret Haughey were in Grand Rapids last week attending the wedding of Doctor Patience S. Bourdeau and Professor Henry N. Sisco.

The September number of Life and Health contains special practical information applicable in every day life. Some of the subjects are: "The Use of Flesh Foods," "Giving

Up Tobacco," "Useful Hints for the Household," "How Much Water to Drink," "Lung Affections," etc. Regular subscription price 50 cents per year.

We hope the conference laborers will remember that the columns of the Herald are to be filled each week, and a report or an item of interest will be greatly appreciated by the readers as well as the editor.

The October number of the "Sabbath-School Worker" is to be a special convention number, giving plans and suggestions for our Sabbath school conventions this fall. We hope that our Sabbath-school officers and teachers who do not take this paper will subscribe at once. Single subscription 35 cents, or 25 cents in clubs of two or more.

"Character is made by many acts; it may be lost by a single one."

"Love is master of all arts,
And puts it into human hearts
The strangest things to say and do."

Battle Creek.

Rooms are being fitted up in the basement of the school-house for the residence of the Janitor's family.

Our church school opened last Monday with a good enrollment. Both teachers and students seem enthusiastic for the success of the coming year.

Dr. C. E. Geisel and Mrs. M. J. Hawver, who have been out in the Chautauqua field this summer, have returned to Battle Creek, reporting a most profitable and enjoyable time.

H. E. Osborn of California, has recently been spending a few days in Battle Creek greeting old friends. He reports the sunny clime of California as having largely restored to him his health.

There are between 850 and 900 patients at the Battle Creek Sanitarium.

Dr. Wilberne Smith, working in the interests of the Globe Co. of Battle Creek, has been making a tour of camp-meetings, expecting to return to Battle Creek when this campaign is finished.

Prof. B. E. Nicola occupied the Tabernacle pulpit on Sabbath last and gave a very interesting and profitable discourse to the large congregation which always waits there on the Sabbath day.

Quite an interest is being taken in the special number of "The Bible Training School," and all seem anxious to help the work in India by purchasing at least one copy of this journal, the proceeds for which are to go to Sister Georgia Burgess for her work in India.

During the hour for exercise the Sanitarium gymnasium presents a very pretty and interesting scene, as the seekers after health respond to the music in the various club-swinging and marching exercises. What will a man not do in exchange for his health?

Prof. A. E. Sutherland spent the Sabbath in Battle Creek and addressed the young people in the afternoon. His object in making this visit was to secure three men who were willing to go South and help finish the work which is yet to be done on the school buildings.

The evening meetings held in the tent pitched on the college lawn, are well attended, and considerable interest is being aroused over the discussion of the different phases of the Third Angel's Message. Elder A. T. Jones is conducting these services, assisted by Eld. Tenney and others.