

THE (EXTRA) Welcome Visitor

"Surely I Come Quickly. Even So, Come, Lord Jesus."

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ACADEMIA, OHIO, MAY 27, 1903.

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As Second-Class Matter.

MT. VERNON ACADEMY.

THE DIVINITY OF LABOR.

PERHAPS at no time in the history of the world has the question of labor attracted so much attention as at the present. Not since the work of creation when the earth and all that it contained were brought into being, certainly not since the divine edict went forth that man should earn his bread by the sweat of his brow, has this subject seemed to stir and perplex the people as it does to-day; not that it has been of less importance in time past, for it is always an important question, but until the last century, almost, we might say, until the present generation, the work of the world has been done in response to the lash of slavery. Doggedly and sullenly it may have been done, yet there was no recourse, no way of escape for those whose fate it was to serve. But the closing century has witnessed a new order of things. The civilization of the world has been put on a different basis. The principle of the equality of man, of his rights and privileges, has been more generally understood. The possibilities of the world have been thrown open alike to the rich and poor, and no one can tell to-day who will be in the ascendancy to-morrow, so great has become the strife and struggle for the mastery.

The honor attached to toil, whether it be physical or mental, has not always been recognized; that it bore the stamp of inferiority, separating and widening the gulf between the rich and the poor was the inevitable result. It has required the ages of the past, together with all the accumulated knowledge that they have brought to us, to break down the prejudice and to instill into the minds of men the fact that labor—the power and ability to work—was not only of divine origin, but that it was a gift from God, and

intended to be one of the greatest blessings ever bestowed. Too long has it been looked upon as a curse, and no wonder a blight has rested upon former centuries, for only as this question can be estimated at its proper worth, can the universal good result.

"All that the world has to-day which is of any value,—every convenience,

world's greatest thinkers and leaders, that is being considered and discussed not only by the press but from every political platform and from every pulpit in the land; and well may it receive this careful consideration, for upon it to a great extent, depends the prosperity or downfall of our country. The mutterings of the coming storm have already sounded the alarm, and that freedom for which this nation was dedicated, that liberty for independent toil which caused the land to be bathed in the blood of her people, that freedom to work and think which should have brought in an era of peace, prosperity, and happiness heretofore unmentioned in the annals of history, seems ready to destroy its own forces and thrust upon the world such a reign of terror as it has never seen before.

But laying aside this question of labor organizations, of perplexing trades unions, of social conditions, and the contests for the mastery now being waged between capital and labor, let us look at it from a different standpoint. Are there not principles laid down by the Master himself upon this question worthy of our most careful consideration? Was not the life of the Saviour—that life of labor and love—an everlasting example for us,—for all who profess a confidence in him? From all God's creatures, even from nature itself, comes to us the lesson of labor, the lesson of his wis-

dom,—of his love. If we go back to the time of creation, we have most vividly presented to our view the great object lesson of the Creator of the universe, the one who made all things, planting a garden after his own design, with all manner of trees laden with luscious fruits, interlaced with sparkling streams and sunny slopes. This was to be the home of man, instructed in all the art of its care. Here he was to live, to enjoy the panoramic scenes of nature. Here his

every comfort, to say nothing of luxury, that we possess or enjoy is the direct product of labor. It is impossible to estimate in any degree its true worth.

It is not my purpose to enter upon the consideration of the labor question that now concerns the world and which threatens to break up the very foundation principles of civilization and true government. This is a feature of the question great within itself, one that is receiving the attention of the

SIXTH ANNUAL COMMENCEMENT OF MOUNT VERNON ACADEMY Monday, May 18, 8:00 P. M.

Piano Solo -- Rhapsodie Hongroise, No. 6	<i>Liszt</i>
CLEMEN HAMER	
Scripture Reading	
N. W. LAWRENCE	
Invocation	
H. H. BURKHOLDER	
Anthem -- Palm Branches	<i>Faure</i>
DOUBLE QUARTETTE	
Address -- Divinity of Labor	
W. T. BLAND	
Piano Solo -- Nocturne in G Minor	<i>Chopin</i>
CLEMEN HAMER	
Presentation of Diplomas	
J. W. LOUGHHEAD	
Hymn -- Meet Me	<i>Belden</i>
DOUBLE QUARTETTE	
Benediction	
R. R. KENNEDY	

hands were to be trained to work and his brain to think. Had man not sinned these would ever have been the conditions of his life, trained in all the arts and sciences of labor, instructed in all the wisdom and mysteries of creation. We can only conjecture as to the completeness, the perfection of such a life; and while we may regret that this ideal condition should not have been perpetuated, yet is there not for us a feeling of satisfaction that the opportunity is given to us to work out greater problems through the mastery of greater difficulties? to know more of the depth and intensity of love because of the struggles and temptations through which it is obtained? We can afford to spend no time in vain regrets. Life is far too short and decidedly too earnest to lament over the past. There are wonderful possibilities before us if we will but lay hold on them and stay with them until they are mastered.

The Divine Example.

Wonderful words are those of the Saviour in reply to the accusation of the Jews, words filled with decision and earnestness as he replied: "My Father worketh hitherto, and I work." What an example to the world!—the Father and the Son busily engaged in planning and executing the work of the universe. What order, what method, what exactness and system in it all! Here is a labor organization free from strife, from petty jealousies, from strikes and lockouts. "My Father worketh hitherto, and I work." Christ came to this earth to work. His was the greatest work ever assumed by man. Upon its accomplishment hinged the destiny of the world in all its generations; upon it depended the fate of man, and all because man did not perform his work according to divine directions. The life of the Saviour was one of unremitting toil, of unselfish labor; for he worked for all humanity. Here was divinity sent forth to reach humanity, and it must be done through labor, through sacrifice, and through suffering.

In addressing his disciples upon a certain occasion, "Jesus saith unto them, my meat is to do the will of him that sent me, and to finish his work," and the work of the Father in the earth, which was begun at creation, which has been so sadly bungled and marred by man, must be finished, and Christ, the Son of God is sent to complete the task.

Would you have more evidence of the divine sanction and privilege of labor? Is not the example sufficient to give to it dignity and honor? Is it necessary that the command be given

that if any would not work neither should he eat? Is there a duty devolving upon those who profess his name? Hear the words of the beloved disciple who said: "He that saith he abideth in him ought himself also so to walk even as he walked."

Labor may be properly divided into two general classes—physical and mental—and for the same reason the laborers are classified as those who have trained the hand to work, and those who have trained the brain to think. To every one has been entrusted certain ability; every one God has endowed with certain talents,—one, two, or five, it matters not, and just so surely as he has given to man the talent of wisdom or the power to work, just so surely does he demand that it shall be exercised, that it shall be put to the extreme test. He will be satisfied with nothing less. We can not afford to fall short of the limit. If one has been blessed with greater powers of mind or strength of body, it is simply demanded that he shall do the greater work, for "to whom much is given, of him shall much be required." But this does not in the least excuse the one who feels that he has but little strength; rather, so much the more necessary that he exercise and increase the powers that he does possess that he may accomplish the greatest amount possible. There is absolutely no excuse; no exception can be made, for it is one of the inexorable laws of nature. True, it is disregarded on every hand. There are shortcomings and failures without number, but in every instance the one who violates the law must pay the extreme penalty. But if that were all it would not be so bad, but far more serious is the effect upon the world. Each individual is an integral part of its make-up, and his success or failure means to the world just so much success, so much joy and happiness with so much more prosperity, or it means failure to the world—a scar upon the face of the earth; it means more misery and greater sorrows with less sunshine and fewer flowers.

To Every Man His Work.

So exacting is this law of our very being, of so great importance has it been considered by the Creator that he has assigned to every man his work. It may be that no two have the same duties to perform, or if they do, that they will not perform them in the same identical manner; but certain it is that each individual has some special ability, and that if he will only discover this power that by nature he possesses, he may make that success in the world that God designs he should. And this success that he makes need not be mis-

understood. It is not measured by dollars and cents, or even by the amount done, but by the power and ability to do things, to accomplish results; and he who does all he can, whether it be little or much, has achieved the greatest success, he has fulfilled the requirements, and none can do more.

To the Class.

To the class who complete the prescribed work this year, I wish to extend my congratulations. It is no small task to finish a work in an institution of this kind, neither do I believe that it should be regarded in a light or insignificant manner. It is worth much in more ways than one to a young man or a young woman to actually complete a work of this kind. It says to your friends that you have absolutely accomplished something. It signifies that you have powers of mind together with the courage and ability to do things. To my mind it signifies that you have that necessary element without which success can never be achieved—the power to stick to a thing until it is completed. It seems to me that if a definite course of study can bring no other results, that this alone is enough to justify its urgent need, and a place in every school.

I feel deeply concerning this matter of education for our young people. The work before them is fraught with tremendous responsibilities. They need the best preparation that it is possible to receive. Theirs is a peculiar work that demands a preparation, not of the ordinary kind, and so it seems wise and appropriate that we have schools at convenient places where this fitting up work can be accomplished. I feel to express the thought that I am especially interested in this institution that seems so much like home to you, and I count it a high favor that I am privileged to be with you upon this its tenth annual closing or commencement occasion. It does not seem so long ago that I stood in this same place and spoke the few words that started the first school in operation. Those were not prosperous days, for one of the greatest panics our country has ever known was sweeping across the land. I could tell you things that were intensely interesting to me in those first years of this school, and they were not all discouraging either; but that first morning with its thirty-two students and children gathered upon a few rough benches in the front part of this room, many of them with but little idea of what they were here for or what they wanted, was not the most encouraging, I assure you. But there must be a beginning, and this was ours; yes, it was

(Continued on page 4.)

HEALTH AND STRENGTH.

LESSON VI.

Tuesday Dinner.

Cream of Corn Soup with Granola Dumpling
 Nut Roasted Potatoes Cold Slaw
 Nut Gluten Croquettes
 Bread Oranges Canned Strawberries
 White Sponge Cake

RECIPES.

Granola Dumplings.

Take 2 cups nut milk and heat to boiling, then mix together and stir in 1 cup zwieback crumbs or granola, 1 cup white flour and $\frac{1}{4}$ teaspoonful salt. Remove from the stove, and when cool fold in the beaten yolks of 2 eggs, and lastly fold in the stiffly beaten whites. Drop in spoonfuls into boiling hot soup and cook in a double boiler $\frac{1}{2}$ hour.

Nut Roasted Potatoes.

Select rather small potatoes, pare and place in a pan. Cover with a salted nut milk made of $\frac{1}{2}$ cup nut butter dissolved in each quart of water used. Place in the oven and bake until potatoes are tender, covering toward the last if necessary.

Nut Gluten Croquettes.

$\frac{1}{2}$ cup Wesson oil, corn oil, or kornut, 1 cup brown flour, $1\frac{1}{2}$ quarts water, 6 eggs, beaten, 3 cups gluten (20 per cent.), $\frac{1}{2}$ pound protose, zwieback crumbs to make of right consistency, salt and sage to taste.

Place flour and oil in a frying pan and when well heated add water to make a good gravy, then add and mix in thoroughly the other ingredients, taking care to make the croquettes as soft as possible. Form into balls or rolls and bake in an oiled pan, brushing with beaten egg and cream when partly done. Brown nicely and serve with or without gravy and a sprig of parsley.

White Sponge Cake (Angel Food).

Whites of 11 or 12 strictly fresh eggs (on ice), one cup flour, $1\frac{1}{2}$ cup sugar, 1 tablespoon lemon juice, 1 teaspoon vanilla extract. Sift flour and sugar together five times or more and set on ice for a while.

Having everything in readiness and all materials and utensils as cold as possible, commence beating the egg whites, soon add the lemon juice, and when the whites are moderately stiff, while beating right along, gradually add the flour and sugar mixture and vanilla, and pour at once into the cake tin and place in a moderate oven. The tin should be free from grease and

have the sides higher than the cake when fully risen. Keeping the oven closed, do not remove the cake until browned on both top and bottom (about 20 min.), then carefully turn up side down over a bread board (slightly elevating one side of the cake for escape of steam), until it falls out of itself. If the cake is to be kept long, ice it to prevent loss of moisture.

F. O. RAYMOND.

A FEW HYGIENIC "DO'S."

1. REMEMBER that every organ, every fiber of your being, was made for a purpose. Then guard them all from harmful practices, and use them all as God intended.

2. Breathe pure air. Use all your lungs in breathing. Practice deep breathing daily. Many of us go about half dead, because we are not getting our share of the breath of life. We cram our living engine full of fuel, shut off the draft, and wonder why we lack energy.

3. Drink pure water. Soft water is preferable. Hard water is as injurious to mucus membrane as it is to the skin. Boiling will improve hard water, and will destroy bacteria. This takes a little time and trouble, but so does typhoid fever, which often takes away a life. Distilled water is best.

4. Eat pure food. Make a careful study of diet and eat what is best adapted to your case, heartily, as unto the Lord and not unto men. Don't eat every thing set before you just to please yourself or the one who prepared it.

5. Keep the blood pure. Keep poisons out of the system. Don't eat them, drink them, breath them, smoke them, chew them, absorb them, swallow them, or think them. Keep the eliminative organs in good condition by proper care.

6. Keep your surroundings sweet, clean, and cheerful. Be cheerful yourself. "A merry heart doeth good like a medicine." Enjoy your work, whatever it is, and do it with your might. Call nothing drudgery which falls to your lot to do, if it is needful. Don't wear your strength away and waste your time in needless work. Let the sunshine enter your heart and life.

7. Take time to rest. Whatever your work, divert your mind from it at times and let it dwell upon something else that is good. Specialties are a necessity, but they bring insanity when carried to extremes. Do whatever you do as unto the Lord, and never go beyond your strength for fear of what some one may say or think.

8. Read and practice Isaiah 58.

L. RUTH MERRITT, M. D.

OBITUARY.

FRY.—Died at his home in Bellville, Ohio, May 10, 1903, George B. Fry in his seventy-eighth year. After a series of meetings held near his home in 1885 he accepted the message which the Seventh-day Adventists are proclaiming to the world and received Christian baptism at the hands of Elder E. H. Gates. We laid him to rest May 12 by the side of his wife who preceded him in death, May 14, 1903. Funeral services were conducted by the writer and words of comfort, suggested in Rev. 21:4, 5, were spoken. H. H. BURKHOLDER.

CUDEBACK.—Mrs. Harriet S. Wolvorton Cuddeback died April 15, 1903, at the age of 63 years, 9 months, and 23 days. Early in life she gave her heart to the Lord, being converted at the age of fourteen. A little later she was received into the Presbyterian church. During the past fifteen years she has resided in Conneaut, Ohio, where, ten years ago, she heard, and with joy received, the glad tidings of the return of the Saviour for his jewels, the price of his love. With resignation and Christian courage she received the dreaded message to set her house in order. She leaves a husband, one son, and three daughters, who sorrow not as those without hope. Ps. 23:1, 2 was selected by her, from which words of comfort were spoken by the writer. A. C. SHANNON.

HYER.—Fell asleep at Washington C. H., O., on March 4, 1903, at 2 P. M. Mrs. Milton Hyer aged sixty-five years. Funeral services were held at her late residence, conducted by Rev. John Dabby, of the Methodist Protestant church, of which she was for many years a member. Some fifteen years ago the third angel's message was presented to her mind, which she accepted and obeyed as far as lay in her power, uniting with the Seventh-day Adventist church of this place, where she remained a faithful member until her death.

Her desires were fully expressed in the following lines sung at the funeral services:—

"I long, dearest Lord, in thy beauties to shine,
 No more as an exile in sorrow to pine;
 And in thy dear image, arise from the tomb,
 With glorified thousands to praise thee at home." * * *

RANNELLS.—John Milton Rannels, born Jan. 2, 1820, near Uniontown, Lafayette Co., Penn., died Apr. 19, 1903, at Wilmington, Ohio, aged 83 years, 3 months, 17 days. He was married Aug. 11, 1844, to Susanna B. Noble, at New Antioch, Ohio, with whom he walked the way of life till the time of death, she yet survives him. To them were born seven children—four sons and three daughters—all of whom, with the exception of one son, are yet living. Brother Rannels moved to Ohio with his parents at the age of 8 years, where, with the exception of two years in Illinois in the early 50's, he lived, until his death, in the vicinity of New Antioch and Wilmington. He was a graduate from the Ohio Eclectic Medical College at Cincinnati, and actively practiced his profession for over fifty years, being compelled to retire six or eight years ago on account of failing health. The number of patients to whom he kindly ministered reaches into thousands. He was of a very investigative turn of mind and progressive in the sciences. He united with the Christian Church, at New Antioch, at the age of 18, but subsequently accepted the views of Seventh-day Adventists with whom he continued in full fellowship unto death. The funeral services were conducted from the Christian Church where he had united in his youth. The pastor was presiding and a large congregation attending. Professor J. B. Unthank, president of Wilmington College, also assisted in the services. Discourse by the writer from Ps. 103: 17.

C. A. WATKINS.

(Continued from page 2.)

yours, for you are now a part of us, and we who were here then are deeply interested in you who have been here all these years since, and in those who will come hereafter. Our work, our aims have all been the same; many have been the earnest petitions from teachers and friends, and from students, too, that this institution might be the means, in the providence of God, where many earnest laborers, both young men and women, might be prepared to go out into the world carrying with them the blessed gospel of love and the message of his soon coming. And we are all glad to say that many have gone out from this institution, and while they are scattered in many parts of the country and even in foreign lands, we feel sure that they are doing faithful, earnest work, and work that they implicitly believe to be divinely appointed; and is this not sufficient to inspire with zeal and courage those who remain, and many more who shall come hereafter? These are things well calculated to make every teacher take heart in the work in which he is engaged; for is not theirs also a work of divine appointment and wonderful responsibilities? Never in the history of this work were men, men of ability, of integrity, and of consecration, in so great demand as to-day.

The cause of God needs men to-day who have received an education and training that will enable them to meet on a satisfactory footing those in the highest walks of life, and yet who are so humble, whose hearts are so filled with the love and tenderness of God that they can reach down and help those who are most lowly. We need more Josephs, more Daniels, and more Timothies,—more young men who have ability in them, and who are so consecrated to God that they are willing to acknowledge him as the source of their power and strength. I trust that this is the aim and ambition of the members of this class. If it is, there will open up great possibilities before you, you need never lack for opportunities to work; but it means earnest preparation, preparation of heart and mind; it means to fore-go the ease and pleasures of the present that you may store up the necessary strength and power for the future, and the question is, Are you willing to do it? Are you willing and ready to answer duty's call, to toil and sacrifice that you may become strong? If so, the field is before you; the work, a tremendously important one; the reward, that which can only be measured by eternity itself.

[The above is the Commencement Address delivered by Prof. W. T. Bland.—Ed.]

SHOW the VISITOR to your friends.

The Welcome Visitor

ISSUED BI-WEEKLY BY THE

Ohio Conference of Seventh-day
Adventists

Price, 25 Cents a Year in Advance.

N. W. LAWRENCE - Editor.

SUNSET CALENDAR.

(Local Time.)

Sabbath begins June 12 at 7:31 P. M.
Sabbath begins June 19 at 7:33 P. M.

THE next number of the VISITOR will bear date of June 10, after which it is planned to issue it weekly.

THE class motto, "Where Duty Calls," suggests a purpose to serve, and we are glad to note that of the nine graduates, four enter the work of the message at once; two take up other work temporarily, and three return to their homes expecting to join the work in some capacity later.

BROTHER CLARENCE REDFIELD joins Elder Webster and James Shultz in tent work; brother Harold Cobban joins with Elders J. O. Miller and M. C. Kirkendall; and brother Floyd Gibson will connect with brethren W. W. Miller and Benjamin House. Sister Ruth Bramhall takes up the work of stenography and bookkeeping in the Wisconsin Sanitarium.

KNOWING the interest of our readers in the work of the Mount Vernon Academy, we publish this "Extra" that all may share some of the good things of the Commencement occasion. We regret that more cannot be shared; but the quiet, earnest spirit, the music, the excellent counsel of the principal to the class, must remain with those only who were present.

A TESTIMONY.

IT would be difficult, and in fact impossible, to express in words the good that I, with many others, have received through attending the Academy. I have attended other schools in the past, but I can freely say that the two years spent here have been the most pleasant and profitable of any in my school life. My love for God and humanity has deepened, and with this love, a determination has come to work in his cause.

The days spent at Mt. Vernon Academy will always be looked back to as happy ones. If any one wishes to go to a school where they will be strengthened and helped in the Christian life, and at the same time be gaining a thorough education, I would say, Go to Mt. Vernon Academy, and you will find both teachers and students ready and

willing to help and encourage you. I feel to thank the Lord earnestly for permitting me to be a student in this school, and I hope that he may put it into the hearts of many more of our young people to come here. Yours in the work,

HAROLD H. COBBAN.

AT creation, labor was appointed as a blessing.

IN many ways life's happiness is bound up with faithfulness in common duties.

SINCE both men and women have a part in home making, boys as well as girls should gain a knowledge of household duties.

TO make a bed and put a room in order, to wash dishes, to prepare a meal, to wash and repair his own clothing, is a training that need not make any boy less manly.

AND if girls, in turn, could learn to harness and drive a horse, and to use a saw and hammer, as well as the rake and the hoe, they would be better fitted to meet the emergencies of life.

—From "Education."

PARENTS, teachers, and workers in all lines of the message will welcome "Education," the latest book from the pen of sister E. G. White. It is a book of principles, plainly and forcibly written, beautifully printed, and thoroughly indexed. By all means, get it; read it; live it. It contains 321 pages, and costs \$1.25. Order from Ohio Tract Society, Academia, Ohio.

CANVASSERS' REPORTS.

(Reported since May 1.)

Ida Iles, Perry County.—Great Controversy: value of orders, \$21.75; helps, \$5.75; total value, \$27.50; value of deliveries in April, \$41.25.

Mary Hubbell, Perry County.—Great Controversy: value of orders, \$15.50; helps, \$13.25; total value, \$28.75; value of deliveries in April, \$39.

J. E. Osburn, Jackson County.—Bible Readings: value of orders, \$79.25.

Mr. and Mrs. George W. Spies, Allen County.—Miscellaneous: value of orders, \$50.75.

C. A. Gibson, Athens County.—Miscellaneous: value of additional orders in April, \$5.50; Helps, \$3.50; total value, \$9; value of deliveries in April, \$110.

G. P. Gaede, Athens Co.—Miscellaneous: value of orders, \$6.50; value of deliveries, \$31.65.

F. E. Wagner, Wayne County.—Miscellaneous: value of deliveries, \$11.58.