

# The Eastern Tidings

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## The Eastern Tidings

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19 Banks Road, - - Lucknow

W. E. PERRIN,

J. L. SHAW,

EDITORS

### The Annfield School Building

At the advisory board meeting held last September the advisability of putting up a school building on the Annfield Estate, Mussoorie, came up for consideration. It was there realized that if the English school grew, more room would be required. Since then other pupils have entered the school, and the present building is crowded to the utmost. Mrs. Bruce has given up her private room, and most of the school work is done on the verandah, which is not a good place to carry on school, especially during the rains.

Another building at Annfield is therefore necessary for the present needs of the school and its future growth. I have been requested to lay before our people in India and Burma this present pressing need, and ask that those who are interested in the Annfield School see what they can do toward raising a fund to put up a building. We have drawn up plans for a building having on the lower floor three school rooms, a small music room, and a manual training room, and on the upper floor a dormitory divided into rooms sufficient to accommodate twenty-five or thirty students. We do not know exactly what such a building will cost, but it probably will be about

Rs. 7,000. Contractors are now working out estimates. To meet this cost there is on hand Rs. 4,500. It will therefore be necessary to raise at least Rs. 2,500 to put up the building. Some of our people, unsolicited, have donated toward the Annfield School, and we now extend the invitation to all. We feel sure that those who give will make a wise investment of their means. We look to see go out from this school those who will be workers in the cause in India and Burma; and to provide facilities for their training is surely of far-seeing importance and well worthy of all the assistance we can give to it at this time.

We have endeavoured to plan for the new building just as economically as is possible consistent with the best interests of the school. When the building is completed, the Annfield School will be able to accommodate fifty pupils. As the English work grows, we feel very certain that it is not too much to expect a school fully that large in Mussoorie.

Ask yourselves, dear friends, what you can do to help this enterprise and also ask other friends to help. The building should be undertaken at once; but we have decided not to begin work until all the money is provided for. We therefore write you to contribute just as liberally as you can. If there is any further information desired, I shall be glad to furnish the same. Send all donations, either to Treasurer, India Union Mission, 19 Banks Road, Lucknow, or to the undersigned.

J. L. SHAW.

### "And I Work"

THERE is but one reason for a Christian's living, just one purpose of God in leaving him in the world after his conversion. When a man is really converted, when he confesses his sin, he is cleansed from all unrighteousness. 1 John 1:9. This is as pure as a man can be, ever, and it appears that he is then fit for the kingdom of God. "David also describeth the blessedness of the man unto whom God imputeth righteousness without works." But notice carefully that which follows; for there is no hint of the Christian's life being that of the sluggard. "Saying, Blessed are they whose iniquities are forgiven and whose sins are covered." Rom. 4:6, 7. Notice that the man who has his sins all forgiven is not left in what may be termed a neutral state, being neither righteous nor unrighteous, but is declared to be righteous. The righteousness of Jesus Christ is imputed to him. With such a garment he is *fit* for the marriage feast. As a concrete illustration of these truths, we have the case of the thief who was converted on the cross. Without righteousness of his own gained by meritorious deeds, by confession of faith in Christ, righteousness was imputed to him and a place in the kingdom of glory was assured to him by the unalterable word of our Lord.

Since any man who is truly converted is cleansed from all unrighteousness and has imputed to him the righteousness of Christ, why is he not translated, as were Enoch and Elijah? Or, why does he not fall asleep at once? What is the one reason for his continued existence on earth? "And all things are of God, who hath reconciled us to himself by his son Jesus Christ, and hath given to us the ministry of reconciliation." This is the reason. A work is given to him to do, clear, plain, explicit. He lives to bear

the message of reconciliation. We read its meaning in these words, "To-wit, that God was in Christ reconciling the world unto himself, not imputing their trespasses unto them; and hath put in us the word of reconciliation." 2 Cor. 5:19 (Margin).

He hath put in us this ministry. By experience we know he does not impute our trespasses, but imputes righteousness instead. We live only to bear this testimony. For this only we are spared. Angels could not do this work; for they have not had the experience. We only can do it.

In another place we read, "For though I preach the gospel, I have nothing to glory of. For necessity is laid upon me; yea, woe is unto me, if I preach not the gospel." 1 Cor. 9:16. The work is clearly defined and enjoined in terms of much solemnity. Said Jesus, "My Father worketh hitherto, and I work." John 5:17. Jesus worked, but not for himself. He performed miracles, but not for his own benefit. He did not strive for his own salvation, but for the salvation of others. And when he left the earth he committed this work to us. His command for all time is, "Go ye therefore and make disciples of all nations." Matt. 28:19 (Margin).

Is this the first thing in our lives? Or, are we allowing something else to usurp its rightful demands? We are not working for ourselves, but for others—giving the gospel. But we must work. For this only are we left in the world.

H. H. VOTAW.

### Systematic Exercise for Our Workers

IN coming in contact with our workers I have noticed that some complain of ill health, some of minor degree, while others are more severely afflicted. I take this opportunity of pointing out that

exercise is more essential in a country like India than it is in a colder country or a country where habits and customs are different. In India manual labour is looked upon more or less as a disgrace. Thus, to a certain extent, we are deprived of exercise that would accomplish a certain end and still be pleasant to us, and are compelled to seek our exercise in a form that seems monotonous to us or devoid of a purpose.

Then, again, the worker who is doing all he can to give the third angel's message is loath to leave his daily routine of mental work and engage in something that appears frivolous. But when we consider that all, or, at least, a great share, of our accustomed exercise is deprived us by the servant, and that the tendency in this hot climate is to become indifferent to muscular activity, we must put forth a greater effort to overcome this condition of circumstances. A lack of muscular exercise while consuming the usual amount of food must of necessity make a breach in the human economy somewhere. Quite frequently, digestive disorders, neurasthenia, and nervous prostration are caused by a lack of muscular tone alone.

Our workers in India should demand of their time at least twenty minutes (thirty would be better) of systematic exercise, and one and a half to two hours' exercise in the open air, for the sake of the bodies that God has entrusted to their care. If it be impossible for us to get out-door exercise, we must increase our gymnastics. The few exercises given will help us in carrying out this plan. These are for digestive troubles, especially.

*Exercise No. 1.*—Stand perfectly erect, with fists clenched level with the shoulders. Then throw up the arms with hands extended, lean back from the waist as far as possible, returning to the first position. Throw up arms again as before, and stoop down sharply,

without bending knees, but carrying the hips slightly to the rear, reaching out to the front as far as possible, to full stretch of muscles. Then return sharply to first position. Repeat the exercise, all four movements, ten to twenty times.

*Exercise No. 2.*—Stand with feet well apart, body and head erect, and arms, with palms extended, fully stretched above the head. Then bend the right knee, and bend over sideways to the right as far as possible without taking the left foot off the ground. Return to first position. Now bend the knee and sway over to the left, returning to first position. Continue the exercise ten to twenty times, swaying alternately right and left.

*Exercise No. 3.*—Lie down full length, feet together, and arms clasped behind the head, raising it from the ground. Now bring the feet to right angles with the body, and return. Continue the exercise ten to twenty times.

*Exercise No. 4.*—In position as before, raise the legs, bending the knees as far as you can bring them up, at the same time bending your trunk up to meet your knees. Get your face as close to your knees as possible. Repeat the exercise five to ten times. The heels should never be allowed to touch the ground throughout the exercise.

*Exercise No. 5.*—Seated on the ground, lean your body back till it forms as great an obtuse angle with your legs as you can maintain without being forced to sink right back. Extend your arms, palms open and facing each other, full stretch above your head in a straight line with your body. Pause a moment, and then bend right forward until your hands pass your toes, bringing your head as low as possible. Pause, and then return to first position. Pause again, then sink back slowly until you are lying full length on the ground, from which you will finally return to the first position. Practise this exercise until perfection is reached; as it is somewhat difficult. Repeat ten times.

*Exercise No. 6.*—Should be practised every morning for two minutes. Stand erect, hips well back, chest forward, shoulders back, chin drawn in, hands resting firmly on the hips.

First exhale any breath which may be in your lungs, then slowly inhale (through nostrils) drawing the air down into the lobes so you feel that your abdomen expands under the pressure of the descending diaphragm muscle which is being forced down by the expansion of your lungs. The cartilage between your

ribs and breast bone, and the intercostal muscles which lace your ribs together will yield outward as the lungs expand upwards.

Then just as the upper lobes are filling raise your shoulders so as to take the weight off your chest, and when filled exhale at once with full vigour, drawing the abdomen inward and upward so that the chest walls expand, and prepare to (if possible) inhale an even larger quantity of air next time.

*Exercise No. 7.*—Stand, the feet being 28 to 34 inches apart, with fists clenched and arms parallel with the shoulders, stoop over sharply to the right bending the knee until the knuckles of the closed right hand touch the floor. at the same time turning the head and looking up-ward. Return to first position and bend over sharply and similarly to the left. Repeat ten to twenty times.

*Exercise. No. 8.*—Stand erect with hands at sides, fists closed. Stride out to the front about twenty-seven inches, and bring the body well down level with the hips, arms swung as far back as possible, every muscle stretched. Pause rigid, and then swing arms, head, and body straight upward, well back, fists extended above head. Pause rigid and return. Repeat ten to fifteen times, return to position, then stride out with left leg and run through the exercise again.

These eight exercises performed for five minutes each, daily, will keep the muscular system well toned up, as well as ward off digestive troubles and overcome constipation. They are best taken in the morning before breakfast, in a closely fitted undervest that will allow perfect freedom of every muscle. When one finishes the exercises he will be perspiring quite freely, and the pores of the skin will be open. A cool pail pour, followed by a brisk rub, will now be in order.

Those whose muscles are soft and flabby had better begin by taking each one of these exercises but a half minute, until they work themselves up to taking them five minutes each. Soreness of the muscles will no doubt develop, but this is best overcome by keeping up the exercises and hardening the muscles for the task imposed upon them.

## Field Reports

### Burma

I was glad to be able to spend a few days recently with Brother Thurber at Meiktila. It is very encouraging to see how the school work is carried on in this place. I believe that this school will soon be able to supply young men to go out among their own countrymen as bearers of the third angel's message. One of the boys spent a few days with me canvassing. He did well for a youngster, and enjoyed it very much. He says he prefers canvassing to going to school.

The Burmese quarterly is forging ahead. I secured about one hundred subscribers during the month. While in Myonglebin I came across a man who had bought a copy of "Heralds of the Morning" from Brother Baa-ch in Rangoon. I asked him how he liked it, and he replied, "It is all right, but it does not tell anything about the river Euphrates." When he said he would like a book telling about this river, I told him about "Daniel and the Revelation," and booked his order.

My sales for the month were as follows;—

Heralds,	Rs. 91- -
Practical Guide	264- 8-
Subscriptions Oriental Watchman,	130- -
Subscriptions Herald of Health,	118- 8-
Subscriptions Burmese Quarterly,	37- 8-
Miscellaneous,	43-12-
Total,	Rs. 685- 4-

I thank God for the success given and for continued health. I believe that the word scattered in Burma will not return void, but will accomplish that which God pleases. However, not until he comes will we know the results of our efforts. Pray for the canvassers, that their labour may result in much glory for the Master.

W. CARRATT.

### Karmatar

THE last few weeks have been busy ones along a new line for me. In order to get our new school building ready to be occupied after the summer vacation, I have been overseeing the work of making blackboards, fitting doors and windows, etc. We held our first service in this building yesterday (Sabbath), and will open school tomorrow. We are indeed glad to have this large, airy building for our school work, and by the blessing of God, through this school we hope to reach the high caste children of the community.

One of the Hindu school children near our mission, while walking with me to Sabbath-school last Sabbath, told me how glad he was that we had come here to teach them about God. He said, "I tell father it is of no use to worship the devil. It is God that gives us life." As I talked with him I saw his young mind was open to the working of God's Holy Spirit, but did not dare to say much, for I knew he would repeat all I said to his father, and he might withdraw him from us.

I am having the privilege this week of studying the Bible with the head preacher of the large Giridih Mission. He came here to visit his daughter, who is the wife of one of our best workers. As we studied the Sabbath together, he said, "I am sure if you show this to our Padri Sahib he will accept it." He has been in the mission from a child, and is now a man of forty-five, at least. He has such faith in his mission that he thinks the truth need only be brought to the attention of his missionaries for them to accept it. He desires to spend some time in study here, but may be called home any day. May it please God to give us this man for our Karmatar work. He is not one of the idle kind,

but even though away from his Sahib, goes out every day into the villages to preach Christ, whom he loves.

Miss Brunson is busy in her medical work, and, by the blessing of the Lord, many of her patients, though very ill indeed, are recovering.

We expect to close our village schools as soon as the rains break and bring our teachers in for Bible study. Pray for our little corner of the vineyard.

June 9.

D. BURROWAY.

### Darjeeling

A RIDE of about twenty hours takes one from Calcutta to the bracing climate of Darjeeling. The elevation is more than 7,000 feet above sea level. Snow-capped mountains can be seen all the year, although at Darjeeling it very seldom snows.

During the three weeks that I canvassed there, I had some good experiences. As everyone knows who has canvassed in such places, it is impossible to accomplish as much as in some other places. When I arrived there and saw the conditions, I realized my weakness; but God gave me the needed help to take one or more yearly subscriptions for the *Oriental Watchman*, almost without exception, in every hotel and boarding house in the city. Most of these will be placed on the public reading table.

Soon after I reached there I canvassed an editor who said he did not want the *Watchman* because it was an Adventist journal. We talked a few minutes, when he invited me to come to his home in the evening for a Bible study. Soon his family, as well as himself, were favourable, and before leaving I had the privilege of taking his order for the paper. He is now making quotations from it for his paper.

Another interesting case was that of

an old gentleman who has been a subscriber to the *Watchman* for many years, and now he orders the "Heralds of the Morning."

Another person who has been receiving the *Watchman* added the *Signs* weekly to his supply of reading.

Still another person recorded both *Herald of Health* and *Oriental Watchman* as well as the *Signs* monthly. Surely, God is causing people to awake to the time in which we are living.

Along with these good experiences, I also met some very severe rebuffs and opposition, but by God's help "none of these things move me."

PETER RICK.

### Meiktila, Burma

THE school started its third year's work May 20, with thirty-five boys on hand; the first week closed with the attendance at forty. There were seventeen in the school at the same time last year; so, although our attendance is not large even yet, still it is better than then. About one-third of the boys are new students, and about half desire to work their way through school. Among the new-comers are three Karen boys, whom we found at Thandaung. They are hardy lads and our best workers. Although not Christians, they have already manifested a desire to belong to Christ. They were singing Christian songs when they came to us. It is with no small joy that we report the attendance of these young representatives of a people that need this truth. Unable yet to go to them, we can bring them to us. Remember in your devotions, Peter, John, and Thomas.

As the rains have begun, we are plowing the land and putting in grain and vegetables and setting out trees. A Burmese house for one of our teachers has just been finished, and our own house

is well beyond the starting point in building. We have good prospects of getting a number of old rails from the Burma Railways for fence posts. We expect to get them free of cost, partly as a result of some good letters of recommendation from the Commissioner, Judge, and Executive Engineer of the district. Good American wire stretched on these posts will make a strong and permanent fence. We can not use wood, for the white ants are bad.

While I was in Thandaung, thieves broke into the school building and stole about Rs. 100 worth of carpenter tools. This occurred in spite of the fact that our workmen were sleeping within fifty feet of the building. But we endeavour to take joyfully even "the spoiling of our goods."

A good outlook lies before us in the fact that we have secured a cane worker from Singapore, through the kind help of Brother Westerhaut, one of the brethren of the church at that port. This Chinaman will be here in two weeks, God willing. First-class cane work is unknown in Burma, as is evidenced by the fact that the Rangoon merchants get all their cane furniture from the Straits. We already have an offer for all the cane furniture we can make. Also, we are trying a leather worker in Rangoon, who, if he proves satisfactory, will help us in starting leather work in the school in a few weeks. Above all trades, the Burmese want leather work, whether intelligent in their desire or not. But it is sure that leather work teaching will attract scores of boys who are not now with us. And that is our object, to get boys here from whom to select good souls for the work and the kingdom.

It may seem from this report that the prospect of work done and much business resulting in money-making, gives us

courage for the future. No; for far beyond and above these petty prospects is the great prospect of the heavenly harvest finished, and gold beneath the feet, rather than in the pockets, of many for whom we labour.

R. B. THURBER.

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## Obituary

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DAVID.—Edwin David (Burmese), born in Moulmein, Burma, July 26, 1894, died at Mandalay, May 4, 1912.

He was early trained in Christian living, and, with his parents, accepted present truth and was baptized in Rangoon at the age of sixteen. He attended our Meiktila school to prepare to enter God's work, and acted for a time as preceptor. Several months before his death, he was bitten by a mad dog. He took the prescribed treatment for this, and it was thought for a long period that he would recover. But while in Mandalay during the school vacation, selling the new Burmese paper, he took down and died in a few days. God mercifully kept him from the horrible form of death that usually accompanies hydrophobia. He passed away in peace and in full assurance of sins forgiven. He leaves a large family and many friends to mourn. The funeral services were conducted by the writer, assisted by H. H. Votaw.

R. B. THURBER.

SALLICK.—Died, of blood poisoning, Sunday evening, June 9, 1912, Thomas Archibald Sallick, aged 71 years, 10 months, and 4 days.

Brother Sallick had known the truth for only three or four years, but in this time showed a real love for it. He was rarely absent from Sabbath-school and meeting, and always had his lesson and was glad to have part in the services. Just a few weeks ago, in our studies on

the nature of man, he showed a good understanding of the condition of man in death, into which state he was so soon and so unexpectedly to enter.

His illness was of such short duration that we knew not that he had been sick until his death was announced. Those who knew him agree that he was one of those whom the third angel's message reaches late in life but who joyfully lay hold upon it; and we feel that it accomplished for him what it is designed to accomplish for all of us, a preparation for eternal life.

The funeral was held Monday evening, and was attended by a sympathizing little company of friends and relatives. To the one daughter, thus left alone and homeless, does sympathy especially go out. May the death of Brother Sallick be the means of drawing others to the Saviour.

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## Canvassing Notes

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BROTHER CARRATT continues to send in good reports from Burma. He is now working in the northern part of that field.

BROTHER RICK writes: "Two orders were from Jews this week, and one from a lady who says that she is a red hot Papist." I am especially glad that these people will receive the *Watchman* in their homes for one year.

THE last mail from home brought the news that Brother Mattison would probably sail from New York June 10. In this case he is now well out at sea. May the Lord protect him on his journey and make him a blessing in this needy field.

BROTHER POLEY has been having some interesting experiences during his stay in Ferozepore. He found a society of influential natives who were much interested in the health feature of his work. They invited him to give several lectures on our health principles, which he consented to do. He gave talks at the library, cantonment school, and in a gentlemen's compound.

C. E. WEAKS.

# The Eastern Tidings

LUCKNOW, - - - JUNE, 1912

EASTERN TIDINGS is published the 15th of each month, and all copy should be received not later than the 10th.

Printed by W. E. Perrin, at the Watchman Press, 19 Banks Road, Lucknow.

—ELDER WELLMAN has gone from Lonavla direct to Mussoorie. He reports a growing interest in the truth in Lonavla.

—ELDER JAMES is planning to hold a canvassers' institute. Several new workers wish to take up the sale of our Tamil literature.

—THE Burmese quarterly is meeting with a ready sale. The workers in Burma hope to have a subscription list of one thousand by the time the second number is off the press.

—ELDER AND SISTER LOWRY are still at Kodai-kanal. Sister Lowry is making steady advancement healthwise. Brother Lowry is studying the language, and will assist Brother James in getting out the Tamil quarterly.

—BROTHER AND SISTER MOOKERJEE and son have returned to Calcutta after spending several weeks in the hills. Neither Brother Mookerjee nor Marcus improved in Mussoorie, but we hope they will both get better soon.

—ELDER AND MRS. SHAW are making a trip to Garhwal this month. They have looked forward for some time to seeing the work and the school at Deosa, and planning with Brother and Sister Burgess for its future development.

—ELDER FRENCH has succeeded in getting a hall for meetings in Calcutta. It is forty-five feet square. The landlord is furnishing fans and lights and putting in a baptistry. A number of new chairs will be purchased to seat the hall, which we understand will hold one hundred fifty to two hundred persons.

—THE EASTERN TIDINGS family will be glad to know that the president of the General Conference, Elder A. G. Daniells, has been authorized to visit India the coming cold season. The plan of his tour will be published as soon as settled. Elder Daniells will conduct a missionaries' institute while in India, which we are sure will be a great blessing to the work and workers,

—ELDER FRENCH writes that their long-looked for boat is at last completed. It is twenty-five feet long; five feet, seven inches beam; eighteen inches draft. It has seating capacity for about twenty, and by raising a board, which has been especially fitted for the purpose, the seats are made wide enough to provide sleeping accommodations for four. The boat carries a five-horse-power motor, which was made by the civil engineering college at Sibpur. In addition to the engine, sails and oars are provided. At its trial trip it was taken to the government-measured mile, where it showed a speed of seven and a fourth miles an hour. We trust that it may be a factor in the hands of the Lord for the finishing of his work. The brethren of East Bengal have long looked and prayed for a boat so they could better and more quickly carry the message to the people living in those parts. All will rejoice with them that this expectation has at last been realized, and will hope and pray for the advancement of the message in Bengal.

—As announced several times already, all general business letters, to either Tract Society or Mission, should be addressed to the office and not to individuals. Bear this in mind, and save yourself trouble. Last month some failed to address their reports correctly; as a result, monthly salaries were delayed, and at least one person had to telegraph for money.

—A NICE appearing class of people are attending the meetings in Mussoorie and a good interest is being shown. The readers of EASTERN TIDINGS are requested to make the English efforts going forward at Mussoorie, Rangoon, and Lonavla a special subject of prayer. Souls are resting in the balance.

—THE Mussoorie Treatment Rooms have been doing exceptionally well. The people of Mussoorie seem to have a growing appreciation of our medical work. A new spray is being put in, also other apparatus, which adds to the efficiency of the Treatment Rooms.

—THE contractor who is making the addition to the property recently purchased at 17, Abbott Road, now expects to have his contract finished in July. If this hope is realized, the offices can be moved in time for us to get nicely settled before the general meeting.

—BROTHER RAYMOND, who has been recuperating in Mussoorie, is much improved in health, and expects shortly to begin canvassing the station for our literature.