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Workers' Bulletin.

ISSUED WEEKLY BY THE

MISSIONARY DEPARTMENT
OF THE IOWA CONFERENCE,
DES MOINES, IOWA.

JESSIE V. BOSWORTH, Editor.

MRS. ADELLA HABENICHT, Assistant.

MRS. L. FLORA PLUMMER, Contributor.

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"THE MORNING STAR."

"I AM the root and the offspring of David, and the bright and morning star." Language utterly fails to set forth the dignity, beauty, and preciousness of Christ. It seems that the inspired writers, therefore, in presenting him to our view selected the most striking figures and emblems, often employing objects from nature. He is the "rose of Sharon," the "lily of the valley," and the "plant of renown." He is a rock, a refuge, and a strong tower. He is compared to the light of heaven, the orb of day, and the "bright and morning star." In this way his mediatorial character is disclosed.

Christ may be likened to a star, because of the beams, or rays of light, thrown around him. As the star or planet has thrown upon it the light of the sun, so all the glorious rays of the Deity were shed upon the person of the Saviour. Hence, he who had seen the Saviour had seen the Father. He declared or unveiled to men the character of the Father. He was "the brightness of his glory, and the express image of his person" (Heb. 1:3), "God manifest in the flesh." 1 Tim. 3:16. All the rays of divine knowledge, divine truth, divine purity, and divine mercy were concentrated in the person of Christ.

He is likened to a star, because he reflects and sheds abroad the light

received from the Father. The light thrown upon a star is not absorbed or lost, but is reflected and diffused through the sphere or system of which that star may be the center or sun. Jesus in the capacity of mediator received all the rays of the adorable and blessed Godhead, that he might shed them abroad. He said, "I am the light of the world"; and he revealed by his holy beams the misery and helplessness of our world, the love and compassion of God in redeeming it, and the way by which all the blessings of redemption, both in time and in eternity, might be enjoyed. Yes, he "brought life and immortality to light through the gospel;" he opened a clear pathway to eternal glory. Sin brought darkness, desolation, and woe. Had not God interposed, there would have been one long, dreary night of misery and despair; but when all seemed lost, a ray of light was seen, and the light proved to be the "bright and morning star." Then it was announced that the seed of the woman would bruise the serpent's head.

As the morning star, he ushered in the day of salvation. The morning star is that planet which ushers in the dawn of the morning; with its appearance night terminates and day begins. Jesus will again appear as the "bright and morning star" as he did on the first day of the world's creation week, when the night of chaotic darkness and confusion fled at his approach, and he stepped forth and bade light appear, and light was.

The Day Star is coming again. "The night is far spent, the day is at hand." The glorious day spoken of by the prophets and predicted by Jesus, and so often referred to by the apostles, will commence when he shall appear without a sin offering, as King of kings and Lord of lords. Wandering soul,

lift up thine eyes, and behold the "bright and morning star." Follow its radiant beams, and it will lead thee to happiness and eternal life. Penitent inquirer, open your heart and receive what God is offering you; for he says, "I will give him the morning star." Believer, walk in its light; gaze intently upon it, and it will guide thee to the realms of blissful and unending day.

L. F. STARR.

THE AMERICAN MEDICAL MISSIONARY COLLEGE.

THE need of professional training in the theory and practice of medicine was not so great as to warrant the organization of the above named institution. Its origin lies in the need expressed by the word "missionary." Incorporated under the laws of Illinois, and giving a course recognized by such institutions as Johns Hopkins University, this college will stand the searchlight of the closest scrutiny. In fact it encourages just such scrutiny, and any improvement in didactic or laboratory work is welcomed.

Much of the didactic work is carried on in Battle Creek, Mich., thus bringing the students in close touch with the Sanitarium at that place. This gives a most excellent opportunity for observation in *rational* medical treatments, and in the work of the missionary. A well known writer has said that this institution (the Sanitarium) is the greatest field for missionary work in all the world. All classes are met, and every cure is traced to the source of all health and power,—God, the Creator, who wishes above all things "that thou mayest prosper and be in health." At first thought, four years seems a long time to be spent in school; but when we consider that opportunity is given each day for personal missionary work, and more,

FIELD REPORTS.

AMONG THE CHURCHES.

that such work is considered as much a part of the student's qualification as a knowledge of text books, one can not imagine a more active missionary life, or a more real experience in Christian work. The anatomical laboratory work, and much of the clinic, is carried on in Chicago under the direction and aid of the surgeons in that city, the faculty including instructors from College of Physicians and Surgeons of Illinois, Rush Medical College, and North-western University. Each class spends from five weeks to four months in Chicago, aiding materially in all the mission work in that city.

To obtain the best medical education, based upon the principles actuating the life of the Great Missionary, calls for our best capabilities, and nothing less is acceptable to our Master. The Bible instruction is designed especially to bring out the truth in regard to the cause of all disease, its only cure, the simplicity of life in harmony with plain diet and high thinking, and the peace which removes much of human ailment. When contemplating taking up the work here, I wrote to our family physician, who has a State and national reputation, a most conservative man professionally, and bitterly opposed to many truths we hold dear. He said, "Dr. Kellogg can give you opportunities in advanced medical work that you can receive nowhere else."

Iowa is well represented in the present enrollment and in the alumni of the A. M. M. C. If time and space permitted, I would enjoy giving you a more detailed account of our work.

The present Freshman class numbers nearly forty members, chosen from more than double that number of applicants. Already one hundred and fifty have applied for next year, while it will be possible to accommodate at the most but one-third that number.

The hand of the Lord has been most signally manifest in the foundation and history of our school. It has withstood criticism from within our ranks, and most gloriously has it borne every test required by the medical profession at large. With a trained and experienced corps of instructors, under the presidency of a man called by name to lead the great work of reform it represents, is it any wonder we consider it a privilege to be here, enrolled among its students, to imbibe teachings which stagger even the most experienced with their solemn meanings, calling indeed for purity of life and purpose.

ELEANORE MABEL HOWE.

SINCE the beginning of the week of prayer, I have held meetings at Davenport, Atalissa, Wilton Junction, Muscatine, Iowa City, Twin Oaks, Columbus Junction, Sigourney, Richland, Brighton, Mt. Pleasant, Fairfield, Libertyville, Birmingham, and Eddyville, preaching forty-two times, and attending a number of other meetings. I have also visited Sabbath-keepers at Riverside, Wellman, Washington, Oskaloosa, New Sharon, Parnell, Millersburg, and Council Bluffs. I have visited one hundred nineteen homes and two church schools, have slept in thirty-six different beds, taken meals at sixty-seven different tables, and conducted worship at sixty-six family altars, enjoying many precious seasons. I have taken three subscriptions for the *Signs*, one for the *Review*, four for the *BULLETIN*, and one for *Our Little Friend*. While bad colds have been prevalent everywhere, by the blessing of God I have been kept from taking cold. As others have been encouraged and blessed, my own soul has been watered by the gentle dews of heavenly grace. H. NICOLA.

MARATHON.

THE meetings were closed at Marathon Feb. 23, having been continued almost seven weeks. The first two weeks we had excellent weather; but Jan. 24 the cold north winds began to blow, which stopped many for several days. Then, just as the congregation was returning we had a regular north-west blizzard, Feb. 8, from which time till the close, snow and cold greatly interfered with the progress of the work. Many had before expressed themselves as determined to walk after God's Word, and reject every doctrine and commandment of men. Five of these were young people, but not one of them ever returned. The following Sunday night the Baptist minister, who had been attending our meetings, began meetings in the next schoolhouse east of us, and closed the next night after we closed.

Although much secret work was done by the enemies of truth, one whole family are rejoicing in the blessing of God and the hope of a soon coming Lord. The wife, having a very young child, could not attend at all. I spent six hours one Sunday with them, studying the Word, after which

both took the position that "All that the Lord hath said will we do and be obedient." What the husband told me shows the necessity of visiting from house to house. He said, "Had you told me that the moon would fall to the earth, I would have believed it just as quickly as to have believed that I ever would keep the seventh day." There are four or five more families that were touched by the precious truth, some of which I believe will walk in the light as they see it. I expect to return for a few days after the District Meeting.

B. L. DIEFFENBACHER.

COUNCIL BLUFFS.

THE work in this place is being carried on with more zeal and earnestness than at any time before since my connection with this church. The meetings held in the Odd Fellows' temple are awakening quite an interest. They are now held each Sunday at 3:00 p. m., and Tuesday at 8:00 p. m. We had 5,000 bills printed announcing the subjects; and it would have done you good to see the brethren, sisters, and children placing them in the homes, and earnestly inviting the people to come and hear the truths for our time. As a result nearly four hundred came out, and the interest is still very good. Some have already begun to observe the commandments of God. We feel greatly encouraged, and a number of the brethren and sisters have set apart from two hours to one day, each week, to work for the saving of souls. Thus the good work goes on. Eld. Luther Warren is laboring earnestly to make the work a success, and we feel that the Lord is greatly blessing him in his work on this side of the river. Praying that the Lord will guide to his own name's honor and glory, I am,

Your brother in the work.

B. P. SHILLING.

CEDAR RAPIDS.

THE School of Health which was opened in this city Monday, Feb. 26, by a corps of workers from Battle Creek, Mich., has been very interesting and instructive. Three lessons were given at each session. Healthful cookery was demonstrated before the class by Miss Teachout; simple treatments and home remedies were considered by Dr. Froom; and physical culture was taught by Mrs. Salisbury. Quite a number of the influential people of the city attended; others are regretting that they did not know the importance of it sooner, and express the wish that another school might be held here soon. The last session was held Friday, March 2.

MRS. M. L. FIELD.

THE BOOK WORK.

OUR CANVASSERS' SCHOOL.

With pleasure we again report the progress being made in our school. In view of what the Testimonies say, that one should have a thorough knowledge of the fundamental principles of our faith, as old controversies will be revived and new ones will spring up, we thought best to take up the study of Bible doctrines in the light of the love of Christ. We commenced with the power of God as manifested in creation, which power is able to help us in our daily life. We also have considered the Sabbath and our relation to it, the Spirit of God and how it works, the necessity of studying our actions closely to see by their fruits which spirit is leading us, Satan and his origin, why God did not destroy him and his sympathizers at once, and kindred subjects. Our class in "Desire of Ages" are having a very interesting time, and we hope to put a goodly number of these valuable books into the hands of the people this coming season. We have been studying the Testimonies on the canvassing work, and trying to put in practice every principle laid down. We realize it is only as we come in harmony with every suggestion made by the Spirit of God that we can claim his blessing.

We had nineteen students, but one of our brethren was called home to look after his family. This was regretted very much, but could not be helped. I know that the brethren all over the State are interested in our success; and if you could be here and listen to the earnest testimonies in our social meetings, it would rejoice your hearts. We have a good, earnest class; and as they go out in the vineyard, we expect that excellent work will be done, and that in many minds a desire may be awakened to search farther in regard to our faith and the truth for this time.

W. L. MANFULL.

DONATIONS.

The canvassers wish to thank Bro. D. B. Rinely for the barrel of sweet potatoes which came last week; also Bro. Jacob Shively for the sack of very nice dried fruit received.

The following additional cash donations have been received: John Heald and wife, \$5.00; A. King, \$5.00; Soren C. Chrestensen, \$3.00; Maren Chres-

tensen, \$2.00; L. A. Wykoff, \$1.00; L. E. LaMont, \$1.00; N. W. Hartwick, \$1.00; Mrs. R. A. Noland, \$1.00; Mrs. Haughtalong, \$1.00; Ada Cook, \$1.00; Mollie Long, \$1.00; Peter Nielsen, \$1.00; Mrs. L. L. Peck, 25 cents; Elk Horn, \$2.00; Fairfield, \$1.00. This makes a total, including the previous donations reported, of \$127.60.

SINCE our last summary the following reports have been received: H. F. Lamb, 9 hours, 5 orders, value \$17.00; 14 books delivered, value \$49.75. A. J. Iden, 49 hours, 37 orders, value \$32.55; 21 books delivered, value \$18.10. R. W. Church, 24 hours, 9 orders, value \$2.25; 4 books delivered, value \$2.00.

THE SABBATH-SCHOOL.

CONDUCTED BY MRS. JESSIE L. ADAMS.

VISIT TO THE OAKWOOD FARM.—NO. 2.

WELL, I am glad you were so much interested in last week's trip over the farm. Why, all are not here! Are the others coming? But, you see, they are five minutes late now, causing a loss of 2,250 minutes, or 37 hours. It is really too bad. Why is it, children, that any of us cultivate such a bad habit? Let us who are here always be on time in everything we attempt to do. But here the late ones come. Please do not scold them; for you can see they are ashamed, and I presume their parents are somewhat to blame. May God help such parents, is my prayer. Good morning, children. I am so sorry you are late. You know I told you last week that this is a busy place. Now I fear we can not get over the farm to-day; for I have many things to tell and show you. Ring the bell, Francis. Put on your hats, girls, and go with us, as I can not entertain all of these children.

We will go to the granary first. This building is 18 feet by 24 feet. It is well built and has nine bins in it,—one for wheat, one for shelled corn, one for oats, one for bran, and two or three for different kinds of cow peas. Ha! ha! Why those are cow pea pods, Frank, not threshed yet. Yes, many of them are eight inches long. We keep them that way, as the weavel is not nearly so bad on them. Help yourselves to peanuts. There are about sixty bushels in that bin. Oh! that up there is the sorgum pan you paid for two years and a half ago.

You all remember about that, don't you? But come, we must hasten. This is our wood shed, 26 feet by 60 feet. It is Rufus who keeps this so neat and clean. I think Albert helps him some. I am rather proud of such a large, neat wood shed, with the wood piled up so nice. Does your wood shed look as well? Oh! those are boards, so called here; you call them shakes. They are 28 inches long, sawed out of oak timber. We saw them in two, and make shingles of them. Will and Elijah have made this fall about 25,000 shingles, enough to cover the new building. Let us pass on. This is the corn crib, 26 feet by 36 feet, well built, with two large cribs, and a driveway between. That is broom corn up there. By the way, we very much need some machinery for making brooms, and some of you boys who know how to make brooms can come down on a visit and teach us how to make them. Shall we look for you? Now let us pass on to the barn. This is as good a barn as you often see in the North, and a rarity down here. Notice the hay fork. Your money paid for it. I wish we had a load of this long cow pea hay, so you could see how nice it handles it. Yes, here is the straw from twenty-five acres of wheat, and about twenty tons of cow pea hay, besides lots of corn stalks stowed away.

There is the bell for dinner, so let us go and get ready, as in ten minutes the next bell will ring. If we are not there on time, we can't get in without an excuse. As we go up to the house, let me make a suggestion. Do not ask for anything you do not find on your *menu*. It might be embarrassing both to you and to the cooks. Put up for one meal with what is set before you, and ask no questions.

Well, children, time is gone, and we are not all around yet. What shall we do? I will write to Jessie, and see if she will let you come again. You haven't visited Bro. Nicola's yet, or the new building either. I will try hard to make arrangements for you to come again. Good bye.

S. M. JACOBS.

WE were pleased to receive a letter from one of our sisters who has lately moved to Oskaloosa, in which she states that a Sabbath-school of seventeen members has been organized in that city. If there are others of our brethren or sisters in that place or near there who can attend, they can ascertain the time and place of meeting by calling on Mrs. Bertha Nicola, 305 South D. St., Oskaloosa, Ia.

Workers' Bulletin.

DES MOINES, IOWA, MARCH 6, 1900.

—“ECONOMY is half the battle of life.”

—OUR corresponding secretary, Miss Della Wallace, is in attendance at the District Meeting.

—ELD. CLARENCE SANTEE spent a few hours in Des Moines last Tuesday, en route for College View.

—BRO. J. W. DORCAS visited his family in Des Moines, last week, going from here to attend the District Meeting.

—BRO. J. C. MUSSELMAN and wife, from Algona, passed through Des Moines last Tuesday, on their way to their home at Mt. Ayr.

—BRO. E. H. ADAMS, wife, and daughter visited Bro. Adams' parents in Des Moines last week, on their way to College View, Neb.

—ELD. WM. GUTHRIE returned from North-eastern Iowa to Stuart, Sunday, going from there to attend the District Meeting during the remainder of the session.

—QUITE a number of the workers going to the District Meeting called at the Sanitarium last week in passing through. Among them were Eld. P. A. Hansen and wife, Nellie Knapp, Lizzie Carter, and Anna McDonald.

—It is expected that Dr. J. H. Kellogg will deliver a free lecture at the Y. M. C. A. building in this city, the last of this week or the first of next. The date will be duly announced through the daily papers, and by means of handbills.

—WE were disappointed in not receiving the helps from the Foreign Mission Board in time to send to our local societies for the second-Sabbath meeting in March, with the helps prepared at this Office. We trust that they have been sent direct to the different local societies, and that all will receive them in time.

—WE have received the sad intelligence of the death of Miss Willa Pearson, which occurred at College View, Neb., last week. She had only recently returned from Colorado, where she had spent some time in the hope of regaining her health. The funeral was held last Sabbath. Many will remember Sister Pearson as a member of the Iowa canvassing class of 1898. Those who knew her are comforted by the Christian's hope.

—A VERY pleasant family reunion was held at the home of Mr. and Mrs. S. O. James, in East Knoxville, last week. Mr. James' aged father resides with them, and last week all the children came for a reunion: Mrs. R. Annie Jeys, of Modale, Ia., Mrs. M. F. Clark, Indianola, Ia., T. H. James and wife, Beatrice, Neb., D. S. James, North Loup, Neb. This was the first meeting of all the family in thirty years. Mr. James, the father, is 86 years old, and makes his home with his son, S. O. James. His children, grand children, and great grand children number 59. It was a most happy occasion for all concerned.—*Knoxville Express.*

—ALL who wish copies of the Educational Number of the *Signs*, and have not already ordered, should wait no longer. It will contain articles from Prof. E. A. Sutherland, A. T. Jones, Mrs. E. G. White, Mrs. S. M. I. Henry, H. P. Holser, and other leading educators. It will also have a beautiful song and music. The truths this paper contains are of great importance, and it should be in the hands of every teacher and parent. It will bear date of March 14. Prices: single copy, 5 cents; 5 copies, 15 cents; 10 copies, 25 cents; 25 or more, 2 cents each. Address orders to this Office.

—BRO. H. J. SCHNEPPER writes from Portland, Oregon: “I still have a great interest in Iowa's work and workers. Since coming here I have seen many familiar faces. I met Eld. C. M. Gardner in the street car at Oakland, also Miss Ida Poch in San Diego, Cal., where she is engaged in Bible work. In this Conference we have many Iowa people. The Lord is blessing me in my work, and several have taken a firm stand for the truth. May the Lord bless the work in Iowa, especially among the Germans.”

—THE following are forth-coming numbers of the *Bible Students' Library*: Christian Patriotism, by A. T. Jones, 15 cents; Labor and Capital, illustrated, 2 cents; Marshalling of the Nations, 10 cents; Treatise on Galatians, by E. J. Waggoner, 25 cents. Those who subscribe for the *Library* now at 25 cents, will receive all of the above, with two more, to make out the year's subscription. Orders addressed to this Office will receive prompt attention.

—MRS. E. J. LAPLANT, of Algona, is attending the District Meeting at College View.

—THE members of the Davenport society wish to thank those who have so kindly sent papers for the reading racks in their city. For the present they have a sufficient supply.

SANITARIUM NOTES.

BRO. L. E. JUNE, of the canvassers' school, is availing himself of Sanitarium privileges.

BRO. J. H. ENGLAND, of Eddyville, and his wife and daughter, are numbered with the patients.

MISS ETHEL SHAW, of this city, is doing nicely, after an operation last Wednesday, removing diseased glands of the neck.

PRICE LIST OF IOWA SANITARIUM BAKERY.

FOODS MANUFACTURED AT DES MOINES.		
FRUIT CRACKERS,	per pound,	20 cts.
Oatmeal Biscuits,	“ “	12 “
Oatmeal Wafers,	“ “	12 “
No. 1 Oatmeal Crackers,	“ “	10 “
No. 2 Oatmeal “	“ “	10 “
Plain Oatmeal “	“ “	10 “
No. 1 Graham “	“ “	10 “
No. 2 Graham “	“ “	10 “
Plain Graham “	“ “	10 “
Whole Wheat Wafers,	“ “	10 “
Rye “	“ “	12 “
Carbon “	“ “	15 “
Gluten “	“ “	25 “
Gluten Food, in package,	“ “	25 “
Pure Gluten Biscuit or Meal,	“ “	50 “
Granola,	“ “	10 “
Wheat Germ Grits,	“ “	5 “
Cereal Coffee,	“ “	10 “
Zwieback,	“ “	10 “

On all orders of 30 lbs. or more (in bulk) a discount of 40 per cent will be allowed, the purchaser to pay the cost of transportation. On granola a discount of 50 per cent will now be allowed.

FOODS MANUFACTURED AT BATTLE CREEK, MICH.

Bromose Tablets,	per pound box,	50 cts.
Nut and Fig Bromose,	“ ½ lb	25 “
Ambrosia,	“ “	40 “
Nuttose,	“ “ can,	30 “
Nuttose,	“ ¾ lb	20 “
Protose,	“ 1½ lb	40 “
Protose,	“ 1 lb	30 “
Protose,	“ ½ lb	20 “
Nuttene,	“ 1 lb	50 “
Malted Nuts,	“ pint,	75 “
Malted Nuts,	“ ½	40 “
Nut Meal,	“ “	35 “
Nut Meal,	“ ¾	20 “
Maltol,	“ ½	35 “
Charcoal Tablets,	“ box	25 “
Charcoal Tablets,	“ large	50 “
Crystal Wheat,	“ package,	15 “
Granose Biscuits,	“ pound,	15 “
Granose Flakes,	“ “	15 “
Nut Butter,	“ “	20 “
Nuttola,	“ “	25 “
Almond Butter,	“ “	75 “
Almond Meal,	“ pint	75 “
Almond Meal,	“ ½	40 “
Nuttol,	“ ¼	30 “

We also furnish Nutcoa at 12½ cents per pound, and Malt Extract at 15 cents per pound.

Address all orders to the Sanitarium Bakery, 603 East Twelfth St., Des Moines, Iowa.