

THE WEST MICHIGAN HERALD.

"Watchman, What of the Night?"

VOL. I.

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THE WEST MICHIGAN HERALD.

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Evangelical Department

REPORT OF THE COAL COM- MISSION

THE Commission appointed by President Roosevelt last October to investigate the conditions in the anthracite coal mining districts of Pennsylvania made public its findings and awards on the 18th day of March. The Commission appears to have prosecuted its work with much ability and thoroughness, and with the desire to ascertain the truth and render an impartial judgement. The report has now been carefully studied and somewhat fully discussed by the parties directly interested as well as by the general public; and as it is now practically certain that the decision will be accepted by both parties to the controversy, it is proper to make a brief statement of its main provisions.

While the findings of the Commission do not entirely support the claims of either the miners or the operators, it appears to an outside observer to provide a working plan which, if adhered to, will prevent for at least three years a recurrence of the intolerable conditions which prevailed during the fall and winter. Taken as a whole, the decision seems to be more of a victory for the miners than for the operators. The miners' union made demands upon four principal points; namely, increased wages, shorter hours, weighing of coal, and recognition of the union. The arrangement regarding the first item is somewhat detailed; but in general it awards an increase in wages amounting in most cases to ten per cent. above the price paid in April, 1902, and specifies that the increase shall take effect November 1, 1902, and continue during the life of the award. Besides this it stipulates that there shall be an additional increase of one per cent. for each five cents advance in price per ton at New York city. There is a general reduction in hours of labor. In most cases eight hours will hereafter constitute a day's work; but in a few instances nine hours

are fixed as the maximum number. The third demand of the miners, that the coal should be weighed instead of measured by the car, as has been the practice, is denied by the Commission; but an attempt is made to correct some of the abuses of the weight system. It forbids, for example, the operators to enlarge the cars, and requires them to provide check weighmen and check docking bosses when requested by the men. The Commission disclaim any prerogative to decide the status of the miners' union; but they do in fact give that organization very substantial recognition in the arrangement which is made for the arbitration of disputes that may arise between the miners and the operators. For this purpose they provide for a board of conciliation to be composed of six persons, three of whom shall be chosen by the men and as many by the employers. In case this board fails to make a satisfactory adjustment of the differences, the disputed point or points must be referred to an umpire chosen by one of the circuit judges of the third judicial circuit of the United States.

LOOKING FORWARD

By thus virtually endorsing the miners' union, the Commission do not approve of some of its methods. They deny the right of the union to interfere with the employer in the management of his business, and insist that it shall accord to him the same privileges which are demanded for its own members. The right to dictate terms to laborers not members of the union is also denied.

The Commission make a number of recommendations, the most important of which are the discontinuance of the coal and iron police, the stoppage of child labor in the mines, and the passage of state and federal laws providing for compulsory arbitration in similar disputes.

Thus ends for the present this gigantic struggle between the capitalistic and labor elements. The money loss to the miners, the operators and the coal carrying roads was, approximately, one hundred million dollars, to say nothing of the loss, inconvenience and suffering imposed upon the public. In some respects it was the most remarkable and far-reaching labor controversy in the history of this country.

The prophets of peace would have us believe that the plans recommended by the Commission will have a very important influence in preventing future labor troubles as well as in the settlement of such as may occur. But while the spirit of pessimism is not to be encouraged, the student of the prophetic word can not accept their conclusions; he knows that this is only the lull before the bursting storm. The pent up forces are gathering intensity year by year, and when God's restraining hand is withdrawn the scenes so graphically depicted in the book of James will speedily follow. The gospel of peace received in the heart is the only remedy for these ills; and now, while comparative quiet reigns, is our opportunity to proclaim it to all who will hear, both rich and poor.

S. M. BUTLER.

CEDAR LAKE ACADEMY AGAIN

THE time is drawing near when cash contributions and pledges are to be taken for the proposed improvements on the Cedar Lake school property. We trust that all the members of the West Michigan conference are making plans to liberally assist this enterprise. Sabbath, May 16, as you will recall, has been set as the day for taking the contributions. The school is much in need of help to make the repairs and modifications outlined in the HERALD of March 25.

There never has been a time in the history of our work when there was a greater mission for our schools than now. Never have the young people been so severely tried. In these days of prosperity and large business enterprises, when the demand for people of ability and character is in excess of the supply, there are many inducements offered to our ablest young people. The object of our schools is to so train them that they will be able to discern the difference between worldly honors and emoluments and a life of service for the Master. From all countries comes the Macedonian call, and we must educate our young men and women to answer them.

The outlook for the Cedar Lake school was never brighter than at present. The past year was a very successful one.

ACADEMY BOARD
CONFERENCE COMMITTEE.

Educational Department

A LETTER TO THE CHILDREN

DEAR children of the Sabbath school, I wish to write you about missionary work, and of some kinds that you can do. Now that spring has come again, bringing to us the birds and flowers, and all nature has put on the garments of gladness and activity, it is natural that the children should begin to think about their summer's work. Many of you are no doubt planning to help father on the farm and are busy each day with the out-of-door work. You are happy with your work and glad to be out in the open air after the cold winter has gone.

I have been thinking that now is a good time to begin to plan for the missionary work. Our missionaries leave their homes and many of them their native land to carry the gospel to others. They are deprived of many of the comforts which we who stay at home are permitted to enjoy, and it seems right that we should consider ourselves missionaries too, and plan to advance this message. There are many millions of boys and girls who do not know of Jesus' love, nor that he is soon coming to this earth again. Many of them do not know anything about the gospel as we do, and money is very much needed to send the light to them. I wonder how many of our boys and girls would like to begin now to engage in some line of missionary work, and keep it up through the summer. If the children all through the conference will take hold and do what they can we shall have quite a large sum for missions this fall. Let me tell you of some ways that you can help.

Ask your parents to let you have a small piece of ground to cultivate for missionary purposes. I think they will do what you ask if they see that you are really anxious to do something for Jesus and those who do not know him. Then choose some seed that you understand the care of, and after carefully preparing the soil plant it, and ask the Lord to bless the work of your hands. All may not have ground which they can cultivate. Such might secure one or more hens, ducks, geese, doves, etc. If you have hens you can save the money which you will receive from the sale of the eggs. Or perhaps you can raise a brood of chickens, and these well cared for will bring quite a nice little sum in the fall. Perhaps your parents will let you have the hens if you ask them. Some of the children may not be able to engage in either of these enterprises who can earn something by having a small flower bed where some choice flowers can be cul-

tivated and sold for bouquets during the summer. This would be a very pleasant occupation as well as one that will yield considerable profit.

As you watch and care for these missionary enterprises the Lord will bless you, and I am sure that you will look forward with pleasure to the time when you can give the money secured to his cause. No doubt you will be able to think of other ways by which you can earn money during the summer. You have done much in the past. We are told that "Children and youth have given their pennies that, like little rivulets, have supplied streams of beneficence." This is encouraging, and should stimulate us to more earnest service.

We would like to know how many will join this "Missionary Band." If all who will, will send us their names and addresses we will keep a list of them so that we may know how large a band of workers we have. We will also print the names in the HERALD. Please write me right away. It will also be necessary to decide at once what you will do, and get right at it. The summer will go by very quickly, and we must work hard and fast. Let us all band together for a summer's missionary enterprise, and then in the fall we will have an Ingathering Service, when we can bring what we have gathered, whether it is much or little, to the house of the Lord and offer it to him for his work.

MRS. S. M. BUTLER.

IN SPITE OF ENVIRONMENT

YOU may be sure that people who are always complaining of their environment,—of the conditions which surround them,—for the evident purpose of excusing their inaction, mediocre work, or failure, are not organized for success. They lack something, and that something, as a rule, is an inclination to do downright, persistent hard work. They are better at finding excuses for their failure than at anything else.

The man who expects to get on in the world can not do it with a half-heart, but must grasp his opportunity with vigor, and fling himself with all his might into his vocation. . . .

In this electrical age of sharp competition, no young man can hope to get on who does not throw his whole soul into what he is doing. Great achievement is won by doing, doing, doing and doing over again; by repeating, repeating, repeating and repeating over again; by finding one's bent, and sticking to that work early and late, year in and year out, persistently and determinedly.

There is no half way about it. No

one can succeed by taking hold of his occupation with his finger-tips. He must grasp the situation with all the vigor of his being, with all the energy he can muster, and stick and hang and dig and save: this is the cost of any worthy achievement, and there is no lower price. There are no bargains on the success-counter. There is but one price,—take it or leave it. You simply waste your time if you banter.

What a pitiable sight it is to see a strong, vigorous, well-educated young man in this age of opportunity such as the world never saw before, sitting around wasting his precious years, throwing away golden opportunities, simply because he does not happen to be placed just where he thinks the great chances are, or does not see an opportunity which is big enough to match his ambition or his ability!

It is a cruel, wicked sight to see our wealthy young men squandering the hard-earned fortunes of their fathers in vicious living, but what shall we say of a vigorous youth with giant energies, and good education, who folds his arms and refuses to seize the golden opportunities all about him?

Bishop Spaulding, in a recent address, said: "Success lies in never tiring of doing; in repeating and never ceasing to repeat; in toiling, in waiting, in bearing, and in observing; in watching and experimenting, in falling back on one's self by reflection, turning the thought over and over, round and about the mind and vision, acting again and again upon it,—this is the law of growth. The secret is to do, to do now; not to look away at all.

That is the great illusion and delusion,—that we look away to what life will be to us in ten years or in twenty years; we look to other surroundings. The surrounding is nothing, the environment is nothing; or, in other words, it is not possible to work except in the actual environment. If you do not work where you are, where will you work? If you do not work now, when will you work? There is nothing for us but here and now."—*Success*.

"OUR ideas of education take too narrow and too low a range. There is need of broader scope, a higher aim. True education means more than the perusal of certain courses of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental and the spiritual powers.

Medical Department

THE MOIST ABDOMINAL BANDAGE OR WET GIRDLE

THIS treatment is applied around the trunk, covering especially that portion of skin having the most immediate reflex relation with the abdominal organs.

The same principles should be observed in this treatment as have already been described. The requisites for this treatment are a linen bandage of one thickness, from eight to twelve inches wide and sufficiently long to pass one and one-half times around the body; a flannel bandage of two thicknesses and the same length as the linen, but three or four inches wider, and a water-proof covering which may or may not be used as the case may indicate. The bandage should be spread out smoothly, the wet linen on top of the flannel; then let the patient lie back onto it so as to cover the part to which the application is to be made, and quickly bring the ends of the wet bandage across in front, allowing the extra thickness to come over the abdomen. The flannel bandage should now be brought across in the same manner and snugly pinned so as to protect the wet bandage from the air.

The wet girdle may be made wide enough to reach from the axilla to the top of the hips, when it is termed the trunk pack, or it may be reduced in size. In some cases when first used it is better to reduce it, covering only the abdominal surface with the wet linen instead of passing it around the whole trunk.

The wet girdle produces a powerful effect upon certain nervous centers, and through them upon the abdominal organs. It is a very effective measure for relieving internal irritation or congestion. The slight chilliness which is produced soon disappears, as there is only a small portion of the surface involved, and the patient experiences a pleasant, cool sensation. It will relieve sensitiveness or heaviness of the head or epigastrium, dizziness, and other unpleasant symptoms which may exist. Later, perspiration may occur, but it is not so likely to as when the wet sheet pack is applied. If the coverings are not too warm, and properly adjusted, the pack may be prolonged for several hours without producing perspiration. Instead, there is a prolonged tonic reaction with a powerful derivative and quieting effect upon the internal organs; it also has a decided effect upon the sympathetics.

T. CAROLYN LEMONS.

THE PARALYZING EFFECT OF WORRY

ANXIETY, worry and fretting destroy nutrition by ruining digestion and preventing assimilation of the nutriment in the food. Whatever affects the brain cells, the nutritive centers of the body, affects the health, the life. Worry or anxiety injures certain cells of the brain, often beyond repair. The supply of nerve nutriment is cut off, and all the normal processes of the body are disarranged and disordered while one is troubled or worried or anxious. This is why worry kills.

Nothing is better known to physicians than the fact that people who are always worrying or fretting about their business affairs or their health, like a long-bent bow, lose all elasticity: there is no buoyancy, no spring in their life; their minds have been so long held in bondage that they refuse to react,—the rebound is gone. The mind becomes, thereafter, mechanical and dead to ordinary suggestion.

There is nothing else, except vice, which is so difficult to remedy as a mind perpetually under the influence of worry and anxious thought.

Physicians tell us that the food remains absolutely undigested, that the gastric juice even is not generated when the mind is oppressed with fear or over-anxiety. All the secretions of the body are affected and all the functions are thrown out of harmony. Without harmony, health is impossible, and without health, success must be marred or impaired. Perpetual worriers can not be happy because they absolutely ruin their minds for enjoyment. They always see clouds; to them there is no sunshine. If any one should say to them, "It's a pleasant day", they would say, "Yes, but it will probably rain somewhere." They can never quite get their mental sky clear of thunder clouds; they always see a cyclone coming in every cloud; something is going to happen; business is going to the dogs; their health is being impaired; a cancer or consumption is developing in their systems, and they are perfectly sure that things are not going to turn out right.

If they happen to have a little streak of good luck in their business, they look upon it as they would upon a very bright day in winter, calling it a weather breeder, and believing that disaster is ahead of them.

After a while, the structure of the entire mind is changed by worries so that it cannot possibly get into a normal condition more than a few minutes at a time. It drops back immediately into its abnormal, worrying condition.

Marden.

News From the Field

BIG RAPIDS

BIG RAPIDS is located about sixty miles north of Grand Rapids on the Grand Rapids and Indiana railroad. It has at present a population of about five thousand. Fifteen years ago, while the lumber industry was active, it was somewhat larger. The Ferris Institute, one of the largest private schools in the country, is located here. Last winter its attendance reached eight hundred.

Big Rapids has had some work done by ministers and canvassers, but not very much has been accomplished; and when Mrs. Videto and myself came here last fall there was but one sister keeping the Sabbath.

Recently Brother Graham and family have moved here from Cadillac, and we now have a Sabbath school. Only one has accepted the Sabbath, but hundreds of the new tracts have been scattered over the city and many Bible readings have been held.

Brother Tefft and myself have been holding meetings here for about ten days, but our attendance has been small. When we read the stirring message that a memorial must be erected in every city, we know that that includes Big Rapids, and that if a company is not raised up now, others will have to be sent here who will complete the work. We believe this work can and should be done now and there need be "delay no longer."

W. E. VIDETO.

GRAND RAPIDS CHURCH SCHOOL

AFTER an unavoidable delay of several weeks, during which time a room in the church building was fitted up for the purpose, our school opened with an enrollment of fourteen pupils. We now have a membership of twenty-one, as large a number as we can accommodate with our present conveniences, as our room has a seating capacity of only eighteen pupils.

The children range in age from six to thirteen years. Our work is arranged in four divisions, which include the first six grades of work. Many have desired to take work in the higher grades and we regret deeply that we have not a place for them in the school. We hope soon to have our quarters enlarged so that we may offer work to this class of pupils.

The interest of the parents and people of the church has gradually grown in the school, and we feel very grateful for the hearty co-operation. Not only the church members are interested in our work, but some of those favorable to the truth are now represented in the school by their children.

For practical missionary work for the children, we have been disposing of one hundred copies of the *Life Boat*. The pupils take delight and interest in this method of spreading the truth. Not only has it been a pleasant task for them, but it has been the means of instilling the missionary spirit even in the smallest of the children. The money received from the sale of the papers is used in procuring necessary articles and equipment for the school.

FLORENCE M. KELSEY.

HOWARD CITY

THIS church holds several services each week. At half past ten Sabbath morning the young people hold their meeting, and at two thirty in the afternoon the Sabbath school convenes. Among the interesting features of our school are the blackboard exercises for the children. Following the Sabbath school is the regular church service. Every alternate Sabbath we have preaching; also each Sunday evening. Besides these meetings we hold a weekly prayer meeting and a missionary meeting every other Thursday evening. The Christian Help Band meets every two weeks.

Our members have done something toward selling "Christ's Object Lessons," but not many books have been sold for this church, as the most of the members belonged to other churches before the organization here and the books have been credited to the churches to which our people formerly belonged.

We are endeavoring to do some missionary work in the neighborhood, and some of the people are becoming interested. A young man was recently converted while listening to a conversation of one of our members with a man who had been seeking for forgiveness of sins but had not yet found his way into the light. What is needed here is personal work from house to house.

Every family in the church is a subscriber to the WEST MICHIGAN HERALD.

GRACE NESTLE.

CARLTON CENTER CHURCH SCHOOL

OUR school is getting along nicely. The children have been selling a few of the *Life Boats*, and I think they really enjoyed it, although we do not have the opportunity that we should have if we were located in the city. This being a country place, there are only comparatively a few people with whom we can work.

Our school closes May 29, and if the remaining time is as successful as the past months have been I shall be

pleased with our work. I hope God will direct so that many other children may receive the benefits of a Christian education.

WINIFRED TRUNK.

FROST SCHOOL HOUSE

THE 2nd of April I began work in the neighborhood of the Frost school house, as stated in the HERALD of April 15. Several had begun the observance of the Sabbath before I went there; others began afterwards.

As but little of a doctrinal nature had been given, I endeavored to present the different points of faith as clearly as possible, that those who had lately taken their stand for the truth might be fully confirmed. On Sabbath, April 18, a Sabbath school of sixteen members was organized.

FRED BRINK.

Financial

TITHE RECEIPTS FOR APRIL

Allendale.....	\$ 20 81
Burlington.....	2 58
Bedford.....	50 55
Belding.....	17 75
Byron Center.....	9 74
Blendon.....	40 08
Convis.....	7 00
Clifford Lake.....	23 92
Coldwater.....	46 04
Carlton Center.....	30 79
Carson City.....	50 00
Charlotte.....	89 62
Denver.....	10 63
Douglas.....	12 40
Dimondale.....	39 02
Edmore.....	227 67
Eaton Rapids.....	1 00
Fremont.....	32 25
Grandville.....	19 24
Glenwood.....	4 87
Gowen.....	13 10
Grand Rapids.....	258 52
Hastings.....	17 01
Howard City.....	10 00
Homer.....	16 67
Horr.....	2 90
Individuals.....	17 58
Kalamazoo.....	99 49
Kinderhook.....	34 80
Kent City.....	19 29
Lyons.....	12 26
Lowell.....	36 10
Lakeview.....	36 38
Mt. Pleasant.....	41 61
Maple Grove.....	75 84
Monterey.....	73 61
Mendon.....	52 76
Morley.....	20 70
Muskegon.....	7 00
Orange.....	67 31
Pottersville.....	54 78
Palo.....	6 66
Quincy.....	109 70
Sand Lake.....	44 29
Shelby.....	108 14
Trufant.....	36 34
Vermontville.....	19 34
West Leroy.....	30 84
Waverly.....	79 46
Wright.....	69 19

\$2207 63

News and Notes

—We received \$32.50 from Cedar Lake for "Christ's Object Lessons" last week.

—Sabbath, May 16, Elder S. M. Butler expects to meet with the Shelby church.

—Let all bear in mind that May 16 is the date for the special donation for Cedar Lake Academy.

—Elder A. G. Haughey and Elder S. M. Butler were at Cedar Lake Monday on business connected with the Academy.

—We would call attention to a pure vegetable oil which we have for sale at this office. It gives satisfaction wherever tried.

—Elder A. G. Haughey attended the meeting of the Lake Union Conference at Berrien Springs, Wednesday, Thursday and Friday of this week.

—The conference committee and the district superintendents are to meet in counsel at Berrien Springs, Wednesday, May 12-14, to plan for the tent work the coming season.

—Reports have not yet been received from all of the Sabbath school secretaries. We wish all who have not reported would do so at once.

—Elder S. M. Butler attended a counsel meeting of the educational superintendents of the Lake Union Conference at Berrien Springs this week.

—Elder W. D. Parkhurst reports \$100 in donations and pledges in district No. 1 for the Tent Fund. Reports from the other districts have not yet reached us.

—The meetings held at the Soldiers' Home each Tuesday evening continue to grow in interest. Different speakers from the Grand Rapids church occupy the hour, and the young people of the church furnish the music.

—We learn with regret of the death of Brother Addison Howe, of Lyons, Mich. Brother Howe was for many years officially connected with the church, and the loss which the members have sustained in his decease is expressed in appropriate resolutions which were presented by the church and Sabbath school.

—We have received word from the Corresponding Secretary of the Sabbath School department of the General Conference that the printed studies on "The Testimonies on Sabbath School Work" have been discontinued. This explains why the superintendents have not received these studies for the month of May.