

Our Homes and Our Health

AVOID THE USE OF POISONOUS DRUGS

A practice that is laying the foundation of a vast amount of disease and of even more serious evils, is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

Drugs Do Not Cure Disease

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later period.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

Restorative Power In Nature

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is

an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then Nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.

Natural Remedies

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.—“Counsels on Health,” pp. 89, 90.

HEALTH REFORM AND GOOD COOKING

“Our sister often do not know how to cook. To such I would say, I would go to the very best cook that could be found in the country, and remain there, if necessary, for weeks, until I had become mistress of the art,—an intelligent, skillful cook. I would pursue this course if I were forty years old. It is your duty to know how to cook, and it is your duty to teach your daughters to cook. When you are teaching them the art of cookery, you are building around them a barrier that will preserve them from the folly and vice which they may otherwise be tempted to engage in.”—“Testimonies,” Vol. 2, p. 370.

“One reason why many have become discouraged in practicing health reform is that

they have not learned how to cook so that proper food, simply prepared, would supply the place of the diet to which they have been accustomed. They become disgusted with the poorly prepared dishes, and next we hear them say that they have tried the health reform and cannot live in that way. Many attempt to follow out meager instructions in health reform, and make such sad work that it results in injury to digestion, and in discouragement to all concerned in the attempt. You profess to be health reformers, and for this very reason you should become good cooks."—"Counsels on Health," pp. 450, 451.

"We can have a variety of good, wholesome food, cooked in a healthful manner, so that it will be palatable to all. It is of vital importance to know how to cook. Poor cooking produces disease and bad tempers; the system becomes deranged, and heavenly things cannot be discerned. There is more religion in good cooking than you have any idea of."—"Christian Temperance and Bible Hygiene," pp. 157, 158.

"Often health reform is made health reform by the unpalatable preparation of food. The lack of knowledge regarding healthful cookery must be remedied before health reform is a success."—"Counsels on Diet and Foods," p. 263.

Dress Reform

"Our words, our actions, and our dress are daily, living preachers, gathering with Christ or scattering abroad. This is no trival matter."—"Testimonies," Vol. 4, p. 641.

"Christians should not take pains to make themselves a gazing-stock by dressing differently from the world. But if, when following out their convictions of duty in respect to dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world; but they should manifest a noble independence and moral courage to be right, if all the world differ from them. If the world introduce a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress. Christians should follow Christ and make their dress conform to God's word. They should shun extremes."—"Testimonies," Vol. 1, pp. 458, 459.

"Let the wearing of useless trimmings and adornments be discarded. Extravagance should

never be indulged in to gratify pride. Our dress may be of good quality, made up with plainness and simplicity, for durability rather than for display."—"Review and Herald," No. 2, 1878.

"God is to be the subject of thought, the object of worship; and anything that attracts the mind from the solemn, sacred service is an offense to Him. The parading of bows and ribbons, ruffles and feathers, and gold and silver ornaments, is a species of idolatry, and is wholly inappropriate for the sacred service of God, where the eye of every worshiper should be single to His glory. All matters of dress should be strictly guarded, following closely the Bible rule."—"Testimonies," Vol. 5, p. 499.

"As soon as any have a desire to imitate the fashions of the world, that they do not immediately subdue, just so soon God ceases to acknowledge them as His children."—"Testimonies," Vol. 1, p. 137.

WHAT THE BIBLE CONTAINS

This book contains—The Mind of God, the state of man, the way of salvation, the doom of sinners, and happiness of believers.

Its doctrines are Holy, its precepts are binding, its histories are true, and its decisions are immutable.

Read it to be wise, believe it to be safe, and practice it to be holy.

It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christian's charter.

Here — Heaven is opened, and the gates of hell disclosed.

CHRIST IS ITS GRAND SUBJECT, our good it's design, and the glory of God its end.

It should fill the memory, rule the heart, and guide the feet.

Read it slowly, Frequently, and Prayerfully.

It is the mind of wealth, a paradise of glory, and a river of pleasure. It is given you in life, will be opened at the judgment, and remembered forever.

It involves the highest responsibility, will reward the greatest labor, and condemn all who trifle with its sacred contents.

—Selected.

The Blessings of Sacred Music and Song

WE are told music, like poetry and flowers, is elevating and refining in its nature, and should therefore have its place in worship of God, and in the life and experience of God's people. Rightly employed, it is a precious gift of God, designed to uplift the thoughts to higher and nobler themes. It is adapted to every mood and feeling of the human soul, and many times has reached hearts when other means have failed. It has power to subdue the rude and uncultivated natures, power to quicken thought and to waken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort. Next to prayer, music seems best adapted to worship.

"When human beings sing with the Spirit and the understanding, heavenly musicians take up the strain, and join in the song of thanksgiving. . . . In the meetings held, let a number be chosen to take part in the song service. And let the singing be accompanied with musical instruments skilfully handled. We are not to oppose the use of instrumental music in our work. This part of the service is to be carefully conducted; for it is the praise of God in song."—"Testimonies," Vol. 9, pp. 143, 144.

The history of songs of the Bible is full of suggestion as to uses and benefits of music and song. Henry Ward Beecher says: "They sing in heaven, and among God's people on earth song is the appropriate language of Christian feeling."

I like to call your attention to some of the songs recorded in the Bible. There are three outstanding occasions of singing mentioned, and we shall do well to study them separately.

First Song

The first group of singers was composed of the Heavenly hosts, and the great event at which this choir went into action was at the creation of the world. Concerning this wonderful occasion we read: "When the morning stars sang together, and all the sons of God shouted for joy." Job 38:7.

What a sight it must have been to the Heavenly hosts when they beheld the work of creation in its beauty and glory. Everything that had been created was perfect, and looking back after the work of creation had been accomplished, the Lord Himself declared: "Be-

hold, it was very good." Gen. 1:31. As we look upon nature to-day, marred by the curse of sin, we still have a faint conception of the beautiful works of creation, and we can realize what a cause of rejoicing it must have been to the angels when they beheld the earth in its splendor and glory. Beholding the works of creation David said: "The heavens declare the glory of God; and the firmament sheweth his handiwork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard." Ps. 19:1-3. The Bible teaches that this earth will be restored to its former beauty, and when this takes place the whole universe will again greatly rejoice.

Second Song

The Heavenly host was heard again at that memorable night when they heralded the birth of the Son of God, the "Prince of Peace," who was to save His people from their sins.

That night, on the plains of Bethlehem, an angel chorister caroled to those lonely shepherds this great and stirring message: "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord." Luke 2:10, 11.

No greater introduction of any choral group that were to follow with song and praises has ever been made. This great multitude of angels must have had a special training for this solemn occasion, for they appeared suddenly, and held their audience in amazement. The climax of this beautiful song was: "Glory to God in the highest, and on earth peace, good will toward men." Luke 2:14.

What a message this song contains. Christ came to bring peace to every troubled soul who accepts Him by faith. But Satan, who at one time was the great leader of the Angelic Choir, is since his banishment from Heaven, doing all he can to bring discord, strife, jealousy, hatred and enmity among the children of men. It is therefore sad indeed that this song of peace and good will shall never be fully effective as long as sin shall reign, but the time is coming when Christ Himself will establish His kingdom of everlasting peace, and all those who have

found peace in their troubled soul shall have the privilege to dwell in this kingdom.

Third Song

But the greatest of all songs that have ever been sung will be sung by the one hundred and forty and four thousand. Standing there on Mount Sion with their Leader, the Lamb, with vesture of white robes and their Father's name written on their foreheads, they sing the song of deliverance, a new song that they alone can learn and sing. Seeing this company in vision John declared:—

And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps: And they sung as it were a new song before the throne,

and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth. . . . And I saw as it were a sea of glass mingled with fire: and them that had gotten the victory over the beast, and over his image, and over his mark, and over the number of his name, stand on the sea of glass, having the harps of God. And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvellous are thy works, Lord God Almighty; just and true are thy ways, thou King of saints." Rev. 14:2, 3; 15:2, 3.

O! what a song, what a chorus of singers, what an anthem to sing, what a chorister (the Lamb) to direct. O! that you and I might be one of this great Heavenly Choir.

—Peter D. Blackwood.

Basis of Reform

"The progress of reform depends upon a clear recognition of fundamental truth. While, on the one hand, danger lurks in a narrow philosophy and a hard, cold orthodoxy, on the other hand there is great danger in a careless liberalism. The foundation of all enduring reform is the law of God. We are to present in clear, distinct lines the need of obeying this law. Its principles must be kept before the people. They are as everlasting and inexorable as God Himself."—"The Ministry of Healing," p. 129.

"Fear Not"

"Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." Luke 12:32.

THE foregoing encouraging words came from the lips of our dear Saviour. We find that throughout His ministry He always sought to encourage those with whom He came in contact. The Saviour well knew that human nature was very apt to have fear, therefore He labored very earnestly to take away this weakness out of the life of every Christian.

When at one time in the ministry of Jesus, He was called upon to heal Jairu's daughter, a certain ruler of the synagogue came to Him and said: "Thy daughter is dead trouble not the Master." These words revealed that there was fear and unbelief in the heart of this ruler, and when Jesus heard him, He answered him, saying, "Fear Not: believe only, and she shall be made whole." Here we see, that this fear

which was in the ruler's heart, resulted in his unbelief. On another occasion we find the Saviour with His disciples on the sea, and there arose a great storm, while the Saviour was asleep. The disciples were fearful, and they surely thought that they would perish, but in their anxiety they cried to the Lord: "Save us; we perish." This cry of course was not unheeded, for the Saviour will never turn away from a soul who utters these words, but after the storm had been stilled, He said with a sorrowful heart to His disciples: "Why are ye fearful? Have ye not faith?"

In this instance fear is brought the second time in connection with unbelief, we will therefore now study how necessary it is for a true Christian to have no fear, for only those who do not have fear will possess faith, and without faith we can not become children of the heavenly Father. Even the disciples who were so closely associated with their Saviour, and had seen so many miracles wrought by Him, had

not overcome this weakness, but it must be overcome by everyone who will at last reign with Him in His kingdom.

Without Faith We Cannot Please God

Since we have found that faith will not live in a heart that is filled with fear, let us heed the words so often uttered by our Saviour "Fear not" in order that we may become partakers of a living faith, which is so necessary for our spiritual welfare. Especially when great trials and temptations have to be met on the part of a Christian, strong faith is necessary to come out victorious, but it is in just such a time that many lose their hold on God, and become fearful. If in this time of peril, when Satan is trying to deceive "if possible the very elect," strong faith is not exercised on the part of God's children, they will surely fall a prey to the enemy. Again, when we see souls under heavy trials, we should always, like our Saviour, encourage those who are weak in faith, for in this way we might help them not to lose their hold on God. The spirit of prophecy has given us a wonderful admonition to exercise strong faith when trials surround us, and we would do well to accept the solemn counsel given us.

"For the disheartened there is sure remedy,—faith, prayer, work. Faith and activity will impart assurance and satisfaction that will increase day by day. Are you tempted to give way to feelings of anxious foreboding or utter despondency? In the darkest days, when appearances seem most forbidding, **fear not**. Have faith in God He knows your need. He has all power. His infinite love and compassion never weary. **Fear not** that He will fail of fulfilling His promise. He is eternal truth. Never will He change the covenant He has made with those who love Him. And He will bestow upon His faithful servants the measure of efficiency that their need demands."—"Prophets and Kings," pp. 164, 165.

This testimony brings much comfort to all who are having severe trials, and it proves also a blessing for every child of God who will be subject to trials and temptations in the future. We know that in the time in which we are living every one of God's children will be tested and tried, and only those who stand every test, and overcome, and pay the full price, will receive the "latter rain," and be sealed for eternity. If we therefore know that fiery trials are ahead of us, how sweet it is to have these words ringing in our ears: "**Fear not. Have faith in God. He knows your needs. He has all power.**" If we believe these promises, and trust fully in God, we will surely be conquerors in every trial which we have to meet.

We must learn a lesson from the experience the disciples had on the stormy sea. While they were fearful, we find Jesus at per-

fect peace. No fear was in His heart, for He trusted fully in the almighty power of God. The same experience will be ours if we have perfect faith, and trust fully in the Lord. But how often we find that the experience of the disciples is ours, and not that of our Saviour. Note how clearly the spirit of prophecy has set forth the lessons for us to learn.

"As Jesus rested by faith in the Father's care, so we are to rest in the care of our Saviour. If the disciples had trusted in Him, they would have been kept in peace. Their fear in the time of danger revealed their unbelief. In their efforts to save themselves, they forgot Jesus; and it was only when, in despair of self-dependence, they turned to Him, that He could give them help.

"How often the disciples' experience is ours! When tempest of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. We trust in our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. Whether on land or on sea, if we have the Saviour in our hearts, **there is no need of fear**. Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best."—"The Desire of Ages," p. 336.

We find in this testimony that the disciples trusted in their own strength, and this is the reason why they met with failure on their part. As soon however as they turned to Jesus, they did not cry in vain, for He has promised that He will never fail to give us the help we need. Let us learn from this experience never to trust in our own strength, but always have living faith in the Redeemer, rest in His care, and remain in perfect peace. If we now possess faith and peace, another blessed characteristic will be revealed in our Christian life, and that is:

"Hope Which Maketh Not Ashamed"

When faith has taken a strong hold upon the heart, the soul will hope for the things that are not seen. The faithful believer knows of a surety that God's promises will be fulfilled, and will hope and wait quietly for the salvation of our Lord. It is also in hope where we find comfort for our souls when trials thicken around us, and as long as we remain firm in hope the enemy will not defeat us. Our most blessed hope is to see the kingdom of God come with power, and we know that this promise will soon be fulfilled. The following testimony is very encouraging to all who hope and trust in God.

"Fellow pilgrim, we are still amid the shadows and turmoil of earthly activities; but **soon** our Saviour is to **appear** to bring deliverance and rest. Let us by faith behold the blessed hereafter, as pictured by the hand of

God. He who died for the sins of the world, is opening wide the gates of Paradise to all who believe on Him. Soon the battle will have been fought, the victory won. **Soon** we shall see Him in whom our hopes of eternal life are centered."—"Prophets and Kings," pp. 731, 732.

How precious it is to know that our hope which is centered in Christ will not make ashamed. **Soon** our hope will be changed into blessed reality. **Soon**, the servant of God has foretold, the victory will be won, and we will enter the haven of rest. Yes, dear reader, it will not be long and our hope will be rewarded, and we shall see Him eye to eye. Let us with this picture before us, put away all fear, and hold the beginning of our confidence fast to the end.

Love the Greatest of All

We find in the Scripture that faith, hope, and love, are the most blessed characteristics of a Christian, but the Bible has also told us that **love** is the greatest of all. Let us now take under consideration this blessed characteristic. First of all, it was love which moved our heavenly Father to give His beloved Son for us, and again, it was love which led Christ to suffer and die for us at Calvary. If we, now, being followers of Christ, profess to have love in our heart, we will, like our Saviour manifest it by our actions. What we need today is "Faith which worketh by love." Our service for Jesus will only be accepted by Him if it springs from a heart of love. John tells us: "But whoso keepeth His word, in him verily is the love of God perfected: hereby know we that we are in Him." 1 John 2:5. This text shows us that if we truly love God we will keep His word. The Saviour testifies to this in John 14:15; where He says: "If ye love Me, keep My commandments." And again in John 15:10: "If ye keep My commandments, ye shall abide in My love; even as I have kept My Father's commandments, and abide in His love." These verses make it very clear that true love means commandment-keeping, and all those who profess to love God, but do not keep His commandments are liars, and do not abide in His love.

Many try to keep God's commandments because of fear, and not of love, but such service will not be accepted by God. The Scripture tells us: "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love." 1 John 4:18. Here we find love in connection with fear, and these do not harmonize. It is impossible to be in perfect love, and at the same time have fear. Our Saviour knew well that our whole Christian life would be a failure if fear was cherished in the heart, therefore

we find Him so often saying: "Fear not." If this weakness is fully overcome, faith, hope, and love can live in our heart, and we will be acceptable unto God.

In another Scripture we find that: "We love Him, because He first loved us." Christ has done all He could do. He suffered, bled, and died for us. Since He has revealed such great love toward us, "while we were yet sinners," He desires that we should love Him. The spirit of prophecy expresses this desire in the following words.

"Our Redeemer thirsts for recognition. He hungers for the sympathy and love of those whom He purchased with His own blood. He longs with inexpressible desire that they should come to Him and have life. As the mother watches for the smile of recognition from her little child, which tells of the dawning of intelligence, so does Christ watch for the expression of grateful love which shows that spiritual life is begun in the soul."—"The Desire of Ages," p. 191.

We must realize that we all come far short of loving our Saviour as we should. But Jesus is still waiting today, that we might recognize Him in the fullest sense as our personal Saviour. He is waiting, that we might love Him with all our heart, mind, soul, and strength. He is waiting, that we might urge Him to come into our hearts and live His life in us. Will we not today answer the pleas of our Redeemer, and, "love Him, because He first loved us?" O, let us all come back to that first love which is seen in those who are truly converted to Christ.

In Psalm 46:1, 2; we read these encouraging words: "God is our refuge and strength, a very present help in trouble. Therefore **will not we fear**, though the earth be removed, and though the mountains be carried into the midst of the sea." In these verses great faith is revealed, but **no fear**. Whatever may come to us, if we have strong faith in God, and trust in His strength, **we will have no fear**. How precious it must be for one to have just such an experience, to be at perfect peace. This experience may be ours, if we only believe.

The Saviour is still speaking to us today: "**Fear not.**" May we never allow fear to come into our life and take control of us, for this will surely destroy our experience with God. Even if Satan is trying you hard, and everything seems dark, have faith in God. Let us serve Him with a heart full of love, and hope for His appearance. Only a little flock will be ready in the end to meet Him, and the Saviour is speaking to them: "**Fear not**, little flock; for it is your Father's good pleasure to give you the kingdom."

—W. O. Welp.

The Sabbath Watchman

with

The Children's Friend

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and repeated them in such a way that their true meaning shone out. They were ashamed because this child knew more than they did. They claimed that he ought to obey them, and not go contrary to the teachings of the church. They said it was their business to explain the Scriptures, and that it was his place to accept what they said. They were angry that this child should dare to question their word when it was their calling to study and explain the Scriptures.

Christ showed the greatest respect and love for his mother. Though she often talked with him and sought to have him do as his brothers desired him to do, yet he never showed her the least lack of devotion. His brothers could not cause him to change his habits of life. He knew there was nothing wrong in thinking about the works of God, in showing sympathy and tenderness toward the poor, the suffering, and the unfortunate. He sought to soothe the sufferings of both men and dumb animals.

Mary had felt greatly troubled when the rabbis came to her to complain about Jesus, but peace and confidence came to her troubled heart as her Son showed her what the Scriptures said about his practices. At times she wavered between Jesus and his brothers who did not believe that he was the Sent of God; but she saw enough to show her that his was a divine character. She saw him giving his life for others, meeting the people where they were. She saw him growing in grace and knowledge, and in favor with God and man.—“Christ our Saviour,” edition 1898, pp. 15-21.

Asleep in Jesus

“But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so then also which sleep in Jesus will God bring with Him.”

“Asleep in Jesus! Soon to rise,
When the last trump shall rend the skies
To burst the fetters of the tomb,
And wake in full, immortal bloom.”

John Williams

It is with deep regret that we announce the death of our dear brother—

John Williams

who fell asleep in Jesus on Sunday, January 29, 1939, at the age of 68 years.

Our beloved brother accepted the third angels message in the year 1905 under the labors of Elder Rodd Meredith, who was at that time holding an effort in the little town of Blaenam. His love for Jesus, and His truth demanded great sacrifice at that time, but he was willing to give his all and become an earnest follower of His Lord and Master. He loved to assemble with those of like precious faith.

In the year 1929 the light of reform came to him, which he saw very clearly, and he decided to walk with God's remnant people. He was loved and respected by all who knew him.

On February the 2nd we laid him to rest in the old cemetery, Hanover Road, Blaeman. The undersigned had the privilege of speaking to a fairly large company of mourners concerning the message for this time, and the blessed hope of our faith. Job 1:4; Rev. 14:12, 13; 22:12, were read, and these Scriptures brought much comfort to our souls. At the close of this service all joined in singing that beautiful hymn which our brother had requested, “Abide with me.”

We then proceeded to the grave where again a few words were spoken on the subject: “Where are the dead.” Another hymn was sung, namely: “God be with you till we meet again.”

We pray God that He will comfort the wife and children who deeply mourn the loss of our beloved brother. May we soon meet him again at the first resurrection morning, when all those who have been faithful will be forever with the Lord.

—F. Charles, S. Wales, England.

INTERNATIONAL MISSIONARY SOCIETY S. D. A. REFORM MOVEMENT

North America: KALAMAZOO, MICH.
P. O. Box 432

Correspondence intended for the North American Union, also orders for literature, should be addressed as above.

Remittances covering tithes, offerings and orders for literature should be forwarded either by bank draft or money order, and should always be made out in favor of the International Missionary Society, S. D. A. Reform Movement. (Address as above.)



THE GOLDEN RULE

To do to others as I would
That they should do to me,
Will make me honest, kind, and good,
As children ought to be.

Whether I am at home, or school,
Or walking out abroad,
I never should forget this rule
Of Jesus Christ our Lord.

—Selected.

Child-Life of Christ

EVEN in his childhood Jesus saw that the people did not live in the way that the Bible pointed out they should live. He studied the Bible, and followed the simple habits and ways that the word of God directs, and when people found fault with him because he was so lowly and simple, he pointed them to the word of God.

His brothers told him that he thought himself much better than they were, and reproved him for setting himself up above the priests and rulers of the people. Jesus knew that if he obeyed the word of God, he would not find rest and peace in the home circle among his brothers.

His brothers were greatly put out because Jesus would not do as their teachers directed, and followed the word of God rather than the traditions of men. The priests and the Pharisees also were annoyed because this child would not accept their human inventions, maxims, and traditions. They thought that he showed great disrespect to their religion and to the rabbis who had commanded these services. He told them that he would heed every

word that came from the mouth of God, and that they must show him from the Bible where he was in error. He pointed out to them the fact that they were placing the word of men above the word of God, and causing men to show disrespect to God through obeying the commands of men.

The rabbis knew that there was nothing in the Scriptures that would uphold them in forcing him to obey their traditions. They knew that he was far in advance of them in spiritual understanding, and that he lived a blameless life, yet they were angry with him because he would not violate his conscience by obeying their dictates. Failing to convince him that he ought to look upon human tradition as sacred, they came to Joseph and Mary, and complained that Jesus was taking a wrong course in regard to their customs and traditions.

Jesus knew what it was to have his family divided against him on account of his religious faith. He loved peace, he craved the love and confidence of the members of his family, but he knew what it was to have them withdraw their affections from him. He suffered rebuke and censure because he took a straightforward course, and would not do evil because others did evil, but was true to the commandments of Jehovah. His brothers rebuked him because he stood aloof from the ceremonies that were taught by the rabbis; for they regarded the word of man more highly than the word of God, because they loved the praise of men more than the praise of God.

Jesus made the Scriptures his constant study, and when the scribes and Pharisees tried to make him do as they did, and accept their doctrines, they found him ready to meet them with the word of God, and could do nothing to convince him that they were right. He seemed to know the Scriptures from beginning to end,

The Sabbath Watchman

with

The Children's Friend

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and repeated them in such a way that their true meaning shone out. They were ashamed because this child knew more than they did. They claimed that he ought to obey them, and not go contrary to the teachings of the church. They said it was their business to explain the Scriptures, and that it was his place to accept what they said. They were angry that this child should dare to question their word when it was their calling to study and explain the Scriptures.

Christ showed the greatest respect and love for his mother. Though she often talked with him and sought to have him do as his brothers desired him to do, yet he never showed her the least lack of devotion. His brothers could not cause him to change his habits of life. He knew there was nothing wrong in thinking about the works of God, in showing sympathy and tenderness toward the poor, the suffering, and the unfortunate. He sought to soothe the sufferings of both men and dumb animals.

Mary had felt greatly troubled when the rabbis came to her to complain about Jesus, but peace and confidence came to her troubled heart as her Son showed her what the Scriptures said about his practices. At times she wavered between Jesus and his brothers who did not believe that he was the Sent of God; but she saw enough to show her that his was a divine character. She saw him giving his life for others, meeting the people where they were. She saw him growing in grace and knowledge, and in favor with God and man.—“Christ our Saviour,” edition 1898, pp. 15-21.

Asleep in Jesus

“But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so then also which sleep in Jesus will God bring with Him.”

“Asleep in Jesus! Soon to rise,
When the last trump shall rend the skies
To burst the fetters of the tomb,
And wake in full, immortal bloom.”

John Williams

It is with deep regret that we announce the death of our dear brother—

John Williams

who fell asleep in Jesus on Sunday, January 29, 1939, at the age of 68 years.

Our beloved brother accepted the third angels message in the year 1905 under the labors of Elder Rodd Meredith, who was at that time holding an effort in the little town of Blaenam. His love for Jesus, and His truth demanded great sacrifice at that time, but he was willing to give his all and become an earnest follower of His Lord and Master. He loved to assemble with those of like precious faith.

In the year 1929 the light of reform came to him, which he saw very clearly, and he decided to walk with God's remnant people. He was loved and respected by all who knew him.

On February the 2nd we laid him to rest in the old cemetery, Hanover Road, Blaeman. The undersigned had the privilege of speaking to a fairly large company of mourners concerning the message for this time, and the blessed hope of our faith. Job 1:4; Rev. 14:12, 13; 22:12, were read, and these Scriptures brought much comfort to our souls. At the close of this service all joined in singing that beautiful hymn which our brother had requested, “Abide with me.”

We then proceeded to the grave where again a few words were spoken on the subject: “Where are the dead.” Another hymn was sung, namely: “God be with you till we meet again.”

We pray God that He will comfort the wife and children who deeply mourn the loss of our beloved brother. May we soon meet him again at the first resurrection morning, when all those who have been faithful will be forever with the Lord.

—F. Charles, S. Wales, England.

INTERNATIONAL MISSIONARY SOCIETY S. D. A. REFORM MOVEMENT

North America: KALAMAZOO, MICH.
P. O. Box 432

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kept from entering the dark shadow of despair and discouragement!

The Harvest of Kind Words

All who have the mind of Christ will turn away from everything tending to deformity of character. If Christ is taken as our pattern in all things, if He is formed within, "the hope of glory," our minds will be filled with thoughts that are pure and lovely. We shall feel no inclination to think or to talk of the failings of others, or to triumph over the knowledge of a brother's error. Mercy and love will be cherished; that charity which "suffereth long, and is kind," which "beareth all things" and "thinketh no evil," will appear in word and action.

The most persuasive eloquence is the word that is spoken in love and sympathy. Such words will bring light to confused minds and hope to the discouraged, brightening the prospect before them. The time in which we live calls for vital, sanctified energy; for earnestness, zeal, and the tenderest sympathy and love; for words that will not increase misery, but will inspire faith and hope. We are homeward bound, seeking a better country, even a heavenly. Instead of speaking words which will rankle in the breasts of those that hear, shall we not speak of the love wherewith God hath loved us? Shall we not try to lighten the hearts of those around us by words of Christlike sympathy? Shall we not tell of the prospective rest in store for the people of God? "A word fitly spoken is like apples of gold in pictures of silver."

Day by day we are sowing seed for the future harvest, and we cannot be too careful of the seed which we sow by our words. Often words are carelessly spoken and forgotten, but these words, for good or for ill, are bringing forth a harvest. Sow one unkind, harsh word, and this seed, finding soil in the minds of your hearers, will spring up and bear fruit after its own kind. Sow one seed in loving, gentle, Christlike words, and it will bring you rich returns. Our minds must be carefully guarded, lest words be spoken which are not a blessing, but a curse. If by our words we sow wheat, we shall reap wheat; if we sow tares, we shall reap tares; and the harvest, whether of wheat or of tares, will be sure and abundant.—E. G. White, in Review and Herald, Feb. 16, 1897.

"But thus saith the Lord, . . . I will contend with him that contendeth with thee, and I will save thy children." Isa. 49:25.

"Behold, He that keepeth Israel shall neither slumber nor sleep." Ps. 121:4.

**BRIEF NEWS OF THE REFORM
AND THE REFORMERS**

**NORTH DAKOTA FIELD CONFERENCE REPORT
Meeting Convened June 23 to 26, 1939**

TRULY every one who reads the columns of the "Sabbath Watchman" will be interested to know how the work of reform is progressing. By the grace of God we are able to say: It is going forward. This of course should be a great encouragement to every one, because in this time of terrible apostasy no work is harder than that of reform. There are many obstacles brought about by Satan to hinder this work, but the Lord is removing every one of them. It is indeed very comforting to know that God is always ready to help His children to be victorious in their battle with the enemy.

Through God's grace, and His divine leading, we were permitted to again assemble in a field conference at Lehr, North Dakota. Many weeks prior to the time of this special gathering, we had prayed the Lord earnestly that He might prepare our hearts for a great feast with Him. When we arrived at Lehr, we were very happy to see that the believers there had made wonderful preparations for the occasion. The meetings were held in our own church, and all the meals were served in a hall which had been rented for this purpose. We can say that all the arrangements were just wonderful, and we thank the dear brethren and sisters at Lehr for their untiring efforts to make the meeting a very pleasant one.

It brought great joy to our hearts to see the entire family Schimpf from Sask., Canada in attendance. We were also happy to have two Home Mission Workers from Oklahoma with us, and on Friday evening we were surprised to see brother Backer and his wife and two children from Ohio arrive for the meeting. Our dear brother Doerschler opened the conference, and he praised God that He had made it possible for so many to attend this special gathering.

The days which we spent together in sweet fellowship were spiritually refreshing to all those who were present. The messages which we listened to were very inspiring, and the experiences and testimonies which we heard gave us new courage to press forward and be faithful to the end.

We were especially happy that while the conference was in progress, several souls expressed themselves ready for baptism. While North Dakota has been a very dry country for many years, the Lord had given them plenty rain this year, and we were able to conduct the baptismal service in a nearby lake. It was a great inspiration for us to see one dear sister, who was 86 years old, ready to follow Jesus in baptism. She had been sick last winter, and during her sickness she had earnestly petitioned the Lord to spare her life until she would be baptized, and she was now very happy that the Lord had granted her this desire. Altogether three dear souls were baptized, and we pray God that He may keep them faithful to the end.

The time drew now near where we had to separate again. It was the desire of all that if we should not have the privilege to see us again on this earth, we may see us again when the Lord returns to call His children home, and we shall be forever united with Him in His kingdom.

—W. O. Welp.

Young People's Column

Living Courageously

TO LIVE a true Christian life in this wicked world of ours and to face the vast innumerable trials and temptations, which beset us as youth of today, with a calm firmness, requires the constant living of a courageous life.

We are standing on the very threshold of the eternal world, and as the end draws nearer, Satan is desperately working to deceive and ensnare; "If it were possible the very elect." To cause everyone possible to lose eternal life and share his fate is his only ambition, and knowing, "he hath but a short time," he only intensifies his efforts.

There is hardly any power in the mechanical world greater than that of the wedge. Once get the thin edge in, it is only a question of time and force how far the remainder shall be driven. The hardest stone, the toughest wood, are not able to resist its power for separation. Even so with the thin edge of the wedge of sin in the heart.

Often we are confronted with the question, "Is it right for me to do this?" It may be a questionable place where we wish to go, or it may be a certain habit we indulge in, perhaps the clothes we wear, the books we read, or the radio programs we listen to, yes, or even those with whom we associate. We may not see any particular harm in certain of these various questions, so we go on doing as before little aware that the evil one is subtly forcing the thin edge of sin into our hearts. Then later a greater question arises of a more questionable character but our sensibilities have been numbed by former practices and we see no harm in this either. And so it goes, each time the wedge of sin is forced a little farther until we finally awake to the fact that we are entirely separated from God. Dear young reader, Beware! the thin edge of sin. Be courageous. Have the grit and stamina to say NO! to all the allurements that are questionable. If perhaps you see no harm in what you are doing, ask yourself the question "Is there any good in this for me?" If not, then why not be entirely on the safe side and leave it alone? Let us fortify our minds with the Scripture as our example

how Jesus did when He was tempted of old by the same wily foe who tempts us of today. If we study the "Living Word" and hide its holy precepts in our hearts then we need never fear. Though cunning and subtle the temptation may be our minds will be keen to observe it and we will be able to answer with the words of our Saviour, "It is written."

The Lord allows Satan to bring these trials and difficulties upon us, to prove us, to see if we will be faithful and keep His commandments. Not until our character is made spotless and our faith made perfect will we be permitted to enter the Paradise prepared for those who are tried and true.

"Wherein ye greatly rejoice though now for a season, if need be, ye are in heaviness through manifold temptations: that the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ." 1 Peter 1:6, 7. What encouraging words to those weary in heart of the constant struggle between good and evil! Even though we utterly fail in human blindness, we are not to despair. Jesus ever tenderly watching over us is willing and ready to forgive and to give us renewed strength for the next conflict. He is just as desirous that all should be saved as Satan is that we all should perish.

A buoy is fastened securely to a rock at the bottom of the sea. The waves splash around it; it floats serenely in its appointed place. The tide rises and falls; it is still there. The Atlantic rollers come racing toward it; it mounts them one by one and rides upon them as they roll past. The tempest descends, the billows rush upon the little buoy, and for a moment it is submerged. But immediately it rises to the surface and is in its place again, unmoved and unharmed. What a picture of the conquering life! What a power and a privilege for a soul to be able thus to rise lightly above every opponent, every vexation, never to sink into discontent and discouragement, never to be overwhelmed with fear and doubt, always to be on top of the fretful sea of life! If our anchor is securely fastened to that "Rock of Ages," Jesus Christ, we need never fear nor be discouraged.