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Echoes from the Field.

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GENERAL ARTICLES.

Our Responsibility.

Are you planning to act your part in this ingathering? From a recent communication from Sister White, dated September 10, I quote the following: "We see determined efforts being made to establish the first day of the week as the Sabbath in all the world in place of the Sabbath of the Lord. While this is being done, a work is going forward in the councils of heaven to bring advantages to the people who believe and obey the word of the Lord." If in the councils of heaven angels are commissioned to suitably affect the minds of men toward the work of God, we ought to be awake to our present opportunities.

Do you realize that Seventh-day Adventists have more missionaries in foreign fields than any denomination excepting the Presbyterians? They have 889 missionaries, we have 832. Our missionaries are scattered all over the earth. Not so with the Presbyterians, Baptists, Methodists, United Brethren, and so on. They divide, up the territory, stake off the grounds, and agree not to enter each other's field. In doing this they acknowledge they have no special message which they must bear to the whole world. They have surrendered in part, at least, the great gospel commission, "Go ye into all the world and preach the gospel to every

creature." This commission, with all its weighty responsibilities, rests upon Seventh-day Adventists. This is the most favorable time we may ever have to give those who are not of our faith an opportunity to aid in carrying the everlasting gospel to the heathen lands. From the testimony already quoted we see that the councils of heaven are bringing advantages to this people, and it would be a great sin should we neglect to improve them.

R. A. UNDERWOOD,
In Iowa Bulletin.

Farewell to Colorado.

As many in Colorado doubtless know, I anticipate leaving this state shortly to connect with the work in Washington, D. C. I desire to take this opportunity to bid farewell to my brethren and sisters in the Colorado Conference.

My connection with the work in this Conference for the last twelve years, while fraught with many perplexities and burdens, has nevertheless been very pleasant; and I shall leave behind many kind remembrances of the pleasant associations with those whose friendship I have formed. I pray that God will abundantly bless the work in Colorado, and I know that if our people are true to God and to the instruction that has been sent to them, prosperity will attend the work in the future.

I very greatly appreciate the excellent manner in which Elder Lair has taken hold of the work as President of the Conference. The connection of new laborers with the work of the Conference, I believe, will prove a great source of blessing. As new men come into Colorado, giving to the work a new mold and new experience, it will prove a rich blessing to the cause of truth.

I have greatly appreciated my association with every Conference worker. I shall often think of my old associates and remember them in prayer that their labor may be successful in soul winning.

I feel especially gratified in leaving the Sanitarium, with which I have been so closely identified since its establishment, that Elder Meade MacGuire can assume the burden of the work. God has spoken good concerning this enterprise and has promised to it future success. I trust that our people throughout the Conference will prove loyal to this branch of the cause in Colorado, and that under God it may become a mighty and potent force in connection with the closing work.

My address, after January 20, will be Tacoma Park Station, Washington, D. C. I shall welcome heartily at any time, correspondence from any of my Colorado brethren and sisters, and shall continue to pray that the richest blessings of the Lord may rest upon them and the work in Colorado.

FRANCIS M. WILCOX.

Should Flesh Eating Be Abandoned?

(Clipping from Irving Fisher's article in *Munsey's Magazine* for November.)

One objection to meat-eating found by modern physiology is that meat contains poisons, and increases the production of poison in the body. It is well known that animal tissue is a "factory of poison." Even the purest foods produce some poison when consumed. The liver and the kidneys, in fact, are organs the chief work of which is to destroy and eliminate poisons. The flesh of an animal must necessarily contain a certain amount of these poisons on their way toward elimination. When, therefore, flesh is used

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for food, our bodies have to deal, not only with the poisons which are manufactured by us in consuming the flesh, but also with the poisons already manufactured by the animal whose flesh we eat.

Furthermore, it has recently been discovered that meat encourages the growth of bacteria in the large intestine, and that the poisons produced by these bacteria are very likely to be absorbed into the system, producing depression and other disagreeable symptoms—at times, it is believed, causing acute diseases, such as rheumatic gout and pernicious anemia. In a recent experiment it was found that without meat the feces of the person experimented upon contained from twenty to fifty million bacteria per gram. The same person, after two days of meat eating, excreted feces containing no fewer than twenty-five billion bacteria per gram—or five hundred times as many as when abstaining from flesh food.

Two studies in endurance have already been published. One experiment, described not long ago in the *Yale Medical Journal*, was based on the relative physical working-power of flesh-eaters compared with flesh-abstainers. The flesh-eaters were largely men in training for athletic contests at Yale; the flesh-abstainers were such Yale students as I could find who did not use meat, or used it very sparingly, and nurses and physicians of the Battle Creek Sanitarium. Forty-nine subjects were tested. The results of the comparison were certainly surprising, and showed almost conclusively that those who used low protein and little or no flesh not only had greater physical endurance, but far greater than those who were on a so-called "training diet."

Very few of the flesh-eaters, for instance, could endure holding their arms horizontal for more than a quarter of an hour, whereas it was common among the flesh-abstainers to hold them for more than an hour, and without as much pain or discomfort as the meat-eaters experienced in half the time. In one case a flesh-abstainer held his arms out for three hours and twenty minutes, and then stopped merely because he had reached a round number of minutes—two hundred.

Flesh As Food.

Mr. Horace Fletcher has demonstrated that the practice of fletcherizing, or thorough mastication of food, results in lessening the appetite for foods rich in protein. Many scientific men, as well as

others, have fully verified this observation. Fletcherism thus reduces meat-eating and ought ultimately to lead to complete abandonment of flesh as an article of food.

In his new work, "Optimism," (a delightful little volume which everybody ought to read), Mr. Fletcher expresses very decided views respecting the use of flesh as food. For example he speaks of "the deadly viands of the slaughter house," and declares that "meats are the most dangerous of foods," and that "the flesh of animals or of fellow-beings was but an emergency ration."

According to Mr. Fletcher, "Flesh-food, protein and alcohol breed a craving for more," and thus give rise to injurious habits. The last remark agrees entirely with that of Gautier, the eminent chemist, whose work on diet is the world's greatest authority. Gautier calls attention to the fact that many people eat large quantities of meat from force of habit or because a special appetite has been required; then he says, "There are meat-eaters, just as there are drunkards or absinthe drinkers."

A recent bill of fare in a palatial railroad dining car bore the caption used herewith in pronounced lettering at the top of the list of eatables good and bad,—"**MILK-FED CHICKEN AND MILK-FED MEN.**" To the writer the words contained no special interest except in the fact that they afforded evidence that somebody had found out that the quality of chicken meat depends upon the character of the chicken's diet. A chicken fed on dead calves, old bones, earth worms and potato bugs has flesh very different in flavor from one fed on milk or sun-flower seeds.

Has it occurred to any of these connoisseurs of milk-fed chicken that the same thing holds equally true of human flesh? If a diet of flesh so fills a chicken's flesh with poison as to impart to it a rank and disgusting flavor, what about the effect of meat-eating upon human beings? If a chicken eats a dead calf or a dead hen, its flesh is regarded by the connoisseurs as fit food only for a cannibal or a scavenger. If a man eats the dead calf and the dead hen under the name of veal or "chicken pie," is the difference in names likely to produce any difference in effects?

A milk or a milk-and-bread-fed man is just as much sweeter and cleaner and more savory than a meat-fed man as milk-fed chicken is sweeter and more palatable than a chicken that has feasted on barn-yard filth or a dead pig in a pasture.—*Selected.*

Report for Six Months Ending December 31, 1908.

	TITHE.	F. D. O.	S. S. D.
Alamosa.....	\$ 253.70	\$20.50	\$23.63
Arvada.....	84.02	6.00	----
Berthoud.....	136.40	----	----
Boulder.....	1,795.98	37.75	80.13
Boulder Sanit'm.	----	----	11.35
Brunker.....	----	----	2.40
Burlington.....	4.25	----	7.27
Camp meeting..	----	----	80.61
" (Ger.)	----	----	5.55
Canon City.....	353.03	2.84	8.73
Colorado Springs	466.44	3.60	36.96
Cripple Creek...	89.70	6.15	9.34
Denver.....	2,480.76	107.35	89.55
" (Cap. Hill.)	686.00	18.42	58.90
" (Swedish)	253.78	10.95	13.08
Eaton.....	----	----	8.74
Florence.....	172.47	5.21	22.32
Ft. Collins.....	231.77	1.55	41.11
Ft. Morgan.....	73.18	8.10	16.87
Greeley.....	288.35	.96	----
Hygiene (Eng.)..	305.50	23.98	18.18
" (Ger.)	255.85	----	13.29
Idaho Springs...	84.81	.60	15.72
Kersey.....	----	----	12.37
Lafayette.....	2.00	----	3.00
La Junta.....	33.00	----	14.15
Lamar.....	45.10	2.00	16.75
La Veta.....	40.53	----	24.88
Longmont.....	231.58	5.82	14.80
Loveland.....	173.98	30.14	42.96
Monte Vista....	332.96	2.63	43.45
Niwot.....	81.55	15.91	17.60
Peaceful Valley..	299.63	2.00	8.17
Pueblo.....	487.01	----	47.10
Rockyford.....	170.55	251.50	24.56
Salida.....	103.78	.40	14.14
Trinidad.....	193.77	3.45	26.49
Victor.....	101.15	1.00	18.70
Villa Grove.....	25.63	5.00	5.22
Watkins.....	----	----	4.28
Wellington.....	----	----	2.72
Wray.....	314.42	11.45	7.01
Yuma.....	----	----	2.38
Isolated.....	747.97	----	2.44

Totals.....\$11,420.60 \$585.26 \$913.21

Aside from the tithe and offerings given in the tabulated report, we have received the following donations during the six months ending December 31, '08:

Thanksgiving Collections.....	\$ 751.79
Southern Field.....	1,295.99
Self Denial.....	31.31
Children's Ingathering.....	2.85
Birthday Offerings.....	82.76
Washington Scholarship Fund..	387.50
Midsummer Offerings.....	257.49
India Mission.....	31.00
Hundred Thousand Dollar Fund	168.58
Africa.....	26.98

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The Young People's Convention.

The Lord came very near each morning as the day's work was begun by a devotional service conducted by Elder J. W. Lair, in which all present took part and received a rich blessing. Elder C. R. Kite, Secretary of the Department of Missionary Volunteers of the Central Union Conference, was with us four days and gave much valuable instruction. His studies on denominational history were especially interesting and were enjoyed by all.

From the talks on child culture given each day by Elder Meade MacGuire, we learn that the boy and the girl of to-day are very often misunderstood by their parents, consequently many serious mistakes are made.

Brother Ralph Emery, our State Secretary of this Department, had spent much time and study in planning for the Convention. He held two studies each day. His instruction on Volunteer Work was much appreciated and we believe the work has received a new impetus in this Conference. His studies on missionary work in foreign lands were very interesting and instructive.

If there ever was a time when our people—the old as well as the young—should work, it is now, when the elements of this old world cannot be held in check any longer. Surely we are now in the days when the judgments of God are abroad in the land and we must all work to place the truths of the Third Angel's Message in the hands of those who know not the Truth, that they may be ready for Christ's soon coming.

All left for their homes feeling better prepared to fight the good fight.

MRS. R. M. ROCKEY.

The Religious Liberty Offering For 1909.

The Religious Liberty Department of the General Conference has only one annual offering with which to carry on its work. The time which has been set apart for the annual offering this year is Sabbath, February 6, 1909. We hope that all our people will bear this date in mind, and come prepared to contribute liberally to this annual offering.

The funds for carrying on the work of this department are now exhausted. All should plan to make their offering a liberal one this year, in view of our present needs, and the great demands upon us in effectively carrying on this important line of work.

More will be said upon this subject later.

K. C. RUSSELL,
Chairman Religious Liberty Bureau.

Mission Notes.

At the close of the New South Wales Wales camp-meeting, Australia, thirty went forward in the ordinance of baptism.

Immanuel has returned to the school at Singapore, bringing another young man from Battakland. Immanuel's wife also accompanied him this time, to join in the work of preparation to take the message to their own countrymen.

The first of October, J. F. Olmstead, in charge of Union College, South Africa, baptized seven of the students, ranging in age from sixteen to thirty-five. Ten or twelve more expected to soon go forward in this ordinance. This good experience came to them as a result of their week of prayer services, held at a different season of the year than in this country.

From West Africa the good word comes that the work is moving rapidly in that field. The new school building is nearing completion. At every point where the truth touches, Brother Babcock writes, success attends the effort. The Freetown church has put out a Bible-worker, paying her way from their own contributions. The first week resulted in her bringing a new Sabbath-keeper with her to the Sabbath services.

The new printing office at Colon, Canal Zone, is progressing nicely, and will soon be ready for the occupancy of the *Caribbean Watchman*, published in English for the West Indian Union Conference field, also *El Centinela de la Verdad*, the

Spanish paper for this same field. This latter periodical has been published in Porto Rico, but will be removed to Colon, and Elder B. E. Connerly and wife will connect with the work in Colon, to continue to carry on the paper.

Sister Caldwell, writing from Manila, says they have just been sending out 290 Spanish papers to Filipinos who have purchased the "Patriarchs and Prophets." She says that the Philippines are an interesting field, that they enjoy their work there, and that by exercising care, they have been enabled to keep well. She feels that the Lord has been very good to them. The recent Australasian Union Conference appointed Elder L. V. Finster and wife to enter the Philippines, and they will soon reach the islands to begin work.

Elder Joel C. Rogers writes that they have so far completed their new school and church building as to be able to use it, holding their first service in it August 1. They were waiting for the glass for the windows to arrive from London, hoping thus to get the windows and doors in before the rains should set in. About twenty more were expected to be ready to go forward in baptism in December. God is greatly blessing the work of the last message in the region where the pioneer missionary Livingstone yielded up his life in behalf of the gospel.

We hope our readers will consider the matter contained on the first page of this paper. Did you know that the Lord gave us forty years ago what the scientific men are just learning?



The Boulder-Colorado Sanitarium is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the largest Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted upon the same general health principles as the Battle Creek (Mich.) Sanitarium. The buildings are equipped with all modern conveniences, including steam heating, electric lighting, elevators, gymnasium, etc. The medical appliances and equipment embrace Baths of every description, including the Electric Light Bath; Massage and Manual Swedish movements; Electricity in every form; Classified dietary. Laboratory of Hygiene, for bacteriological, chemical and microscopical investigations; Experienced Physicians and well-trained nurses of both sexes. No contagious or offensive diseases are received into the institution. **No Consumptive Patients are received. Special reduced rates are made to winter patients from November 1 to June 1.** Write for catalogue and card of rates.

Address

BOULDER COLORADO SANITARIUM,

BOULDER, COLO.

NOTES AND ITEMS.

Elder and Mrs. Anglebarger are planning to go to Colorado Springs this week to take up the work there.

Word just received from Elder C. R. Kite states that he expects to move from College View to Boulder soon.

We should be pleased to receive a report from our church school teachers in our Conference about their work.

Elder Lair visited La Junta and Rocky Ford last week, and spent last Sabbath and Sunday with the church at Fort Collins.

How many of our readers would be interested in a Canvassers' Institute beginning about February 1? Let us hear from you.

If you have some good, clean papers, tracts, etc., which Elder Richards can use in his work, please send them post-paid to him at Alamosa, Colorado.

Elder H. M. J. Richards reports they have 10,000 Spanish speaking people in the San Luis Valley. They need a Spanish speaking worker there very much.

Sunday evening, January 3, the Young People's Society gave a very interesting program in the West Denver Church. The church was nicely decorated for the occasion.

We desire that all our church clerks and Sabbath school secretaries fill out and send in their reports at an early date, if they have not done so, as they are needed in making up the new directory.

Sister Barker, of Hugo, Colorado, is now taking treatment at the Sanitarium at Boulder. We understand that the patronage at the Sanitarium this winter is better than usual, for which all feel grateful.

Let us send you a new tract list from which you can make selections of tracts needed to distribute among your friends and neighbors. Now is the time when our tracts should be scattered like the leaves of autumn.

Brother Frank Friend and family with Miss Lena Bent, of Lamar, Colorado, are now in College View, visiting, on their way to attend the Seminary in Washington, D. C., to prepare themselves for foreign mission work.

We have a good supply of Morning Watch Calendars for 1909. Suggestive thoughts for each month, with scripture references for every day of the year are given. We believe all will be benefited by taking up this work. They are es-

pecially designed for our young people Price, 6 cents each. Five or more, 5 cents each. Envelopes for remailing, free.

During the winter months many people of the world, especially in our large cities, eat oysters. Did you know that the largest beds of oysters are found near the mouths of the sewers of our large cities on the sea coast? Think of eating such scavengers.

Brethren Lair, Corbaley, R. Emery and Rockey are attending the Bookman's Convention this week in Kansas City. Brethren Lair and Emery go from Kansas City to attend the Convention of the Young People's Missionary Society at College View.

From reports which come to us about the earth-quake in the Island of Sicily in the Mediterranean Sea, it would seem that this was the most disastrous earthquake this earth has ever known. Should not this cause every Seventh-day Adventist to be more diligent in working to advance the cause of present truth?

During the last five months, the editor of the *Delineator* has been running a series of articles on "Spiritualism." He has asked his readers what they think of these articles, and the answers which come in for or against, are certainly very interesting reading. We think it would be well for our brethren in different parts of the Conference, who have ability, to give some study to this matter, and write up something for the editor. Be sure to quote all scriptures in full, and boil all articles down well.

One of our sisters, in giving her experience with the Thanksgiving number of the *Review* says this was her "first attempt with our papers in any way, never having given a paper to a stranger or sold one in my life. Soliciting is an entirely new experience for me, having always been too timid to try, but when the call came for us to take up this work, I went in the fear and strength of God, and He took all timidity away, and I enjoyed the work and God has greatly blessed me in doing it. I had some precious experiences with the people, and I pray God to water the seed sown." Three of these timid sisters collected \$80 for our foreign mission work. This shows what we can do when we have a desire to work for the advancement of the truth.

Three New Books.

"A MAN OF VALOR," by Prof. A. W. Spaulding, is a fascinating story of the

life of Jonathan, son of King Saul. Aside from Biblical manners, customs and geography, free use has been made of the imagination in giving a setting for the life of the greatest Old Testament type of the perfect friend. Price, 75 cents.

"Talks to My Students," by Prof. Frederick Griggs, is full of practical instruction and helpful suggestions to young men and women, in school and out, who desire to make the most of life. Price, 50c.

"Elo the Eagle and Other Stories" is a series of stories of animals which the author knew and loved when a child. No one can fail to be intensely interested in this book, and have a greater and more intelligent interest in and love for animals, after reading it. The price is \$1.00.

The General Conference Bulletin.

The General Conference has decided to issue a daily Bulletin of the proceedings at the next General Conference in Washington next May. The size will be the same as the last Bulletins, and will contain from 16 to 32 pages each. These will contain a feast of good things and every Sabbath-keeper will be greatly benefited by reading and studying them. The price will be 50 cents for the series of twenty-three days. Send us your orders early so your name can be entered on their list before the rush, as they cannot promise to fill any orders for back numbers after the meetings have commenced. Then, too, they need these subscriptions early in order to obtain the special mailing privilege at the Post Office in Washington. Thus you will help the General Conference, and help yourself to much valuable information and instruction.

Sanitarium Health Foods.

The Sanitarium Food Company, operated in connection with the Boulder, Colorado Sanitarium, wishes to announce that they are offering to our people a discount of 20 per cent from their regular price list of foods, f. o. b. cars Boulder. Their foods are now all guaranteed under the National Pure Food and Drugs Act of June 30, 1906, their serial number being 17892. Their broad line of about thirty distinct preparations meets the dietetic needs of nearly every condition in either disease or health. We earnestly solicit for them your patronage, believing that such support would prove mutually beneficial.

Price lists and descriptive matter will be furnished on application. Any inquiries will be cheerfully answered. Address all communications to Colorado Sanitarium Food Company, Boulder, Colorado.