

The Central Advance

"Speak unto the children of Israel, that they go forward"

Vol. I

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The Central Advance

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Be Strong

Be strong!

We are not here to play, to dream, to drift;
We have hard work to do, and loads to lift.
Shun not the struggle—face it: 'tis God's gift.

Be strong!

Say not, who's blundered? or who's to blame?
Nor fold the hands and acquiesce—oh, shame!
Stand up, speak out, and bravely, in God's name.

Be strong!

It matters not how deep intrenched the wrong,
How hard the battle goes, the day how long.
Faint not, fight on! tomorrow the victor's song.

—Maltbie D. Babcock.

Do Not Become Discouraged

MR. MOODY tells of a minister in a small town who became exceedingly discouraged. A brother minister was invited to assist him a few days in a special service. At the close of a service, while they were conversing together, he began his doleful story by saying: "My brother, you have no idea of my troubles; and one of the greatest is, my brethren in the church treat me badly." The other propounded the following questions: "Did they ever spit in your face?"—"No, they haven't come to that." "Did they ever smite you?"—"No." "Did they ever crown you with thorns?" Our Saviour was treated in this way, and yet He did not murmur nor become discouraged. Of Him it is written: "He shall not fail nor be discouraged, till He have set

judgment in the earth." Think not, then, of the discouragements, but rather of the souls who will be eternally saved because you brought the truth to them.

"Here is the Man"

A TEACHER in a Sabbath-school was once called to the bedside of a dying boy who had been a member of his Sabbath-school class. The boy said:—

"I want to thank you for what you have done for me. When you get to heaven, I will meet you, and take you by the hand, and lead you to Jesus, and say, 'Here is the man who put me on the way to heaven.'"

This thought should be an encouragement to Sabbath-school workers and to all who labor for the salvation of others.

The Work to Be Done

THE world is to be warned, and as never before we are to be laborers with Christ. The work of warning has been entrusted to us. We are to be channels of light to the world, imparting to others the light we receive from the great Light-Bearer. The words and works of all men are to be tried. Let us not be backward now. That which is to be done in warning the world must be done without delay. Let not the canvassing work be left to languish. Let the books containing the light on present truth be placed before as many people as possible.—"Testimonies for the Church," Vol. VI, p. 329.

A Sample Case

WHILE acting as state agent for a certain state, a brother received a letter from a man who was desirous of entering the canvassing work. A little later while instructing him for his work, he learned that he had received the

truth through reading a copy of "Bible Readings," which he had bought from one of our faithful canvassing agents. When this man began to obey the truth, his family opposed him, but since then not only his wife, but his wife's mother, sister, and others have accepted the faith and are now rejoicing in the truth, and all from the sale of that one book. This is but a sample of a great many like cases that have occurred, and of thousands more that are yet to be. Who can say that canvassing for our books is not an important work?

How to Confess Your Sins

THE LORD has not left us in doubt as to how to receive forgiveness of our sins. "He that covereth his sins shall not prosper; but whoso confesseth and forsaketh them shall have mercy." "If we confess our sins He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

But to confess our sins means more than simply to confess that we are sinners. The Lord has given us His law that we might know just what sin is, and He would have us be specific in our confessions. When one becomes aware that he is guilty of transgressing any principle or precept of this law, the Lord says, "He shall confess that he hath sinned *in that thing.*" Lev. 5:5.

Mark Guy Pearce tells the following story illustrative of true and false confession of sins:—

A member of the church once got drunk. He sought to go back to God and get his peace restored. He could not find the Saviour, so he sought again. His minister called upon him. The minister said, "You pray again." They knelt down together.

"O God, thou knowest thy servant in a moment of unwatchfulness was overtaken by a sin!"

"Nonsense!" said the minister. "tell the Lord you got drunk."

That was another matter; he could not bring that up. He began again: "O Lord, thou knowest thy servant in his weakness and frailty was overtaken by a besetment!"

"Nonsense! tell the Lord you got drunk."

At last the poor fellow said, "O God, have mercy upon me, I got drunk."

Then very speedily that man was at peace with God again.

W. A. COLCORD.

Prejudices

From "The Life Boat."

It is perhaps impossible to escape bias in some form. We all have our likes and dislikes.

Birth and training are powerful factors in forming opinions and shaping tastes; but blindly holding to any prejudice binds the soul and shuts the door of knowledge. Devotion to party, sect, or class may or may not be the result of prejudice. Too often we find false motives and absurdly narrow conclusions drawn.

Prejudice runs highest in religious differences, notwithstanding it is the last place where it should be found. I may love my wife best without hating all other women or being suspicious of them. So, too, may I not love my church or my party best, without failure in charity or respect for other or widely different ecclesiastical or political organizations? Ignorant hatred and unreasonable antipathies would send to perdition all who reject our creed or fail to stand upon our platform.

The charity we all admire should teach that, if we are honest, it is possible our opponents may be also. Let it be our aim to sift chaff from wheat, opening every avenue of the soul that truth may stream in. A better acquaintance with those who differ from us will act as an antidote to the poison of prejudice. The greatest prejudice comes from those possessed of the least knowledge. As the mind enlarges and the object of prejudice is seen fairly, the hatred dies away and is sometimes found to be wholly unjust. Submit to reason, admit as a possibility that you may be wrong. Avoid wholesale denunciation, and remember that prejudice as a master is a tyrant, but as a servant may be under some conditions useful.

Strive to be merciful as well as just, and render to each and all their due.

CYRUS MENDENHALL.

Talent and Tact

TALENT is something, but tact is everything. Talent knows what to do, tact knows how to do it.

Talent is power, tact is skill.

Talent calculates clearly and makes out a case with all the weight of justice and reason.

Tact refutes without contradicting and without wit outwits the wise.

Talent brings to market that which is wanted; tact produces that which is wished for.

Talent surprises itself; tact surprises others.

Talent adapts itself; tact attunes itself.

Talent builds for the future; tact for the present.

Talent is a promissory note; tact is ready cash.

For practical purposes, tact carries it against talent ten to one.

Tact is the talent of talent.—*Selected.*

From the Field

To the Brethren in the Nebraska Conference

MY trip to the coast was very pleasant, but it was a marvel to see such a vast waste of country lying between here and Oakland. But when I reached there I found California, sure enough, the land of sunshine and flowers.

There was a good spirit manifested in the General Conference, and all have doubtless read the *General Conference Bulletin* which gave a full account of all the meetings.

But after all I was glad to turn my face homeward to my dear brethren in Nebraska; for there I feel at home, as the blessing of the Lord has rested upon the work. I felt much pleased to think that neither myself nor any of my co-workers had been called to different fields of labor. But the day after my arrival home I received a telegram from the General Conference Committee to come at once to Battle Creek. I remained there some over a week, and plans were more fully laid for the extension of the work in different parts of the great harvest field. To my surprise a recommendation was brought into one of the meetings that I should take up work in the Southwestern Union Conference. It was hard for me to feel reconciled to this call, but I feel to say, "The will of the Lord be done." I am in His hands, and want always to be ready to do His bidding. I love my dear brethren in Nebraska, and it is hard to part with them.

As soon as I returned home I received word that I would have to go at once to Keene, Texas, in order to be present at the school board meeting and also the Union Conference committee meeting. The brethren gave me a very hearty welcome. Plans were laid for the work, and a faculty and school board appointed.

It is my intention to remain in the Nebraska Conference until July 12, but will leave about that time in order to attend the camp-meetings in the Southwestern Union Conference. Before I leave I shall do all I can to assist Elder A. T. Robinson, the new president, in getting acquainted with the work in this conference. Elder Robinson has had a wide experience in conference work, and I am sure he will be able to carry forward the work in the conference.

Now I hope, dear brethren, you will give

Brother Robinson as hearty a welcome as you did your unworthy servant.

N. P. NELSON.

Nebraska State Camp-Meeting

THE Nebraska Conference committee met at College View, May 13, and laid plans for the conference work. Special attention was given to the location of our state camp-meeting. It being the desire of the brethren who attend our spring workers' meeting that the camp-meeting should be held in Grand Island if a suitable place could be found, and that the whole Conference committee should go and investigate, with this end in view the whole Conference committee, with Elder Russell, took the midnight train, May 13, for Grand Island. To our surprise we found a very suitable place right in the city for the camp-meeting. The grounds are back of the new court house, and were granted to us free of charge.

We next went in search of lumber, which we found we could get very reasonably. So our camp-meeting this year will be held in Grand Island.

I have never seen more marked evidence of the Providence of God going before us than at this time. We all felt to praise the Lord for working upon the hearts of men to give us such a favorable location.

The meeting will be held the latter part of August and the first of September. The exact date will be given later. N. P. NELSON.

Missouri

SINCE the General Conference I have spent some time with the churches at Hamilton, and St. Louis, and attended a Conference committee meeting at Kansas City. While at Hamilton we had quarterly meeting, celebrating the ordinances and talking of missionary work. We had the pleasure of seeing all the young people present in our meeting, who had not become members of the church, start in the service of Christ. There were eight in this company. We believe them to be in earnest, and expect them to become workers in the cause.

At St. Louis one sister was baptized during our absence, and one young man in the employ of the railroad company, at Union Station, commenced the observance of the Sabbath. This cost him his position as stenographer with the

railroad company; but if faithful to the Lord, he will find a better position not only in the present, but in the eternal world.

The German and colored work is moving along encouragingly. R. C. PORTER,

Report of Tithe, Etc., of the Kansas Conference

For Quarter ending March 31, 1903

Tithe.....	\$4915.43
Annual Offerings.....	722.97
First-day Offerings.....	221.18
Sabbath-school Donations.....	208.66

N. B. EMERSON,
Sec'y and Treas.

Dedication of Church at Cooper, O. T.

SABBATH, May 9, the Seventh-day Adventist church at Cooper, Oklahoma Territory, was dedicated. It was once the public school building of that village, but when the village went down the building was purchased by our brethren there at a very low figure. It was remodeled, well painted, seated, and is in every way a building that we were pleased to present to the Lord. There is no incumbrance on it, and there are two acres of land connected with it. It is a German church, and other German Seventh-day Adventist churches can be seen from it.

Elder N. P. Nelson, President of the Southwestern Union Conference, Elder Haffner, President of the Oklahoma Conference, and the writer, conducted the services. The writer spoke in the German language, after which Elder Nelson spoke to the congregation in the English language. Elder Haffner offered the dedicatory prayer. There were over three hundred attentive hearers in the building.

The special thoughts brought out in the remarks were that the church building, as a memorial, could be an honor to God only as the worshipers are devoted, upright, truthful servants of the Lord. The building itself becomes a reproach to God when the worshipers are hypocrites. The Lord could not permit the existence of the temple at Jerusalem because the Jews were unfaithful to God.

The importance of foreign missions and the necessity of supporting them was also presented to the people in following meetings. There were hearty amens, and we hope that the gifts will follow when the wheat is harvested

and sold. There is prospect of a good harvest. May these rich gifts not be wholly hid in the earth!

Since land has increased in value there should be an increase in tithes. If all would pay an honest tithe there would be over ten thousand dollars brought into the cause from these few churches in a radius of twenty miles.

As a whole we had a blessed meeting. The Lord came very near to us. We believe the Lord accepted the gift that was brought to Him. The churches pay tithe, but many of the people took homesteads in Dakota, which cost them about fourteen dollars; and, since selling them and buying farms in Oklahoma Territory, some have never brought the tithe on the increase over the original price of the land. This ought to be done. Some turn sorrowfully away like the rich man and say it is too much. Others say they intend to bring all the tithe. We hope it will be done. May the Lord bless these dear people is my prayer.

F. H. WESTPHAL.

✻ Missionary ✻

Conducted by Miss Katie Coleman

In Him Alone

"AND as the path of duty is made plain,
May grace be given that I may walk therein,
Not like the hireling for his selfish gain,
With backward glances and reluctant tread,
Making a merit of his coward dread;
But, cheerful in the light around me thrown,
Walking as one to pleasant service lead;
Doing God's will as if it were my own,
Yet trusting not in mine, but in His strength
alone!"

Seed Sowing

WE know that the seed of truth will continue to be sown; that our publications will be distributed by missionary workers; that a large number of people will take their stand through their influence; that the canvassing work will not cease as long as probation lasts; and that there is now a call from the Lord for a revival of this work. Many are responding, and we hope to see many consecrate themselves to service. We are indeed pleased to note the interest our conference presidents and other workers are taking in this branch of the message. We are truly witnessing a revival of the work throughout the Central Union Conference, and now that our College students are

to add both force and number to the ranks of workers we expect to see the light of this truth taken to many a heart and home this summer.

There are people of every nationality in our home field. The truth must be carried to them. What a force of missionaries we can have for every nation if we are faithful now in carrying this message to the representatives of these different countries!

Our publishing houses are preparing the literature, and evangelistic canvassers are urged to hurry on with speedy feet to place the truth in the hands of the people. A more important work never was given to men.

My brother and sister, when you go forward "praying, singing, teaching, and living the truth," God will be with you. You "will find favor among both rich and poor." Have faith in God, and move forward.

C. W. HARDESTY.

An Appeal from a Fellow Student

DEAR STUDENTS OF UNION COLLEGE: As school will soon be out, I thought I would write to you and give you an account of my late experience in the canvassing work, thinking perhaps it might be of assistance to you when the time comes for you to decide your summer's work.

I have now been away from College View two months. One month was spent on my book in preparing to meet the people, and the other has been spent in the field. The Lord has been with me in my work.

On leaving school I went to Hutchinson, Kansas, and took up the study of "Home Hand Book." You all know this is one of our largest books, and it is one I knew nothing about; but, I believed it to be the book that the Lord desired me to take to the people, and I have had proof that this is so; for I am in one of the poorest, roughest, and most thinly settled counties in the state of Kansas, but in the twenty-three days I have been out I have sold \$234 worth of books. I have felt that the Lord has truly kept His promise wherein He tells us that those who are born again, who are willing to be guided by the Holy Spirit, doing in Christ's way that which they can do, who will work as if they could see the heavenly universe watching them, will be accompanied and instructed by holy angels, who will go before them to the

dwellings of the people, preparing the way for them.

I desire no honor for what I have done. It is His work, and I am only His humble workman.

The Lord is calling for men and women who are as true to duty as the needle to the pole, who will work without having their way smoothed, and every obstacle removed. When the Lord's voice calls, "Whom shall I send? and who will go?" will you not say, "Here am I, send me"?

The land is flooded with worthless publications which are written for the sole purpose of making money, while really valuable books are unsold and unread. Those who handle the books, because by so doing they can make higher wages, are missing precious opportunities for obtaining discipline and intelligence, and for doing good through cooperation with God.

My hearts aches when I see those who profess to be looking for Christ devoting their time and talent to circulating books that contain nothing concerning the special truths for this time, or are careless in regard to the canvassing work altogether; for we are told upon the best of authority that the canvassing work, properly conducted, is missionary work of the highest order.

We must carry the publications to the people and urge them to accept, showing them that they will receive much more than their money's worth. We are to exalt the value of the books we offer. We cannot regard them too highly. We do not have to have the address of the "dandy" or the "fop," but that honesty and integrity of character which is reflected in the countenance. This does not mean that we are not to be polite, for much is gained by courtesy. "Study to show thyself approved unto God, a workman that needeth not to be ashamed." We need self-culture and polished manners. But humble, fervent prayer will do much more in behalf of the circulation of our books than all the outward embellishments in the world. What we need is to pray and work and work and pray, and the Lord will work with us.

I will close with once more calling attention to this thought, that all who consecrate themselves to God to work as canvassers are assisting to give the last message or warning to the world. Will not many of you join us in the work?

Anticipating a goodly response to the call,
I am, Yours in the Master's work,
JACOB A. RUTLEGE.

Two Young Workers

Two little girls, aged 14 and 15 respectively, who are engaged in the canvassing work in Sioux Rapids, Iowa, write:—

Effie Hollingsworth: "I will now send you my first report. I have been having good success for what time I have been out. The people are glad to see us, and seem just like old friends. We will soon start for camp-meeting, and there we will have a good time, not a good time in the sense that the world would consider it, but a good time feeding on the bread of life which cometh from above. I am of good courage even if I do get real tired at times."

Nellie Hillard: "I find some who are anxious to talk with me about our faith, and seem better satisfied after our talk. I have had a number of good talks with people. One was a blind girl. She wanted me to sing some songs to cheer her, which I did. Her mother wept as I told her of my book, and talked of Jesus' love and care for each one of us. I can see that if we draw near to Jesus He will draw near to us; and if we let Him work through us, many souls will be saved by His working power. Pray for me that I may be more earnest in each effort."

It will be interesting to our readers to know that little Miss Hollingsworth is a cripple and is obliged to go about her work on crutches, but she is truly an angel of light as she goes about bringing sunshine into many homes.

The Canvassing Work

WHEN the General Conference was in session, and stirring appeals were made for more workers and more means, I realized as never before the greatness of the work, and how it is to be finished. We cannot all go to preach the gospel in the sense we use the word *preach*; but there is not a man, woman, or child, who cannot hand out tracts and papers. Brethren and sisters, our large books are too expensive to give away, but we can sell them. One book contains many tracts and will do the people more good when they study it. What are these books for? Are they to lie on the shelves of our publishing houses and in the tract society offices?—No! God has had them written that we might sell them to the people. The work of writing and preparing the books for their heaven-appointed work has been done, but has our work of placing them in the hands of the people been accomplished? May God's spirit rest upon His people, and guide them into the work which He

has called them to do!

Many young people could be placed in our large cities to canvass for our books and papers. Surely the Lord is calling our young people to this work. Will you not consecrate yourself to God and His cause, and then go to work?

V. B. WATTS.

Our Health Books Can be Sold

TRULY "the harvest is great and the laborers are few." Still the few who are at work, even in the spring of the year, are having good success. The word of the Lord is now rapidly going forward in Kansas.

Our health books sell readily here. Of those who attended the canvassers' institute at Hutchinson, nine began handling our health books. Six of these at least have been doing splendidly. The others have not yet reported. Three of the sisters are canvassing for "Ladies Guide," and are succeeding quite well.

Brother Rutlege, from Union College, reports orders taken in one week for "Home Hand Book" to the amount of \$61.50. He is working in Lincoln county.

I chose Nemaha county as my territory in order to be near home, not knowing that about two-thirds of the people were German Catholics. I find the county has been canvassed for most of our large subscription books.

The Lord has blessed me greatly in my work, for which I thank Him. I am truly thankful for the privilege of working for the Master by carrying the truth from house to house. I have worked five weeks for "Plain Facts" and have taken orders amounting to \$296.50. Most of these orders are to be delivered the middle of May. My best days work this spring was: Ten hours work, fourteen exhibitions, ten orders, value \$42. This is as well or even better than I did in Iowa last year late in the summer.

While our health books are being sold successfully, our other publications are being sold in all parts of the state equally well. All are of good courage in the work of the Lord, and are thankful to be accounted worthy to labor for the Master.

The laborers of Kansas are looking forward to the close of Union College, expecting to see many of the students join their ranks, and help in giving the gospel of the kingdom to the world in this generation.

J. M. FLETCHER.

Educational

Conducted by L. H. Hoopes

Essential Education

EVER since God told Adam that he must earn his living by the sweat of his face, man has looked upon labor not in its true light, as a blessing, but a curse. He has schemed and devised in every way to avoid obeying the divine command.

When it came to the development of an educational system, the prime idea seems to have been to so equip the pupil that he would not have to work. How common it is for a father to say, "I want to give my boy an education so that he will not have to work all his life as I have done." This thought has been impressed upon the youth until to-day by far the large majority of our young people consider that it would be a great blessing indeed to be able to avoid hard work. It is a true maxim that "demand produces the supply." As the youth everywhere have been demanding an education that would release them from the necessity of work, the educators have attempted to supply this, and have made education largely the training of the intellect.

Now the main fault is in the fundamental principle. Work is a blessing, not a curse. The divine command that man shall earn his living by the sweat of his face was not a punishment for his sin, but a divine provision that would enable him to continue living in spite of his sin. The poisons of the body have to be eliminated, and work is the best known means of eliminating them.

The youth should be taught that education is not to free them from the disagreeable duties of life, but rather to enable them to become masters rather than slaves of these duties; in other words, it is to enable them to perform these duties with more skill and dispatch. Taking this view of the situation our educational problem changes quite materially. It is no longer simply a training of the intellect to be shrewd so that one can see at a glance how to take advantage of circumstances, and drive a shrewd bargain. It is a training to fit him to do skilled labor,—to make him a better carpenter, mechanic, farmer, or blacksmith, as the case may be.

Our youth need to be led to see the real dig-

nity of labor, without which man cannot be happy, in the true sense of the word; and that, rightly performed, it is of more value as a curative agent than all the medicine, or even the sanitarium treatments, ever devised.

While the home influences individual character more, perhaps, than any other agency, it is the system of education employed in our schools that determines the general sentiment of the community: for it is this agency that binds together and unifies. Hence, if we desire to have our nation become a nation of good workers, we need to so modify our school curriculum that manual training shall become one of its principal and most important branches. This will require a great deal of courage on the part of all who have to do with education. Like all other reforms, it will meet with much opposition; and it will be difficult to give it sufficient trial to demonstrate its worth; but it is the proper and only right education.

God has continually called upon His people to return to His original plan. This means work with the soil and in the trades for every individual. It means the intelligent knowledge and skillful ability on the part of every woman to perform the manual duties that fall within her sphere as well.

May God hasten the day when we shall give these things the consideration that their importance demands, and make labor a dignified, educational process, a means of developing Christian character in the lives of His children instead of the drudgery that it now is to the majority of people. May the youth of this denomination soon be so instructed and trained that their highest aim will be to be "workmen that needeth not to be ashamed" rather than to be those who consider labor as fit only for those who lack the ability to do something else.

FLOYD BRALLIAR.

The Key to True Knowledge

THOSE who in the study of any science leave God out of the question, and fail to recognize Him as the creator and source of all, can never attain to true knowledge. They will be "ever learning, and never able to come to the knowledge of the truth."

Any science or philosophy which tries to account for the existence of things otherwise than as made by the power and wisdom of God, does not teach the truth; for the truth is that God made all things.

To recognize God in everything, and as *first* in everything, therefore, is the very beginning of true wisdom. This is the key to the storehouse of knowledge. When once God is recognized in His rightful place in all things, we may be ever learning and *always* able to come to the knowledge of the truth.

Here lies the difference between true and false education. By its wisdom, the world does not know God, nor does its system of education lead to God; for it does not recognize Him in the things He has made. To the worldly wise the forces seen at work in nature are nature's forces, but not the power of God.

But he who has studied and learned aright, sees God in everything. The more he learns of nature, the more he knows of God. The more he beholds of the beauty, order, and arrangement in animal, plant, and flower, the more he beholds God's goodness, greatness, wisdom, and power. As he studies and learns he is led to exclaim, "O, the depth of the riches both of the wisdom and knowledge of God! how unsearchable are His judgments, and His ways past finding out!" With the Psalmist he can say, "Such knowledge is too wonderful for me; it is high, I cannot attain unto it," and with the twenty-four elders he is ready to cast his crown before the throne and say, "Thou art worthy, O Lord, to receive glory and honor; for Thou hast created all things, and for Thy pleasure they are and were created."

W. A. COLCORD.

Do Not Neglect the Common Branches

EVERY teacher should see to it that his work tends to definite results. Before attempting to teach a subject, he should have a definite plan in mind, and should know just what he desires to accomplish. He should not rest satisfied with any subject until the student understands the principle involved, perceives its truth, and is able to state clearly what he has learned.

So long as the great purpose of education is kept in view, the youth should be encouraged to advance as far as their capacities will permit. But before taking up higher branches of study, let them master the lower. This is too often neglected. Even among students in the higher schools and the colleges, there is great deficiency in knowledge of the common branches of education. Many students devote their time to higher mathematics, when they are in-

capable of keeping simple accounts. Many study elocution with a view to acquiring the graces of oratory, when they are unable to read in an intelligible and impressive manner. Many who have finished the study of rhetoric fail in the composition and spelling of an ordinary letter.

A thorough knowledge of the essentials of education should be not only the condition of admission to a higher course, but the constant test of continuance and advancement.

In every branch of education there are objects to be gained more important than those secured by a mere technical knowledge. Take language, for example. More important than the acquirement of foreign languages, living or dead, is the ability to write and speak one's mother-tongue with ease and accuracy.—*Education.*

Union College Library

WHAT tools and machinery are to the farmer, the library is to the student. A good, well selected library is indispensable to a school doing advanced work, and very necessary to any school. We are anxious that our young people attending Union College should have the very best facilities that can be afforded. A small library was provided when the college was first opened. Not long after, the students organized a Library Association, and by diligent efforts added quite a large number of books. The College has had a small fund set apart for such purposes, and by means of this and occasional donations, a few volumes have been added from time to time. Great care has been taken in the selection of these books, so that we have several rare and valuable works. But in almost every line our work lacks thoroughness because of lack of references.

The Union College library should contain the best histories, giving important data in the interpretation of prophecy and in the history of the great conflict between good and evil. The library should be able to purchase important scientific books which appear from time to time from the pens of the world's greatest scientists who have grasped the true idea of the relation of science and revelation. We need books on education, and the best of the great volume of missionary literature which has appeared from time to time. What little we have had to spend this year has been used mostly for works on

pedagogy and missionary books, as the need of those departments seemed most urgent. Another of our great needs is an up-to-date Encyclopedia.

The value of our library would be greatly increased if it were properly indexed. Frequently much time and energy is spent to no purpose in looking for information which with a good card index could be readily found. This would enable the student to do better work within a much shorter time. The cost of a card index would be about \$100.

No doubt there are many who have books they would gladly donate to the library. Often valuable libraries fall to those who make no use of them, when if the books had been donated to some school library, they would have been a great blessing to many.

Should there be those who desire to make donations of money or books, they should correspond with President Hoopes.

M. E. KERN,
Librarian.

Good English

THERE is an old story of the advice William Cullen Bryant once gave to a young man who offered him an article for the *Evening Post*, which is so good that it will bear frequent repeating:—

My young friend, I observe that you have used several French expressions in your article. I think, if you will study the English language, that you will find it capable of expressing all the ideas that you may have. Be simple, unaffected; be honest in your speaking and writing. Never use a long word when a short one will do. Call a spade a spade; not a well-known oblong instrument of manual industry. Let a home be a home, not a residence; a place, not a locality, and so of the rest. When a short word will do, you always lose by using a long one."

"Truth is the gem for which we seek;
Oh, tell us where shall it be found?"

Where are the youths who are taught by parents and teachers to make truth the main object of their search when investigating any subject? Where are the men and women who are so in love with truth that they are always ready to say,— "We want the truth on every point;
We want it, too, to practice by"?

"LET us teach the people to eat freely of the fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained. Let these be prepared for winter use by canning, using glass, as far as possible, instead of tin."—*Testimonies for the Church, Vol. VII p. 134.*

Health Department

Conducted by Mrs. Lyla B. George, M. D.

"Prosper and be in Health"

Wichita Sanitarium Treatment Rooms

WE are glad to report that our work is gradually increasing. We have been obliged to stay off several patients lately for the lack of nurses to apply the treatments. Now more help is at our command. Several patients have lately arrived from various parts of the state, and as we now have an experienced physician here, several have agreed to come from different places. Many have already found relief from physical maladies, who to all human sight were considered hopeless, but who by careful treatment with God's blessing have been restored to health. The Lord has indeed blessed our work in every way, especially in sending us good workers, and in sending us those whom we could help.

We are meeting a class of people here that we would probably never be able to reach in any other way,— doctors, lawyers, merchants, and business men of all classes,— with many opportunities to teach the people how to live, and especially that these truths are of heavenly origin. It is really encouraging to note the willingness with which our patients accept the diet and mode of dress, some giving up tobacco, others liquor.

Our Hygienic Cafe and department for sale of health foods is well patronized by influential citizens of the city. We now aim to give more attention to the food work, also the circulation of health literature.

The outlook for our work in this place gives us courage and increases our faith that this is the Lord's work, and if we are true to the trust He has given us, we shall triumph with His cause.

L. C. CHRISTOFFERSON.

Care of Children

CHILDREN suffer with a large number of the same diseases that afflict grown people, and besides these, have many ailments of their own. Much of the sickness and suffering of childhood could be easily avoided if a little attention were given to the regulation of the habits of early life. Health depends largely on proper diet, clothing, sleep, and exercise; disturbances in

the last two conditions are usually caused by some fault in the first; viz., diet.

Numberless children suffer from acute and chronic indigestion caused entirely by the ignorance of those supplying and preparing their food. The little child needs nourishment suitable for his age, prepared in a proper manner, and given at the right time and in the right amount. The foundation for dyspepsia is laid many times in infancy when the tiny stomach is little more than a small slightly bent tube. Every time the child cries it is supposed to be hungry, and is given food, and thus the stomach becomes dilated and unfitted for its work. From the very first the babe should be trained to take its meals at regular intervals; good habits in eating and sleeping are as easily formed as bad ones.

During the first six weeks the child may be fed every two hours when awake; the time may then be lengthened to two and a half hours, and at five months may be increased to three or four hours; at this time nothing is required during the night. As to the amount and quality of the food, no rule can be given that will apply to all children; each case must be studied by itself with respect to the gain in weight and strength and power of digestion; much must be learned from the careful observation of symptoms, especially the bottle-fed baby. The healthy child gains steadily in weight, sleeps well, and when awake finds abundant opportunity to exercise all the muscles of the body provided it is not hindered by tight bands and long heavy skirts; these are responsible in many cases for the weak limbs and curved, diseased spines.

Before the teeth appear, the digestive system is wholly unprepared to appropriate starchy foods, such as mashed potatoes, rice, white bread, etc. Many Infant Foods contain large amounts of the carbonaceous element, and should not be used for any length of time without the addition of fresh cow's milk; often more satisfactory results are obtained from the use of modified cow's milk alone. Cow's milk is too rich in protied or albumen, and lacking in fat; to remedy this the milk should be allowed to stand a few hours and the cream then removed; the skimmed milk (which contains the protied) can now be diluted with water to which a small amount of sugar of milk has been added, and the right amount of cream added.

The following from Dr. L. Emmett Holt will be found helpful: "It is not practical, even were it possible, to modify the milk so as to meet every temporary symptom of discomfort an infant may have. In general the most important indications may be summarized as follows: if not gaining in weight without special signs of indigestion, increase the proportion of all the ingredients; if habitual colic, diminish the protieds; for frequent vomiting soon after feeding, reduce the quantity; for the regurgitation of sour masses of food, reduce the fat, and sometimes also the protied; for obstinate constipation, increase both fat and protieds."



Notices



Nebraska Notice

ALL interested in Christian Education will be pleased to know that the promised book on "Education" by Sister White is now ready. It treats God's plan in education from Eden in its purity to Eden restored and on into the future. We trust that all will give this book a careful study and a wide circulation among your friends and neighbors. Price \$1.25. All in Nebraska Conference will please send all orders to the Nebraska Tract Society, 1505 E St., Lincoln Nebraska.

Notice

AGAIN I wish to call the attention of our people to the summer school to be held at College View beginning June 10 and lasting eight weeks. It has been decided that the first two weeks of this school will be taken up by the Educational Conference at which all of the leading educators of the denomination will be present. This makes it very desirable that all of our church school teachers, and those who are expecting to be church school teachers, be in attendance. The announcements are ready, and have been sent out to those who should receive them as far as we know their addresses. If you have not received a copy, write us at once and it will be forwarded. Write the transportation agent of your conference regarding half rates to and from school.

FLOYD BRALLIAR,
Educational Secretary.

The BEST LINE to
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 and Chicago,
 With the Best Dining Car Service



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-E. W. THOMPSON, A. G. P. A., Topeka, Kansas.-

F. H. BARNES, C. P. A., Lincoln, Nebr.

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WE are prepared to offer agents for our Magic Pocket Vaporizers liberal terms. The season for colds and catarrh is here. Write for particulars to the Modern Medicine Co., 242 Champion St., Battle Creek, Mich., naming your choice of territory.

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News and Notes

UNION COLLEGE closes Tuesday, May 26.

THE subscription list to the advance is constantly increasing.

THE South Dakota annual campmeeting and conference will be held June 10-21, at Madison, S. Dakota.

BRO. L. E. COON, Union Conference Auditor, is now in Des Moines, Iowa, auditing the conference and tract society books.

IT has been decided to hold the Nebraska state camp-meeting this year at Grand Island. The date will be announced later.

BRO. J. W. CROUSE, State Canvassing Agent of Iowa, is now in College View assisting in the work of the canvassers' institute.

IT is expected that Brethren O. E. Jones and L. B. Porter and Sister Maggie Warnock, will assist Elder Berry in a series of tent meetings at Blue Springs, Neb.

THE time appointed for the Educational Conference to be held at College View, is June 12-21. At this conference important questions will be considered, and an interesting time is expected.

PROF. FLOYD BRALLIAR visited Stuart, Iowa, May 8 to 11, in the interest of the new industrial school to be erected at that place. They are now preparing the grounds, and planting quite a good sized orchard.

L. C. CHRISTOFFERSON, of the Wichita Treatment Rooms, writes: "Enclosed find fifty cents as my subscription to the ADVANCE. I appreciate the little paper very much. We are doing nicely here. All thanks to God."

HAVE you secured a copy of the new book "Education," by Mrs. E. G. White? It is a valuable little volume for teachers, students, and parents, and should be in every home. Price \$1.25. Order of your Tract Society.

THE canvassers' institute at Union College is progressing nicely. Brethren Crouse, Surber, and Jencks are assisting Bro. C. W. Hardesty in the work. Between twenty-five and thirty students are preparing to enter the field. Up to the present time classes are being conducted in "Great Controversy," "Home Hand Book," "Coming King," and "Ladies Guide." Others will be arranged for as needed.

SISTER LAURA HUMPHREY has recently returned from Boulder, Col., to Leavenworth, Kans., where she will again take up her work. We are glad to know that she is improving in health.

A WORKERS' meeting will precede the Iowa state camp-meeting to be held at Colfax. This meeting will begin Monday evening, May 25. The workers throughout the state are requested to be in attendance at the first meeting of this body.

ELDER GEO. W. BERRY, of Blue Springs, Neb., made the office a very pleasant call last week. He has been laboring for some time in Wyoming, but will soon begin a tent meeting at Blue Springs, Neb., where quite an interest awaits him.

A RATE of one and one-third fare, on the certificate plan, has been secured to the Iowa state campmeeting, to be held at Colfax. Tickets for going are to be purchased not earlier than May 28, nor later than June 3. Do not fail to take a certificate from the agent when tickets are purchased.

MAY 7, Elder Lewis Johnson reached College View from his trip to the Pacific coast. After attending the General Conference, at Oakland, Cal., he visited Portland, McMinnville, and Monitor, Oregon. While on this trip he secured \$96 in cash and pledges for the Union College printing press.

ON our return from General Conference Elder Russell and the Editor stopped over night at the Treatment Rooms in Denver, 1545 Glenarm St., where, before retiring, we were entertained by Brother Mase, the gentleman nurse in charge, with a short but interesting and acceptable course of treatment, consisting of a sampling of the Turkish, hot vapor, shampoo, spray, and plunge baths. The rooms are neatly furnished, are well fitted up, and the treatments given are excellent. We wish the enterprise success.

A Special Offer.

To any one sending in four new subscribers to the ADVANCE with the money for the same, we will send the paper for one year free. Here is an opportunity for someone in every church in the Central Union Conference to get twenty-six issues of this live, readable journal for a little effort. Who will take advantage of it?