

# The Central Advance

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

Vol. I

COLLEGE VIEW, NEBRASKA, JUNE 2, 1903

No. 13

## The Central Advance

Official Organ of the Central Union Conference  
of Seventh-day Adventists

ISSUED BI-WEEKLY

Subscription Price, 50 cents per Year

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Entered at the Postoffice in College View, Neb., as second-class matter

### Divine Providence

I heard the robin singing his happy morning song,  
I saw the helpmate bringing food to its helpless young,  
And to me there came a whisper that softly fanned the  
tree,

If God for these so careth, will He not care for me?

I saw the lilies growing in beauty day by day,  
No queen in all her glory so gorgeous in array,  
And on their leaves were written sweet words of love and  
trust to me,

If God for these so careth, will He not care for me?

I thank Thee, O my Father, that mid life's toil and dust,  
The birds and flowers can bring me such words of love  
and trust:

Then walk by faith, and hear the Master's words of love  
and trust to thee,

If God for these so careth, will He not care for thee?  
—Selected.

THE 1903 class motto: "Purpose, Labor, Victory." A good motto for all.

THE cause of Christ does not just now so much need martyrs to expire for it as it needs men to perspire for it.

It is better to wear out than to rust out. It is not the machine in use that is soonest gone, but the one unused and left out to the weather.

A proper amount of good, honest, hard work kills no one. It is war, worry, idleness and dissipation that kill. Work is a blessing, not a curse. Let this idea be instilled into the mind of every youth and child.

"SEEST thou a man diligent in his business? He shall stand before kings; he shall not stand before mean men."

"Study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; that ye may walk honestly toward them that are without, and that ye may have lack of nothing."

### Frederick William I. and Idlers

Fredrick William I. was king of Prussia from 1713 to 1740. He was a strong, burly and somewhat brutal man, full of strange freaks, yet in many respects just the man for the times. It is said that he would tolerate no idlers in his realm, and that he carried a heavy cane, which he laid upon the back of every unemployed person he chanced to find, whether man, woman, or child.

### Whichever Way the Wind Blows

A FARMER had a weather-vane made for use on one of his barns, in which was wrought the words, "God is love." Some one said to him, "You have placed an immutable truth on a changeable thing." "Well, sir," replied the man, "I want you to understand that that means God is love whichever way the wind blows." There is more truth in that saying than in some sermons an hour long.—Selected.

### No Room for the Lazy Man

Nothing can be done with a man who will not work. We have in our scheme of government no room for the man who does not wish to pay his way through life by what he does.

A rich man is bound to work in some way that will make the community better for his existence.

Capacity for work is absolutely necessary, and no man can be said to live, in the true sense of the word, if he does not work.

I pity no man because he has to work. If he is worth his salt he will work.

We have room for every honest man who spends his life in honest efforts.—*Extracts from recent speeches by President Roosevelt.*

### Will Not Work

The world has again been shocked with the details of a horrible massacre of Jews in Russia. Why there should be such outrages against this people seems indeed strange. No doubt religious animosities account for much of it; but Count Cassini, the Russian ambassador at Washington, makes the following statement which may present a partial solution to the question. He says:—

“There is in Russia, as in Germany and Austria, a feeling against certain of the Jews. The reason for this unfriendly attitude is found in the fact that the Jews will not work in the field or engage in agriculture. They prefer to be money lenders. Give a Jew a couple of dollars and he becomes a banker and money broker. In this capacity he takes advantage of the Russian peasant, whom he soon has in his power and ultimately destroys. It is when the patience of the peasant is exhausted that a conflict between the peasants and Jews occurs. Ordinarily, the Russian is a very patient person, but it is only natural that he should entertain a feeling of resentment for the one who has wrought his ruin.”

### What Is Wealth?

Does wealth consist in money, houses, lands, bank stocks, railroad bonds, etc., alone?

We think not. The young man starting in life with no money, but with good digestion, good sleep, good health, and ability to work in some profitable employment, has what the aged capitalist would be glad to exchange all his millions for.

What compensation is money for sleepless nights and painful days, or the misconduct of dissipated children?

Which brings the greater happiness—the glitter, show, jealousies and falsity of fashionable life, or the heartfelt friendships which prevail so largely in the homes of the industrious poor?

In how many of the palaces of our millionaires will you find greater happiness in the parlor than in the Kitchen?

How many millionaires will tell you that they are happier now than when starting in life without a dollar?

On the tops of mountains we find rocks and ice and snow. It is down in the valleys that we find the vineyards.

Let no man envy those richer than himself until taking all things into account—age, health, wife, children, friends—he is sure he would be willing to exchange.—*Geo. T. Angell.*

### We Would See Jesus

WE heard a beautiful and suggestive story recently. As the pastor of a new charge mounted the steps of his pulpit, his eye caught a design made by white lilies, with the words formed by scarlet carnations, “Sir, we would see Jesus.” The idea took full possession of him. He faced his congregation, and with tearful face said, “You want to see Jesus? Well, let us seek a view of Him.” Whereupon he poured out his soul in prayer with this end in view. His sermon was greatly blessed, and many souls believed in the Lord. Oh, that every preacher may hear this inquiry, “Sir, we would see Jesus!”

### In the Master's Service

IN times past God has used humble men in His service, and because of their faith and devotion these men have often accomplished more than many laborers of better education and higher pretensions. They realized their dependence upon God, and by personal efforts, by a well-ordered life and a godly conversation, they turned men from error to truth, from the path of transgression to obedience to God.

The mighty power of grace worked with them, and success attended their efforts. “God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to naught things that are; that no flesh should glory in His presence.”

Two men start out to labor in the cause of God. One has had every advantage of education. His mind is cultivated, his powers are developed, and he is prepared to become an efficient

worker. But we look in vain to see the good results of the advantages he has enjoyed. Instead of increasing his usefulness, his education fosters a feeling of self-importance; he esteems himself above his less fortunate brethren. He does not continue to store his mind with useful knowledge, to fit himself to bear greater responsibilities. While he boasts of learning, he does not labor to the utmost of his ability, with an eye single to the glory of God.

The other has good natural abilities, but a limited education. He is a constant learner in the school of Christ. The love of Jesus is in his heart, and he walks humbly with God. He is unselfish in thought and purpose, and he tries to do all the good that he can. As he uses the ability that he has, his mind expands.

The educated man may exalt himself over his unlearned brother, but he is like the man who hid his talent in the earth. He has shunned the trouble and exertion necessary to trade with his entrusted talents, that he may return them, with the increase, to his Lord. Unless he repents, he will be condemned as a slothful servant, and will be dismissed from the presence of His Lord. But the one who is faithful in the use of his talents, returning at last both principal and interest, will hear the words, "Well done, good and faithful servant."

The man who blesses society, and makes a success of life, is the one who, whether educated or uneducated, uses all his powers in the service of God and his fellow-men.

In all our churches there are those who might be educated to become workers for Christ. There is certainly a fault somewhere, or there would be more workers developed to unite with us in our efforts for the salvation of souls. "Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Have special meetings for the education of workers. Souls for whom Christ died are perishing all around us, and what excuse can we give that they have never been warned?

Think of the mighty truths that God has entrusted to our keeping, and let earnest work follow your thoughts. Make mighty strokes for God. No compromise is to be made with sin, or with timidity and cowardice. The Christian laborer knows no drudgery in his heaven-appointed work. He enters into the

joy of his Lord in seeing souls emancipated from the slavery of sin; and this joy repays him for every self-denial.

Our faith is weak, our sense of God's requirements feeble. We must awake to duty. We must be endowed with power from on high. In stead of resting satisfied with our present attainments, let us cherish a longing desire that our lips may be purified and touched with a live coal from off the divine altar. The word of God to us must come to the people, not in a feeble, hesitating way, but with earnestness and power. We must pray more earnestly, more fervently, that God may work in us and through us. Angels are commissioned to be our helpers. They are passing between earth and heaven, bearing upward the record of the doings of the children of men.

We can never be saved in inactivity. The life of Jesus rebukes every idler. In His strength we may do the work that He did. The promises of God are rich and full and free.

We may have with us the power of His salvation. It is because threads of unbelief are woven into all the web of life, that our experience is so lacking in power. Shall we not begin to weave in, instead, the precious golden threads of faith? Remember, "This is the victory that overcometh the world, even our faith." If clouds hide the sun from sight, we do not mourn as if it would never again appear. God's dear face of brightness is not always seen, but we are not to despond. It is our duty to trust Him in the darkness, knowing that His love is changeless.

It was the joy of Christ to save souls. Let this be your work and joy. Perform all duties and make all sacrifices for Christ's sake, and He will be your constant helper. Go straight forward where the voice of duty calls; let no seeming difficulties hinder you. Take up your God-given responsibilities, and as you bear your sometimes heavy burdens, do not ask, "Why idle stands my brother, no yoke upon him laid?" Do the duty nearest you, and do it thoroughly and well, not coveting praise, but working for the Master because you belong to Him.

MRS. E. G. WHITE.

"WHATSOEVER thy hand findeth to do, do it with thy might."

## From the Field

### Johnson County, Nebraska

SABBATH, April 18, the Sabbath-school of Tecumseh met with the Sterling Sabbath-school, at the home of Brother Roe. About twenty-eight were in attendance, and two visitors. Sabbath, April 25, all met at the home of Brother Feris near Tecumseh. We were truly glad of this privilege of meeting together, and thank the Lord for His goodness to us. After Sabbath-school a Bible study was conducted by the writer on Dan. 8:14. As we studied this lesson we realized more than ever that God's truths, though often repeated, are ever new.

Our brethren here are few and widely scattered, but all seem of good courage and are rejoicing in the Third Angel's Message. I had the privilege of visiting sister Woodley, in Tecumseh, who has never attended a Sabbath-school. She heard the message twenty-three years ago for the first and only time. About four years ago she began keeping the Sabbath just from reading her Bible. My heart was never so much touched as when she expressed her joy and delight in keeping the Sabbath of the Lord. Let us pray earnestly for the isolated brethren and sisters that they may remain faithful though they do not have the privilege of hearing the word preached or of attending Sabbath-school.

Brother Feris will soon enter the canvassing work. Nearly all of our brethren in this section are engaged in distributing our literature. Bro. Bert Wagoner will begin work with me in Tecumseh. All of our workers here have a deep yearning for souls that are perishing about them. Let us take new courage, brethren, for our salvation is nearer than when we believed.

ALFRED HORN.

### Albion and Petersburg, Nebraska

Since the state meeting of workers in March, I have been near Albion, binding off the work started by Brother Graf and myself. We organized a sabbath-school of fourteen members, April 18. The membership has now increased to about twenty. Four have taken their stand for the truth, and others are much interested.

I spent Sabbath May 16, at Petersburg. We had a good meeting, with a good number of outsiders present. The testimonies offered were to the effect that we need a deeper consecration and a closer walk with God.

In a few days I expect to join the workers at Norfolk. I feel my constant need of a daily consecration and communion with God.

B. M. GARTON.

## Missionary

Conducted by Miss Katie Coleman

### All Glad to Work

SISTER LAPIER, of Cripple Creek, Colo., sends the following encouraging report to *Echoes from the Field*:—

"We have young people's missionary meeting every Sabbath afternoon, and all help willingly. We are working with the tracts, and keep them out all the time. The children take papers and tracts to the hospital, depots, and other places. All our members are glad to work."

### Looks Like a Revival

How good it is to serve the Lord! Some time ago we were told, through the Spirit of Prophecy, that the "canvassing work is to be revived" and "carried forward with increasing success."

The Lord has been working for His servants during the institute which has just closed (May 26) at Union College; and the state agents who have been in attendance, teaching and exchanging ideas and plans for work with one another, are returning to their several fields of labor, accompanied with consecrated workers, who will spend their vacation helping to "revive" and "carry forward" the message in the printed form.

After the students had chosen their respective fields of labor, it was found that Iowa has nine; Nebraska, twelve; Kansas, twelve; Missouri, three; Montana, two; and Canada one; or a total of thirty-nine for these fields. There are four or five who are at the present undecided as to where they will work. The total number of students who will engage in the canvassing work this summer, is about forty-four. Twelve of these will work for "Home Hand

Book," quite a number take "Great Controversy," "Desire of Ages," and "Patriarchs and Prophets," and others "Coming King" and other smaller works.

Brethren, this begins to look like a "revival." Praise the Lord for His blessings when we show our willingness to co-operate! Pray that the Lord's spirit may accompany each worker in his labor this summer.

C. W. HARDESTY.

### Can a Canvasser Make a Living for His Family?

From the Kansas Worker.

IN *The Kansas Worker* of April 8, in the article by Bro. Weese, is a statement made by some brother, that he never saw a person yet make a living for his family canvassing for our books. When I read this statement I felt that I would not be doing right unless I gave in my testimony.

I have canvassed now over ten years, and have done nothing else. I have made it my business. When I started out I was in debt, and I canvassed and paid my debt. Then one season I had a large company, and had to make several moves. Then the drought and hot winds took the corn, and I almost made a failure. Later I married and had a family, and last year when I left Kansas I owed no man a penny as far as I know, and I had enough left to give me a fair start when I came here to Texas.

When I first started, I used the conference rig; afterwards I bought one of my own. This I lost, and had to buy another. I have also lost money; so I have not always had it smooth. There are "ups" and "downs" in the canvasser's work as in every other; but I say he can make a living if he will only stick to it like the farmer does to his plow and his planter. If the frost takes the farmer's corn, he simply replants it. He does not think of leaving his farm and going into other business on account of one, two, or even three failures.

I know there is a living in the canvassing work. I made a living while I was single; I married and made a living for two of us; and now I have three fat boys, and we still have plenty to eat, drink, and wear. If that brother doubts it, he can come over here, and we will give him a good healthful dinner free of charge. I have no debts, and we live as comfortably as the majority of the common people. I am of

good courage, and am glad to have a part in this work.

Brethren and sisters, be careful that you do not find yourselves doing the work of the ten spies. Their words of discouragement brought a failure to Israel; and a discouraging word has caused many a canvasser to give up, while a few encouraging words might have helped to make him a successful canvasser, and as a result, souls through his work been saved in the kingdom of God. Yours in the Master's service,

ALBECK JENS JENSEN.

*Clifton, Texas.*

### An Encouraging Report

FOR his last week's work, Brother Eisele reports twenty-two orders taken at a value of \$60.75, and helps sold to the amount of \$10. From our statistical report in this number it will be noticed that during the last four weeks he took orders, including helps, to the amount of \$183.55. All may not be able to take as many orders as this, but this may encourage others to "do their best," and all can pray for those that are in the field. It will encourage them if they know that we remember them in our prayers. The faithful canvasser is surely sowing the seed, and we feel sure that the Master will water the seed, and that when the great gathering day comes there will be some that will be saved as the result of the seed that will be sown this summer by our canvassers.

C. H. MILLER.

### Reports from Nebraska Canvassers

WILLIE McCABE: "I am of excellent courage in the Lord. I want to live closer to Him every day. In 1 Cor. 3:9 is a blessed promise. 'We are laborers together with God.' There is comfort in that thought. I want to learn to trust Him fully."

JOHN T. EDEN: "Last week the Lord gave me some rich experiences, and by His help I secured the names of seven who wished the 'Great Controversy.' It seems that we are nearing the close of the message. When I get to talking a little of the great mercy of our Lord, the people become much interested, and if I can just explain the book well enough, they will buy."

OTTO EISELE: "The Lord is still giving me rich experiences in this work. Surely the harvest is ripe, but the labourers are few. Last

Monday I canvassed a Catholic family for 'Great Controversy.' I had not gone very far in the canvass before the man told me it was no use for me to talk to him, and it would be better for me to keep my mouth shut. But I felt impressed that this family ought to have something. So I asked to stay over the night. There was nothing said about the book that night. The next morning before I left my room I sought the Lord earnestly, and He gave me the assurance that I would secure an order by His help. While we were at the breakfast table it was raining, and the man began to make sport of God. I changed the talk on to 'Daniel and Revelation,' and after a good canvass secured an order for the book, and also for 'Best Stories.' I then went on to the next house, and while there this man came in, and through him I secured another order. The Lord says that it is 'not by might nor by power, but by My spirit.' I then gave them a Bible reading, and they are much interested, and want to know what is truth. I am in hopes that they will yet come out into the light. Remember me in your prayers, and these two families."

### Canvassing Report

#### Kansas

##### Four Weeks Ending May 15

No. canvassers.....	41
No. hours.....	2797
No. exhibitions.....	3213
No. orders.....	1114
Value of orders.....	\$1620.20
No. orders delivered.....	575
Value of orders delivered.....	\$506.85

#### Colorado

##### Four Weeks Ending May 23

No. canvassers.....	12
No. orders.....	279
Value of orders.....	\$492.75
Value of helps.....	\$89.35
No. deliveries.....	92
Value of deliveries.....	\$313.85

#### Iowa

##### Two Weeks Ending May 1

No. canvassers.....	10
No. orders.....	100
Value of orders.....	\$156.05
Value of helps sold.....	\$22.45
Total value.....	\$178.50
Value of deliveries.....	\$42.50

#### Nebraska

##### Report for Four Weeks ending May 24th

Name	Orders	Value	Helps	Deliveries
Alfred Horn	11	\$17.25	\$35.00	\$94.75

J. G. Kroeker	5	14.80	6.40	
Mrs. G. P. Loy	7	21.00	5.00	
Lester Adams	8	21.25	4.85	
P. A. Field	14	63.00	17.40	
J. P. Anderson	9	11.65	5.30	
Otto Eisele	60	152.35	31.20	
John T. Eden	19	43.25	7.25	
Willie McCabe	40	69.25	16.75	
H. Langenberg	4	10.50	6.85	35.25
Lizzie Lockwood	6	15.75	23.35	
C. S. Wilbur	7	8.50	65.02	
Totals	190	448.55	224.87	130.00
No. Agents	12			

### Tract Work at Blue Springs, Neb.

It is now two months since we began working with the tracts in this place. Our workers have been few, as our company is small, and home cares have stood in the way of some engaging in the work.

One sister has taken her neighborhood in one corner of the town to work. She is a faithful sister, and is having a good experience. Another sister sends tracts through the mail to several families each week; and one brother, who is new in the truth, has taken some tracts and expects to use them with the men who we believe are interested, and whom I have failed to reach because their wives refuse to take the tracts.

I have over one hundred families on my list who are reading the tracts. Some have read as far as package No. 5. Some of the best families in the various churches are interested in the truth contained in the tracts, and as I call sometimes remark: "They are worthy of a careful reading;" "They are very good reading indeed;" "They are fine;" "They agree with the Bible;" "They make things very plain," etc.

One lady who had not read her tracts at all the first week, seemed especially friendly when I called the next week. One of her neighbors who had been reading the tracts had told her that they were the best reading she had ever had, and this caused her to take them up and read them until she became much interested. She was especially interested in the subject of Christ's coming again to this earth, and the final home prepared for the people of God. I read some scriptures to her describing the new earth state, and she seemed pleased to have the loan of the little pamphlet, "The Saint's Inheritance."

Another lady upon whom I called, brought out "Christ's Object Lessons" and "Coming

King," and told me about her friendship with the young girl who sold her the latter book, and expressed herself warmly in favor of the tracts. She also related a remarkable experience of healing she had had, and told how she feared that the enemy was trying to deceive her. I was impressed to loan her "Power for Witnessing." She was much pleased with the entire book, and begged the privilege of loaning it to a neighbor who was hungering for just the truths it contained. So we see how there are some who help in the work, as well as some who hinder.

One minister and his wife appear interested. Another is openly opposing our work, and many of the members of his church manifest the same spirit. One old gentleman, however, appears to be honestly seeking for light. I read to him, as his eyesight is very poor, and his wife reads only German.

One family who were brought up without school privileges, are glad to have me stop and read to them from the tracts. Another poor woman desires to learn to read, so that she may study the Bible more and teach her children. Her husband reads the tracts with her, and they believe them so far as they have read.

I am glad the Master gives me the privilege of helping these helpless ones for Him. It seems so good to be sent with words of hope and cheer to those who shrink from the "smartness" of those about them. Surely the Lord is working upon hearts in this place. I earnestly pray that many more laborers may be raised up to help finish the work speedily.

MAGGIE WARNOCK.

#### What He Wanted

A MAN on the Malabar coast was directed by the heathen priest, in order to make atonement for his sins, to drive iron spikes through his sandals, and walk on these about four hundred and eighty miles. He undertook the journey; but while halting to rest under a large, shady tree, where the gospel was sometimes preached, one of the missionaries came and preached, in his hearing, from the words: "The blood of Jesus Christ cleanseth us from all sin." While the missionary was preaching, the man rose up, threw away his torturing sandals, and cried aloud, "This is what I want!" and he became a living witness of the truth of the text.

Yes; that is what they all want who are still in darkness,—a knowledge of Jesus, the Saviour, who taketh away the sins of the world.—*Little Workers.*

## Sabbath-School Dep't.

### Sabbath-School Don'ts

Don't begin the school late because somebody is in the habit of coming late.

Don't elect officers for the purpose of getting them to attend.

Don't pray long yourself, nor invite those who habitually do so, to open the school.

Don't think you must ask the school every Sabbath to find mistakes in the secretary's report. Conclude it is correct unless some one speaks of a mistake. If you notice an error, wait until the close of the school to call the secretary's attention to it. If he thinks it serious, let him correct it publicly himself.

Don't be afraid to wisely commend good work in pupils, teachers, or officers. Give "honor to whom honor is due." But first be sure it is due.

Don't mistake talking for teaching. Facts are sometimes impressed upon the heart through the medium of the eye.

Don't ask the bright student all the hard questions, nor refer every tough answer from the hesitating one to him.

Don't be too hasty in passing on to the next. Give the slow mind a chance to act. Encourage his thinking.

Don't suffer that teacher long to stand before a class who begins by saying he has not had time to study his lesson. Exchange for one who has.

Don't get the pouts and think (aloud) the Sabbath-school is going to ruin because everything does not go just as you would like to have it. At election time it is possible you can have a chance to have it all your own way. Possible, but not probable.

Don't conclude because this or that has always been done a certain way that that is the best way. Some change might be an improvement.

Don't overlook the blessed truth that the Holy Spirit can communicate with hearts through the word, and that he will be present and do so if you come from your knees to your class. Teach the word.—*West Virginia Monitor.*

SABBATH afternoon is not too early to begin studying next Sabbath's lesson.

## Health Department

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

"Prosper and be in Health"

### Health and Happiness

IF we would stroll out into the garden, the field and the forest, and look into the smiling face of nature, we could see there the infinite kindness and good will of the Creator. We would see that God had planned everything with a view to the happiness of His creatures.

If God did not desire to have His creatures happy why did He give the flowers their sweet odors and their beautiful tints, and the leaves and grass their dainty green? Why did He not make the flowers odorless, and the leaves and grass black or brown? Why did the Lord make the singing bird and the murmuring brook, and give skill to men to invent instruments of pleasing music? Why did He so construct our ears that they are delighted with melodious sounds, and our eyes so that they are delighted with beautiful views? why make hearts that respond with rapture the work of His hands? Is it not because He is a lover of the good and the beautiful Himself, and desires His children to be the same?

God, who made the graceful trees and lovely flowers, is not pleased with ungraceful manners, stooping shoulders, a slovenly gait, and slouchy clothing. The One who takes so much pains in the form and tinting of the rainbow, desires to see our bodies, made in His image, neatly and becomingly dressed. He who made man upright delights in a symmetrical figure, in a graceful carriage, in courteous manners, and in the lovely, smiling countenance, such as everyone who has the love of God in the heart may wear.

Not only through the eye and ear has the Lord provided for the enjoyment of life, but the senses of taste and smell are also designed to help make life a pleasure. The sense of taste is essential not only for the enjoyment we get out of it, but also for the direct relation it has with the work of digestion. The relation that exists between the proper gratification of the sense of taste and physical health is not fully appreciated. Recently an eminent physician has demonstrated this relationship by some interesting experiments upon lower animals. He found when food was placed directly

into the stomach it would not digest because the glands of the stomach did not pour out the digestive fluid; but if the animal was allowed to taste or even smell of the food before it was placed in the stomach, digestion went on normally.

The gratification of the senses of taste and smell and even of the eye is important to perfect digestion. Not enough care is taken to have food prepared so that, as well as being wholesome, healthful, and digestible it, will also meet the legitimate demands of taste.

If we would know how to properly prepare a meal we have only to go into nature's serving room and learn from the greatest of all caterers. God has associated much of the beautiful in nature with what is designed for food. What is more pleasing to the eye, the taste, and the smell than the apple, the peach, the pear; or more tasty, dainty, and delicate than the stalk of strawberries nestled in its boquet of pretty leaves? What was more ideal and conducive to health and happiness and good digestion than when you used to sit on a bow of the old apple-tree with the blue sky overhead, surrounded by all that is beautiful and natural, and from nature's table ate apples to the full, as you listened to the singing birds, the rustling leaves, and enjoyed the fragrant odors from garden and field? The more nearly we can make every meal like this banquet in the apple-tree the better. A neat, clean, bright, and airy dining-room, a table provided with a fresh laundryed spread, polished knives, forks, and spoons, food prepared and arranged with art and order; and a nice boquet of flowers mingling its fragrance and beauty with pleasant conversation, and the merry laugh,—all this has some relation to the work of digestion.

The taste should be trained to enjoy the various flavors of different foods in their natural state. As the sense of sight may be so befogged by indulgence in objectionable and degrading scenes that it cannot appreciate the beautiful things of nature, so also the taste may be perverted and destroyed by having everything we eat so saturated with salt, pepper, and other condiments that the real flavors of the food are rarely experienced. Food may be so simply and naturally prepared that the delicate flavors which nature has placed in them may be enjoyed by one who has cultivated his taste properly and takes time for thorough mastication. Those who have never tasted anything but sugar, salt, pepper, etc., are to be pitied for what they have lost of the pleasures of living.

ARTHUR W. GEORGE, M. D.

## Educational

Conducted by L. A. Hoopes

### Commencement Week at Union College

UNION COLLEGE has just closed another year. In looking over the past, we have many reasons to be thankful for what we have seen at Union College this year. The enrolment was a little larger than it has been for two years previous. The class of students who have been in attendance this year were rather of a missionary turn of mind. A larger per cent of students go out to enter into some line of missionary effort than any previous year.

The graduating class was not so large as it has been for the last three years, but it is the aim of each member to enter into some line of work this year. Two members of the class are retained as members of the College Faculty. Another member joins the University of Sweden, and the others expect to take up active work as church school teachers or in some office. The character of the class program indicated a very good turn of mind, far different from what is usually displayed in graduating exercises of the popular schools of the day. The missionary idea was the prevailing one. The baccalaureate sermon, the address, and the valedictory were all calculated to inspire the class and the school with a high and noble purpose in life. The class motto, which was expressed in English, was the foundation of the exercises of the entire week. It reads as follows: "Purpose, Labor, Victory."

The students who go to their homes go with good courage. Many of them expressed themselves as having enjoyed the most pleasant and profitable year of their lives. Many expect to return next year, and bring others with them.

A goodly number of students have remained to attend the Summer Normal and the Educational Council, which are to be held in this place, the Summer Normal beginning the 10th, and the Educational Council the 12th of June. Quite a number of the teachers will be in attendance at the camp-meetings and in communities where there is a large number of Adventists, to work in the interests of the young people and the school.

L. A. HOOPES.

### Nebraska, Attention!

BELIEVING, brethren, that you are interested in the education of your sons and daughters, I wish to say a few words to you concerning our church school work.

First, I would say that last year we had eleven schools in session in our conference, with an enrollment of 135 pupils. Four of these schools were in families, the others were church schools. Lack of teachers kept us from having more schools.

While we thank God for what has been done, yet, we believe much more should be done this year. My dear brethren, I believe that you will take hold of this matter and provide a way to train your children for God.

We expect to have twenty-five teachers in training this summer here at Union College, ready to go out this fall to the various churches and families who may plan for schools. We meet difficulties in this work, but let us press on, rising above them.

I would like to hear from each church and family who feel the need of having a school. Write to me here at College View, and I will do anything I can to help you. The perils of the last days are thickening about us; we dare not, therefore, delay.

C. R. KITE,

*Educational Sec'y Neb., Conf.*

### College Items

THE following is a list of the graduates of Union College, and the courses from which they graduated:—

Vera E. Thompson, Scientific Course; Carl D. Nelson, Literary Course; Ernest C. Kellogg, Advanced Normal Course; Averill H. Owen, Ministerial Course; Ida E. Brown, Hattie E. Brown, Wavie D. Tubbs, Anna A. Pierce, Stella M. Allred, Normal Course; Josephine A. Potter, Daniel H. Madsen, Commercial Course.

WE were glad to greet so many of the old students and graduates of Union College at the time of the graduating exercises this year. Among the number present were Mr. J. C. Anderson, Miss Florence Barbee, Mr. Eugene Starsbury, Miss Lillian Lindholm, Miss Effie Northrup, Miss Lawrence, Miss Hannah Peterson, Miss Florence Nightingale, Miss Mercia Morse, and others.

THOSE who are contemplating taking up church school work should not forget the Sum-

mer Normal and the Educational Council, which are to be held at this place, beginning the 10th and 12th of June respectively. On arriving at Lincoln take the street car nearest to the depot and call for transfer for College View, which will bring you direct to the College building. Bring your baggage checks to the business office of the College, and they will be attended to by the College transfer agent.

L. A. HOOPES.

### The Value of a Knowledge of History

AS TIER laid upon tier grows into a magnificent structure, as layer added to layer forms the stately tree, so the civilization of one age depends upon the civilization of preceding ages. Without a knowledge of past accomplishments, each generation must begin where its predecessor began, and leave off where it left off. It is the recorded progress of yesterday upon the pages of our memory, that directs the progress of to-day. History is the mason directing the placing of one stone of advancement upon another.

"We judge the future by the past."

"Like causes produce like effects."

"History repeats itself."

Thus to the statesman who would learn by the mistakes and triumphs of those who have traveled the way before him, is no profane knowledge of greater importance than a knowledge of the past. And not alone to the statesman is this knowledge of importance; for to all who will search, it reveals the dignity of man, broadens the intellect, and explains the present conditions of society.

Yet of far greater importance is the study of history to the Christian student, to whom the inspired prophecy is a beacon light, and God's dealings with the nations a divine revelation. To him the sacred Word is a key opening the door into the treasure-house of history, which the unbelieving can but behold from the outside. Then to know that He who rules the nations, setting up and taking down kings, also condescends to dwell in the Christian's heart, helps him to realize the dignity of the Christian's calling, and he rejoices in the greatness of his God.

OTTO J. GRAF.

How shall our church schools be supported? This is an important question, and will doubtless receive considerable attention at the coming Educational Conference. We hope that all

our people throughout the field will give this matter careful study, and be prepared to approve and adopt whatever method may be decided upon as wisest and best. The eternal welfare of our children is bound up largely with the proper solution of this question.

## Notices

### Hot Springs Camp-meeting

THE camp-meeting for northwestern Nebraska, northern Wyoming, and the Black Hills of South Dakota, will be held June 23-30, in the Chautauqua grounds, at Hot Springs, South Dakota. This will be a very important meeting for the brethren living in that section of the Conference.

Elder A. T. Robinson and the whole Conference committee will be present at the meeting, and the industrial school which was discussed to some extent at the fall camp-meeting will be considered.

Come, brethren, and avail yourselves of this another opportunity for a feast of good things.

There will be a sufficient number of family tents pitched for private use. A supply of books and health foods will be on the ground.

N. P. NELSON.

### Foreign Books Cheap

THE Nebraska Tract Society at 1505 E St., Lincoln, Nebraska, has a number of "Bible Readings" in the gilt, library, half morocco, and morocco, and the "Great Controversy" in library, half morocco, and morocco bindings, in the Swedish and Danish languages, they will send postpaid at the following prices: morocco, \$2.00; half morocco, \$1.50; library, \$1.30; gilt, \$1.10. They also have on hand some of the "Great Controversy" in the French that they will send at the same price as quoted on the books above.

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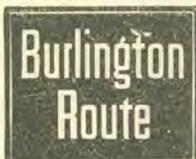


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## News and Notes

UNION COLLEGE closed May 26.

THE canvassing work is reviving.

THE Summer school at Union College opens June 10.

THE Educational Conference convenes June 12.

BROTHER BEAMS reports 3 accessions to the truth as the result of work done at Kaycee, Wyoming.

Do not fail to read, in this number, the article, "Can a Canvasser Make a Living for His Family?"

WHAT churches are planning to have church schools next year? Now is the time to begin to think about this question.

DR. ARTHUR W. GEORGE's article in this number, on "Health and Happiness," contains some very practical and helpful germs of thought.

FORTY-FOUR students from Union College this year go out into the canvassing field. This, we think, speaks well for the missionary spirit in the College the past year.

FROM the last number of the *Sigms* we learned that Elder G. C. Tenney and family had just arrived in this country, from New Zealand, and were on their way to Battle Creek, Mich.

THE Nebraska Paint and Lead Co., of Lincoln, advertised on another page, is conducted by one of our brethren. We are confident all who deal with him will be treated well.

RECENT storms, tornadoes and cyclones, leaving death and destruction in their track, are evidences that we are in an enemy's land. How many are praying for divine protection?

MR. and Mrs. John Ramsey, of Roden, Manitoba, Mrs. J. W. Eden, of Talmage, Neb., and Mrs. Maggie MacDonald, of Grinnell, Iowa, attended the closing exercises of the College.

ELDER L. A. Hoopes delivered the Baccalaureate sermon at the recent commencement exercises at Union College, Elder W. A. Spicer the Commencement address, and W. A. Colcord, the Valedictory.

ELD. J. M. REES was at College View during the commencement exercises. On his return

home a bridge went out just after his train had passed over it.

ELD. N. P. NELSON and Bro. Walter Campbell left College View, Friday, for McCook, Neb., where they expect to organize a church. Eld. J. H. Wheeler was expected to join them.

THE students of the Scandinavian department of the College are, with few exceptions, expecting to engage either in canvassing or tent work during the summer. Most of them have left for their respective fields of labor.

ELDER Lewis Johnson spent Sabbath and Sunday in College View, and spoke to the Scandinavians Sabbath afternoon. He had just returned from a trip among the churches of South Dakota, and now leaves for the Iowa camp-meeting.

PROF. M. H. SERNS and Miss Hattie Cox were married at Omaha, Neb., Tuesday, May 26, at 8 o'clock, Eld. E. T. Russell officiating. Several relatives and friends were present, and a very enjoyable evening was spent by all. The ADVANCE offers congratulations.

ELDER Geo. I Butler made College View a pleasant visit of a few days the past week, speaking in the church to good audiences on Tuesday and Wednesday evenings. This was his first visit to this place. From here he left for the Iowa camp-meeting.

THE *Sentinel of Christian Liberty* is a live, wide-awake paper. Each week it comes along filled with pungent paragraphs, appropriate comments on current events, and interesting and instructive articles bearing on the themes to which it is especially devoted.

BRETHREN Cook and Beams have started eastward along the Burlington railroad in Wyoming on a canvassing tour. They start out with good courage, and we trust that the rich blessings of the Lord will attend these faithful workers, and that they will be enabled to leave many seed sown in good soil.

WE understand that some of our Nebraska friends are disappointed because we do not have more reports from the workers in Nebraska. We are disappointed too, but when the editor does not receive reports he cannot very well insert them in the paper. We hope that the Nebraska workers will take notice of this mention, and in the future be more prompt in reporting.