

THE SOUTHWESTERN UNION FULCRUM.

E R Palmer
267 West Main St

OFFICIAL ORGAN OF THE S. W. U. CONFERENCE

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NO. 15.

THE DIVINE LAW IN MUSIC.

J. S. WASHBURN.

A GLORIOUS vision of angels; a song ineffably sweet; the night air a-quiver with the grandest chorus earth ever heard. Heaven's highest choir serenades the humble shepherds in Judea's plains. Thus was heralded the tender, sweet story of the Lord of Heaven in the humble stable at Bethlehem, by "a multitude of heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men."

Amid all the jarring discords of sin and strife and hate, in a world where man wages war against his Maker, we may still hear the soothing rhythmic melody, the perfect heavenly harmony, God's own poem set to music by the Divine poet. Yea, we may not only hear, but we may join in the anthem, "Glory to God in the highest, and on earth peace, good will toward men."

Since sin came into Eden and brought all our woe, and we lost the key note, lost the Divine purity of voice, men have "come short," have sung flat, below pitch, but all, without money and without price may come to the Master Musician of the universe, and take lessons, learning of Him harmony, and the Divine secrets of the "Divine art;" for in music, as in all else that is heavenly and good, "the secret of the Lord is with them that fear Him." All sin is discord; I had almost said, all discord is sin; at least we may be sure there are no discords in heaven. God Himself is the key note. He is the author of every lovely sound. He is the fountain of melody, the centre, the soul of harmony.

PERFECT MATHEMATICAL ORDER.

Music is *order* not *disorder*. Sound

is caused by the vibrations of matter in the air. If a body is unequal, imperfect, the vibrations are irregular. The result is noise. If the vibrations are equal and perfectly regular, the result is a musical tone; and conversely, the slower the vibrations the lower the pitch of the tone.

In the upper C, the note in the third space of the treble clef, there are in the standard pitch 528 vibrations per second. In what is called by Sir William Herschel the natural pitch, which was adopted in Stuttgart, Germany, 1830, and is the accepted Continental pitch, there are 512 vibrations in a second. In the C an octave below, the ordinary bass, C, 128. In the very low bass C, 64; an octave below that, 32; in the octave still lower, 16. In tones below that the vibrations are so slow that the human ear fails to recognize the tone as music. Above the standard C mentioned at the first, whose vibrations were given as 512, the octave higher was 1,024 vibrations; this is the very high soprano C; an octave higher still, 2,048; then 4,096; 8,192; 16,384; above this our ears cannot distinguish tone; the vibrations are too rapid.

But there is a great difference in this matter; some are able to distinguish tones of a much higher pitch, the shrill sounds produced by insects being plainly audible to them, while the ears of other men will detect no sound at all. Observe the simple, mathematical law, that double the vibrations produces an octave. Surely a Divine hand is there—the hand of Him who has arranged all things in perfect mathematical order. In all the intermediate tones, also, there is perfect, absolute law, and any departure from it will produce false pitch, discord. God's law can never be changed and harmony still preserved. There is a Divine hand in music; no work of chance in this holy art.

I have noted that the human ear is

able to perceive about eleven octaves of sound, but when God restores man to perfection, we shall hear sweetest music now wholly inaudible to human ears, for all of man's powers are limited now. A few years ago if anyone had said that it is possible to see through a wooden box to count the coins in it, to see through the flesh of the hand and sound the bones and detect the presence of any foreign body, man would have said, "Impossible." But God has permitted the veil to be drawn aside, the wonderful X rays have made all this very simple. X stands here as in algebra for the unknown quantity, the unknown power. This unknown power is the "unknown God" of Athens, the author of light and of sound. Some day we may hear the loveliest, richest harmony where now no sound is audible.

[To be continued.]

Mistakes in Life.

To take off heavy underclothing because you have become overheated.

To go to bed late at night and rise at daybreak, and imagine that every hour taken from sleep is an hour gained.

To imagine that if a little work or exercise is good, violent and prolonged exercise is better.

To conclude that the smallest room in the house is large enough to sleep in.

To sleep exposed to a direct draught at any season.

To eat as if you had only a minute in which to finish the meal and to eat without an appetite, or to continue after it has been satisfied to gratify the taste.

To give unnecessary time to ascertain established routine of house-keeping when it could be more profitably spent in rest or recreation.

THE SOUTHWESTERN UNION RECORD, only 50 cents a year.

SOUTHWESTERN UNION CONFERENCE.

THE following is the report of the work, financial standing, etc., of the Southwestern Union Conference, recently made by President G. G. Rupert, to the General Conference at Oakland, California. It will doubtless be read with interest by our people:

THE SOUTHWESTERN Union Conference, as now constituted territorially, was organized at Topeka, Kansas, in April, 1902. It covers a territory about one thousand miles long and eight hundred miles broad. It embraces the states of Texas and Arkansas, and Oklahoma and Indian Territories. The total population of the Union Conference is 5,110,667. The predominant nationalities are the English-speaking people, Mexicans, negroes, and Indians. The territory is known in business circles as the "Southwest."

The number of Sabbath-keepers is 2,892, with 87 churches, and 113 Sabbath-schools. There are three organized conferences in the Union. It has one Academy, located at Keene, Texas, and twenty church-schools.

There are 21 ordained ministers, 38 licentiates, and 18 Bible-workers. The tithes paid by these conferences the past year have been as follows: Arkansas, \$2,334.10; Texas, \$8,027.29; Oklahoma, \$9,869.88, making a total of \$20,301.27. The Oklahoma Conference has paid one minister in a field outside the conference. The offerings by these conferences have been as follows: Annual offerings, \$1,247.29; weekly, \$807.32; miscellaneous offerings, \$59.63; Sabbath-school offerings, \$1,128.47; total, \$3,242.72.

The enrollment of the Keene Academy the present year, has been about 100 in the academic department, and about 100 in the church-school department. There have been eight teachers employed. The value of publications sold in the Union Conference the past year has been as follows: Arkansas, \$2,111.38; Texas, \$10,258.95; Oklahoma, \$13,042.31; total, \$25,412.64. About fifty canvassers have been employed.

The local state papers have been discontinued, and a Union paper, called the SOUTHWESTERN UNION RECORD, takes their place. Its pres-

ent circulation is about 750. The value of the printing material is about \$500. This has been raised during the past ten months, since the Topeka Conference was held.

The financial condition of the Keene Academy is as follows: One year ago last January there was an indebtedness of between \$17,000 and \$18,000 against the school. There is still at this time a debt of \$10,725. This is all due the General Conference Association, except \$2,000, which is a local debt. One year ago last January we made a special effort to sell "Object Lessons" to raise this debt. Oklahoma learned the names of all the Sabbath-keepers available in their conference, and ordered four books for each one, amounting, at \$1.25 each, to a total of \$5,300. These were sold unconditionally to the churches and members at the retail price, to meet this debt. All has been paid in, except \$928. Texas, also, ordered a large number of books; on these there has been paid \$1,925.86. Arkansas also did what it could, having sold \$225 worth. This work is not yet completed in our Union Conference, and this summer we hope to make a special effort in this line. We feel confident that, with the past success we have had in reducing the obligations, the coming year will free us entirely from our present indebtedness. Texas has for the past two years experienced drought. This has hindered the work somewhat, from the financial side of the question.

In addition to the above there has been over \$1,000 raised to finish and equip the sanitarium at Keene, which is now in good running order, with Dr. P. F. Haskell and wife in charge. We now have a property there worth about \$5,000. Three years ago this month the Arkansas Conference established a small sanitarium at Little Rock, which is still running in good order, with Dr. A. W. George in charge. That conference has just incorporated a Medical-Missionary and Benevolent Association.

A few words concerning our needs may not be out of place at this time. First, the colored work in this Union Conference has been greatly crippled for the want of laborers who could labor for this race of people. Brother Sidney Scott, formerly of this Union, was recommended to labor in Mis-

souri for a time. His loss has been greatly felt. Elder Ryles of Arkansas, is doing a good work, but he is alone, and needs help. We have in Texas, Brother Thomas Defreeze, who has labored somewhat for his people. Oklahoma has no one at present to work for their large population of colored people.

The Mexican work has opened up in the Southwest during the past year, but, owing to the lack of funds and some one to labor in that line, this work has suffered. There is a good interest among this people, and the providence of God is now moving among them. There have been some who are capable of carrying the truth who have embraced the message the past year, and there should be something done at once to put printed matter in their own language, on the doctrinal points of the message, before them. We have done some translating and printing in this line, but there is a great need of more.

We would also call the attention of this Conference to the question of the publishing work for this vast territory. We feel there should be facilities provided for printing small leaflets and small pamphlets in both the English and Spanish languages. This printing done at home will have more influence than to have it printed elsewhere. With our present facilities, but little would be required but a press. We have in the office a practical printer who understands the Spanish language.

In conclusion, we trust that this will be one of the most profitable conferences ever held, both in seeking God and laying plans. We feel that the coming of the Lord is near and hasteth greatly, and what we do must be done quickly.

Miss May Williams will leave next Saturday night for Battle Creek, Michigan, for the purpose of making that place her future home. She will reside with her grandmother. Miss May is the daughter of Mrs. Flora H. Williams, Superintendent of Church-schools in this Union Conference, and who has also been a successful and popular teacher in Keene Academy for a number of years. She will follow her daughter as soon as the present term of the Academy closes, to reside there permanently.

← Texas Department. →

Canvassing Report.

Canvassing report, week ending April 11, 1903: I. T. Reynolds, Marshall; Patriarchs and Prophets; 39 hours; 39 orders; value, \$111.80; Mrs. H. M. Reynolds, Marshall; Home Hand Book; 30 hours; 9 orders; value, \$41.50.

A. J. Jensen, Clifton; Coming King; 32 hours; 23 orders; value, \$31.00

BROTHER Reynolds reports as follows:—"I am glad to be able still to report the Lord's blessing in both spiritual manifestations and orders. I have enjoyed the work very much the past week. It will take me three or four weeks longer to canvass the city." We are certainly glad to receive such good reports from Brother Reynolds, and also from Sister Reynolds, who has just entered the work as a missionary canvasser with that excellent book, "Home Hand Book," and sincerely trust that she will have abundance of success. We invite others to join the ranks and swell the chorus. Each one can have just as grand an experience as Brother and Sister Reynolds. The Lord is no respecter of persons. We fear that many are diffident as to their success. Let us lay aside that sin, for the fearful and unbelieving etc., shall not enter into the Kingdom. Do not wait until some other convenient season, but enter the work at once. The golden moments are swiftly passing. Act at once!

Notice to Church Clerks.

PLEASE send in your reports, and if you have not received a blank let me know at once, and I will favor you with one. I have returned to Keene, and have resumed my conference work. I would be glad to hear from every church clerk, and not only from the church clerks but also from the leaders of companies where there are only a few Sabbath-keepers. We deem it necessary to come in touch by correspondence with our people throughout the State. We are coming to an important issue in this closing work, and we should be in union with one another, so let us hear from you. All requests for

church report blanks, and church letter blanks, of which we also have a supply, should be sent to me.

A. M. WOODALL,
Conference Secretary,
Keene, Texas.

The Lord's Call.

IT IS HIGH time to awake out of sleep; * * * the night is far spent, the day is at hand." "Wherefore He saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." Let this warning be sounded among the people of God, lest He come upon us as a thief. Being the children of light, let us not sleep as do others.

To-day the Lord is calling for laborers as never before. He has given to ever man his work, and He is calling upon every member of every church to do something. We are told that "there will be no slothful ones, who neglect the work of the Lord, found inside the kingdom of heaven." The Lord tells us, too, that "our commission is to let the light shine forth everywhere from the press." Let us go about this work, not as a duty, but as a blessed privilege, remembering that "canvassing can be the Lord's helping hand, opening doors for the entrance of the truth."

I am glad there are some in our great State who are interested in this line of work; but my heart is sad as I go among our people, and see the young men and women who ought to be in the Lord's work, unequally yoked up with unbelievers, and many of them being led away from the path of truth.

It is time for us to arouse to the importance of the work that God has given each of us to do. Let us remember that some one else can not do that God-given work for us. If some one else does our work, he will take our place in the kingdom of God, and we shall be left out. God in infinite mercy is waiting for us to do the work He has assigned us, and He is willing to use every one that is willing to be used. (A few days ago I visited an aged sister who is almost blind and partially deaf; but these afflictions were not used as an excuse for shunning duty. She has sold her six "Object Lessons," and

now expects to sell some of our other books.)

Let us heed the voice that is calling to us, "Go, work to-day in My vineyard."

J. T. EATON.

Too Big for His Boots:

WITH great trouble, a small body of men were busy hoisting a heavy log to the top of the blockhouse that was being repaired after an assault in one of the campaigns of the war of the American Independence.

As the log swung to and fro, the voice of a little man was heard encouraging the workers with a brave "Heave away! There she goes! Heave ho!"

By and by there rode past an officer in plain clothes, who asked the little man why he did not help the others.

"Sir," was the pompous reply, "I am a corporal."

"Indeed," said the other, "I did not know that; I ask your pardon, Mr. Corporal."

Dismounting without further ado, the officer lent a willing hand till the job was done. Then, wiping the honest sweat from off his brow, he turned to the little man and remarked:

"The next time, Mr. Corporal, you have a bit of work like that in hand, and too few men to do it, send for the commander-in-chief, and I'll come again and assist you."

With which offer and rebuke, General Washington left the astounded corporal to his own reflections.—*Little Folks.*

Papers Wanted.

THIS is a bustling, busy city, and many each day pass right by my door. Now if I had the papers of our people in the country, where they are so busy with their planting, some day we might meet souls in the kingdom of God, whom these papers started in the right way. My address is 330 West Cal. Ave. Oklahoma City, Oklahoma.

MRS. CARRIE WHITE-ROSER.

THE true happiness of man consists in being united to God, and his only misery is being separated from Him.

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

★ The Union Record ★

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AGENTS:

Oklahoma Tract Society, Oklahoma City, Oklahoma.

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All papers will be discontinued when the time expires, unless promptly renewed.

Subscribers who do not receive their paper regularly should notify the office of publication and not the Tract Society, as the latter are not responsible for the mailing of the papers.

Money, or letters, should not be sent to individuals. All business communications should be addressed, and all remittances and money orders made payable to the S. W. U. RECORD, Keene, Johnson County, Texas.

Entered October 24, 1902 at Keene, Texas, as second-class matter, under Act of Congress of March 3, 1879.

It is thought that the fruit crop will be somewhat short this year.

THE Cleburne business men complain of dull times, and yet, seemingly, they are doing a good business.

THE Keene Truck Growers' Association is alert, and will have a sufficiency of stuff ready for the cannery next fall.

THE probabilities are that a large acreage of Irish and sweet potatoes will be planted in Keene and vicinity this year.

BROTHER A. S. McCully, State Canvassing Agent, is back to Keene, after an absence of several days looking after the interests of the canvassing work.

THE Keene Canning Company is slowly, but surely, bringing things to a focus. The necessary machinery has been ordered, and the building will soon be erected.

MISS Berta Taylor, one of Keene's most amiable and respected young ladies, will, in a few days, start for Glasgow, Scotland, where her brother, Ernest, is now selling our literature. Miss Berta will enter that field, also, as a Bible worker and canvasser.

AN effort will be made soon to organize a Sabbath School at Egan.

A SPLENDID continued article on "The Divine Law in Music," from the pen of J. S. Washourn, appears in our columns this week.

THE delegation from the Southwestern Union Conference to the General Conference at Oakland, California, have returned home, seemingly full of cheer and hope for the cause at hand.

THE M. K. and T. branch railway, between Egan and Cleburne, is being improved daily. The next on the tapis is the putting in of the flues along the water-ways. Work will begin next week.

MISS Ophelia Wesley, who has been visiting her brother, A. P. Wesley, of this place, will return to her home in Colman county next Monday. Miss Wesley has been teaching public school in East Prairie, and her visit here was for recreation and rest.

ON dit, that the Santa Fe people intend moving their railway from Alvarado to Cleburne, half a mile north from its present location, thus placing it within half a mile from Keene Academy. In that event we will have two available railroad stations.

A FAREWELL party will be tendered Elder C. P. Haskell and Miss May Williams next Thursday evening by Mr. and Mrs. A. P. Wesley. A number of invitations are out, and doubtless a large number of the friends of the Elder and Miss May, will be present.

T. L. PEELER, Industrial Manager for the M. K. & T. railway, will meet next Tuesday evening with the Keene Fruit and Truck Growers Association for the purpose of talking up the several interests connected with the said association. There should be a large attendance to hear Mr. Peeler, as he is said to be an interesting talker and one that understands the subject of truck and fruit growing.

✓ SPRING TIME.

SPRING IS HERE in its prime. The orchard blossoms, shaken from the trees by the gentle breezes, have been replaced by a coat of living green. The gentle showers, and warm sunshine, have caused the rose

and many other spring blossoms to burst into bloom. From the leafy boughs of the wood comes the musical note of the mocking bird.

All Nature seems to be making a supreme effort to counteract the sin-laden and worn-out condition of our earth.

These beauties, surrounding us, are reminders of this earth, when, a thousand years hence, it is prepared as a home for the saints. Then, not with the returning season, but with each successive month the Tree of Life will bud and blossom, and from its boughs will hang fresh fruit twelve times a year. (Sitting on the emerald banks of the River of the Life, we may tune our harps to accord with the warbler overhead; or, borne on the crystal waters at our feet, the echoes of the choir of angels may be caught up, and reproduced on our heavenly lyres; or still, hanging our harps on the branches, we may pluck, and eat the luscious fruit to our hearts' content.) With songs of joy on our lips, we will go up to the New Jerusalem to pay homage to the Father of all; and, beholding the King in His beauty, our hearts overflow in praises to the Lamb that was slain, thus purchasing for us, this bliss.

What are we doing to hasten this glad day—everlasting springtime? How many at our very doors know of the soon coming Saviour and King? Procure one hundred copies of the tract, "We Would See Jesus," and plan a day when you can give your undivided attention to distributing them among your neighbors. As you return home, thinking of the one hundred persons reading the promises of Jesus' coming, your heart will be filled with a foretaste of that joy when, on the sea of glass you meet those who have been saved through your labors. Do not stop here. Follow up the work with another tract, or distribute this one in another community. Only a few more grand efforts, and this gospel of the returning King will have been carried to all the world, and we shall hear the well done good and faithful servant enter into the everlasting springtime prepared for you.

V. L. STONER.

THE SOUTHWESTERN UNION RECORD, only 50 cents a year.

Oklahoma Department.

Make Haste.

“**T**HY children shall make haste.” I believe that this is just what God at this time desires us to do. The King’s business demands haste; this message is to be carried to the ends of the earth in this generation; and as the white haired men who saw this work in its commencement are fast dropping off, we, loyal children of the heavenly King, should labor with great earnestness—make haste—to carry the news of Christ’s coming to those who know it not. Brethren shall we not make haste; shall we not allow the Holy Spirit to impress us with the needs of the present hour, and the solemnity of the times in which we live, that we shall go to work to scatter the printed page like the leaves of autumn? In these closing moments of the eleventh hour let us make haste and do the work the Lord has said we have neglected.

JAMES BUTKA.

From the Gip Church.

WE ARE ALWAYS glad to read in the RECORD how the other churches, of like precious faith, are getting along, and thought they would enjoy hearing from us. Sister Syp, who has been laboring at Ruth and Putman, came here Thursday. She is holding meetings, presenting the truth to some of our neighbors who come out from time to time to hear the last message to the world.

Sabbath we came together to celebrate the ordinances of the Lord’s house. Sister Syp spoke on the ordinance of humility after which we enjoyed the blessings of the service of God, knowing that He to whom we pay homage would soon come to take us to the marriage supper.

After a short recess we came to order again, and Brother Bentley and Sister Syp presented the tithing question in the relation it sustains to the law of God. After the Sabbath was past we held our business meeting, attending to the affairs of the church. The brethren responded with their tithe to the amount of fifty-six dollars and ten cents. Then we listened to a good talk by Sister

Syp on the “Home of the Saved.” The meetings are being continued this week.

MRS. ESTHER BENTLEY,
Clerk of the Gip Church.

Notes from the General Conference.

THE General Conference opened at the appointed time. Quite a large number are already in attendance, and indications are for a good meeting.

A LARGE and representative committee has been raised to nominate the standing committees for the session.

THE first three days have been set apart for studying the situation and the peculiar phase of the message which seems to be due at this time.

THE watch word for the conference, and the thought which should animate us for the future is “The work of the gospel to be finished in this generation.”

MANY questions of great interest will come before this conference for adjustment. Some of these will very closely affect the interests of the Southwestern Union Conference.

Ocean Speed at the Sacrifice of Power.

MUCH has been said of late regarding the speed of the German Atlantic grayhounds, says the *London Telegraph*, but not enough, perhaps, has been said regarding the cost of this speed. The latest creation of the North German Lloyd, the Kaiser Wilhelm II, is designed to do twenty-four knots an hour at an expenditure of 40,000 indicated horse-power. Our White Star liner Cedric, the largest ship in the world, will go seventeen knots with 14,000 horse-power. But, says the *Shipping World*, the Kaiser Wilhelm II will burn 750 tons of coal per day, which is 190 per cent more than the Cedric, and she will need 256 more hands to work her. Curiously enough, of her crew of 600 only forty five will be ordinary sailors, the remainder being mechanics of various orders.

DIED.—In Keene, April 15, 1903, of inflammation of the bowels, Eugene, the two-year-old son of Mr. and Mrs. F. B. Field. Elder W. D. MacLay officiated at the funeral.

Easy to Believe.

AN INSPECTOR was watching a gang of men clear the snow from a New York street. There were some dozen men, says the *Evening Post*, all working indifferently, getting in each others’ way, or standing idle until the foreman “went” for them. One, however, was working in a different manner.

“That is Pat Connelly’s cart,” said the inspector, “and that is Pat.”

He pointed to a sturdy little Irishman, who buried and lifted a big shovel with the precision of a machine. When his cart is good and full, he received two tickets for it instead of one because it was a double load, hard packed. He drove briskly away, leaving other carts that had come up before him still waiting to be filled.

“That is Pat Connelly,” repeated the inspector, thoughtfully. “He has been a day laborer all his life, and yet he is worth a small fortune. To my knowledge he owns sixty thousand dollars worth of property, free of debt.”

A WASHINGTON telegram, under recent date, announces the discovery of vast frauds in the government postal service, the greatest, in fact, in the history of the government since the celebrated “star route” fraud of former years. Investigations made by a special detail of post-office inspectors under the direction of Postmaster-General Payne and by order of President Roosevelt, show, the report says, “a condition of rottenness and fraud extending directly from the Post-office Department in Washington into every city, town, village, and hamlet in the country.”

ELDER C. P. Haskell leaves next Saturday night for the north of Michigan, his former home. He is a commissioned delegate from the Keene Branch of the Battle Creek Sanitarium, to the Medical Missionary Convention which meets at Battle Creek, Michigan, on the 21st instant, and continue until the 28th.

A NUMBER of Keene young people, who have been students at Keene Academy, will start about May 1, for Battle Creek, Michigan, to take a nurse’s course in the Battle Creek Sanitarium.

Then and Now.

FIRST became acquainted with Seventh-Day Adventists in 1856. As I now view matters it seems that since then there has been quite a change in many things. Then there was order in our churches—how is it to-day? About fifteen years ago some said that we were to have no more church trials; that we were to let the wheat and tares grow together until the harvest. We now have quite a crop as a result, with the names of many commandment-breakers on our church books.

In the days of Joshua one Achan could hinder the victory of God's people. God's warning was that the accursed must be destroyed from among them, or He would be with them no more.

In the early days we followed Christ's teachings. No commandment-breaker could remain in the church very long. Then we had the blessing of God. In following man's word we fail. If a farmer should let the wheat and tares grow together, what kind of a crop would be the harvest? Ought we not to show as much good sense in dealing with church members as does the farmer with his growing crops? "Christ has plainly taught that those who persist in open sin must be separated from the church, but He has not committed to us the work of judging character and motive."—*Object Lessons*, p. 71.

Is God less particular now than in the days of Moses, Joshua, David, and Saul? I believe that He is the same God, requiring perfect obedience. It is the willing and obedient who shall eat the good of the land. See Isa. 1: 19. In Isa. 48: 17-19 we are taught very plainly that God desires us to follow Him, and that if we do this we shall have peace and not be cut off. In Volume 7 of the Testimonies, pp. 260-294, God's servant very plainly points us to the Saviour's words in Matthew 18. The only way to keep the church pure is to obey God's Word. If this will not accomplish the work, nothing will. Let us see more of the fruits of the Spirit. Gal. 5:22-26. S. M. HOLLY.

MRS. George, of Cleburne, is a patient at the Sanitarium. She is reported improving.

THE RECORD only 50 cents a year.

Things We Ought to Eat.

OF COURSE nobody does what they ought to. Least of all do they eat what they ought! Therefore, most of us have our complaints.

If your pet complaint is among these afflictions, this is what you should eat:

Celery is good for those suffering from rheumatism, neuralgia, diseases of the nerves and nervous dyspepsia.

Lettuce and cucumbers cool the system, and the former is good for insomnia.

Spinach and dandelion are good for kidney trouble.

Tomatoes contain vegetable calomel and are good for liver troubles.

If you want a good complexion—and who doesn't—eat plenty of strawberries.

To perspire profusely and relieve the system of impurities just try asparagus.

Cranberries are good for persons suffering with malaria and erysipelas. Blackberries are useful in a case of diarrhoea.

Eat lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, coughs, colds and liver complaints.

Rhubarb is an excellent blood purifier.

Figs are valuable as a food to those who are suffering with cancer.

Raw eggs beaten with sugar strengthen and clear the voice.

The plebeian onion is a medical jewel. It steadies the nerves; it may be used with benefit in coughs, colds, influenza, in consumption, scurvy, hydrophobia, gravel and kidney diseases. White onions overcome sleeplessness, while red ones are an excellent diuretic; eaten every day, they soon have a whitening effect upon the complexion.

Effect of the Gulf Stream.

THE question is often asked, To what extent does the Gulf Stream modify the climate of the United States? To its supposed erratic movements is laid the blame of every abnormal season. There is every evidence that the Gulf Stream is governed absolutely by law in all its changes. The course through the ocean is, without doubt, fixed. Its

fluctuations are by days, by months, by seasons, or by years, and they do not vary materially one from the other. Its temperature changes, depending upon the relative heat of the tropical and polar seasons, and upon the strength of the producing trade-winds. The warm water may be driven toward the shore by the waves caused by a favorable wind, but the current remains in its proper place. The warm water gives off a certain amount of heat to the air above it, and if this air is moved to the land we feel the heat. The presence of the warm water on the coasts of Europe, would, in no way, modify the climate if the prevailing winds were easterly instead of westerly. If the prevailing winds in New England in winter were southeast instead of northwest the climate would be equal to that of the Azores Islands, mild and balmy. For the cause of abnormal seasons, we may look to meteorology. The current is in its place ready to give off the heat and moisture to the air whenever the demand is made upon it, but by the erratic movement of the air this heat and moisture may be delivered at unexpected times and seasons, and thus give rise to the erroneous belief that the Gulf Stream itself has gone astray.—*Century*.

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