

The Central Advance

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

Vol. I

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Kind Words

A LITTLE word in kindness spoken,
A motion or a tear,
May heal a spirit broken,
And make a friend sincere.

A word, or look, has crushed to earth
Oft many a budding flower,
Which had a smile but owned its birth,
Would have blessed earth's latest hour.

Then deem it not an idle thing
A kindly word to speak:
The face you wear, the smile you bring,
May soothe a heart or break.

—J. G. Whittier.

The Law of Kindness

"It is more blessed to give than to receive."
"There is that scattereth, and yet increaseth."
"A man that has friends must show himself friendly."
"The liberal soul shall be made fat: and he that watereth shall be watered also himself."
"Blessed is he that considereth the poor: the Lord will deliver him in time of trouble."
"Give and it shall be given unto you: good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure you mete withal it shall be measured to you again."
"Be not deceived: God is not mocked; for whatsoever a man soweth, that shall he also reap."

An Excellent Fault

SPEAKING of Elder Uriah Smith, whose death was announced in our last issue, one who had been long and intimately acquainted with him, remarked to us the other day, that Elder Smith was an excellent man, and that he had but one fault, and that was, he would not blame people when they deserved to be blamed.

This, we thought, was one of the best faults we ever heard of in a man. It would doubtless be a splendid thing if more were guilty of this same failing. "Judge not, and ye shall not be judged."

"Speak Easy Words"

THE Lord wishes those who teach and speak in public to learn how to use the gospel net. In order for you to be successful in your work, the meshes of your net must be close. The application of the Scriptures must be such that the meaning shall be easily discerned. Then make the most of drawing in the net. Come right to the point. However great a man's knowledge, it is of no avail unless he is able to communicate it to others. Let the pathos of your voice, its deep feeling, make an impression on hearts. Urge your hearers to surrender themselves to God.

Remember that the Lord is your strength. Strive to give the people ideas that will be to them a savor of life unto life. Teach by illustrations. Make your illustrations self-evident. Ask God to give you words that all can understand.

A little girl once asked me, "Are you going to speak this afternoon?"—"No not this afternoon," I replied. "I am very sorry," she said; "I thought you were going to speak, and I asked several of my companions to come. Will you please ask the minister to speak easy words, that we can understand? Please tell him that we do not understand big words, like 'justifica-

tion' and 'sanctification.' We do not know what they mean."

The little girl's complaint contains a lesson worthy of consideration by teachers and ministers. Are there not many who would do well to heed the request, "Speak easy words, that we may know what you mean?"

Make your explanations clear. I know that there are many who do not understand much of what is said to them. Let the light flowing from the great Teacher flood your mind. Let His spirit mold and fashion your speech, cleansing it from all dross. Speak as to little children, remembering that there are many well advanced in years who are but children in understanding.

By earnest prayer and diligent effort we are to obtain a fitness for speaking. This fitness includes the ability to articulate every syllable distinctly, placing the force and emphasis where they belong. Speak slowly. Many speak rapidly, hurrying one word after another so fast that the effect of what they say is lost.

Into what you say put the spirit and life of Christ. On a certain occasion, when Betterton, the celebrated actor, was dining with Dr. Sheldon, archbishop of Canterbury, the archbishop said to him, "Pray, Mr. Betterton, tell me why it is that you actors can affect your audiences so powerfully by speaking of things imaginary?" "My lord," replied Betterton, "with due submission to your grace, the reason is very plain: it lies in the power of enthusiasm. We actors on the stage speak of things imaginary as if they were real, and you in the pulpit speak of things real as if they were imaginary."

"Feed my sheep," "feed my lambs," was the commission given to Peter. "And when thou art converted, strengthen thy brethren." To those who hear, the gospel is to be made the power of God unto salvation. Present the truth in its simplicity. Follow Christ's example, and you will have the precious reward of seeing souls won to him.

MRS. E. G. WHITE.

THE latest volume of the Testimonies tells us that a message should be given now that will startle men from the lethargy which enchains their senses. The message of truth, like a sharp two-edged sword, should cut its way to many hearts. Appeals should be made that will arouse the careless; and bring foolish, wandering minds back to God.

What the Sentinel is Doing

REPORTING to the *Review* of March 3, Elder R. A. Underwood writes as follows: While stopping in Harrisburg, recently, I learned that a bill had been introduced in the legislature of Pennsylvania, to amend the old Sunday blue laws of 1794 now upon the statute-books, which in most parts, has become obsolete so far as its enforcement is concerned. This step had called out the united effort of Protestant and Catholic clergy in Harrisburg and other cities.

In the meeting which was thrown open in the Senate chamber, the clergy used the old arguments which are generally used in supporting Sunday legislation—that the wheels on the cars used on the railroads on Sunday become brittle and worn out, and that men cannot continue their work seven days in the week without impairing their health—the best they had in stock.

Business men of Harrisburg, Philadelphia, and other places, presented the unreasonableness of the law, and its partial enforcement at the present time, generally upon the poor and conscientious Sabbath-keeper. Dr. Lewis, prominent among the Seventh-day Baptists, was present, and gave a telling speech in opposition to the blue laws as a whole, while presenting in a clear manner the claims of the Sabbath of the Lord.

Elder W. H. Smith succeeded in placing in the hands of every member of the legislature literature bearing on the question, and it had a telling effect. It was clear that the *Sentinel*, which has been placed in the hands of each member during the present session, has also been having its effect. Several speakers lifted the *Sentinel* from their desk, commending it as an organ standing in defense of principles of liberty, recommending that it be read by every citizen. When arguments were presented showing that, upon Biblical grounds, the first day of the week has no foundation as the Sabbath, and that arguments of the clergymen for Sunday enforcement, based upon the fourth commandment, had failed to apply to the first day of the week (since the Sabbath law refers to the seventh, not the first day of the week), there was a general clapping of hands by nearly all the members of the House, showing the effect which has been produced by the reading of the *Sentinel* and other literature placed in their hands. It is just such occasions as these which the Lord uses to bring the truth for this time before the leading men of the nation.

Through Affliction to Light and Peace

"Whom the Lord loveth He chasteneth."

LATELY I have had several trials to draw me to my heavenly Father. I will endeavor, briefly, to relate some of these, hoping it may be of benefit to others.

In I Cor. 4:21 God gives us our choice of government, and it seems I had to have the rod applied. How I thank God that He was mindful of me, even me.

The third of last October, while climbing the roof of the Star Publishing House, in Lincoln, I fell a distance of fifteen feet, a ladder falling on me. I was carried away with a very badly sprained ankle. It was five weeks before I could be about on it again. In the lonely hours of my confinement, I found Jesus. I had time to study the Bible, which revealed to me God's will concerning me. God also sent many of His kind, benevolent people to show me the bright side of Christianity, and to reveal the Master's life. The Lord showed me how He loved me, and wanted me to be His son and joint heir with Jesus Christ. I repented of my transgressions, and He, in His mercy, freely forgave.

I was happy until He forced upon me the fact that I should walk in all the light that He had allowed to shine upon me. I faltered. I did not think of forsaking my Master, but the fourth commandment of His holy law I disliked to obey. Finally I thought I must, so I asked my employer to let me have the Sabbath; but he thought it not advisable to do so, as that was his busiest day. I did not think it right to rebel, so I told my wife when I worked for other men, I must work when they said work. But I knew I was not in this showing pure love and trust in God, and would sometimes think that I would indeed break the bonds of Satan. I put it off from week to week. Before long our infant child became sick, and I was quite alarmed. I prayed earnestly for God to spare her. In His loving kindness He restored her to health. I then thought that I would keep His law. But I did not get to see my employer in regard to the matter Friday afternoon, March 6, as I intended; so, with a heavy heart, the next morning I went to work, and again desecrated God's holy day. Had He not remembered me and chastened me for my disobedience, I know I would finally have become hardened till I might never have trusted nor obeyed Him.

I was moving quick-drying Japan from one can to another, when I stepped on a match, which caused the contents of a ten-gallon can to explode and to envelope me in a sheet of flames. I remembered whose law I had broken, and called on Him for deliverance. I ran through the flames to the stairway and down through the store room, where my employer and fellow-workmen stripped off their coats to smother the flames.

I am now in the Lincoln City Hospital, with face and right hand badly disfigured, and both ankles and left wrist severely burned. Truly the Lord gave me a remarkable deliverance. "The angel of the Lord encampeth round about them that fear Him and delivereth them." His presence is ever with me now. I know there is one Physician who never leaves my bedside, and in Him do I trust.

In some places my clothes were burned to a char, while my body was left uninjured. I am recovering rapidly, and it is my intention to take part in the work of the Lord hereafter. I do not despise the chastening of the Lord, but am so thankful He spared my life, and for the experience He has given me. I hope it will be a warning and a benefit to others. I find much pleasure in the following scriptures: Lam. 3:33; Heb. 12:5-13; Ezek. 33:11.

I thank God for sparing my life to cast a different influence around the little ones He has given me, and that He did not leave me as I was, so unconcerned about my soul and the souls of my children. I will close by saying, "Praise ye the Lord, for His mercy endureth forever."

JOHN MOORE,

March 15, 1903.

Lincoln, Neb.

All the Time

IF God has any power, God has all power. If man is dependent on God at any time, man is dependent on God at all times. If man ought to trust God after man has done all that he can do, man ought also to trust God before man begins to do, to trust God while man is doing all that he can do, and to trust God when man has done his utmost. Faith in God includes a reverent fear of God and a loving sense of dependence on God. This faith and reverent fear need not be deferred until common sense has brought man to them as a conscious necessity; but "the fear of God is the beginning of knowledge," and man is to continue "in the fear of the Lord all the day long."—*Sunday-School Times*.

"A Memorial for God"

THE highest solid monument in the world is the famous Washington monument, which is five hundred and fifty-five feet, five and one-eighth inches high. It was built as a memorial of the "father of his country." The names of forty states and many societies that supplied a share of the money to pay for this mighty obelisk, are inscribed on special stones on the inside of the marble shaft,—pure white marble without and granite within, tipped at the summit with a pyramid of pure aluminum, visible from below only from a certain position, and then on a particular moment of the day when it shines out like a brilliant star from the point of the monument. On this aluminum point is inscribed the Latin words "Laus Deo," Praise to God.

Washington himself is said to have selected the site afterward adopted. The corner-stone was laid in 1848. In 1855 the shaft had attained a height of one hundred and fifty-two feet. Then the funds being exhausted, the construction was suspended for twenty-three years, and was resumed in 1878, and the monument was finished and dedicated February 21, 1885. The total cost of the monument has been \$1,300,000.

As I looked upon this highest monument in the whole world to human greatness, this towering memorial of the master workman who laid the foundation of the last great nation on earth, as I have considered the ascription of "Praise to God" which fittingly crowns the summit, an inscription invisible from below, seen only from heaven, I have thought that another and a vastly more important monument must be erected in the capital city, on whose summit the motto "Here is the patience of the saints: here are they that keep the commandments of God and the faith of Jesus," shall be inscribed,—a monument that shall stand for an infinitely greater government than that of the United States, for a Master Builder, a Ruler incomparably wiser and more powerful than the revered father of his country. This last great, terrible, yet glorious message of truth, sounding abroad God's appeal to a world in rebellion, this Royal invitation from the Eternal King for whom we are ambassadors, is vastly more important than the whole government of the United States.

Our modest, quiet church stands for that which is immeasurably greater and higher than that for which this towering marble memorial

stands. The United States in modern times has revived the old world, and led the nations and humanity out of the bondage and darkness of the middle ages into the blazing brightness of freedom and enlightenment. But she is even now turning back into the shadows and darkness of the death-night of lawlessness, anarchy and financial corruption; and vastly worse than all else, she will soon lead the nations back into that greatest horror of the ages,—tyranny over conscience, religious despotism and persecution.

Even now the walls, the bulwarks of free government, are creaking, straining, swaying, crumbling under the terrific attacks of combined human greed—the power of the cruel, corrupt, shameless trusts and monopolies, financial and religious. The eyes of all the world are upon this country; yea more, the eyes of the world of angels unfallen and the hosts of evil spirits; for here in large measure the last death struggle of sin in the universe of God shall be fought to a finish: and Washington, the Capital City, must be the very storm center of the conflict. Truly we may say that Washington is the most dangerous rock in the universe. Here, therefore, is needed a light-house from which shall shine out the clear rays of eternal light and life into the gross darkness that covers the earth, so that when every structure that man has built on the sand falls, when the vain works of man and the false lights he has lit go down and out forever, then shall the glorious beams of the last great saving truth guide the sincere, honest, storm-tossed traveler into the secure haven of eternal light and peace.

Has the General Conference, then, asked too much for the Capital City in sending out the appeal to establish a memorial church here? Ought not our work here to be established even yet more strongly? Ought there not to be in Washington a sanitarium, a college, a publishing house? I cannot believe that our work will wait for years, as did the Washington monument, for funds.

Up to the present date (March 3, 1903), \$6,200, with the interest to date, has been paid on the church, which was purchased November 1, 1902, for \$12,900. A balance of \$6,700 is still to be paid, with interest at 5½ per cent, or \$1.01 per day.

We hope soon to re-dedicate the church to our work, free from all debt, truly "a memorial

for God," and a testimony to the people of the nation's capital of the reality of the faith of Seventh-day Adventists in the Third Angel's Message.

J. S. WASHBURN.

Are We Doing What We Should?

THROUGH the call by our brethren in Washington for assistance to provide a suitable place of worship to which to invite the representative men of the nation to hear this message, I have been led to think that we have not done in the past what we should for this class. Every state and territory in the United States, and that includes every organized conference in this country, from the very nature of things should consider Washington as a part of their field, from the fact that from each state and territory in the Union, citizens are making that field their temporary home. Therefore it seems to me reasonable that all the conferences in the United States should contribute something toward providing a suitable place of worship where this truth is being intelligently presented at the capital city of the nation—a place to which each conference may direct its state representatives who go from its territory.

Every Seventh-day Adventist should feel it a pleasure to take some part in this effort now being made to establish a memorial of this truth in Washington. This means God will bless to the conversion to this message some of the first men of the nation. Our prayers should accompany our offerings, whether they are large or small, that God may lead Senators, Congressmen, and judges who are in that city to a knowledge of the saving truth we love.

May God bless those who are placed there to hold up the torch of light and truth, that they may lead many to espouse the principles of liberty and right in the crisis that will soon be reached in our nation.

R. A. UNDERWOOD.

LET us thank the Lord that there are a few laborers doing everything possible to raise up some memorials for God in our neglected cities. Let us remember that it is our duty to give these workers encouragement. God is displeased with the lack of appreciation and support shown our faithful workers in our large cities by His people in our own land. The work in the home field is a vital problem just now. The present time is the most favorable oppor-

tunity that we shall have to work these fields. In a little while the situation will be much more difficult.—Mrs. E. G. White.

From the Field

Canvassers' Institute

THE Canvassers' Institute opened up with twenty-five canvassers in attendance. Some new ones have been added to our corps of canvassers, while some of the old ones have been called to take up work in other fields.

Brother Gardner, one of our old faithful canvassers, fell asleep during the time of the institute. He had been quite feeble for some time, and come in to take some treatment at the Sanitarium. He had expected to resume his work at the close of the institute; but now he sleeps, and his works will follow him.

The institute was of great interest and benefit to the dear workers. The instruction given by Brethren Russell and Hardesty was very much appreciated. Our state agent, Brother Surber, also gave valuable instruction each day.

I hope that the instruction given may prove to be just such as will be a help to the canvassers. Their fields of labor have been assigned; they will go out two and two to take the precious light of truth to those who know it not.

May it not be so that when our camp-meeting comes that the canvassers may come in with courage to tell of their summer's work?

N. P. NELSON.

Kansas City, Missouri

DOCTER and Mrs. S. P. S. Edwards recently visited the church at Kansas City, Missouri, and write as follows:—

"When we reached here, we found the church ready to receive us, and all gave the best attention to our work. We have never seen a nicer, cleaner, or wealthier church of Seventh-day Adventists anywhere. We had a full program with the church, and pleasant experiences throughout. The people were eager to have all the help they could get, and seemed to appreciate the instruction intensely. When the time came for us to leave, the expressions of regret that we could not remain longer amounted to a positive demand that someone shall be sent there to continue the work in the future. The meetings, both afternoon and evening, were well attended by not only our own people, but also by a very nice class of outsiders."

Nebraska Workers' Meeting

THE workers' meeting of the Nebraska Conference was held March 1-5. It was a profitable occasion, and plans were laid for the summer's work.

The much practiced plan of holding tent meetings during the summer was discussed at some length, and it was decided that whenever a hall or a school-house can be gotten, that they be used in the place of a tent; but if neither hall nor school-house can be had, that a tent be pitched.

It was also decided that if a suitable place can be found at Grand Island or vicinity, that the state camp-meeting be held there the latter part of August; but if no such place can be found, then the second choice was Omaha. Of course that would not make the camp-meeting quite as central as could be wished, but it seems that Omaha with its large population ought to have a camp-meeting held there.

Another change that was made was that Brother Ryan will take charge of the Lincoln City Mission in the place of Brother Drisselhouse, who was obliged to give up his work there on account of the ill health of Sister Drisselhouse.

The instruction given by Doctor Edwards was very much appreciated by the workers, and plans were laid that as soon as a competent person who could be employed could be found, we would have that person visit the churches and companies in our Conference, giving instruction in healthful living and Christian help work.

The Bible instruction given by Elders Russell and Hill was also of great interest and benefit, as many precious truths were brought out which seemed to put new life and energy into every one, and the workers went forth with renewed courage to give the warning message to those who sit in darkness.

N. P. NELSON.

West Hill, Nebraska

THE last two weeks of February we spent at this place, before attending the workers' meeting at College View, and have now returned to our work. Our attendance is good, and many are interested. We look for good results. We pray that God may work upon the hearts of the people that they may see the necessity of deciding now to accept the light of present truth as it comes to them.

ALBERT ANDERSON,

CHAS. STEVENSON.

Missionary

Conducted by Miss Katie Coleman

Evangelical Literature

The Influence of One Tract

THE illustrations from history of the great power of evangelical literature referred to in the former articles on this subject, should be an encouragement to us in this last great crisis to scatter the printed pages everywhere.

"Soon an awful surprise is coming upon the inhabitants of the earth. Suddenly, with power and great glory, Christ will come.... Now is the time to give the warning message."

When our people, one and all, arouse, when our young men and women become fired with the zeal of the Wittenberg students, it may be said, as it was said of that time, that the printed word has "taken wings that carried it as the winds waft the light seed even to the most distant places." Now, as formerly, the little leaves of truth will be used mightily by God when willing hands are found to carry them to the people.

We are told that "the success which attends the efforts of the minister in the field, is not due alone to his efforts, but in a great degree to the reading matter, which has enlightened the minds of the people and removed prejudice. Thus many are made susceptible to the truth when it is presented to them."

Many times a little tract has wrought mightily for God. In English church history we have the following illustration: "A poor widow was going to town to trade. She went into her closet and prayed that God would guide her to do something for Him. She slipped a tract into her bag, and going along, as she looked behind her, she saw a noted infidel following. She dropped the leaflet, and prayed God to touch the man's heart. Her prayer was answered. The infidel stopped and picked up the tract. As he read it, the voice of God spoke to Wilberforce, and he yielded. Instead of continuing to blaspheme and deny God, he entered the ministry, and tens of thousands were brought to God through his ministry; and they, in turn, brought thousands more; and still, for centuries, the stream of influence has widened, till only God can count the souls saved through the agencies set in motion by that one little tract."

M. E. KERN.

For the Young People

From "Pacific Union Record."

FOR some time I have had in mind the subject of local missionary work which might be done by the Young People's Societies in the various conferences, as well as by our young folks everywhere. One most excellent way of doing such work is by selling our literature, and there are no papers better for this purpose than the *Life Boat* and the *Signs of the Times*. All over the country many of our devoted and energetic young friends are having glorious experience in this work of selling *Life Boats* and *Signs*.

It is impossible to evade the fact that unless Christians work for God they will surely get leanness of soul and die spiritually. Then let us set to work to do something, and start in by taking the papers just mentioned to the people. Selling these papers may result in the making of many a consecrated and successful missionary for Jesus if the work is entered into with the resolve to be patient and persevering. In this grand work there will be found many opportunities to do Christian help work, to pray with souls, to give a word of encouragement here, and to do a kind act there. True, you may not meet with great success at first; but do not let this discourage you; rather use it as an incentive to braver effort. Lean heavily upon God, and ask Him for strength to persevere, and success will crown your efforts.

Now, who among our young friends will take up this work? Let our young people seriously consider this matter, and go to work while it is yet day.

W. S. SADLER.

What the "Signs" Did In Lincoln

LAST fall one of our workers was advised to go out in Lincoln to take subscriptions for the *Signs* as a means of securing Bible readers. She did so, taking short term subscriptions.

One lady asked about the Sabbath after reading the paper for a while. Her attention had been called to it before by a mechanic who did some work for her. She was given a reading on the Sabbath, and immediately began to observe it. A friend of hers also began to keep it. Later, her friend's husband accepted it and was baptized. In a few weeks three precious souls were rejoicing in the light.

Now the Lord has called this laborer to far away India, and we trust that her work will be greatly blessed of God in that distant land.

No doubt there are many in your neighborhood who could be reached by this same means. Shall we not do some work, the results of which we shall see in the better world?

ESTHER SMITH.

Light Bearers

WHEN we see how the world is yielding to unseen influences and being thus prepared to receive the precious seed of present truth, and hear the persistent calls that come for laborers, we begin to realize the depth of the commission, "Go ye therefore, and teach all nations. . . . Teaching them to observe all things whatsoever I have commanded you; and, lo, I am with you alway." Our hearts thrill with the desire to be a part of this great movement.

Our ministerial work, our canvassing work, Bible work, Sabbath-school work, church school work, and young people's work are but some of the cogs in this mighty wheel of progress. And whatever may be our part in it,—whether to stand before kings, or simply to give the cup of cold water in His name,—if we would be successful, we must stand upon the firm foundation, Christ Jesus. "But be thou an ensample in word, in manner of life, in love, in purity." "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." We cannot afford to be slack in conversation or conduct. Our everyday life must show forth the glory of God.

We are apt to think that when we have enumerated the material achievements of some great men, we have given the sum of their life work. But the best part of most good and useful lives is not the part that gets into the written biography. There is that in such characters beyond the scope of earthly pen. Angels alone make a record of the unconscious influences that aggregate far more in the end than things wrought out in labor and pain.

"O, do not deem that it matters not
How we live our life below:
It matters much to the heedless crowd
That we see go to and fro:
For all that is noble and high and good
Has an influence on the rest,
And the world is better for everyone
Who is living at his best.

"O, for a life without reproach!
For a heart of earnestness!
For self forgotten, for meanness slain,
For hands well used to bless!
God raise us far from the little things
And make us to be
Skilled workers here in this place we fill,
And servants unto Thee."

MARY I. REEDER.

A True Idea of Missionary Work

WE speak of missionary work. What does it imply? A missionary is one delegated by authority, one empowered as an ambassador. This is what Christ was in the world, and what He was, God desires us to be; for we read that "God was in Christ reconciling the world unto Himself, and hath committed unto us the word of reconciliation."

To be true missionaries, true ambassadors for God, we must study the life, the words, the methods, and the works of Christ, that we may, like Him, be faithful to our calling. Paul considered it a high calling to be "allowed of God to be put in trust with the gospel." He gives instruction how to perform in Christ's stead. "Even so we speak; not as pleasing men, but God, which trieth our hearts." "Nor of men sought we glory." "But we were gentle among you, even as a nurse cherisheth her children." "How we exhorted, comforted, and charged every one of you, as a father doth his children." "And that you study to be quiet, and to do your own business, and to work with your own hands. That you walk honestly toward them that are without." He said we are "epistles known and read of all men."

A commission is given to each of Christ's representatives. It echoes from the apostle's time till now. "But ye shall receive power after that the Holy Ghost is come upon you, and ye shall be witnesses unto Me, both in Jerusalem [at home], and in all Judea [in all the neighborhood], and in Samaria [bordering neighborhood], and unto the uttermost parts of the earth." Acts 1:8.

First, in representing Christ we are to be missionaries in our homes. The Lord condescends to simplify His important lessons to meet the understanding of children. These tender, youthful ones should be approached with kindness, and taught with love and patience. Let mothers improve every opportunity to educate their children for usefulness. Let woman realize the sacredness of her work, and in the strength and fear of God, take up her life mission. Though the results of her work are not now apparent, angels of God are watching the care-worn mother, noting the burdens she carries from day to day. Her name may never appear upon the records of history, or receive the honor and applause of the world, as may that of the husband and father, but it is immortalized

in the book of God. The world needs real mothers, not merely mothers in name.

True missionary work, therefore, should begin in the home. Let both mother and father work for the salvation of their children. By so doing, they will wield an influence in the neighborhood, and prepare workers for fields of usefulness elsewhere. To be a true missionary means to have the principles of Christ abiding in us, so that wherever we are we may work out the qualities that characterized His life.

MRS. BELLE EMERSON.

It would facilitate matters very much if our lay missionary workers would have appointed hours for missionary work on specified days of the week. Two or three hours in the afternoon of Tuesday and Thursday, for instance, might be set aside as missionary time.

Sabbath-School Dep't.

Tact in Teaching

DURING the review do not leave the children to sit and amuse themselves while someone talks to the seniors. If there are only six children in the class, or even less, let them go to the back of the room, or to a front corner, and have their own review by their teacher, or someone else. Use a low, clear tone in speaking, as this does not excite the children or make them restless. If there is a separate room for them, let them spend a few minutes in singing, not in a low and lifeless manner, but, as they enjoy it, full of life and energy.

After the review comes the lesson study. Here is the time when there is likely to be a great deal of confusion and noise in passing to places and arranging chairs, but with care much of this can be avoided.

All being seated, the next step is to get the attention of the children, and to keep it after it is gotten. Attention depends upon interest. A well prepared lesson, so that a paper need not be consulted, is necessary for success. Much sympathy and love for the children are other requisites equally as important. Use simple language that all may understand. Do not preach, but teach. A pupil may become spellbound before a teacher who talks and talks, and wonder how she can talk so much, but his mind grasps but little, digests less,

and his desire for study is not increased. He is apt to become discouraged, and think, "I can never learn all of that."

Teaching is a drawing or leading of the mind to think in new or deeper channels, and not pouring into it thoughts which have come to the teacher through his study. Let the teacher ask short questions in quick succession, with eyes looking into those of the children. If a child's interest seems lagging, put a question to him unexpectedly. Do not ask questions of the bright, interesting pupils, but ask the slow backward child, and let the forward ones answer when the others cannot. Never ask leading questions—questions that contain the answer in themselves. Frame questions so that the child will have to do his own thinking in order to answer.

Our Sabbath-schools should be made more interesting. The public schools have of late years greatly improved their methods of teaching. Object lessons, pictures, and blackboards are used to make difficult lessons clear to the youthful mind. Just so may present truth be simplified and made intensely interesting to the active minds of the children.—Mrs. E. G. White, in *S. S. Worker*, May, 1893.

When the lesson is over, if the children return to their places, let it be in order. Sometimes the older people forget to close their lessons with the tapping of the bell, and disorder and talking are heard. These are lessons of conduct for the children; for with children, "actions speak louder than words."

See that each child, as soon as he can read, has a Bible of his own, and that he takes it to Sabbath-school and church every Sabbath. What father would think of withholding bread from his child after it is old enough to eat?

Then what father who expects his child to grow spiritually will deprive him of his source of spiritual bread—the Word of God? Let the teacher encourage the children to bring their Bibles to Sabbath-school, and have at least one text looked up during each lesson. The children can use their Bibles also during the church service that follows.

But in all our working let us remember this: "The order of working may be faultless, the facilities all that could be desired; but if the children and youth are not brought to Christ, the school is a failure."—*S. S. Worker*, Nov. 1898.

MARY L. ZANER.

"The work of the world is done by a few;
God looks for a part to be done by you."

Health Department

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

"Prosper and be in Health"

Springtime Diseases

DURING the long winter months, while it has been cold and dry, nearly all have been sowing some seeds of disease which will begin to show as the spring opens. They have lived in poorly ventilated houses, have eaten considerable quantities of rich food, and have not taken much exercise. They have had no desire to drink and have neglected to bathe, so the whole body, both inside and out, has become clogged with waste materials. Again, the body has been warmly and perhaps too heavily clothed, while the feet have been cold one minute and too hot the next. All together has made the circulation poor and sluggish, the bowels inactive, the stomach tired, the respiration shallow, the skin tender, and the whole body unfitted to meet the changable weather of the early spring.

Is it any wonder then, that there is loss of appetite, fever, colds with the least exposure, and perhaps other more serious troubles? The loss of appetite is a good thing, and we ought to thank the Lord for it; for if it were not for this we might kill ourselves by eating our winter's allowance when the weather is mild and we do not need nearly so much to keep up the heat of the body. Do not for any reason try to make yourself take more food by using pepper, spices, pickles, or any of those indigestible things that are so much resorted to in trying to sharpen up a poor appetite. It is much better to eat less for a time, and let nature rest until it is ready for more. Avoid fat or greasy foods of all kinds, as they are not needed in warm weather, and are very likely to retard the digestion of other foods. Free fat or fried food is not good at any season of the year.

Drink plenty of cool water, but not at meals, and take a cool or tepid sponge bath or full bath each morning on rising, followed by rubbing with a coarse towel until the skin is warm. This will improve the circulation and harden the skin.

Keep the feet warm. Avoid getting the feet wet. If the feet have been exposed unavoidably during the day, it is well to take a hot foot bath just before retiring. This is also an ex-

cellent thing to relieve an acute cold, and will often stop it almost entirely if done in time.

Throw the windows open. Clean out the cellar. See that every thing is clean and pure about the home. Take plenty of exercise in the open air, and withal be cheerful, and you may escape some or all of the ills of springtime.

W. A. GEORGE, M. D.

Educational

Conducted by L. A. Hoopes

The Summer School

It has been decided to hold a summer assembly at Union College for the teachers of the Central Union Conference, and such others as may desire to attend. It will open June 10 and last eight weeks.

Just those things of vital importance to the teachers will be taken up, and an attempt will be made to make the work of the most practical nature possible. The state superintendents from several of the conferences will be in attendance, and will assist in the instruction given.

Work will be given in Special Methods, Pedagogy, Nature Study, and any of the common branches that are desired. It is hoped that a course can be arranged in Hydrotherapy.

Tuition will be free, and room and board on the American plan at \$2.25 per week. For full particulars write for summer school announcement, which will be ready soon. An effort should be made in all of our conferences to have a good attendance at this institute.

FLOYD BRALLJAR,
Educational Secretary.

WORD from the missionary school now being held at Hutchinson, Kansas, tells us that everything is progressing nicely there. About forty are in attendance.

THE enrollment for the spring term of Union College is larger than it has been for the past three years. The spirit of the institution is excellent. All are entering upon their work with a determination to make this year a success.

Notices

NOTICE.—My address from the present until April 13, will be Oakland, California, care of *Signs of the Times.* N. P. NELSON.

FOR SALE.—Four-room house and four lots in College View, within three blocks of church. Good well, plenty of small fruit, pears and peaches. Price \$700. A. M. ALLEE.

Notice

THERE is an effort being made to beautify the campus of Union College by planting hardy shrubs and other plants. Any of the brethren who can donate such hardy shrubs as Iris, Peonies, Columbine, Yucca, etc., or who can give us any varieties of Lilac, Snowballs, Spiraeas, Wigelia, Syringias, or any of our hardy ornamental shrubs, will kindly address the President of Union College, L. A. Hoopes, stating what you can donate. We hope our brethren will take an interest in this, for God has told us that we should grow flowers about our schools. If you have anything you can spare, kindly remember us.

Obituary

ANDERSON. —Died at Beatrice, Nebraska, March 6, 1903. Louis P. Anderson, aged 18 years, 11 months, and 28 days. The deceased was born at Orum, Nebraska, March 11, 1884. He has four brothers, three sisters, and mother dead. He leaves a father, two brothers, and two sisters to mourn their loss. Services were conducted by the writer in English at the home of the deceased in Fremont, and at the grave words of comfort were spoken in the Danish, as there were so many present who could not understand the English. He was laid to rest ten miles north of Fremont, near his father's old homestead, where his mother and brothers and sisters are at rest.

N. P. NELSON.

A Few Damaged Books Cheap

THE publishing Houses and State Tract Societies have a few books which are slightly damaged by water or the cloth covers shelf worn, etc. The bindings are alright, and the paper stock neat and clean, only the outside cloth or leather cover is all that is spotted or damaged. These books will be sent postpaid while the stock lasts, at the following low prices, which in many cases is half price:—

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News and Notes

ALREADY 790,000 copies of the new tracts have been printed.

ONE sister in St. Louis, we learn, has given \$1,000 toward the Washington memorial church.

WE learn that Brother C. F. Parmele, of Kansas City, Kan., is sick at the present time with the smallpox.

THE *Life Boat* is just what its name implies. It carries life and hope and cheer to thousands struggling in the tempestuous sea of sin.

PROF. FLOYD BRALLIAR visited the church school at Council Bluffs, Iowa, Monday, March 16, and found the work progressing nicely there.

THE February *Life Boat* reached a circulation of 81,000 copies. It is expected that the March issue, the special prison number, will reach 150,000.

OUR children and any of our missionary workers can obtain supplies of the *Life Boat* at two cents per copy by addressing "Life Boat," No. 28 Thirty-third Place, Chicago.

ELDER E. T. RUSSELL left College View last week for Oakland, Cal., to attend the General Conference. He will probably visit Hutchinson, Kansas, and make a short stop at Los Angeles, Cal., before going on to the Conference.

BROTHER ROBERT RYAN has been appointed manager of the Lincoln Mission. He had charge there two or three years ago, and discharged his duties with credit. The mission is now being repaired and fitted up for better work.

ELDER G. A. IRWIN, Elder and Mrs. A. T. Robinson, Dr. M. G. Kellogg, wife and child, and Miss Edith Graham, all from Australia, recently arrived at Oakland. Elder Robinson returns to this country on account of the failing health of his wife.

MONDAY, March 16, a large number of delegates to the General Conference passed through Lincoln. Among them were Eld. A. G. Daniells, W. W. Prescott and wife, W. A. Spicer, H. E. Osborne, S. H. Lane, R. A. Underwood, G. R. Hawkins and wife, W. H. Edwards, J. W. Collie, S. E. Wright, A. G. Haughey, E. R. Palmer, W. H. Thurston, Mrs. L. Flora Plummer, Miss A. B. Cooper, and Dr. Paulson and wife. Other delegates left the 23rd.

IN A communication just received from Sister White, she says: "My courage and hope are in the Lord God of Israel. I have written much of late regarding the duty of the church to carry the gospel to all the world. I rejoice that the coming of the Lord is near at hand."

THE Union College Board has arranged for two departments in the farm work of the Institution—the agriculture and horticulture. An effort will be made to make the horticulture as instructive as possible. Much time will be put on the culture of plants and flowers on the campus, and on the young orchard.

READ on another page an account by Elder R. A. Underwood of the good work the *Sentinel of Christian Liberty* has accomplished in the Pennsylvania legislature. The mission and work of the *Sentinel* are not over. Let all bear this in mind. Is the legislature in your state being supplied with it?

SISTER E. M. PEBBLES, of Littleton, N. H., writes: "I am very much pleased with THE CENTRAL ADVANCE. It is a welcome visitor to me in this far away corner of the field. It seems like a friend as it comes laden with cheering news and items of interest. Its name seems to have been well chosen, and is very appropriate."

THE second issue of each of the foreign papers is now in the mail, and everything seems to be running along satisfactorily. A large number of students have begun working at typesetting, and in the folding and mailing departments. The influence of these papers is tending toward a deeper interest in the foreign department of the school.

ELDER L. R. CONRAD, President of the German Union Conference, passed through College View on his way to the General Conference. Sabbath evening, March 14, he gave a very interesting talk to the students, in the College chapel, on the providential openings for the work in Europe. Sabbath morning he delivered a similar discourse to a large and attentive audience in the College View church. In the evening he spoke of our different institutions in Europe, and of the openings for the work in Asia Minor and Egypt. He showed that the great railway system girding the world is not simply for sightseeing, but to carry missionaries to all portion of these benighted lands. His evening discourse was interspersed with some very interesting stereopticon views.