

The Central Advance

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

Vol. I

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Little Kindnesses

You gave on the way a pleasant smile,
And thought no more about it;
It cheered a life that was sad the while,
That might have been wrecked without it.
And so for the smile and fruitage fair
You'll reap a crown sometime—somewhere.

You spoke one day a cheering word,
And passed to other duties;
It warmed a heart, new promise stirred,
And painted a life with beauties.
And so for the word and its silent prayer
You'll reap a palm sometime—somewhere.

You lent a hand to a fallen one,
A lift in kindness given;
It saved a soul when help was none,
And won a heart for heaven;
And so for the help you proffered there
You'll reap a joy sometime—somewhere.
—D. G. Bickers.

Keep Out of Sight

ONE summer evening I stood in the topmost gallery of Royal Albert Hall, London, the finest concert hall in England, and looked down upon the many thousands that filled the seats in the vast auditorium. What rare attraction had so filled the great hall that late comers found only standing room? I shall tell you.

Madame Adalina Patti, the most noted living singer, and in some respects the most wonderful singer of modern times, is singing here to-night. She has sung before all the royal families of Europe, and after nearly half a century of public singing, still draws as no other singer

in the world. What can be the secret of her marvelous success in her chosen life work? It is a simple yet wonderful secret.

The singers are so far from me I cannot without a glass distinguish the features of Madame Patti from the singers in her concert company. Now she sings difficult Italian music, and her voice is wonderfully flexible and birdlike, clear and marvelously penetrating. But *this* is not the *secret*. I have heard other voices as great and equally as good in many respects—but wait a minute.

I hear the opening bars of "Home, Sweet Home"—the piano is faint, so far is it away, but a death-like silence has fallen upon the vast throng. I fear I shall not hear the singer; I strain my ears, intently listening. Ah yes, I *can* hear, so slow and soft, like a spirit voice—

"Mid pleasures and palaces, tho' we may roam,
Be it ever so humble—"

The hall fades from sight, the brilliant lights have vanished. I see no more the great fashionable crowd. I have forgotten that I am listening to the greatest singer in the world. Only a dream whisper, silver clear, yet faint and sweet and far away: "*Home, home, sweet, home.*" I am borne swiftly across the wide sea. The years have vanished. I see my old home again—the old brown farm house in Iowa. The old orchard is here. I am swinging careless and free with my dear little brother under the old oak tree. I hear the sweet voices of my sisters; I see my father so true and good, and O, I see my mother's dear face full of tenderest, sweetest love. *She* is singing, and her voice comes to me as an angel's voice. Scarcely had I dared hope to see my home again. Yet *now* truly I see it all so clear and bright; the blessed innocence of childhood, the sweet free country air—ah, I hear the sweet music of gentle breezes whispering through the trees and o'er the waving grain—the dreamy hum of nature. Ah, too sweet to last. Almost with a

shock I awake. I hear the last echoes of the piano notes; the singer is retiring, and the crowd is beginning to applaud.

The vision was mine, yet not mine alone. There are tears in the eyes of many whose faces were weary and hardened. They too have seen the dear old home, and lived over again the dear dead days of childhood, and to many has come a longing for the heavenly Father's home.

Truly Madame Patti is a great singer. I have the secret of her magic power. What is it? *She went out of sight and hearing*; behind her great art was her subject. Not the *singer* but the *song*. Not *Madame Patti*, but home, dear, sweet HOME. This is true art, this is inspiration. *Keep self out of sight*. Let your glorious work, your calling, however humble, appear. Be unconscious of self and of selfish desire to be seen, to be applauded, to grasp, to seize for self, and you will succeed. Die to self. Let God be seen in you. Live to love, for the good you may do, the blessing you may be, and you shall have a *home*, a sweet and everlasting home in the Father's house of many mansions.

J. S. WASHBURN.

A Word to a Young Preacher

MANY a young man is anxious to *be* somebody; and the best body you can be is to *be yourself*. There may be greater men, wiser men, and better men than you, but you will never make yourself wiser or better by aping and imitating them. Be yourself; let your work be your own, your voice your own, your manners and gestures your own. Think for yourself, take all the advice you can get, listen patiently to all the suggestions that can be made; but when you are done, go alone before God and make up your own mind, and act for yourself as you must do, that you may give an account at last with joy and not with grief.

The man who consents to be an echo of another, to take from him his thoughts, ideas, manners, gestures, tones, and character generally, will only be a cheap and miserable echo, a man of little value and small account. All men who amount to anything must maintain their own individuality, bear their own responsibilities, and do their own work. You have your own work to do, and no one can do it for you, and if you neglect it no one else will bear the blame for your neglect. You for yourself must give

an account to God for the work you have done, the opportunities you have enjoyed, and the duties you have neglected.—*H. L. Hastings.*

Woman's Natural Sphere

WOMAN has been styled the angel of the unfortunate. She is ready to help the weak, to raise the fallen, to comfort the suffering. It was characteristic of woman that she should be the first to build and endow a hospital. It has been said that whenever a human being is in suffering, his sighs call a woman to his side.

When Mungo Park, lonely, friendless, and famished, after being driven forth from an African village by men, was preparing to spend the night under a tree, exposed to the rain and wild beasts which there abounded, a poor negro woman, returning from the labors of the field, took compassion upon him, conducted him into her hut, and there gave him food, and succor, and shelter.

Mr. Park declared that he was more affected by this incident than by any other that befell him in the course of his travels. As he lay down to sleep on the mat spread for him on the floor of the hut, his benefactress called to the female part of the family to resume their task of spinning cotton, in which they continued employed far into the night. "They lightened their labor with songs," says the traveller, "one of which was composed extempore, for I was myself the subject of it; it was sung by one of the young women, the rest joining in the chorus. The air was sweet and plaintive, and the words literally translated were these: 'The winds roared, and the rains fell. The poor white man, faint and weary, came and sat under our tree. He had no mother to bring him milk, no wife to grind him corn.' Chorus—'Let us pity the white man, no mother has he!' Trifling as this recital may appear, to a person in my situation the circumstance was affecting in the highest degree. I was so oppressed by such unexpected kindness, that sleep fled before my eyes."—*Smiles.*

Unity of Action Essential

UNITY of action is essential in the Lord's work. His followers are to be of one heart and one mind, speaking the same thing. But not all have the same talents or the same office. "There is a variety of gifts." Christ gives different men different abilities, to be used in

different lines of work. Some are specially fitted to carry on one line of work, while others are adapted for another line. Some will labor in one way, and some in another. Some will preach the word, others will use their ability in writing and translating books. Still others will give themselves to the work of circulating the books containing the message of present truth.

It is by the Lord's appointment that men of varied minds are brought into the church, to be laborers together with Him. His servants have many different minds to meet, and different gifts are needed. The apostle John was different from the apostle Peter. Each had his own work. Each was to subdue his peculiarities, that he might be a help to the other.

Is Christ divided?—No. Christ abiding in a soul will not quarrel with Christ in another soul. If we are at variance with those around us, we may know that it is because self has not been crucified. He whom Christ makes free, is free indeed. And we are not free unless we love one another as Christ has loved us. Our characters must be moulded in harmony with Christ's character; our wills must be surrendered to His will. Then we shall sit together in heavenly places with Him. Then we shall work together, without a thought of collision.

Little differences, dwelt upon, lead to actions that destroy Christian fellowship. Let us not allow the enemy thus to gain the advantage over us. Let us keep drawing nearer to God and to one another. Then we shall be as trees of righteousness, planted by the Lord, and watered with the river of life. And how fruitful we shall be! Did not Christ say, "Herein is my father glorified, that ye bear much fruit"?

The prayer that Christ offered for His disciples just before His crucifixion reveals God's purpose concerning us. The heart of the Saviour is set upon His followers fulfilling God's purpose, in all its height and depth. They are to be one in Him, even though they are scattered the world over. But God can not make them one with Christ and with one another unless they are willing to give up their way for His way.

Harmony and union existing among men of varied dispositions is the strongest witness that can be borne that God has sent His Son into

the world to save sinners. It is our privilege to bear this witness. But in order to do this, we must place ourselves under Christ's command. The tender regard shown by the Saviour for His church calls upon us to keep our souls in His love. Each one has something to do. Let us strive earnestly and untiringly to fulfil God's purpose for us, "till we all come in the unity of the faith, and of the knowledge of the Son of God, unto perfect men and women, unto the measure of the stature of the fulness of Christ."
MRS. E. G. WHITE.

What to Talk

From "The Wisconsin Reporter."

TALK happiness. The world is sad enough without your groan. No path is wholly rough. Look for the places that are clear and smooth, and speak of these. These will rest the weary ear, which is so often hurt by listening to one continued strain of human discontent and grief.

Talk faith. The world is better off without your uttered ignorance and morbid doubt. If you have faith in God, say so; if not, push upon the shelf of silence all your thoughts until faith shall come.

Talk health. The dreary tale of fatal maladies is worn and stale. You cannot charm nor interest with it.

Yes, talk happiness, faith, and health, and God will hear your words and send these blessings to you.
A. H. BLAKE.

Our Means Not to be Tied up in Bonds

From a morning talk at the late General Conference
By Mrs. E. G. White.

A PROPOSITION has been made that our people purchase sanitarium bonds. But light has been given me that means is not to be thus drawn from our people. Last night, place after place that is still unworked was presented before me. These places are all ripe for the harvest. They are calling for workers, and the means of our people is not to be tied up so that it cannot be used in this work.

Our means is not to be bound up for years where it is not available for missionary work. This God forbids. He sees the great work to be done in various places throughout the world. He sees the cities in which memorials for Him are to be established, to proclaim the truth for this time.

Regarding investment in bonds, I am in-

structed to say further that if no voice were raised against this arrangement, if our people should tie up their money in such investment, when it became necessary to call for means for aggressive missionary work, it would be found that there was a greater dearth of means among us than there is now. Plans may be started that at the beginning seem very promising, but often the foresight would be much more pleasant than the aftersight, were these plans carried out. I have been commissioned to instruct our people to be economical, and always ready to give of their means to the Lord's work. If you have a thousand dollars to spare, God wants it; it belongs to Him. If you have twenty dollars to spare, God wants it. His vineyard is waiting to be worked.

I present this matter before you that you may understand that our people are not to be encouraged to tie up their money for years by the purchase of bonds. I have nothing to say in regard to the sale of these bonds to the people of the world. It is in regard to our people tying up their money that I speak particularly. It is said that only a few of our people would take the bonds. But how long would it be before the few would increase to many.

No; God wants His people to look upon the world as their great harvest field, and to use their resources in working this field.

Do You?

"Do you know the Scripture better than you did a year ago? You ought to.

"Have you any more places in the Bible to which you go as a bird goes to her retreat? You ought to.

"Are there more precious spots in the Bible than there were once? There ought to be.

"Suppose some one had intrusted me with a great matter, and had given me written instruction how to conduct it; and suppose when I felt like it I went and read a sentence, and then after a week, half a dozen sentences; I should have only the most fragmentary knowledge of the instruction. But how many Christians treat the Bible thus!"

The above words from Wayland Hoyt, D. D., contain food for thought for young Christians. Many will confess that they do not read the Bible as they should. How many of us have read it through from cover to cover, once? Why not begin now and read the word of God from Genesis to Revelation during 1903? This should be undertaken as a privilege, not a task. Each one who does it will receive a blessing such as he does not anticipate.

From the Field

Essex, Iowa

I LEFT Boone February 13 to labor among the Swedish people in Red Oak and vicinity. After spending four weeks in and around Red Oak, I came to Essex, where I have been laboring since, and where I expect to continue until shortly before our state camp-meeting.

I have held a few meetings on Sabbaths and Sundays, but my work so far consists mostly in distributing literature and talking with the people. I have distributed many hundreds of pages of tracts, and sold some Swedish papers and "Christ's Object Lessons." I have also found a few persons who are willing to study, and with these I hold Bible readings. I labor both in the town and country. There is a large Swedish settlement here. I am endeavoring by God's help to sow the seed, believing that some will fall on good ground and bear fruit unto life eternal. H. L. STENBERG.

Kaycee, Wyoming

IN a recent issue of the ADVANCE a report was given of the work at Ionia. The church mentioned has been erected, and all completed, free from debt. Our brethren gave about \$20 which was applied on the material. The building when finished, although made of logs, made a desirable place in which to worship the Lord. Five were baptized. A company of twenty-five are now keeping the Sabbath.

Brother Cook was called home February 25, and Brother Beams and I left the Basin March 17. We visited the Columbus Creek church, also Brother Nethery, and other scattered families on our way to this place. A few who are attending the meetings here manifest much interest. We see the hand of the Lord in the work here; and praise Him for His loving kindness to the children of men. G. W. BERRY.

Leavenworth, Kansas

SISTER HORNBECK and I have been distributing tracts in connection with our Bible work here in this city. One lady upon whom I called asked for the tract "We Would See Jesus," and her sister very anxiously inquired for the "Signs of the Times." I had both of these with me, and they received them gladly. The lady asked me

for what mission I was working: and, upon telling her, she remarked that she had become acquainted with some Adventists in California, and liked them very much.

Another lady with whom I have held readings has just begun keeping the Sabbath. The law is very precious to her now, since she realizes the importance of obedience to all of God's commands, and the blessing which comes from obedience.

JENNIE EDWARDS.

Beatrice, Nebraska

I AM glad to speak a few words to the brethren through the columns of the ADVANCE.

Brother Surber and I held meetings with the Beatrice brethren Sabbath and Sunday, March 28 and 29. We endeavored to help the brethren and sisters by dwelling on the great truth "The end of all things is at hand: be ye therefore sober, and watch unto prayer." We presented the necessity of manifesting in our lives the fruits of the Spirit. Brother Surber took occasion to present the canvassing work in a very earnest manner.

Publicly, and from house to house, we tried to encourage the brethren, and many were touched by the Spirit of God. We found one sister suffering from cancer. We had the joy of holding up Christ and His precious promises, and to commend her to the Great Physician. We were glad for the spirit of trust that she manifested in the Saviour. All hail the glad day when diseases shall no longer prey upon the children of God!

W. B. HILL.

BRO. WM. McCABE, who has recently entered the canvassing field, writes: "I am full of courage and hope, and rejoice to know that I belong to that company which so fitly represents Gideon's band."

QUITE a few are expected to enter the canvassing work at the close of school at Union College. The Lord has said: "The canvassing work must be revived." How many are willing to assist in the revival? We have room for one hundred good canvassers.

BROTHER EISELE, of Nebraska, entered the canvassing field last week. We unite in wishing him success in his work.

W. F. SURBER.
Neb. State Missionary.

Missionary

Conducted by Miss Katie Coleman

Service

THE sweetest lives are those to duty wed:
Whose deeds both great and small,
Are close-knit strands of an unbroken thread
Where love ennobled all.
The world may sound no trumpets, ring no bells;
The Book of Life the shining record tells.
Thy love shall chant its own beatitudes
After all its own life's working. A child's kiss
Set on thy sighing lips shall make thee glad:
A poor man served by thee shall make thee rich;
A sick man helped by thee shall make thee strong;
Thou shalt be served thyself by every sense
Of service which thou renderest.

MRS. BROWNING.

Silent Messengers

WHEN the truth first came to me, it did not come through the preacher; but silent messengers called my attention to the precious truths for this time, contained in the book of books.

An aunt of mine brought "Prophecies of Jesus" and "Bible Readings," from Denver, Colorado where she had been working. These books were placed on the center-table, and there they remained—silent and neglected; yet containing the last message of mercy to this sin stricken world. I oftentimes looked at the illustrations in the books, but did not then notice the message they had to bear.

In the spring of 1897 my brother and I went to live on a farm which we had rented. We did not bring many books with us, but in the course of time my brother brought "Prophecies of Jesus," and begun reading it. After a time he laid the book aside and did not read it any more. I asked him one day how he liked that book. "O," he said, "some of it is good, but there are some things in it that I don't like." This caused me to take up the book and investigate it. I read chapter by chapter, and, O, how precious the message seemed! such wonderful truths I had never before read or heard of. I soon finished this book and then brought "Bible Readings" and read it through. In the evenings and other spare moments, I would read, and while at work I would meditate upon the subjects read. My heart was touched as never before, and I was impressed to step out into this new light. I tried to put it off un-

til I would become more independent, but this gave me no satisfaction. One day I received a package wrapped in a paper, with the heading, "The Signs of the Times." I read it through and found it, too, contained the same message as the books I had been reading. I subscribed for the paper, and each week this silent messenger came into my hands. In the latter part of the summer a copy of the "Signs" came with an extra cover, on which the Kansas State Camp-meeting, at Council Grove, was announced, and I decided to attend this meeting. While there I stepped out into the light, and have been rejoicing in the truth ever since.

Now, brethren, what these books and papers did for me, they have done and can do for others. Shall we not do all in our power to send forth these silent messengers that they may speak peace to many troubled souls?

J. EMIL ANDERSON.

The Book Work in Kansas

THIRTY-FOUR of those who attended our institute at Hutchinson have been assigned territory in the different parts of the state. As far as seemed practicable they have been sent out two and two, as the Bible and testimonies teach should be done.

I have received reports from eighteen of these workers for two weeks ending April 3. Their sales aggregate a little over \$400. All who have written express themselves as being of good courage, and enjoying their experiences.

We now have a little class out in the western part of the state, at Wakeeney, where Elder Godfrey and Bro. P. N. Kelley have recently held a series of meetings, studying and preparing to enter the canvassing work. We hear of others in different parts of the state who feel impressed to engage in the work. Brother Hardesty writes of having visited three persons recently who have promised to enter the work. We are also expecting several new recruits from Union College as soon as the school year is over.

A recent testimony says that the canvassing work is to be revived. We are glad that by the exercise of a little faith we can see the cloud rising in Kansas.

FRANK JENCKS,
State Missionary Agent.

"CONSECRATED men and women are needed to stand as fruit-bearing trees of righteousness in the desert places of the earth."

Our Young People

WE are told that this country is to be the recruiting ground for the army that is to carry the message of Christ's soon coming to the world. Since this is evidently true, is it not especially important that young men and women from every part of the land should be encouraged to prepare themselves to answer the calls that are being made for workers? A few are in our schools and colleges, but there are many, many more who are unable to attend school, or who are really indifferent to the advantages of school training.

It is to assist and encourage these young people that the Central Union Conference has undertaken the work of obtaining lists of the young people within its borders, and opening up correspondence with them. Some do not lack the means to attend school, but simply have never become interested in the subject. One earnest young woman said, not long ago: "I am sure some of the young people from our church could attend school as well as not. They know really nothing about the school or the advantages here. I did not before I came." A young man said, "I had heard very little about Union College until two or three years ago. I hardly knew there was such a place." He knows of it now, and probably few students have made better use of their opportunities this year than he has. There are many more who need to be aroused and informed on this subject.

Then there are a large number who earnestly desire to attend school, but are unacquainted with the school or the conditions here, and hesitate to make the venture with scanty means. We hope that many of these may be helped to help themselves.

Some have home duties, or are obliged to wait a little longer to obtain the necessary means. These need not be idle while waiting, but we hope may be making definite preparations that will enable them to be ready to receive greater benefit in a shorter time, when the way does open up for them to come.

The work of correspondence is but just begun, but those who are looking after it, find it intensely interesting. Several have already responded to the letters written them. One young man new in the faith writes: "I am very glad to become acquainted with you, and to know you are taking an interest in my welfare. I am preparing to come to school there next

term to prepare to work for the Lord. . . . I haven't seen a Sabbath-keeper for two months, but I study my Bible, and read what time I have."

A young girl writes: "Your letter came some time ago, and it is encouraging to me to know that others take an interest in my plans for the future. . . . I do not have the privilege of attending Sabbath-school, as I live in a neighborhood where there are no Sabbath-keepers but myself and mother. I try to be a Christian and follow Christ in His way. I hope I may hear from you again soon, as it is such a help to me to hear from others who are interested in the same great cause as myself."

The brethren and sisters in the churches can do much to co-operate with us in this work of strengthening and encouraging our young people in the development of their powers for the Lord's use. There may be some young man or woman in your little church who would make faithful use of an opportunity to increase his usefulness by a short training in school.

You who are personally acquainted with these young people should encourage them to strive onward and upward that their work for the Master may not be marred by ignorance and inefficiency.

MRS. M. E. KERN.

Earnestness

OF all pursuits in the world, the Christian profession requires the most earnest and energetic action, and it utterly fails when diligence and zeal are absent. What can a farmer, a merchant, a carpenter, or even a beggar do unless he follows up his calling with activity, perseverance, and earnestness?

Once a ship that carried passengers was wrecked; the life boats were lowered and were soon full of passengers. There were not enough boats to take in all the passengers; so the consequence was that some were left in the water to battle with the waves. One poor fellow swam up to a boat which was already so heavily loaded that there was danger of sinking, and siezed it with his left hand. A man in the boat drew his sword and cut off the hand. The man dropped back but did not give it up. He was deeply in earnest to save his life, and so he made the second attempt. He caught the boat with his right hand and they cut it off too. He was almost disabled but he made the third attempt; this time siezing the boat with his teeth.

When the men in the boat saw this, it touched their hearts; they had compassion. One man said: "Let's not cut off his head." So they took him in, out of the jaws of death, out of a watery grave, and he was saved because he was in earnest. He was saved because he sought with all his strength and all his mind.

And so it is, my friends, with the salvation of our souls. We must be in earnest, we must have determination. As we leave the sinking vessel of sin behind us to cross the stormy gulf, we shall be tossed about by the angry waves. But Jesus on the other side holds out His hand and says, "Come unto me" as He bade Peter. If we have faith and earnestness, if we are determined to save our souls, we can walk on the waters as Peter did. The Master says: "Strive to enter in at the strait gate: for many I say unto you will seek to enter in, and shall not be able."

M. H. WENTLAND.

WE glean the following from a private letter received from Brother M. G. Dealy, a student of Union College who has recently gone into the canvassing field:—

"Since leaving Union College a short time ago, I have attended the canvassers' institute at Kansas City, Mo. and reached my field of labor, Richmond, Mo. March 29. Brother Hiatt and I are canvassing for 'Heralds of the Morning.' At this writing I have canvassed four days and taken twenty-seven orders. As I go from house to house, I feel more and more my weakness, and my utter dependence upon God."

God has promised to bless the faithful canvasser. Why may we not take Him at his word and claim His promises as our own?

Sabbath-School Dep't.

Kansas Sabbath-school Conventions

LAST year was the banner convention year in Kansas. Instruction was given which enabled inexperienced workers to plan intelligently, and from reports received a most profitable time was enjoyed by all. Letters usually closed with the inquiry, "When may we have another convention?" We now suggest May or June for our spring conventions. A suggestive program has been prepared for the same, which we are sending out to all our Sabbath-schools.

MRS. BELLE EMERSON.

Nature Studies for Children of the Cities

AS THE minds of our children have been occupied all winter with their studies, their physical energy restrained by the confines of the four walls of the school room, let them now be brought into closer contact with nature, the great lesson book to which we all have access.

We should study the Saviour's parables, which He spoke in the fields and groves, among the grass and flowers. In these lessons direct from nature, there is a simplicity and purity that makes them of the highest value. The minds of the children of the city are too apt to dwell upon worldly attractions, from the very nature of their surroundings; therefore, each Sabbath-school teacher should take his class to the grove, or some other appropriate place, and give them practical lessons in nature study, thus leading their minds away from the bustle and worldliness of the city. The Saviour spent most of His time in the groves, on the mountain sides, on the lake, and in the fields.

I know what such environments mean to a child's mind from experience in my childhood; and even now, when we talk about an outing in the grove, my heart bounds with joy. I remember how I would associate the word of God with nature. Each teacher should take the children out among the beauties of nature, and be a child with them. Take up the subject of birds, and ask them to name all they can, describing the character of each. The teacher should be familiar with interesting characteristics to relate, which will add to the interest. Have them get leaves from the different trees; examine them, and see how different in appearance, yet how much alike in general structure. Compare the leaves with their bodies; the veins of the leaves to those of the body, and tell how they receive their life.

If you have a picnic, the children need not be engaged in a special way all the time, but never fail to show them some practical truth as revealed in nature's book. A short, interesting program, appropriate for the occasion, should be rendered.

The Lord has provided a good supply of spiritual food, and we are commanded to feed the lambs. Let us get the children, especially the city children, out into the "green pastures and beside the still waters."

MRS. BELLE EMERSON.

Health Department

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

"Prosper and be in Health"

Food Combinations

MANY suffer from various digestive disorders when the food eaten may be of a good quality and is, perhaps, taken in proper amounts. Such people are often puzzled to understand the cause of their trouble when they are trying to be careful and to live up to all the light they have.

No one can lay down rules for diet that will fit each case. It is left for each one to find out for himself which of the many good things that God has given us are best for him, and how to combine these foods so as to give the best results.

Some things God has told us are unfit to be put into the stomach, and we do not need to experiment with these. Again, He has told us that it is not best to combine fruits and vegetables, or take them at the same meal, but it is better to eat fruit and grains at one meal, and vegetables and grains at another meal.

Coarse vegetables, such as cabbage, turnips, parsnips, etc., stay in the stomach longer than other foods; and when the juices of fruits is mixed with these coarse materials, it is likely to be retained too long in the stomach, and to ferment and cause trouble.

One of the most common errors in diet is in eating too many kinds of food at a meal, which is apt to tempt one to eat too much. Better eat only two or three kinds at a meal, as the stomach can handle them better than more, and it is easier to tell then what agrees with you and what does not. W. A. GEORGE, M. D.

What It Takes to Make a Sanitarium.

It takes more than money to make a sanitarium; it requires doctors, nurses and helpers. And it requires more than money, doctors, nurses, and helpers to establish and successfully carry on sanitariums and medical missionary work; it requires a constituency, churches converted and loyal to the whole truth for this time, to furnish means to build and equip sanitariums, promulgate health principles, circulate health literature, and to supply doctors, nurses and helpers for sanitarium work. And it re-

quires a ministry to go forth to proclaim the truth and raise up such a constituency to furnish these means, do this work and supply these workers. Therefore it requires the whole body, the whole church, all its members and facilities—ministers, members, doctors, nurses, helpers, means, buildings, literature, and canvassers—to successfully carry on sanitariums and medical missionary work. W. A. COLCORD.

Educational

Conducted by L. H. HOOPES

Suit Education to the Child

IN some way men have gotten the idea that childhood is an unimportant, worthless thing of itself. The common idea is that it is simply a necessary evil; a period of time which must be used in fitting for manhood, and that manhood is the one part of life that is of real value.

Children are always talked to about what they should be when they grow up, and their whole training and education is on this basis. This is a mistake. Childhood is just as important and just as valuable as any part of life. It is just as important to be a child as it is to be a man. Our laborious attempts to make children act and think as they will when they are men are only a hardship to the child. This is coming to be recognized among educators, but not to the extent it should be.

One great reason, if not the principal reason, that children tire of school, is that their school work is made unnatural to them. They are expected to think the thoughts of men. In their arithmetic problems, for example, they have to deal with the problems of manhood in which the child has no real, live interest. Life is a reality to him in his own little sphere; just as much of a reality as the life of the grown man, and he is intensely interested in it.

The child is a creature of warm sympathies, great activity, keen observation, and unsatiable inquisitiveness. The sooner our schools recognize that he is a child, not a little man, the more quickly child life will be made pleasant, profitable, and altogether agreeable. He has a vivid imagination. If properly directed, he can be made to live with the patriarchs of old, to walk with them in their walks, feel with them as they felt, be inspired with them with the same holy zeal and deep piety with which they were inspired.

The child is deeply impressible and emotional. For this reason fairy stories, mother goose melodies, stories of adventure, etc., interest him. But this interest, if properly directed, will be more intense in the real life as presented in the Bible biographies. He is active and likes to construct materials for his story; for that reason he should be given materials from which he can model or manufacture various objects incident to his story. Then he will enjoy his work; but if he does not receive this needed helpful and legitimate development, his mind will seek it in an illegitimate way. He will form the habit of day-dreaming (building air castles). This weakens the mind.

From the unnatural and exciting stories of the nature of the mother goose melodies, he will certainly form a warp into which he will weave vague fancies of every description. This produces an abnormal craving for sensational novels so strong in many children as soon as they have reached the border line of youth. The neglect of our schools to supply a natural education for the child, one that meets the requirements of his life, and recognizes him as a child instead of a man, is largely responsible for the car loads of dime novels and cheap magazines that are to-day flooding our land.

God has endowed children with an intense, warm-hearted interest in nature. He loves pets and wild animals. If this be properly directed and encouraged, he may become a strong nature student, besides developing great originality and strong powers of observation. This will also find a natural and legitimate outlet for that energy that would otherwise go into castle building.

He has a strong desire to make something, and builds boats,—all the time imagining himself a pirate, not because he is a natural criminal but because pirate stories are the sort of food with which his mind has been fed. Encourage him to make his vessel a missionary schooner, and make his cruises voyages for Christ. Inspire him with the true heroism of self-sacrifice and the result on the character will be wonderful.

FLOYD BRALLIAR.

A BAND of Union College students, donning sunbonnets, and arming themselves with rakes, spent an afternoon on the College campus. We are much pleased with the appearance of the grounds as they left them.

WE are in receipt of an encouraging report from Miss Minnie Hahn, of Cedar Rapids, Iowa, whose church school closed March 20. She writes that her pupils have been much interested in missionary work, selling and loaning papers. They took several afternoons for canvassing, and were able to pay quite a little on their books.

A New Tract

The Perpetuity of the Law, by C. H. Spurgeon

A NEW 16 page tract has just been added to the list of special tracts. Among the subheads we notice:—

- The Law Perpetual.
- Jesus Comes to Explain it.
- The Lawgiver Himself Submits to the Law.
- The Law Perpetual by Nature.
- Our Schoolmaster.
- The Law Must be Fulfilled.
- It Must be Fulfilled in Us Personally.

This one added to the group of four,—We Would See Jesus, The Signs of the Times, Gospel Remedy for Present-day Isms, and What Do These Things Mean,—furnishes a vast field for investigation by those who are interested in the solution of the political problems of the day. Price one cent each. Order of your Tract Society.

A Visit to Salt Lake City

ELDERS Colcord and Russell on returning from the General Conference stopped off a few hours at Salt Lake City, Utah, and were much delighted with their visit there, especially did they appreciate their visit to the Mormon tabernacle. It is one of the most wonderful buildings in the world so far as its acoustic properties are concerned. The building will seat from eight to ten thousand people, and its acoustic properties are so perfect that the sound of a falling pin, on a board or any hard substance, can be heard in any part of the building, though it fall but six or eight inches. The sound from the rebound can also be heard. In this tabernacle is a large pipe organ, the third in size in the world, which cost \$115,000. It is said to have the sweetest tone of any pipe organ in the world.

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

Notice

I DESIRE to correspond with the church elders and leaders of companies in the Nebraska Conference, in the interest of the canvassing work. Are there not some in your church who would like to enter this grand work? Brethren, we have a message to give to the world, and it must be given in this generation! Will you kindly assist us by sending in the names of those who will thus give their time to the Lord.
W. F. SURBER.

Kansas Medical Missionary and Benevolent Association

MARCH 19, 1903, a meeting was called to convene in Wichita, Kansas, for the purpose of effecting a permanent organization of the medical work in the state.

Doctors S. P. S. Edwards and Maria Edwards, Dr. Lydia E. Parmele, H. E. Kirk of the Topeka Treatment Rooms, and L. C. Christofferson of the Wichita Branch Sanitarium, represented the medical work. The State Conference committee were also present.

This corporation has been organized for the purpose of founding, establishing and maintaining institutions, asylums or hospitals for the reception and care of sick and infirm persons, and for promulgating such health, temperance, and hygienic reforms as are necessary for the maintenance of health and the curing of disease.

The following officers were elected: C. McReynolds, President; I. A. Crane, Vice President; Dr. Lydia E. Parmele, Secretary; N. B. Emerson, Treasurer.

Trustees: C. McReynolds, I. A. Crane, C. A. Beeson, Lydia Parmele, M. D., L. C. Christofferson, H. E. Kirk, J. R. Ogden, J. G. Hanhardt, and R. W. Parmele.

Obituary

MESERVE.—J. M. Meserve died at his home near Cortland, Nebraska, April 3, 1903. He was born December 20, 1833, in Coos county, N. H., and was therefore at the time of his death, 69 years, 3 months, and 13 days old. He was married to Miss Elizabeth Call, in 1855, and moved to Nebraska, near Lincoln, in 1876. They raised a family of ten children, six of whom, three sons and three daughters, are still living and were all present at the funeral. Brother Meserve was much respected by his neighbors as was seen by the attendance at the funeral services. He was a kind husband and father. The family accepted the Seventh-day Adventist faith under the labors of Eld. W. B. Hill. Services were conducted by the writer from Isa. 25:8, 9. I. G. COLCORD.

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News and Notes

THE Iowa state campmeeting will be held at Colfax, Iowa, May 28 to June 7, 1903.

BRO. C. W. HARDESTY spent one week at the Missouri Canvassers' Institute and reports a very profitable time.

ARE you taking the *Signs of the Times*, the best religious weekly circulated in the land? You cannot afford to be without it.

ELDER E. T. RUSSELL occupied the pulpit in the College View church, Sabbath morning, April 17, taking for his subject, "Envy."

THE Union College Dorcas Society has just completed about two hundred garments to be sent to Nyassaland, Africa. The church school children have assisted nobly in this work.

SABBATH, April 11, Brother Burbach, and Brother Schafer and wife, were baptized in the College View church. They will unite with the German church of Lincoln.

THE report of the General Conference Treasurer, H. M. Mitchell, shows that the total wealth of the Conference at the present time amounts to \$205,408, free from incumbrance.

QUARTERLY meeting was held in the Lincoln, Neb., German church Sabbath, April 11, and a large attendance was present. Elder Westphal and Brother Valentiner conducted the services.

AFTER the close of the General Conference, at Oakland, Elders Hoopes and Nelson, Elder Hart and wife, Miss Ida Nelson, and others, visited our institutions at St. Helena and Healdsburg, California.

WE have been informed that Eld. F. H. Westphal of College View, Neb., has been recommended to go to northern Canada and take the presidency of the conference that is soon to be organized there. This field will include Manitoba and Alberta.

BRO. C. W. HARDESTY, Union Conference Canvassing Agent, has spent some time in Kansas laboring in the interest of the canvassing work. After the close of the Hutchinson institute he labored in El Dorado, Humboldt, and Thayer, and visited several towns in the southeastern part of the state. He arrived in College View last week, and reports a splendid outlook for the canvassing work in Kansas.

THE General Conference is now over, and most of the delegates have returned.

A COMPLETE set of General Conference Bulletins may be obtained by addressing the Sec'y. of Gen. Conf. Battle Creek, Mich, as several hundred extra copies have been prepared for this purpose.

SUNDAY, April 19, Elders Thurston and Russell left College View for Battle Creek, Mich., to attend the legal meetings of the General Conference to be held at that place. It is expected that the newly elected General Conference Committee will organize its different departments during the council that is to be held.

WE are just in receipt of a nice lot of flowering shrubs from Mrs. J. C. Middough, of Ames, Nebraska, in response to the request made in the ADVANCE. We wish to express our appreciation of them, as they will add much to the beauty of our College campus. Others will be thankfully received from any of our brethren who may have something in this line to contribute.

ELDER W. H. THURSTON, President of the Canadian Union Conference, made College View a visit as he was returning from the General Conference to his home in the east. Friday evening, April 17, he addressed the students in the Union College chapel, and Sabbath afternoon spoke in the tabernacle to a large congregation. He told of his experiences while a missionary in Brazil, South America, and also presented the needs of the Medical work in the Canadian field. Quite a liberal collection was taken for the erection of a Sanitarium there.

BROTHER THEO. MILLER, of Canon City, Colorado, writes: "I want to express to you my hearty appreciation of the ADVANCE. I have in mind the number before me,—the issue of April 8. All that have come to me since I subscribed have been *good*; but the April number is not only better; it is *BEST*. Its many short, pithy, articles are instructive in the highest degree, and breathing forth, as they do, a spirit of deep consecration to the service of our Lord. They beget in me a yearning for more of the Holy Spirit and a longing to be a more efficient worker in the work of God. May the ADVANCE with its spirit-filled articles and encouraging field reports continue to come to our people until its Heaven appointed work shall have been accomplished!"