

The Power of God
Unto Salvation

Go Ye Into All the
World

GOSPEL HERALD



Volume XI

HUNTSVILLE, ALABAMA, APRIL, 1917.

Number 4

SOME INTERESTING FACTS

Gleaned from the Negro Year Book

THE Death rate per 1,000 among Negroes in 1913 was twenty-two.

Length of life increases wherever sanitary science and preventive medicine are applied.

Average length of Negro lives in 1913, about thirty-five years.

The three graces of health: pure food, pure air, pure water.

A sufficiency of pure food, pure air, pure water would add at once ten years to the average of Negro life.

Four hundred-fifty-thousand Negroes in the South seriously ill all the time, eighteen days a year for each Negro inhabitant. Annual cost of sickness of 450,000 Negroes, \$75,000,000.

One hundred-twelve-thousand Negro

workers in the South sick all the time. Their annual loss in earnings, \$45,000,000.

Forty-five per cent of annual deaths among Negroes preventable.

Two hundred-twenty-five-thousand Negroes in the South die annually.

One hundred thousand of these deaths can be prevented.

Six hundred-thousand Negroes of present population will die from tuberculosis. One hundred-fifty-thousand of these can be saved.

Annual funeral expense of Negroes in the South \$15,000,000. \$6,500,000 could be saved.

Annual loss to South in potential earnings because of preventable deaths among

Negroes, \$170,000,000.

Sickness and deaths cost Negroes of the South \$1,000,000 annually. \$50,000,000 of this amount could be saved.

Annual economic loss to South from sickness and deaths among Negroes, \$300,000,000. One hundred-fifty-million dollars of this amount could be saved.

This \$150,000,000 would provide good school houses and six months schooling for every child, white and black, in the South.

It would pay the South to spend \$100,000,000 annually to improve Negro health. 1917 Year Book.

Dress

THE Bible teaches modesty in dress. "In like manner also that women adorn themselves in modest apparel." We often judge a person's character by the style of dress worn. Gaudy colors with many useless trimmings and adornments show a weakness, while a modest and simple attire, made of durable material, becoming to complexion and suited for service, shows a refined, modest and cultivated personality.

In every respect the dress should be healthful. God desires us above all things to be healthful in both body and soul; and this is prompted by healthful dressing.

Among professed Christians, too much time and money are spent on the dress. They study the fashion plates more than their Bibles. They take the time which ought to be devoted to the family and home, and spend it preparing stylish costumes, which add neither comfort, healthfulness, or beauty to the body.

Modern styles of dress are calling forth

much comment today in the secular as well as the religious press. Various church societies and clergymen have spoken plainly against the evil influences attending the modern manners of dress. The prevailing styles are common objects of jest among young men, and this jesting sows thought-seeds for immoral harvests. Tight corsets, the false hair, peek-a-boo waists, low necks, exposing much of the chest, short sleeves that leave nearly the entire arm bare, offensively short skirts and cob-web stockings, with high heel shoes, were designed in the first place with no other object than to draw the attention of men. Is it any wonder that there is so much immorality in the world when women go out upon the streets to show their forms?

The dress should be so arranged that a full breath can be taken without any obstruction about the waist. The stiff, tight corset keeps the body from a free natural movement. It cramps the lungs so that the waste matter is prevented from being thrown off and the poison re-

mains in the lungs and hinders the circulation. The internal organs are cramped and forced out of place, the digestion is disturbed, and many terrible diseases are the results.

The heavy skirt suspended at the waist is another cause of trouble. They cause weakness of the stomach, a feeling of lassitude, causing the person to stoop which cramps the lungs, making correct breathing difficult. The skirts should be supported from the shoulders, giving perfect freedom at the waist, and they should be short enough to keep from gathering the filth of the streets and hinder walking.

Another evil is the unequal distribution of the clothing, so that while some parts have much more covering than is required, other parts are insufficiently clad. If any part of the body should be more closely protected it should be the feet and limbs, which are the greatest distance from the great center of life, which sends the blood to the whole sys-

(Continued on page eight)

Four Good Books

THE supply of up-to-date literature for use in our home missionary campaign is continually increasing. The four twenty-five cent books are worthy of the largest possible circulation. At least one million copies of each book should be circulated. This is by no means an impossible aim. Each book is on a subject of intense and vital interest to the world at the present time, and therefore none of them are difficult to sell.

The following experiences will bear this out:

"Forty-seven orders for 'World's Crisis,' were taken in one city by a young colored man in three days. Another brother sold twelve the first day he went out, and still another sold one hundred in about two weeks. A sister, who felt that this work had come in answer to her prayer that she might do some good and make a little money for offerings, reported seven orders for her first hour's work."

"A sister went out last week and sold fifteen 'Shadow of the Bottle,' to help in church school work this winter. Another time she sold twenty-one copies. Here is a suggestion for those who are wondering how to meet tuition or church school pledges."

"A sister came into the tract society office recently and took away an armful of 'World's Crisis' and 'Shadow of the Bottle.' She said that she could sell them, and just to demonstrate that her work was not a failure, returned in about twenty minutes to the office with money for the books she had sold."

"A few weeks ago a typewriter salesman came into the office to make some repairs on our machines. He seemed interested to know who we were and know what our people were doing, and of course we were very glad to give him information regarding the rise and progress of the denomination. Conversation soon turned to the war in Europe, and when he left we gave him a copy of the 'Vatican and the War,' which he promised he would read. Last week this man had occasion to call at the office again and about the first thing he said was, 'Have you any more of these books about the war?' then he went on to say that while reading on the train he met the travelling guard from the state penitentiary, and as their conversation drifted to the war, this little 'Vatican and the War' was pulled

out and discussed. The travelling guard asked if he might have the book. It was turned over to him, and the salesman was anxious for another copy."

"A sister is doing splendid work with *Life and Health*, and *Shadow of the Bottle*.' She is gaining access to some of the best homes in her town, and also has succeeded in interesting some of the railroad officials."

"Quite a number of pupils in one church school are selling 'World's Crisis.' One minister is finding individuals who are anxious to know what is truth. Openings are presenting themselves for Bible studies and cottage meetings."

"I have just had a month's vacation, which I spent in selling 'World's Crisis' and 'Shadow of the Bottle,' in places I had previously canvassed. I also visited friends and relatives and isolated Sabbath-keepers who are members of our Sabbath-school home department. I sold one hundred and sixteen books in a few days averaging a little over twenty in six hours."

"One sister reported her sales of 'The World's Crisis,' as follows: Monday, 86; Tuesday, 86; Wednesday, 90. In another city her best record for one day was 110 copies. Several young women have earned scholarships by selling 'The World's Crisis,' and 'Shadow of the Bottle.'"

"A little girl earned her dollar for the thirteenth Sabbath offering by selling 'The World's Crisis.' We wonder if there are not other children and older people who might follow her example."

A short canvass for each of the books, "World's Crisis," "Shadow of the Bottle," "The Vatican and the War," and "Armageddon," can be obtained from our conference home missionary or tract society secretary. Now is the time to sell these books, while the issues they deal with are stirring the minds of the people. —Edith M. Graham, in *Southern Union Worker*.

For Round Shoulders

A CHILD who is inclined to be round-shouldered and to stoop ought to go thru a regular drill daily, under the supervision of the mother or competent teacher. The following rules, given by the *New York Recorder*, are intended to strengthen and develop the muscles designed by nature to hold the body in an

erect position. Each exercise should be repeated several times daily:-

1. Stand, feet together, weight over the center of each foot; hands at sides. Raise arms sidewise to level with shoulders, taking a deep, heavy breath at the same time; lower arms slowly, exhaling.

2. Raise arms sidewise over head, inhaling; lower arms, exhaling. See that neither the head nor the abdomen be pushed forward.

3. Bend arms at elbows, hands in front of shoulders, brought as far sidewise as possible, elbows close to side; extend upward, palms in, arms carried back and stretching up as far as possible. Avoid tendency mentioned in second exercise.

4. Same as in three. Extend hands straight out at sides, fingers leading.

5. Same as in three. Extend hands downward and back of the hips.

6. Bend arms at elbows, lift sidewise to horizontal, elbows drawn well backward, palms down, forearm and hand on a straight line; fling forearms out and back till on a line with upper arm. Keep chest well expanded. This throws the chest out, presses the shoulder blades down, and corrects the tendency to round the shoulders.

OBITUARY

WILLIAMS

IRENE was born in Americus, Georgia, March 14, 1900. She was converted at the age of twelve, and joined the Methodist church in Albany, Ga. In 1912, she accepted the Seventh-day Adventist message, and united with that body. In 1914, with her parents she came to Oakwood School, where she finished a course in sacred music. She also transferred her membership to the above named school church.

As her health was not good, the family moved with her to the country, near Albany, Alabama. As her condition continued to grow worse, they moved into East Decatur, Alabama, where she was confined for three weeks to her bed. She was aware that the end was near and gave full assurance in an expression to her mother, that, 'all is well, mama, don't worry.'

God help us to go to rest as peacefully as she died on February 16, 1917.

Funeral services were conducted by Elder W. L. Bird and the writer.

CHARLES E. GRIFFITHS.

Colored Colporteur Work

WE need not ask, "Is the colored colporteur work in the South a success?" for, wherever the work has been taken up by our faithful colored believers it has succeeded. Since the day our first colored believer took the printed page, offered a short prayer for its blessing, and bore it to his neighbors where he sought earnestly to show its importance and gain a sale for it, the colored colporteur has proved his worth and success in the South.

During the past few years our colored magazine and book sellers have placed our literature in the homes of thousands of their race. They have halted the prospective customer on the street, in the shops, in the field, and behind the desk, and have not only secured an order but made the delivery. In some southern communities nearly every home occupied by colored people contains one or more of our publications, placed there by faithful colporteurs.

The colored people of the South have developed a strong thirst for religious knowledge. They are reading and investigating the claims of modern religious teachers. No people are more ready to give an audience upon Bible topics.

The Southeastern Union Conference reported twenty-one colored colporteurs operating in their territory during the year 1911. In 1912 twenty-four were reported. In 1913 the number ran to twenty-six. In 1914 only seventeen were putting in full time. And in 1915 only eight. The 1916 record is not out at this writing. We need to increase our little band of full time workers. Other Christian workers are not likely to carry the third angel's message to the souls who await the coming of the faithful colored canvasser. May God send into the harvest field more faithful consecrated colored colporteurs.

M. C. STRACHAN.

The following is the report of colored colporteurs of the Florida conference for the month of February, 1917.

NAME OF COLPORTEUR	Name of Book	No. of Hours	No. of Orders	Value of Orders	Value of Helps	TOTAL VALUE	Value Sub. Books Del.
Mrs J A White	BF	57	74	\$86 20	\$6 45	\$92 45	\$30 55
Robt Barnwell	BF	182	18	26 00		26 00	19 50
Miss Virginia Eady	BF	21	2	3 00	9 75	12 75	12 75
Matthew Moore	BF	126	4	9 75	19 60	29 10	41 50
Miss Annie McLean	BF	20	1	1 50	2 25	3 75	5 30
Mrs Hattie Ross	C&S	64	45	71 00	30 45	101 45	44 00
Mrs L J Mumford	SP	24	10	10 50	2 25	12 75	2 50
Mrs B V Matthew	Misc	85	1	4 25	40	4 65	4 65
TOTALS		579	1 55	511 95	71 15	282 90	160 75

Alabama Mission.

I left home March 1 for a tour among the mission churches in north Alabama. Sylacauga was my first stop. We had a good meeting and all seemed willing to cooperate with the plan of raising the fifteen-cent-a-week fund by selling copies of "Present Truth."

My next call was at Oakwood. There I found the Elder and the members ready to do their part in trying to raise this important fund. The little church in the city of Huntsville that did so well in raising its share of this fund in 1916, was ready to do more this year.

Next I met with the church at Decatur. The weather was rather cold and rainy; but several met with me to discuss the question, and decided with the conference brethren to push the fund and do

what they could to come up to the standard.

From there I went to Birmingham to attend the canvassers' institute, giving a Bible study each day. We had a class of five young men and we are expecting much from them.

While attending the institute, I visited the mission churches of Birmingham and Bessemer, and introduced the fifteen-cent-a-week fund. Both churches fell in line with it willingly.

The mission church at Montgomery had, before I left, decided to begin a campaign for the sale of hundreds of the "Present Truth" series. They have set a noble example.

From what I can learn of the churches at Mobile, Pensacola, and Dothan, they too, are striving to come up to the standard.

I wish to say to our brethren and sisters of the mission churches, that this fund we are trying to raise means much; not only to help the millions of our poor blinded brethren to get the third angel's message while the little probationary time lingers, but it will help to build churches and finance schools in our own southern field. I am sure our people will work hard to push the great message of present truth in both home and foreign fields.

T. B. BUCKNER.

Farm Food and Health.

FARMERS have the best chance of all people to have a well balanced diet; and if they would eat the proper food, which will nourish their systems, there is no place so healthy as the farm. However, farmers are not always the healthiest people, as in many places they have as high, if not a higher percentage of pellagra than is found in the city districts. Without question, pellagra is a disease due altogether to an unbalanced diet. That is not all. Many times people have nervous spells, indigestion, kidney diseases, heart and skin diseases, and many aches and pains that are hard to classify. Should we classify them, it would not be out of place to say that it was only a touch of pellagra. What is the cause? An unbalanced diet. Living in a land of plenty, eating plenty of food; yet there is system starvation.

We need a certain amount of food fresh from nature each day. In this fresh food, we find minerals and acids that plant life has prepared for us. If our systems do not get them, we suffer.

The less manufactured goods we use, the better health we will have, because the milling process removes the food salts and elements essential to health.

Farmers should pay more attention to the vegetable patch so as to have a good supply for summer and winter use. Farmers make a great mistake in spending all their time in raising cotton and corn and neglect to have a good garden and orchard, and then going to the store and buy high priced package goods, which have been robbed of their essential food elements. They may taste alright, and still not nourish the system. Every farmer should have a good supply of cabbage, collards, turnips, carrots and parsnips besides his potatoes. Beans in moderate amounts, make a good substitute for meat.

Grains come next to vegetables in food value. Oatmeal stands at the head of all grain products for nutrition and cheapness. Oats is better food for horses than corn; why not for man? One pound of oatmeal at four cents per pound has one thousand eight hundred sixty food units, while a pound of meat at fifteen cents a pound has only nine hundred fifty food units so that a pound of oatmeal has about twice as much food value and costs less than a third as much as a pound of meat.

Do not understand that good fresh corn must not be used for bread. A certain amount will not give any one pellagra; but corn products used day in and day out, do not form a well balanced diet. When you want corn meal, pick out good fresh corn and have it made into meal.

Wheat is a well balanced food as it comes from nature; but after it has gone through the modern milling process, it loses much of its food value, so it is not possible to live on white bread, biscuits and crackers, and we would suffer if it were not for the fact that we get the chemical elements sometimes called "Vitamines," from eggs, milk, vegetables and fruits. People who do not have these foods and are living on white flour products, syrups, and sweets, are getting near the danger line, and should beware.

What we need is more whole wheat or graham flour, ground on a slow running stone mill, made into good whole wheat bread. I know many people do not like that kind of bread, as it has a strong taste from the chemical elements. These elements are found just under the outer layers of the wheat and we lose them in the bran that we feed to the cow. We need these salts, and we need a certain amount of coarse material to keep our digestive organs active.

Rice is another fine food; but only a few people know what natural brown rice is. What we usually get at the store has been polished and coated, so it is not a whole food; it is very much like our white flour; it has lost many of its valuable food elements. The milling process removes the chemical elements, or "Vitamines." It is with white rice as it is with white bread, crackers, etc., people cannot live on them unless they have something else. Chickens get ner-

vous, and die when fed on polished rice, white bread, or crackers for a few weeks, but feed them on an extract made from the polishing of the rice or wheat bran, and they will revive in a few hours.

When we learn to use our food as it comes from nature as God has made it, we will have less disease.

M. M. MARTINSON, M. D.

Drainage

THE questions which usually come up for consideration in connection with selecting a location for a home are usually those which relate to convenience or profit, rather than health.

The first question should be, "Is this a healthful location"? Investigation should be made to find out if the selection, which may appear alright, is in any way connected with serious illness or disease.

If the location is malarious it is enough to condemn it.

Usually a man digs his well in the lowest place he can find because he can reach water sooner and because well digging is hard work. Then after he has his well, he builds his house near the well because it is convenient. This puts the house oft times in a low, unhealthful place. If circumstances compel the selection of a home in a malarious locality, build your home where it will get the summer breezes before they reaches malarious districts. In most parts of the United States the winds are from the south-west during the summer season. Then we might also mention the saving of a goodly number of pine and cedar trees when possible near the home, because they contain healing properties.

It is very important that there should be good surface drainage in the vicinity of a dwelling house, so that the waste water from the house can be easily disposed of, and also to carry off the surplus water of a heavy rain during the winter and spring especially. No opportunity for stagnant water should be allowed about a dwelling. This being true, 'tis quite evident that the top of a knoll or a rise of ground from which the surface slopes in every direction is the most desirable spot for a dwelling house.

Extreme care should be exercised not to place barns and out-houses where

they will drain toward the well from which drinking water is supplied. That man should be happy who can build his house on a south slope, thus getting the benefit of the sun in summer and winter, and enough below the hill to get protection from the winter winds of the north, and then find his drinking water farther up on the hill, in a living spring not contaminated with sewage or drainage of any kind.

There is one scripture I wish to quote in this connection;

"Beloved I wish above all things that thou mayest prosper and be in health even as thy soul prospereth." III John 3:2.

This tells us plainly, "The health should be as sacredly guarded as the character," and many times when we have done our best under unfavorable circumstances and surroundings God adds his special blessing to our honest efforts.

F. W. HALLADAY.

Our Insect Enemies

NOW, before they come, is the time to begin fighting the insect pests which are such a menace to our health and comfort during the warmer months. Begin cleaning up the premises and rid the home of the breeding places for flies and mosquitoes.

Few people realize what deadly enemies flies are. They live and breed in filth and then we allow them to come into our houses where they crawl over our food, our faces, get into the milk, make themselves at home about the baby's mouth and eyes. All this they do without even cleaning their feet.

The fly's feet and tongue may be covered with thousands of bacteria and these he wipes off on the just as well as the unjust. He may bring us such diseases as typhoid fever, tuberculosis, and dysentery. We may get typhoid fever by drinking contaminated water or eating impure food, but far more cases are caused by flies than any other means.

Our houses should be screened now, and the flies kept out from the start. Especially should they be kept away from the food supply. If one cannot afford wire screens, use cotton mosquito netting, which is very inexpensive and which with care can be made to last a season. Get a few fly traps and keep them near the garbage, (which should be kept covered), on the back porch, and

about the stable. One fly killed now will save killing a hundred in July, a thousand in August and a million in September.

The mosquito is also a very friendly enemy and should not be forgotten. His little song, which is *not* a lullaby, will soon be heard about our dwellings if we but provide him a suitable place in which to rear his family. The empty tin cans that we often carelessly toss into the corner of the back yard or in the alley, and which fill up with water when it rains, he finds most convenient for his purpose. Also the family rain barrel is one of his favorite haunts. If it is necessary to have a rain barrel, keep it screened or keep the water covered with kerosene which does not hurt it for laundry purposes.

If there are any pools, or ponds of stagnant water about the place, these should be either be drained or oiled. That the mosquito is the only means by which malaria is transmitted from one person to another, is a fact too well known to need emphasis here.

So let us begin our campaign against these enemies now by cleaning up and keeping clean. Keep up the fight all thru the summer. Get out the fly swatter now and be ready to swat the first fly that comes along. The little labor and money expended in this direction now will repay all a hundred-fold in health and comfort and may prevent some serious illness or even death.

ETTA L. REEDER.

A Few Facts

Concerning the Treatment and Prevention of Tuberculosis.

SINCE tuberculosis is more common than any other disease to which civilized people are subject, something concerning its cause, treatment and prevention should be understood by everyone. All who value their own lives and that of those dear to them should make a careful study of this subject.

Some may say "Why should I bother myself about tuberculosis since I do not have it?" Because you, or some member of your family may take it at any time and a knowledge of it may save your life or that of your child or friend.

Statistics show that more than 3,000 people die every day from this dread disease. Yet consumption is both preventable and curable. Then why do so many

succumb to it? Because so few are educated along this line. Few realize that all things that weaken the body in any way tend to predispose one to this disease. Bad air, insufficient or poorly prepared food, excesses of any and every kind. Fortunately, the reverse is always true; good food, good air and plenty of it, good habits, plenty of sleep, a healthy, cheerful disposition, everything that increases your strength and vitality, acts as a preventative, and prevention, in all cases, is better, cheaper and easier than cure.

Tuberculosis is spread almost entirely by the careless spitting of those affected with it. In view of this fact it is imperative that such patients be extremely careful in this particular. The sputum should be received into cloth or sputum cups and burned before it is allowed to dry. A cloth should always be held over the mouth when coughing to prevent droplets of saliva escaping into the air. Loud talking, laughing or singing will also throw germs into the air and be a source of infection to those around. A consumptive should not mingle freely with his family or friends except in the open air.

If you have a persistent cough, night sweats, loss of weight, absence of appetite and a constant tired feeling, you should consult your physician and then follow carefully any and all instructions he may give you. Your recovery will depend largely on your faithfulness in following the "cure." Whatever you do don't take patent medicines or any other medicine except that given you by your physician. *Drugs do not cure consumption.* They may make you feel better for a time but in the end leave you worse than you were before.

Your physician will tell you to live and sleep in the open air, breathe deeply, and eat plenty of good food, especially milk and eggs, keep the digestive organs in good condition and drink plenty of water. You will have to drop your regular work and just rest. Some exercise may be taken if you are strong enough, but always stop short of fatigue. Leave off evening amusement, retire early and get plenty of sleep. If your heart is strong a cold sponge every morning will prove a splendid tonic measure. Begin to take the treatment in the cause of the disease. Most cases in the early stage can be cured if the

patient has good advice and is persistent in his efforts to get well. But do not think you can recover in a few weeks, or even months. A complete cure requires time, and even after you are apparently well continue to take elaborate care of yourself. This is clearly a cure in which, "Eternal vigilance is the price of safety." Keep cheerful, believe you are going to get well, and work faithfully to that end.

A consumptive should by all means sleep alone, have a separate room if possible, have separate dishes and drinking cups. He should not use handkerchiefs that require washing. Use rags and then burn them. Wash the hands before eating.

Ventilation is a most important thing in every home but especially so where there is consumption. We would not dream of washing our hands in the water that had been used by someone else. Yet we breathe over and over again the air that others and ourselves have breathed. Everyone sick or well should sleep with wide-open window summer and winter, be the weather cold or hot.

Lack of space forbids going any more deeply into this most vital subject, however if enough has been said to make its importance felt this short article will have accomplished its purpose.

Pamphlets containing much valuable information on the different phases of this subject can be obtained free of charge by writing the Health Department at the capitol of your state or the U. S. Public Health Service, Washington, D. C. These papers are prepared by the best authorities the world affords and will prove invaluable to anyone who will follow the excellent instruction found in them. E. L. R.

Vacation is at hand. If you wish to make up a study in order to square yourself with your course or finish it, write to C. C. Lewis, Principal of the Fireside Correspondence School, Takoma Park, D. C. He will tell you what many others are doing and what you can do. Write to-day for the "Nutshell" booklet.

Screens in the windows are now known to be as necessary as the roof on the house.

A cent's worth of prevention is better than a dollar's worth of cure.

"Whatsoever a Man Soweth, That Shall He Also Reap."

THIS law of sowing and reaping so constantly kept before our eyes by the operations of nature in the production of vegetation applies to no place in nature more forcibly than in the habits and treatment of the human body.

God, the author of nature and of man has written his laws with unerring accuracy, on every bone and muscle and tissue of the body. And these laws, like his great moral law, will be enforced, and punishment meted out to the transgressor without respect to persons. Any disobedience of these laws will surely result in disease, and premature death. If we would enjoy a long and happy life we must sow seed for this desired harvest in the days of our youth.

Wild oats have never prepared the soil for the more desired harvest of true manliness and clean life. Habits that debilitate the system and consume the vital forces are seed-sowing for a sure, though unwelcome reaping of disease and decay. These results are as sure and unerring as the law that thorns do not bear grapes, nor thistles figs.

Every man who tills the soil knows well that foxtail never produces a crop of wheat. The author of this text says, "He that soweth to his flesh shall of the flesh reap corruption." While eternal death was in the mind of the writer the result is no less true when applied to the wrong habits of life.

If the organs of the body are abused and deprived of their vitality by wrong methods of living, one will the more readily succumb to fatal diseases that prey upon the system. Wrong habits of eating and drinking debilitate the stomach and deprive the body of a constant supply of food for the tissues. The results are diseases of malnutrition. If the lungs are hindered in their action the result is a failure to throw off natural the poisons generated in the body by the processes.

Diseases are constantly on the increase. New ones are being developed and those already known are becoming more violent and fatal. New and old combine and threaten the race with extermination on every hand. Scientific men are endeavoring to arrest the spread and violence of some of them, but still they continue to reap their dreadful harvest of victims year after year.

Careful attention to the laws of nature would save millions from an untimely grave by malaria, typhoid, and tuberculosis. The rapid spread and awful fatality of the great white plague should be a terrible warning to all to beware. Social diseases are scarcely less prevalent and fatal than is consumption, their handmaiden, yet they spread like wild fire and contaminate all classes of society. These maladies, perhaps more than any others, are the direct result of an abused nature, and their dreaded harvest, sure and certain, is only the reaping from seed sown in carelessness, intemperate habits, and forbidden pleasures. Abused nature cries out against a constant violation of her laws.

The vitiated system has no power to renew its youth and restore its consumed vitality. Natural bodily forces, like a large bank account may seem a never failing supply, but the day arrives when neither can be drawn upon for further use. When the funds deposited have all been consumed the bank at once suspends payment. The notice that the funds are exhausted may be sudden and unexpected, but it comes, nevertheless, and no matter how unprepared it finds us for the crisis, or how much we protest against the decision, the unwelcome news is forced upon us. Payment will not be resumed.

Every day brings its regular draft upon the vital forces. Any undue strain of nerve and tissue calls for an extraordinary draft upon the supply. We have none to waste in wrong habits and reckless treatment of the body. It is a precious gift from our Creator. When tempted to be lavish in expending the force of our beings let us remember that hard times are ahead of us. We cannot avoid them. We shall one day feel their grip.

Let us heed this admonition, enforced by the quickened conscience that never again shall slumber, but continually remember the words of the text as tho written like Belshazzar's warning in letters of fire. "Whatsoever a man soweth that shall he also reap."

W. L. BIRD.

Ventilation.

MUCH has been said on the subject of ventilation. So much indeed that we hesitate to take space here to discuss the question; but the fact stares us in the

face that many people are dying every day because of the lack of a proper knowledge of the doctrine of "fresh air," and in order to refresh the minds of our readers on this vital subject, we quote the following from Dr. A. J. Anderson:

"Upon the atmosphere above and the earth beneath all living matter depends. One is as essential as the other. The air furnishes the gaseous material for the sustenance of life, and the earth furnishes the solid.

"Houses, where man or beast lives, should be so ventilated that there will be free communication between the air without and that within. Air should be changed in an apartment in order to remove impurities with which it has been filled, and pure air should be admitted in equal volume, that the occupants may be supplied with fresh oxygen.

"A proper flow of pure air to the lungs is a prerequisite to health, as in this way only can the oxygen be conveyed to the blood. This necessitates natural and perfect breathing, also a reasonable amount of muscular work. For not only do the lungs breathe, but every cell in the body breathes, as truly in the foot and brain as in the chest. Thus a perfect circulation of the blood is required.

"The organs that aerate the body are the lungs, the blood, and the circulatory system. The respiratory organs transfer oxygen to the body; and the individual cells eat it. To understand the requirements and methods of ventilation, one must consider mathematically how much oxygen the person or persons occupying the room need, the laws of physics which govern the circulation of air through the house, and the individual modes of breathing and exercise. The clothing for the body also needs consideration, as the poisonous vapors given off by the skin need the influence of air for evaporation and removal. It is only when all these conditions are perfect that air can have its proper effect on the body. Nature's supply is inexhaustible; yet man, with his unnatural and artificial habits, often shuts himself away from it, to the starvation or deterioration of his own life.

"We would shrink with abhorrence from putting on a garment another has worn, or using a tooth-brush that belongs to a friend, or tasting food some one else has masticated; and yet we often thoughtlessly, repeatedly, reinhale the atmosphere that many others have several times used. Perhaps no law of hygiene is more frequently violated."

"Clear the darkened windows,
Open wide the doors,
Let a little sunshine in."

Opportunities For Witnessing.

"In the morning sow thy seed, and in the evening withhold not thy hand: or thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good."

"Give a portion to seven, and also to eight; for thou knowest not what evil shall be upon the earth." Eccl. 11: 6, 2.

Our efforts are largely spasmodic, our service rather intermittent: by such efforts we can never hope to effect any very decided reformatations. Morning, noon, and night, we must be on our guard. We must watch for souls as they that must give an account.

We are never to become weary in well doing. We must never think that we have done all that God requires of us. We must never feel that we have reached the stopping place. "Give a portion to seven [seven represents completeness] and also to eight." Always go on to do better. This is to constitute the base of our activities.

Give a portion: It might be very profitable to study just what this means. Whatever our occupation, whatever line of work we are engaged in, wherever we may be, we can and we must give sympathy, show kindness, extend courtesy, to every soul with whom we come in contact. We are to let them see and feel the grace of Christ in action. This is a ministry within the reach of all and it must be made of paramount importance.

"There are many ways in which church-members may give the message to those around them. One of the most successful is by living helpful, unselfish, Christian lives. Those who are fighting the battle of life at great odds may be refreshed and strengthened by little attentions which cost nothing. Kindly words simply spoken, little attentions simply bestowed, will sweep away the clouds of temptation and doubt that gather over the soul. The true heart expression of Christ-like sympathy, given in simplicity, has power to open the door of the heart that needs the simple, delicate touch of the Spirit of Christ." *Testimonies for the Church*, Vol IX, P. 30.

If one has given himself to Christ for service, and dedicates every intrusted talent anew each morning to this blessed ministry, he will find opportunities on every hand to witness for Christ. We must constantly remember that the right

attitude maintained while performing the more menial tasks will open the way for work in advanced lines of Christian service. It is results that we are seeking, and we know that right causes produce right results. —F. W. Paap, in *Workers' Bulletin*.

Join the Church Nearest You

CHURCH membership, when it represents a vital experience of fellowship with Christ and not a mere formal connection, is one of the greatest assets making for success. There is something about membership in the local church which brings its members closer than even the ties of family relationship. One of the purposes of the formation of churches is that the believers in Christ in any locality may be so bound together as mutually to help one another in Christian experience and service. This being true, it is a decided disadvantage to continue one's membership in a church from which he has moved away. How much better it would be if all would join, as soon as possible, the nearest church to the place where their work takes them. It may mean a little inconvenience, and of giving up of close ties of church fellowship with the home church, but it will prove an anchor to the person who has moved, and a strength to the church of which he becomes a member.

The story of a sea captain, which illustrates this, has come to our notice in one of our exchanges. A sea captain travelling on a railroad found that he had as a seat companion a young man going to the city to live. The two entered into conversation. The older man asked, "Have you letters of recommendation?"

"Yes," said the young man as he pulled some from from his coat pocket.

"Well, remarked the old captain, 'have you a church certificate?'"

"O, yes," replied the youth," but I did not suppose you would desire to look at that." "Yes," said the captain, "I want to see that; as soon you reach the city, present it to the church in that city. I am an old sailor, and as I have been up and down in the world, it is my rule as soon as I get into port to fasten my ship fore and aft to the wharf, even though it may cost a little wharfage,

rather than have my ship out in the stream floating hither and thither with the tide."

The old sea captain's advice is certainly good. Many young persons have drifted because, when moving from home, they fail to tie up to the church in the place to which they went. Such a transfer of membership is a safeguard against strangers claiming to be Seventh-day Adventists obtaining under this pretense the confidence of members in small churches. —Selected.

Echoes of the Institute

OUR Oakwood ministerial institute is now in the past, and I am sure that all who attended were much benefited, for surely the Holy Spirit was present to instruct God's servants that they may do more effective work in their respective fields of labor.

Then, too, the ministers had a chance to meet each other, some for the first time. We cannot but believe that God planned the institute. Many great questions pertaining to the work among the colored people of the whole United States were discussed.

Some very important plans were laid, which, if worked out, will bring the work among the colored people of this denomination up to a much higher standard, and will reach many more of the better classes who have so long been neglected for the lack of better facilities.

If the ministers and workers who attended this important meeting will keep in touch with Heaven, and pray more, as we are admonished to do, many precious souls will be won to the truth this year, and on until the work is done.

T. B. BUCKNER.

Encouraging

The Missionary Volunteer Society of the Jaxon, Mississippi Church, has reorganized for effective missionary operations. Each member is given a certain number of homes to visit. As they have visited the sick, the suffering, and the unfortunate, a keen sense of the needs of their fellowmen has been awakened, and they have been enabled to minister in a substantial way to the needy. Ministering with Jesus to the world's great needs begets within one the true missionary spirit. This society and all others that follow its worthy example will find themselves possessed of the truest joy that earth can afford.

GOSPEL HERALD

PUBLISHED MONTHLY BY THE
NEGRO DEPARTMENT OF THE NORTH AMERICAN
DIVISION CONFERENCE OF SEVENTH-
DAY ADVENTISTS
HUNTSVILLE, ALA.

The Oakwood Manual Training School, Printers

W. L. BIRD EDITOR
M. C. STRACHAN } EDITORIAL CONTRIBUTORS
T. B. BUCKNER }

Entered as second class matter at the post office at
Huntsville, Ala.

Price per year, 25 cents
To foreign countries, 40 cents

To insure insertion in the current issue, articles should
reach our office not later than the twentieth of the month
preceding date of issue.

(Continued from page one)

tem. The shoes should be an ample size, thick soled and warm. The cramped high heel shoe forces the blood from the foot into other parts of the body, and the feet become habitually cold. This places double work upon the heart to force the blood thru the chilled parts, and the heart weakens under too great labor. Perfect health requires perfect circulation.

We are so near like the people of the world in dress, in conversation and action that there is very little distinction. The Lord says "Come out from among them and be ye separate." We are exerting an influence on one side or the other, and we must all answer to God for the influence we exert.

"While the daughter of fashion is arranging her adornments, it may be in that hour, the judge of all the earth shall pronounce the sentence, 'Thou art weighed in the balances, and art found wanting.'" May this not be said of Seventh-day Adventists.

BERTHA BARTHOLOMEW.

The Fly's Lament.

Times are hard and pleasures gone,
Life's a lonely vale of tears.
Here I'm hiding lone and lorn
Prey to compound, complex fear.
No more chance to frisk and frolic,
No more chance for life of ease,
Never give babies colic,
Never more to spread disease.
Sticky paper spread to catch me,
Traps which yawn to let me in,
Fly baits longing to enwrap me,
Housewives hating worse than sin.
Fly screens greet me at the door,
Window screens to shut me out,
Milk receives me never more,
Starve I must beyond a doubt!
Even filth no more inviting,
Sanitation rules the day,
Every one at flies is fighting,
And I must be on my way.

JOTTINGS

Last month we called attention to the appointment of the time from April 22-28 as a national health week, and suggested that some appropriate services be held during this time. As many of our readers will have opportunity to call the attention of their friends to this matter, and will no doubt be glad to have some good material for this purpose we have decided to devote this issue largely to the question of health, and thus supply some good up-to-date material on the subject.

We are printing an extra large issue this month. You will have time to place an order and receive them in time for the campaign, price 2 doz. for 25c, 15c a doz.

Of course Oakwood has set the pace for the neighborhood in a general clean-up campaign. A squad of students has been detailed to this work.

The annual colporteurs' institute for Oakwood is now in session. Elder C. B. Stephenson, the Department secretary, is conducting the night services. His sermons are clear and strong and carry conviction to the heart. One hour each evening is devoted to this study.

The morning studies are conducted by Brother A. F. Harrison of the Southwestern Union Conference. Brother Harrison has had long and successful experience in the colporteur work. His valuable instruction is meeting with a willing response from the students, who are entering heartily into the work of the institute.

We hope to see a strong class of well trained workers go out this year for strong, efficient service. This hope will certainly be realized if the wise counsel of our trained leaders is heeded. These brethren express themselves as highly pleased with the school and the large class of students who are responding to the call for training.

Brethren D. W. Dillen of the Southeastern Union, and M. W. Shidler of the Southern Union are assisting in the instruction. These brethren are full of courage and inspiration, and are prepared to give the very latest and most successful instruction in their line of work. The Southern unions are certainly blessed with strong, efficient men to head this important branch of our work,

What We Are Doing

THE Lord is blessing us in carrying forward his work among the colored of Muskogee, Oklahoma. The company brought out last summer are doing good work. All the departments of the church are at work. We hope to keep this church at work all the time. The membership is now past sixty. We are adding, on an average one a week. Our watch-word is "double the membership."

You can help us first, by praying for the success of the work. Next, you can send us a donation of the *Present Truth Series* to use in our missionary operations in the town. Again you can send all unused *Signs of the Times* and *Watchman* and *Liberty*.

Our plans are to raise \$1,000.00 by June, double the membership by December and complete a church building as soon as possible. We are working to bring all up to a high spiritual standing. Our missionary societies are storming the town: these are all new members. Big and little must learn to act a part.

We are asking you to remember the work in this part of the field,

Send all papers to Elder M. G. Nunes,
810 South 3rd St. M. G. NUNES.

The Demoralization of Debt

DEBT! There is no worse demoralizer of character. The sad record of defaulting, embezzling, and dishonest failure which we will meet so constantly in the daily press, are often, indeed most frequently, the result of the demoralization of debt, and consequent desperate efforts at extrication. The financial props have given away. The little debt which at first was as small as a grain of mustard-seed, like a rolling stone gathered weight and has multiplied itself a thousandfold. And still it grows, and like the fabulous hydra which Hercules was sent to kill, you no sooner strike off one head than two shoot up in its place. The struggle is severe, but in the end decisive; either confession is made of a hopeless bankruptcy which might and should have been avoided, or integrity is sacrificed to the temptation of the moment. Debt ruins many households, and destroys as many characters as ruin; it is the devil's mortgage on the soul, and he is always ready to foreclose. Pay all your bills. Look every man in the face, conscious that you owe the world no more than it owes you. Be in debt for nothing but love, and even that be sure you pay in kind, and that your payments are frequent.