

The Gospel of Health

Hatch & Parsons
208
Drawer 1101

VOL. 3.

JUNE, 1899.

NO. 6.

Issued monthly by the GOOD HEALTH PUBLISHING COMPANY, Battle Creek, Mich., U. S. A. Yearly Subscription, 40 Cents.

BATTLE CREEK SANITARIUM

ACKNOWLEDGED TO BE...

The Oldest and
Most Extensive

Sanitarium conducted on Rational Principles in the United States. It has the special advantages of an

Elevated
and Picturesque

..Site..

And Remarkably Salubrious Surroundings.

The buildings are lighted by a 1700 light-plant, Edison incandescent system. Safety hydraulic elevators. General parlor, 40 x 50 feet. Dining-room with a seating capacity of 500. Cuisine unsurpassed.

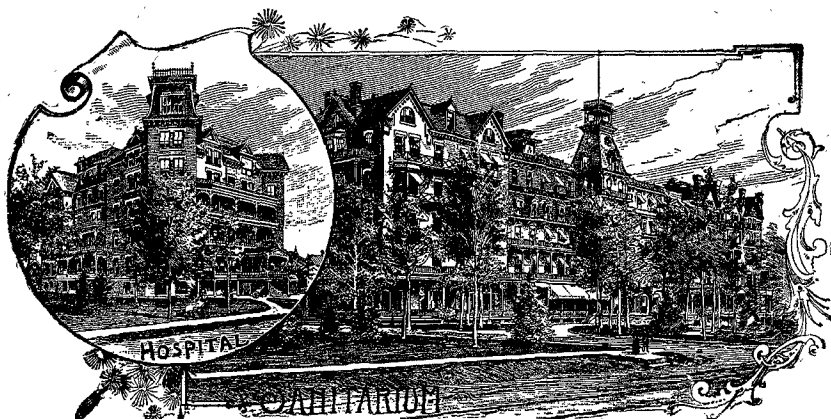
Artificial
Climate

For those needing special conditions.

Everything an Invalid Needs

Special Dietsaries Prepared as Directed; Electricity in every form; Massage and Swedish Movements by Trained Manipulators; Pneumatic and Vacuum Treatment; Mechanical Appliances of All Sorts; Classified Dietsaries; Unequaled Ventilation; Perfect Sewerage.

A FINE GYMNASIUM with Trained Directors.



Baths of Every Description

The Institution affords facilities for Turkish, Russian, Electric, Vapor, and Water Baths of all kinds, the Electric-Light Bath, and a large Swimming Bath.

All the conveniences of a first-class hotel. Incurable and offensive patients not received. Trained Nurses of either sex furnished at reasonable rates.

Thoroughly Aseptic Surgical Wards and Operating Rooms.

For Circulars,
Address

BATTLE CREEK SANITARIUM, Battle Creek, Mich.

Weak Digestion

Many times is caused by eating oatmeal and other cereal foods that have not been cooked five hours.

... GRANOLA ...

The ready-to-serve food, is predigested and agrees with the weakest stomach. Served at the Battle Creek, Mich., Sanitarium.

One pound equals three of beef in food value.

MADE BY THE

**Battle Creek, Mich., Sanitarium
Health Food Co.**

If your Grocer does not sell Granola, send us his address and yours, and we will mail you a free sample.

Sanitas Nut Foods

We will tell you all about these new, delicious, strength-giving, flesh-building foods in a booklet. Sent free for your name and address on a postal.

Sanitas Nut Foods

are made from choice selected nuts in many palatable forms to suit all tastes.

**Thoroughly Cooked,
Ready to Eat.**

Send 25 cents, stamps, for assorted trial packages.

**SANITAS NUT
FOOD CO., Ltd.,
61 Washington St.,
Battle Creek, Mich.**

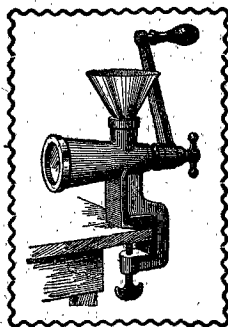


Nature's Foods

— YOU CAN —

Make Your Own Nut Butter

..... AT HOME



If you have one of our new Mills, and thus have fresh butter every day. Our mill is superior to any other mill in that—

- It Has Twice the Capacity of any Other Mill.**
- It Requires One-third Less Effort to Operate It.**
- It Can not be Overfed.**
- Is Unequaled in Point of Durability.**

To introduce this mill we make the following offer, which will be good but for a limited time:—

The price of the Mill is \$5.00, but we will furnish a Mill and a copy of "Every-Day Dishes," by Mrs. E. E. Kellogg, for \$3.50

Orders will be filled in the order they are received.

We can in every way recommend this mill as represented.—PUBLISHERS.

ADDRESS

FOOD REFORM BUREAU, Battle Creek, Mich.

The Gospel of Health

VOL. III.

BATTLE CREEK, MICH., U. S. A., JUNE, 1899.

NO. 6.

LIFE FROM THE WORD.

BY E. J. WAGGONER, M. D.

To many readers of the Bible its words are mere sayings, empty sounds, and not real, living things. The word does not become a part of their real, everyday life, because it is to them but a shadow. When they read that "the word of God is living, and active" (Heb. 4 : 12, R. V.), it is to them but a figure of speech. Because the word is not to them a real, live thing, the precepts and promises of God do not become incorporated into their being, like the food that they eat.

Now the word of God is not simply living, but it is *life*. (John 6 : 63.) Since it is life, it must necessarily give life to whomsoever receives it; in other words, whoever has the word of God within him, has life.

But one will say, "It is surely only a figurative expression, when the apostle Paul says, 'You hath he quickened [made alive], who were dead in trespasses and sins' (Eph. 2 : 1); for we are already alive, and how can we who are already alive be made alive in any other than a figurative sense?" Ah, here we have Nicodemus saying, "How can a man be born when he is old?" Jesus declared that he was speaking a simple fact when he said, "Ye must be born again;" yet the ruler could see nothing but a contradiction. It is that same lack of perception of the reality of things that deprives so many of the blessing of a living experience.

The expression, "dead in trespasses and sins," is not figurative, but real, for "the sting of death is sin." (1 Cor. 15 : 56.) "Sin, when it is finished, bringeth forth death." (James 1 : 15.) Death comes by sin (Rom. 5 : 12); it is itself but a body of death. (Rom. 7 : 23, 24.) The sinner has a mortal disease preying upon him, and if he does not find a way to cease from sinning, his death is as certain as if he were already but a lump of inanimate clay. The Lord provides the remedy, and it is his life-giving word. He says: "He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life." (John 5 : 24.) These words are not figurative; they are literal.

When Jesus was here on earth, the Spirit of God was upon him, and he "went about doing good, and healing all that were oppressed of the devil; for God was with him." (Acts 10 : 38.) His wonderful works were not for show; neither did they merely have reference to this mortal body, and the alleviation of its sufferings for a season. His mission was as far-reaching as eternity. He came in order that men might have life, and that they might have it more abundantly. (John 10 : 10.) If this short earth-life were all, what would it be worth? The mere fact that one has lived, is nothing to him when he is dead: three years or threescore years are all the same. The only value there is in this life is the opportunity it gives us to "lay hold on eternal life;" and the only reason why God gives us this life is that

he wishes us to live eternally. If he were not trying to fit us for the life everlasting, there would be no reason for his giving us this life and all things that pertain to it. Indeed, there would be no kindness, but the opposite, in lengthening this life with its burdens, with the intention of cutting it off at last.

So when Jesus came to earth on his great mission, he had no time to spend on anything aside from that. Yet he healed the bodies of men, and ministered to their necessities. The record of his *doings* occupies much more space than that of his *sayings*. Why?—Because all the works of healing that he did were but the manifestation of his power to save. He did not heal people simply to get access to them, to win their confidence so that they would listen to him; but he healed them in order that in that healing they might find eternal salvation. The healing of their bodies was the working of the power that saves the souls of men.

“THAT YE MIGHT BELIEVE.”

We can not too often read the apostle John's statements of why these wonderful works were done. “Many other signs truly did Jesus in the presence of his disciples, which are not written in this book; but these are written that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name.” (John 20 : 30, 31.) Let us now consider some of the signs that bear most directly on the subject before us.

“And, behold, there cometh one of the rulers of the synagogue, Jairus by name; and when he saw him, he fell at his feet, and besought him greatly, saying, My little daughter lieth at the point of death; I pray thee, come and lay thy hands on her, that she may be healed [*saved*]; and she shall live. And Jesus went with him.” “And there came from the ruler of the synagogue's house certain which said, Thy daughter is dead; why troublest thou the Master any further? As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. And he suffered no man to follow him, save Peter, and James, and John the brother of James. And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying. And he

took the damsel by the hand, and said unto her, *Talitha cumi*; which is, being interpreted, Damsel, I say unto thee, Arise. And straightway the damsel arose, and walked.” Mark 5 : 22-24, 35-42.

Was that only a figure of speech? Was that thing really done, or did it only appear to be done? Perhaps you often repeat, “I believe in the resurrection of the dead.” Do you believe in it as a *name*, or as a *fact*? Do you believe that the Lord Jesus does just such things as that? that he performed many such miracles when he was on earth, and that he is the same now that he was then, with the same power? You believe it? Well, then remember that that miracle was only a visible manifestation of what the Lord does in saving you from the death of sin to the life of righteousness.

You say that you can not understand it; you can not see how it is done. Of course not; who asked you to understand it? Who ever expected that you would understand it? What need is there for you to understand it, since you do not have to do it? It is the Lord alone who gives life, and therefore it is enough for him alone to know how it is done. He is the physician, not you. He knows how to save even the dead; all you have to do is to believe, and believing, receive.

“Sin, when it is finished, bringeth forth death.” Do you doubt that he who raises the dead can cure the disease that brings death? Which is easier, to save a man in the first stages of consumption, or in the last? to raise a man who is lying with the beginning of a fever, or the man whose life has been consumed by it? Jesus raises the dead, and death is in the world solely because of sin. Surely, then, he can save from sin.

NOTHING TOO HARD FOR THE LORD.

“But I am an old offender; I have sinned so long that I am nothing but sin.” Listen: Jesus raised the little girl whose body was not yet cold in death. He also stood at the grave of Lazarus, who had been dead four days, and whose body had begun to decay. It was already corrupt and offensive, so that the most intimate friends could not endure it. Is his power sufficient for such a case? “He cried with a loud voice, Lazarus, come forth. And he that was dead came forth.” (John 11 : 43, 44.) Was it more difficult, think you, to raise Lazarus than it was to raise the daughter of Jairus? We see that it was not. The simple command was enough in either case. It was done with a word. Nothing is too hard for the Lord. Remember that *life lives!* Life is positive; it is

stronger than death, and gains the victory over it; it may leave a man, but so long as it is with a man, that man lives. Now the word of the Lord is life; therefore, whoever receives the word has life. It can not be otherwise. It is impossible to have the word, and not have life, since the word is life itself. Therefore it matters not how bad a man is, how long or greatly he has sinned,—that has nothing whatever to do with the matter of being raised to life, that is, of being saved from sinning. If he can receive the word of the Lord, as it is indeed the word of God, that is life.

“Incline your ear, and come unto me; hear, and your soul shall live.” (Isa. 55 : 3.) “Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God; and they that hear shall live.” “Marvel not at this; for the hour is coming in the which all that are in the graves shall hear his voice, and shall come forth.” John 5 : 25, 28, 29.

RECEIVING THE WORD.

No man can understand the resurrection of the dead, for the secret of life rests with him who alone is life. But the fact remains that the word of God is life, and gives life. Receive that word into your heart, let it come into your very being, let it be your life, and righteousness must follow as light comes with the sun's rising. “So is the kingdom of God, as if a man should cast seed into the ground, and should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how.” (Mark 4 : 26, 27.) We are familiar with the fact that plants grow; we see life spring forth from the ground; one can trace the various stages of growth; yet the wonder is as great now as it was six thousand years ago, when all things first sprang forth from the word of God. “So is the resurrection of the dead.” (See 1 Cor. 15 : 36-38, 42.) But the mystery of the power of the resurrection is the very same mystery as “Christ in you, the hope of glory.” (Col. 1 : 27.) The power that God exercises in us for righteousness is “the working of his mighty power which he wrought in Christ, when he raised him from the dead.” Eph. 1 : 19, 20.

The greater includes the less. He who gives to us eternal life can well sustain us in this present life. He who takes away all iniquity is the One who heals all diseases. The word that raises the dead is the same word that gives health to the body that is yet alive. As there is no other way for the dead to receive life except by hearing the word of God, so there is no other way to preserve health than to hear

and obey that word. God said: “If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee.” (Ex. 15 : 26.) “I am the Lord thy physician.” This was not an arbitrary arrangement, but a statement of what would inevitably come from being in harmony with God's commandments. “His commandment is life everlasting.” (John 12 : 50.) It is no small affair, but “is exceeding broad.” (Ps. 119 : 96.) Let us then give ourselves to the study of his words in all his works, and we shall find that in keeping them there is great reward.”

OBEDIENCE THE PRICE OF HEALTH.¹

BY J. H. KELLOGG, M. D.

THE LORD said to the children of Israel, “Obey and live.” He gave them through Moses a complete code of laws, relating to the whole man, physical, mental, and moral. These laws have served as models for the world ever since. The Lord distinctly told the children of Israel that if they would strictly observe his laws, they would enjoy perfect immunity from the diseases with which the Egyptians had been afflicted. But they disobeyed, and in consequence had more or less disease among them.

Ever since the fall, the world has been suffering physically in consequence of man's disobedience to God's laws. The remedy is to be sought in repentance and obedience. Just so far as a man will obey these divine laws, he will save himself from disease and suffering; but if he disregards them, he must inevitably suffer. A child puts his finger in the fire, and is burned. A man eats something unwholesome, and pain is the consequence. The pain is God's voice telling us to let such things alone. People think they can sin and avoid the penalty. They think they can eat unwholesome foods, and swallow a few drops of some bitter medicine, or half a dozen sugar-coated pills, and thus escape the just consequences of their sinning. How absurd is such an idea.

Suppose the legislature of this State should enact a law for stealing, and then, when a man had been tried, convicted for stealing, and sent to prison, should step forward and slip into his hands a little package of tools, and advise him to work his way out. What

¹ Extract from a lecture in the Sanitarium parlor.

would you think of such a policy as that? You would say it was puerile, perfectly ridiculous; but it is just as absurd to suppose that God will condemn a man to suffer for transgressing the laws of health, and then put into his hands the means of immediately relieving that suffering.

Many people swallow "after-dinner pills," thinking that they can in that way antidote the unhygienic dinner. I read not long ago an article maintaining that apple sauce was especially good with roast goose or roast pork, as the acids of the apple sauce would neutralize the poisons of the fat meat. That is doubtless true, but do you not think that we should use our stomachs for something besides a mixing chamber for poisons and their antidotes? How much better it would be to leave off the roast pork and roast goose and all other dietetic abominations, and regale one's self upon Heaven's own appointed diet of fruits, grains, and nuts,—pure foods, and free from all noxious substances.

But if we continue to transgress God's physical laws, and ignore the divine arrangement with reference to diet, we must abide the consequences. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

THE BEGINNINGS OF GOSPEL HEALTH REFORM.

MANY of the readers of GOSPEL OF HEALTH are acquainted with the prominent part taken by Elder James White in the first formal promulgation of the principles of health reform. These and others will be interested in the following quotations taken from his introduction to the little book, "How to Live," which was published in 1865, and was instrumental in producing a wide-spread reform among our people in relation to healthful living:—

"We are deeply impressed with the great fact that grains and fruits are the proper food for man."

"Cheerful toil or exercise, proper rest in sleep, air, water, and light are Heaven's great remedies."

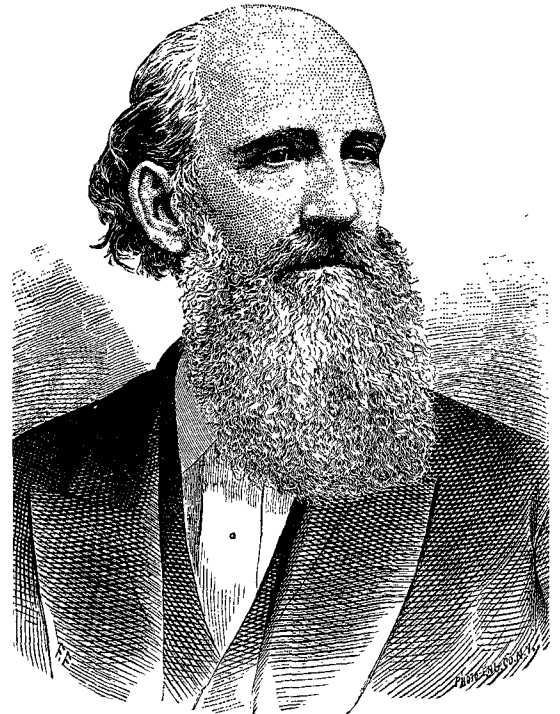
"This leaving of our souls with the ministers, and our bodies with the doctors, and our passing along ignorant of our real hold of either earth or heaven, is bad business."

The following paragraphs from the same writer were written about the year 1870:—

"'A sound mind in a sound body' is a maxim worthy of a place in the writings of Moses, Solomon, or Paul. Natural and correct habits of life result in

health, physical force, mental clearness, and mental strength. Artificial and incorrect habits always tend to physical and mental enfeeblement."

"The religion of the Bible was not intended simply as a garment to cover moral and physical impurities. It was designed to convert the entire man,—soul, body, and spirit,—that he might be pure without and within. That bogus piety which would give license



JAMES WHITE.

to consecrated gluttony, devoted lust, and sanctified filthiness is simply a burlesque upon the religion of the Bible. 'Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.'

"It was not the plan of God in creation that the life of any of his creatures should be taken. Death, in man or beast, wherever it might exist, came in consequence of sin, and this whole mammoth custom of taking the life of God's creatures to sustain human life is simply the fruit of transgression. Had our first parents maintained their Eden innocence, had the curse never fallen upon man or beast, the earth would never have been stained with a drop of blood; the almost universal custom of flesh eating, with its attendant pain and death, would never have been known.

“The Creator, in definitely stating what should constitute the food for man, did not mention flesh. If he had formed the human teeth to tear the flesh of animals, as some urge, and designed that we should subsist largely upon animal food, flesh would have been at least mentioned in Adam’s bill of fare.”

THE MESSAGE FOR TO-DAY.¹

BY W. W. PRESCOTT.

THERE is a very definite message for this time, and God has raised up a people to give it to the world. It is not a message of theory and doctrine, but a message of fact and life,—to be known as a life, to be received as a life, to be given as a life. There is power in such a message,—the life and power of God. It brings peace and joy to all who receive it, and constitutes the sure and only cure for every mortal ill.

What is this wonderful message? How can we receive it? how give it to a perishing world? Let us turn to the Scriptures for an answer. “This is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; he that hath not the Son hath not life.” (1 John 5 : 11, 12.) “I am come that they might have life, and that they might have it more abundantly.” (John 10 : 10.) “Look unto me, and be ye saved, all the ends of the earth.” (Isa. 45 : 22.) Doubtless we have read these Scriptures many times, but have we realized their breadth of meaning and practical bearing on our every-day life? Have we applied them to our individual cases? Have we faithfully placed them before others?

Christ came to this world to give us life. Why?—Because that was what was most needed. Life in its fulness and power is what the whole world stands in need of to-day. Why do people come here to the Sanitarium?—Because they are sick. But why are they sick?—Because they lack life. In your treatments here you should be continually ministering life to your patients, and as you do this in the spirit of the Master, you will be ministering to them the gospel.

The blessed oneness and reality of this message is beautifully brought out by the institution of the Lord’s Supper. We read that the Saviour took bread, and gave thanks, and brake it, and gave to the disciples, saying: “Take, eat; this is my body which is broken [or given] for you.” By these words Jesus

pledged himself to give his body and pour out his blood on Calvary’s cross, and by so doing to bring life eternal to those who should believe in him. The loaf that he divided among his disciples on that night was not especially different from any other loaf. It was simply a piece of unleavened bread, but by these words the Saviour put the stamp of the cross on that loaf of bread, and in fact on every loaf of pure bread that has been made since. Believing Christ’s word, the Christian sees the Saviour in every loaf that he eats; thus every table becomes to him the Lord’s table, and every meal a sacrament. This is in harmony with our Saviour’s words recorded in the sixth chapter of John: “My Father giveth you the true bread from heaven. For the bread of God is he which cometh down from heaven, and giveth life unto the world.” Taking such a view of food, how easy it becomes to make reforms in diet, and denying ourselves that which is impure and unwholesome, eat only those things which will best nourish the body. By so doing we may eat and live by the life of God himself, by faith discerning the Lord’s body, and partaking of his power.

We read also that the Saviour took the cup, and said, “This cup is the new covenant in my blood,” which is shed (poured out) for the remission of sin. The blood is the life. Then the essence of the new covenant is the Saviour’s life. When that life is received by the Christian, and is not hindered, but allowed to have its free course, the result is real Christianity. Then we become the word made flesh, and that divine life dwelling in us and given free scope, not “held down” in unrighteousness, will reveal the righteousness of God just as it did in the case of Christ, and the law of God will witness to that fact.

Nevertheless, this righteousness is by faith, because we eat his flesh and drink his blood by faith. The exercising of faith in God, the Fountain of life, opens the way for the fulness of God’s life to flow into our minds and bodies, and accomplish just that which he desires. There is absolutely no limit to what that life can do for us, because its power is infinite. If we give it place, it will certainly accomplish wonders. The trouble is that so many Christians “hold down” “the truth in unrighteousness.” Like the children of Israel anciently, we “limit the Holy One of Israel” by our unbelief and slowness in obeying the divine law.

On the other hand, while this healing, life-giving power is not to be limited by us, neither are we to boast ourselves of its exercise nor feel that we can determine just what it will accomplish in each individual case.

¹ Abstract of an address before the Sanitarium family.

God only can look on the heart. He knows all the circumstances in every case that may offer itself, and our prayers for healing are always to be made with the added request, expressed or implied, "Not my will, but thine be done." If we can glorify God more in weakness than in power, then we are to be contented in that weakness. In all things we are to submit ourselves to him, that he may work out his will in us.

This message of life is the new covenant. How does this appear? Let us see. The promise in the new covenant is that God will put his commandments in the heart of the believer. How is this accomplished? by what means is the law written in our hearts? — Simply by imparting to us his own divine life. The law of God is a living law. The Lord does not set up a law and then govern his actions by it; he simply lives, and his law tells how he lives; it is an expression of his life. Keeping the law, then, is not keeping ceremonies and forms, but having in the heart the life of the Lord Jesus. The law can not be rightly observed except in so far as the divine life dwells in us.

The whole gospel with all its blessings and privileges centers around that one word, *life*, and we are not to use this word in a restricted sense, and say that it refers only to spiritual life. The Christian, escaping the corruptions of this world, is admitted into the family of God, becomes a partaker of the divine nature, and shares with Christ the fulness of the Father's life. How simple this makes the whole question of healing by faith. Oneness with God, which means perfect obedience to all his commands, puts us into the channel where God is at work, and enables him to bring us into that condition of physical and spiritual health where we can best glorify him.

I was quite struck with the force of a statement made by one of the physicians here in reference to the subject of health. He said, "Many are the ways to get sick, but few and simple are the ways to get well." The remedy is simple, because the remedy is life. That which cures and restores is life. The gospel is simply the gospel of life, and the true minister of the gospel is a minister of life.

In whatever place we may be called to work, the work is one, and the gospel we are proclaiming is one. We are to minister life to sin-sick souls and feeble, perishing bodies. The work of the minister, the doctor, and the nurse is the same: all are to minister life, whether in teaching, prescription, or treatment. May you who are here to-night receive this life in all its splendid fulness, and may you devote your lives to proclaiming it to others.

CHRISTIAN SCIENCE, SO-CALLED.

BY M. E. OLSEN.

1. WHEN and how did so-called Christian Science originate?

Ans.— Various methods of mind-healing have been practised for centuries. Mrs. Mary Baker Eddy, the generally acknowledged founder of this particular sect, claims to have discovered in 1866 what she calls the "science of metaphysical (mind) healing." The first edition of her book, giving an outline of this system and called "Science and Health," was published in 1875.

2. What is the fundamental teaching of Christian Science?

Ans.— That mind is real, but everything else — body, sickness, pain, death, etc.—unreal and non-existent.

3. What attitude do Christian Scientists assume toward the Bible?

Ans.— Mrs. Eddy professes a reverence and regard for the Scriptures, but her teachings are directly contrary to the word of God, as shown by the following quotations from her book, "Science and Health":—

"That spirit created matter is an erroneous premise."

"Mortals are not . . . created in God's image."

"Christ is a divine principle, not a person."

"Angels are pure thoughts winged with truth and love, . . . not messengers."

"God never pardons our sins."

"The belief of sin is an unconscious error."

"Death is an illusion, for there is no death."

"No final judgment awaits mortals."

4. In view of the professed reverence of Christian Scientists for the Bible, coupled with so many unscriptural doctrines, what words of inspiration would seem to apply to them?

Ans.— "This people draweth nigh unto me with their mouth, and honoreth me with their lips; but their heart is far from me. But in vain do they worship me, teaching for doctrines the commandments of men." Matt. 15:8, 9.

5. Describe the mode of healing followed by Christian Scientists?

Ans.— The following is the description given by one who was for a time a patient: "It consists exclusively of thinking by the healer, supplemented by readings from 'Science and Health' and occasionally conversation. The healer sits in the room with the patient and thinks, bringing her whole mind to bear on the case. From time to time when the still-

ness tends to become oppressive, a few passages from Mrs. Eddy's writings are read aloud with slow and earnest utterance, and two or three times in the course of an hour the patient is encouraged to talk. If the treatment is by correspondence, the healer sits in her own room and thinks, and from time to time she sends instructions by letter to the patient, the 'instructions' usually being extracts from Mrs. Eddy's writings. There is no other treatment, no contact with matter, but solely mind influencing mind."

6. What may be said of the growth of this sect?

Ans.—Christian Science has had a remarkable growth. The membership in this country alone is estimated at 200,000, while the number of those more or less in sympathy with the movement is doubtless far greater. This is a large showing when we consider that the history of this movement goes back only a quarter of a century. Mrs. Eddy's book, "Science and Health," first published in 1875, passed its one hundredth edition some years ago, and a large variety of other publications are being widely circulated and read by thousands, not only in this country, but in Europe, Australia, and other parts of the world.

7. How may the remarkable progress of this movement be accounted for?

Ans.—(1) Sickness is all but universal, and a sick person will eagerly grasp at almost anything that promises restoration to health. (2) Christian Scientists have had some success in treating certain classes of patients. This may be easily explained. Christian Scientists use absolutely no drugs, which fact alone accounts for many of their so-called marvelous cures. A patient is being treated with large doses of poisonous drugs, but grows worse. Finally the physician gives him up to die. A Christian Scientist is called in, the drugs are discarded at once, and nature, having a clear field for work, rallies her well-nigh exhausted powers, and effects a cure. Moreover, the Christian Scientist secures the effective co-operation of the patient's mind by insisting on all thoughts of sickness being banished and having the patient think only of health, peace, and happiness. The patient is made to understand that he really is not sick, has no nerves and no feeble, sickly body. Such treatment, we can readily see, would effect a complete cure in a case where the disease existed only in the imagination. Physicians who have made a specialty of this subject say that a large number of the diseases that afflict mankind are of this nature,—diseases of the mind. Here, then, is a field where Christian Scientists can win many laurels.

There is no doubt but many of these mind-cure healers have more than human power. Satan is even now working with all manner of lying wonders. It is a part of his regular policy to pose as an angel of light; nothing but an understanding of true healing as brought to view in the gospel will save us from being drawn into his net.

8. If Christian Science is successful in helping a great many people to regain their health, why should it not have our support?

Ans.—Christian Science should be earnestly opposed because of its unscriptural character. The very fact that it contains some elements of truth makes it a much more dangerous delusion. Moreover, the gospel in its fulness offers all the real advantages claimed by Christian Science, and many more. It is sin that lies at the root of the sickness that is afflicting so many to-day. The way to get rid of this burden is not to ignore it, but take it to the foot of the cross and leave it there.

Our loving Heavenly Father has promised his children pardon for their sins, and healing for their diseased bodies. But he tells us that these blessings are hid in Christ, not in abstract mind, and are entrusted to the humble, obedient soul who asks for them "in faith, nothing wavering." He tells the sick brother to call in the elders, not a professor of metaphysical healing, and let them *pray* for him, not read from the works of Mrs. Eddy.

9. What are some of the most prominent errors of Christian Science?

Ans.—First, its teachings with reference to the creation, the nature of sin, the atonement, the life hereafter, and other important matters, very clearly contradict the Scriptures, and are so irrational, fantastic, and incoherent as to confuse the mind. Secondly, it utterly ignores the great physical laws governing the body, which we are told in God's word is to be kept pure and holy as the temple of God's Spirit. Thirdly, it belongs to a class of so-called occult sciences including mesmerism, spiritualism, and animal magnetism. The Christian can not consistently have anything to do with these things, for the Lord has plainly told us that the secret things belong to him, and the things that are revealed belong to us and to our children. Fourthly, the work is not done in the spirit of the Master, but shows an entirely earthly mold. Large sums are charged for the treatments, and at the Massachusetts Metaphysical College, where Christian Science healers are trained, the tuition for a term of three weeks is

\$300. Mrs. Eddy, according to common report, lives in an elegantly furnished mansion, and owns a large amount of other valuable property. These considerations would be of no especial weight in the case of a person who claimed to be nothing but an ordinary physician, but Mrs. Eddy professes to have been called to the ministry of healing as carried on by Christ himself. This being so, it is but right to compare her methods with those followed by the apostles. When she says that she imparts *divine* knowledge to her students at \$300 apiece, we naturally think of the words of Peter to Simon Magus, "Thy money perish with thee, because thou hast thought that the gift of God may be purchased with money."

10. What general test must the Christian apply to every doctrine brought to his notice?

Ans.—"He must test it by the word of God, and such special instruction as the church may receive through the Spirit of Prophecy." "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isa. 8:20.

11. What special test is given in the Scriptures by which we may try the spirits?

Ans.—"Hereby know ye the Spirit of God: every spirit that confesseth that Jesus Christ is come in the flesh is of God; and every spirit that confesseth not that Jesus Christ is come in the flesh is not of God."

12. Applying these tests to Christian Science, what do we find?

Ans.—The whole system is ruled out by the first test, for its utterances are not in accordance with "the law and the testimony," as may easily be seen from the few quotations given in this article.

The system comes under the condemnation of the second test in two ways: (1) It denies that Christ has come in the flesh by taking away his personality and Godhead; and (2) by denying that there is such a thing as sin, it entirely does away with the need of a Saviour.

THE HOLY GHOST AND PHYSICAL HEALING.

BY A. F. BALLENGER.

WHAT occasion has a people to murmur because of the absence of miracle-working power in the church, while they are rejecting the only power by which miracles are wrought?

The Son of God never wrought a miracle until after he was baptized with the Holy Spirit. (See John

1:32; 2:11.) He himself declares that he wrought his miracles by the power of the Spirit of God. (See Matt. 12:28.) Paul declares that the "mighty signs and wonders" which he wrought were performed "by the power of the Spirit of God." (Rom. 15:19.) Again, in the twelfth chapter of First Corinthians "the working of miracles" and "the gifts of healing" are plainly declared to be gifts which come to the church through the Spirit.

All this being true, it is evident that any church which fails to recognize and receive the Holy Spirit will realize a dearth of miracles of healing.

The following quotation from a communication from Sister White will show the attitude of the church of Seventh-day Adventists toward the reception of the Holy Ghost:—

"Just prior to his leaving his disciples for the heavenly courts, Jesus encouraged them with the promise of the Holy Spirit. This promise belongs as much to us as it did to them, and yet how rarely it is presented before the people, and its reception spoken of in the church. In consequence of this silence upon this most important theme, what promise do we know less about by its practical fulfilment than this rich promise of the Holy Spirit, whereby efficiency is to be given to all our spiritual labor? The promise of the Holy Spirit is casually brought into our discourses, is incidentally touched upon, and that is all. Prophecies have been dwelt upon, doctrines have been expounded, but that which is essential to the church in order that it may grow in spiritual strength and efficiency, in order that the preaching may carry conviction with it, and souls be converted to God, has been largely left out of ministerial effort. This subject has been set aside, as if some time in the future would be given to its consideration. Other blessings and privileges have been presented before the people until a desire has been awakened in the church for the attainment of the promised blessing of God; but the impression concerning the Holy Spirit has been that this gift is not for the church now, but that at some time in the future it would be necessary to receive it. This promised blessing, if received, would bring all other blessings (gifts of healing, etc.) in its train."

With these solemn facts before us, can any one wonder that the gifts of the Spirit, mighty miracles of healing, have been practically absent from the church? Since the Holy Spirit was not recognized, we had no right to expect to see the miracles which are wrought in the church as a result of receiving the Spirit.

Every member of the church, therefore, who continues in sin, who tramples upon light, who refuses to be cleansed that he may be filled with the Spirit, is responsible for the absence of healing power in the church, and therefore for the sickness and suffering which would be banished were it not for sin in the church. Reader, if you are not right before God, the next time you see a pain-marked face, the death-sealed lips, the weeping orphans, remember you share in the responsibility for all that suffering and sorrow.

forth that life-giving power from him. We come here to learn these principles; some jostle against them, and do not receive help from them; but somebody is going to touch them with the hand of faith, and find life. And unless we do this, we shall go down in spite of them. Our fathers in the wilderness did eat manna, and yet they died. They drank the water that ran from the rock, and yet they perished in the wilderness. They had the four essential requisites of health,—pure food, pure water, pure



A GROUP OF NURSES AT THE BATTLE CREEK SANITARIUM.

Let us therefore put away sin, receive the Holy Ghost, and repeat the work of bringing healing to soul and body which was manifested in Christ and his apostles.

HOW TO GET LIFE FROM THE HEALTH PRINCIPLES.¹

BY DAVID PAULSON, M. D.

It is not jostling against the health principles that cures. The crowds jostled against Christ, but were not healed; it was only the touch of faith that drew

air, and exercise. They drank the water that flowed from the rock, they ate the bread from heaven, they lived in tents, and thus had the pure air of the wilderness, yet they died. So we may to a certain extent observe these principles, and die just the same.

Worldly institutions can have as good diet tables as we have here, as good ventilation, the same baths, and electrical treatments; but we must draw so near to Christ, so touch the hem of his garment by faith, that we may have the power of Christ behind our treatments. That is something the world *can not imitate*.

These principles that we advocate are spiritual, and they can only be spiritually discerned. Divine truth

¹ Extract from a talk before the Sanitarium helpers.

is received only by sitting at the feet of Jesus. When we can begin to feed upon the tree of life and feel its fruitful effects in our bodies, then can we offer patients something that others can not. We must open our eyes, and see what God has for us. There is something in these principles that we have as yet seen only through a glass darkly. Let us seek the Lord for the advanced light he has for his people, and put away everything that stands in the way of his working mightily for us.

DIET AND SPIRITUALITY.

BY DAVID PAULSON, M. D.

EVERY gardener knows that the beauty of roses depends largely upon the soil in which they are grown. Likewise every farmer knows that poor soil means poor crops. Just as truly as there exists a definite relation between the soil and the quality of the crop, so there is a similar relation between diet and spirituality. While the watermelon may often grow just as large in poor soil as in good, what a difference there is in the flavor! So man may, while living upon a totally unsuitable diet, develop apparently a good physique, but, as in the case of the fruit, the difference can readily be detected in his moral and physical nature.

No one, perhaps, will take exception to this principle; but the question is often raised, "How shall we make it practical?" and then suggestions begin to come into the mind that health foods are expensive, difficult to get, and therefore well enough for rich people to advocate. But this is a fallacy, because even as it takes no more cloth to make a well-fitting garment than one that fits badly, so the same food material that is so prepared as to weaken digestion and make poor blood, may by careful preparation and correct combination be nourishing, and productive of man's spiritual and physical upbuilding.

As the result of years and years of patient and prayerful experiments, books have been issued which are brimful of suggestions how to accomplish this. Some have felt that they could not afford even these books; but now that one of these can be secured with this journal for the additional expense that it would take to buy a few pounds of sugar, which in many cases would be used more as a luxury than a necessity, why should not every one of our sisters take hold of this matter in earnest, and then begin to work for her neighbors? It is not merely ourselves that we should save. God's people are to be the light of the world; these saving truths must be preached everywhere as a part of the last warning message.

Many feel that because they have cooked ever since they can remember, they are fully qualified on this point. But these have not mastered the science. We read in "Healthful Living," par. 338, "Many know how to cook meat and vegetables in different forms, yet do not understand how to prepare simple, appetizing dishes." Some think that healthful cooking means flat and insipid dishes, but God never thus intended it. He has put delicious flavors in all the foods intended for our use, and wants them so prepared that these flavors will be preserved, and act as appetizers. But in order to accomplish this, earnest thought and study are required. "Skill must be united with simplicity. . . . Women must read, and then patiently reduce what they have read to practice. . . . It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment."

We should not go through a treadmill routine in the preparation of food. Edison, the great electrician, was asked recently if he did not think that nearly everything had been invented in the way of electrical apparatus that could be, and his reply was that not one millionth part was yet accomplished. So there are hundreds of appetizing dishes which could be prepared from the simple foods found in nearly every cupboard, and God will bless the efforts that are put forth in this direction. All this can be accomplished without the use of spices and condiments or the products of a dying animal creation.

From God's standpoint every meal should be virtually a sacrament. Then what a glorious and sacred subject this is to develop! Wrong diet lies at the very foundation of a large share of the physical, mental, and moral degeneracy which we see all around us. So while the enemy is coming in like a flood, may God help this people to lift up a standard against him.

MUST CHINESE CHRISTIANS EAT BEEF-STEAK?

THE following extracts from a letter written by a lady missionary in China give some idea of the difficulties that flesh-eating Christians have to meet in winning converts to their views:—

There were several cases of especial interest among the men. One was an old white-haired teacher named Ho-lien Chia. He had been for many years the head of a sect with about one hundred and eighty followers scattered in several remote places. He had been reading our books, was convinced of the truth of the Christian religion, and

said he wished to enter the church, and that he would make the rounds once more, and tell all his followers that he had given up his old belief.

He certainly seemed very genuine, and we all prayed much for him, and took a deep interest in him. He was to come to the next quarterly meeting and enter on probation at Pang Chuang; but alas! there was one big stumbling-block in his way that he had not counted on. He had fasted from meat, and so had been laying up merit for forty years. When he came to the strait and narrow gate, he could not get through with that pack on his back; but he could not bear to unstrap it and lay it down. It was pointed out to him clearly that he must take his choice to depend on Jesus' merit or his own.

The Christians prayed hard. He said he would give it up. I brought him a tempting morsel of meat, and advised him to break his fast at once and take his stand on Jesus' merit and righteousness. He was timid, and sure that the meat would hurt him, as his stomach was so unused to it.

He took it finally. And then I told him to go in and tell the Christians what he had done. He did, and they were so glad and thanked God. But alas! the devil could not bear to see his victim escape. He made a swift spring, and threw out the old net, and caught him once more. The man had cautiously kept the meat in his mouth all this time, and turned so faint-hearted when he got into the yard that he spit it out.

A forty years' habit is indeed an iron band. Will you ask God to break it, and let the poor captive go free?

We are inclined to feel that the prayers are needed most by the other party. What a pity that the professed followers of Christ should feel it incumbent upon them to force upon the vegetarian Chinaman their own soul- and body-destroying habits. They would almost seem less merciful than the heathen Nebuchadnezzar, for even he granted the request of Daniel and his three companions that they might eat pulse in place of the meat he had provided.

As for the theological question involved, whether or not the man looked upon his vegetarian diet as a meritorious work, who could determine it but God, who alone can look into the heart? We fail to find any excuse for such a ridiculous procedure except in the woeful ignorance concerning health laws and the rights of the lower animals that prevails among so many thousands and hundreds of thousands of otherwise worthy and intelligent people.

In thus teaching the vegetarian Hindus and Chinamen to eat beef, mutton, and pork, the missionaries are unwittingly throwing wide open the door to drunkenness, and, as it were, inviting the unscrupulous traders to send more cargoes of brandy and gin. There can be no doubt that flesh eating is the first cause of a large amount of the drunkenness that prevails. Let us pray that the Lord may open the

eyes of these well-meaning missionaries that they may see matters in a right light, and instead of wasting precious energy in trying to reform the habits of their



CHINESE GIRL.

vegetarian converts, may themselves adopt a bloodless diet, and concentrate all their energies on the presentation of the gospel of Christ.

SHOULD not the sons and daughters of the eternal God, always beholding Jesus, reverence themselves as Christ's property, Christ's husbandry, Christ's building? Shall we not reveal in our lives the wisdom of God, the righteousness of Christ? Shall we for a moment forget the injunction, "Watch ye, stand fast in the faith, quit you like men, be strong, let all things be done with charity"? "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armor of God, that ye may be able to stand against the wiles of the devil;" for "ye are a chosen generation, a royal priesthood, that ye should show forth the praises of him who hath called you out of darkness into his marvelous light."—*Mrs. E. G. White.*

OUR CAMP-MEETINGS.

CAMP-GROUND SANITATION.

BY CHAS. E. STEWART, M. D.

THE selection of a suitable site for a camp-ground is a matter of vital importance. It not infrequently happens that through sleeping on damp ground, drinking impure water, neglect in keeping the grounds clean, etc., the foundation for some grave malady is laid during the short stay on the camp-ground. Surely, such things ought not to be. The camping-place where God is asked to meet with his people should, of all others, be kept most scrupulously clean and tidy, and should be a fitting example to those who may have occasion to observe it, of the power of the gospel to refine and elevate the character.

The camp-ground should possess as many of the beauties of nature as possible. God lives in trees, grass, and flowers; and when we behold beautiful scenery, and hear the joyous songs of birds, our hearts are drawn out in praises to the Author of nature. So, in the selection of a camp-ground, let us, if possible, find a spot that will long linger in our memory because of its quiet beauty and attractiveness. The site should be at a considerable distance from dwellings and manufacturing establishments, not forgetting, however, that attention must be paid to its accessibility to those expecting to visit it.

Let the ground be high and dry and pleasantly shaded. Close proximity to a swamp or to stagnant water is not desirable. The decomposing vegetable, and not infrequently animal, matter in such a place renders habitation near it, even if only for a short time, dangerous. A site on the banks of some running stream would be desirable if otherwise suitable, as the water would add greatly to the beauty of the natural scenery.

Having selected a proper location, the arranging of the tents should be carefully looked after. The ground should be laid out with painstaking care, the tents being, so far as possible, in uniform rows, with streets between. The larger tents should be pitched where they will be most accessible; and the whole ground should present a neat, orderly appearance.

On some camp-grounds little attention is paid to the condition of the family tents. Some have floors in them, others do not; some are kept in a neat, tidy condition; others present the opposite appearance. While no arbitrary requirements should be made, it is

certainly highly essential, when a large crowd of people are closely associated together, as on a camp-ground, that a due observance of sanitary laws should be binding on each and all. The floor of the tent should be of boards raised several inches above the ground, so that in case of rain it may be perfectly dry. During the day the tents should be left open, a part of the time at least, so that the clothing can be aired and exposed to the direct rays of the sun. There is nothing better than sunlight for the destruction of germs: it is a universal disinfectant.

Another matter which should receive very careful attention is the manner in which the garbage is disposed of. Frequently a barrel is placed at the rear of the tent, into which are thrown all sorts of refuse. Very soon the mass begins to ferment, and foul odors emanate from it. These odors then find their way to other parts of the ground, and the lives of those who inhale this polluted air is endangered. The most economical thing to do is to employ some one to gather up, each day, and properly dispose of all garbage that has accumulated. By so doing, the danger of disease from this source will be obviated, and the appearance of the grounds greatly improved.

The matter of water-supply should be thoroughly investigated, for it is from this source that many of the acute infectious diseases have their origin. If there is any suspicion as to the purity of the water, boil it. All surface water should be carefully investigated. Water from an artesian well is usually safe so far as its liability to communicate disease is concerned. The following simple tests may be of service in determining whether or not the water is safe for drinking purposes:—

Place the water to be tested in a small, *clean* glass bottle; to this add a pinch of white sugar. Cork the bottle, and set it in a warm place. If at the end of two days the water shows any cloudiness, it should be considered as unsafe to drink.

Here is a somewhat more reliable method: Make a solution of twelve grains of caustic potash and three grains of potassium permanganate in one ounce of pure water. Place four ounces of the water to be tested in a clean glass bottle, and to this add two or three drops of the solution. The color of the water containing the permanganate is of a beautiful pink or purple color. If this color is changed to brown or disappears after standing a few hours, the water should be considered unfit for drinking purposes.

Milk, although not a necessary article of diet for adults, is so universally used that its source should be

carefully investigated. The prevalence of disease among cattle makes it positively unsafe to use milk unless it has been previously sterilized. It is quite a rare circumstance at the present time to find a single herd of cattle of any considerable size in which there is not one or more of the animals suffering from tuberculosis, or, as it is more commonly called, consumption. A short time ago a herd of fifty-four cattle in eastern Michigan was tested, and it was found that twenty-eight of the number were suffering from this dreadful disease. A little later the writer visited the State Experimental Farm at Wooster, O., and while there, learned that forty out of a herd of a hundred cattle were tuberculous. In conversation with veterinarians from different parts of the country, it was ascertained that about sixteen per cent. of the cattle in Michigan are thus diseased, and a much higher per cent. in the Eastern States. Such facts as these should certainly put us on our guard, and make us vigilant in our fight for health.

There are other sanitary matters that might be mentioned. Public utilities, such as lumber and straw, should be of suitable quality and easy of access. Outhouses should be arranged with due regard to comfort, health, and appearance, and should be disinfected daily by means of ashes or lime. If there are no trees to make a natural covering, or the camp is of limited extent, bringing them into close proximity to the tents, special care must be taken to make them neat and presentable. Tents may be conveniently arranged for this purpose.

A committee of properly qualified persons appointed to see that sanitary measures are observed, would be an excellent provision on a camp-ground.

CHILDREN ON THE CAMP-GROUND.

BY A. B. OLSEN, M. D.

SOME SUGGESTIONS TO MOTHERS AND CARETAKERS.

WHEN it has been decided to attend the camp-meeting, the question sometimes arises as to whether or not it is best to take the children. This depends upon several factors which must be taken into consideration:—

First, is the weather settled so that there is little chance for a considerable change of temperature?

Second, do the children enjoy fairly good health?

Third, what will be the accommodations on the ground?

These and other questions should receive careful consideration. But, as a general rule, the children

should be taken to camp-meeting, and should while there have due attention paid to their wants.

The tent should be provided with a floor and a little heating-stove. If you do your own cooking, it would be well to have another stove for that. Bring plenty of bedding and underclothing, both woolen and cotton. Provide good shoes and overshoes, so that if the children stroll out in the grass in the morning, they will not get their feet wet with the dew. Allow them to be out of doors as much as possible, taking great care as to the company they keep. Children are very susceptible to outside influences, and appear to learn evil much more rapidly than good. If your children associate with other children, satisfy yourself beyond a doubt that this association will be for their good. But it is not necessary for them to be running off with strange companions if the parents will take time to look after them. There is a great temptation on a camp-ground to neglect the children in order to attend the meetings. It is the first duty of the parents to guard the children that God has given them.

Even the children's meetings are sometimes productive of harm. On the way to and from the children's tent, and during the service, your child may fall into evil company. How much better it would be for the mother to go with her children than to send them off with a mixed crowd with which she is very little acquainted. Some may say the meeting is not for the mother, but only for the children. Do not think so. If you are not allowed to bring your children to the meeting and sit with them, keep them away, unless you are quite certain they are receiving proper care and attention every moment that they are out of your sight. Only too often the children at a camp-meeting are entrusted to the care of inexperienced girls and young ladies who know little or nothing about children or their training. True, they may have studied kindergarten methods, and read Froebel, but for all this they may be entirely unfit to assume the responsibility of caring for a large flock of children. The mother may be a little old-fashioned in some of her ideas, and may not know all about the intricacies of child-culture as taught by modern professors, but she does understand the hearts of her children as no one else can, and this is the essential thing.

Parents often make a mistake in requiring children to attend too many meetings. Please bear in mind that children were created to be active, and if your little boy or girl is always "on the go," and scarcely able to sit still for a minute, be thankful that it is a

normal child. Remember that the seats in the ordinary tent are hard, and also too high for the children, causing their legs to dangle in an uncomfortable way. Then the preaching is seldom of such a character as to interest them. Surely it is not right to require the children to sit still and do absolutely nothing just because a sermon is being delivered from the desk. Far better would it be if father and mother would take turns in attending the services, one going to the meeting, the other taking the little ones for a stroll in the woods, meanwhile talking to them of the love and goodness of God, and making clear to their youthful minds some of the good things learned in the sermons. This is not saying that the children should not attend any services. Two or three short meetings, including the children's meeting and the morning worship, should not injure children in ordinary health.

Now a word with reference to diet. Children are often tempted to overeat. They are so active, and usually eat so fast that they scarcely know when they have enough. This is especially true on the camp-ground, where the food is often carelessly prepared, and hurriedly eaten by the entire family. As a result there are frequent cases of colic, indigestion, and diarrhea. Be sure to serve the meals regularly, and take time to prepare proper food, and in a leisurely way eat it. As a rule, two meals are better than three, unless the children are very young. Breakfast should be served between seven and eight, and dinner between two and three. Have the food just as simple as possible, but carefully selected, of the best quality, and well cooked.

On the camp-ground, breads and fruits should form the staple articles of diet. In the morning, zwieback, granose biscuit, or some plain graham or oatmeal crackers, together with granola mush, which can be quickly prepared, and a dish of fruit, such as stewed prunes, canned pears, or peaches, make an excellent repast. For dinner some fresh vegetables prepared in simple but appetizing forms, and nuts or one of the nut foods would be appropriate. Boiled rice is an excellent article of diet for the camp-ground, and it is easily prepared and very wholesome and nutritious. Children should not be allowed to eat anything between meals, should be required to eat slowly and to masticate their food well, and should avoid drinking at meals.

WHAT TO DO FOR THE SICK CHILD.

If the foregoing simple instructions are faithfully carried out, there is little likelihood of the children's being sick; but there may be exceptions.

If a child is taken with a fever, give him an enema, and then a hot foot bath, with plenty of hot water to drink. Put a cold compress on his head. This will cause free perspiration. After sponging off with tepid salt water and rubbing briskly with a coarse towel, put the child in bed to rest. The diet should be very light for several days, consisting of toasted breads and gruels, with a little fruit.

If more vigorous treatment is required, give a hot blanket pack. This is administered by wrapping the patient in a sheet or blanket wrung out of hot water and then wrapping in several blankets, tucking in closely around the neck and feet. Cold should be applied to the head. Three or four glasses of hot water should be given. After free perspiration has been produced, sponge off, and keep the child in bed.

Children not infrequently take cold on the camp-ground, and complain of sore throat. Use the treatment above described, especially the hot foot bath. To relieve the sore throat, use a moist compress, which may be worn overnight. Select a towel, fold it two or three inches wide, wring quite dry out of cold water, wrap around the neck, and then apply two or three thicknesses of flannel sufficiently wide to overlap the towel. The compress should be as snug as is comfortable, and fastened with safety-pins. After removing it in the morning, bathe the neck with cold water, and rub dry.

Gargles of hot water or hot water with a little salt are also very useful. Simply drinking hot water often affords great relief. If the throat is very sore and white patches are seen on the tonsils, it is best to send for a physician. The throat should be swabbed with peroxide of hydrogen, which can be obtained at any drug-store. Also gargle the peroxide, diluting with two or three parts of water.

Stomach and bowel troubles are, however, the most common complaint on the camp-ground. This may be due to a poor quality of food, improper cooking, eating between meals, overeating, etc. If the child has eaten something that is causing distress, give it tepid water to drink to induce vomiting. This often gives instant relief, and is all that is needed. If the trouble persists, give an enema, and an abundance of hot water to drink, send the patient to bed, and apply hot fomentations or a hot bag to the stomach and bowels. Also withhold all food for a few hours, and give a light diet for a day or two. These simple remedies, properly applied, will almost invariably give relief, and the patient will make a good recovery, without further attention.

Diarrhea should be checked by attention to the diet and giving at once a copious hot enema to thoroughly cleanse the bowels, followed by a cool small enema, about half a cup, to be retained. The patient should lie down and remain quiet until the irritation has ceased.

Unripe fruit, also decayed fruit and other food, together with bad water, cause most of the stomach and bowel disturbances; consequently great care should be taken with reference to the food and water used.

COOKING ON THE CAMP-GROUND.



COOKING is a fine art at all times, but becomes especially so in the summer, when the appetite usually grows less keen, and the house-

wife must often use all the ingenuity she has to provide a pleasing variety of healthful dishes.

In the following recipes we have made liberal use of the nut foods, because, being already cooked, they are especially adapted to be eaten in the summer, when one desires to avoid spending any more time over a hot cook-stove than is absolutely necessary. Probably most of our readers are more or less acquainted with these foods, especially peanut butter, which is meeting with wonderful favor wherever it is introduced.

These recipes, however, are only suggestive. By careful experimenting along these lines one will discover just what things will best serve the health of mind and body.

In general, the meals should be lighter than in winter. Serve smaller amounts of food, but in as appetizing a form as possible. A bouquet of flowers, a few sprigs of green to garnish some of the dishes, and due regard to artistic arrangement will help make the meal pleasant and inviting.

Have as many picnics as you can consistently. If you live in the country, set the table out of doors under a tree; if in the city, prepare a simple meal, stow it neatly away in a basket, and take the children for a walk in the park. Thus you will cultivate that natural love of grass and field and woods that characterizes every healthy child, and in part, at least, compensates for the evils of city life.

Great care must be taken to use only such food materials as are sound and fresh. Carelessness in this regard is responsible for a large amount of sickness in the warm season of the year.

RECIPES.

Nuttose Sandwich.—Mash the nuttose thoroughly, moisten with a little lemon-juice until it forms a smooth paste, mix with this the yolks of two or three hard-boiled eggs, and season with salt and powdered sage. This, spread between slices of white or whole-wheat bread, forms a perfect substitute for meat sandwiches. Slices of nuttose placed between thin slices of white or graham bread, biscuit, or wafers spread with nut butter or with sour salad dressing also make a good sandwich.

Protose Sandwich.—Spread thin slices of bread with sour salad dressing of nut butter mixed with a little finely cut parsley or lettuce, and lay between them a thin slice of protose.

Date Sandwich.—Spread thin slices of graham bread with nut butter, and then with chopped dates. Chopped seedless raisins may be used instead of the dates, if preferred. If raisins are used, a little lemon-juice and sugar give a nice flavor.

Ambrosia Sandwich.—Spread thin slices of bread with honey, and lay between them a thin layer of ambrosia that has been mixed with honey.

Almond Whipped Cream.—Reduce almond butter to the consistency of cream, and pour slowly over the well-beaten white of an egg. Sweeten and flavor to suit the taste. This makes an excellent substitute for whipped cream, for persons who can not use cow's milk.

Hot Nut Milk.—Make almond or peanut butter of the consistency of milk by the continued addition of water. Heat to the boiling-point, add a very little salt, and drink like hot milk. Many can take this who can not use cow's milk. Granola in this nut milk makes a very enjoyable breakfast dish.

Broiled Nuttolene.—Slice nuttolene one fourth or one third of an inch thick, and throw it on a slightly oiled griddle or pan, smoking hot. Brown delicately on both sides, and serve at once on a hot individual platter, with any desired garnish. The broiling may be done in a wire broiler over the coals or under or over the blaze of a gas stove. The round slices of nuttolene may be cut into halves, quarters, or sixths, like pieces of pie; or in a fan strip, and laid upon the platter in a variety of ways. Slices from the larger cans may be cut with the "chop" cutters sold in house-furnishing stores, and in many other shapes.

Put a spoonful of canned or stewed green peas, salted to taste, on the platter with broiled nuttolene. A great variety of dishes may be prepared by varying the sauces with broiled nuttolene. Apple, celery, onion, and cranberry sauces are all more or less desirable, as well as fruit jellies.

Scalloped Protose.—Put a can of protose through a vegetable press or mince fine with a chopper. Add to two parts of minced protose one part stewed and strained tomato. Mix thoroughly and put into a shallow dish, having the mixture not over two inches deep; bake in a rather slow oven for three fourths of an hour. Serve hot with a tomato sauce.

Granose Fruit Pie.—On an individual pie plate sprinkle a thin layer of granose flakes, on which spread a half-inch layer of stewed or sliced fruit (apples, plums, cherries, or peaches). Fresh strawberries may be used if crushed and sweetened, or pineapple which has been sliced and allowed to stand with a little sugar on it overnight. Thicken the fruit-juice with a little corn-starch to the consistency of thick cream, if there is a great amount of it.

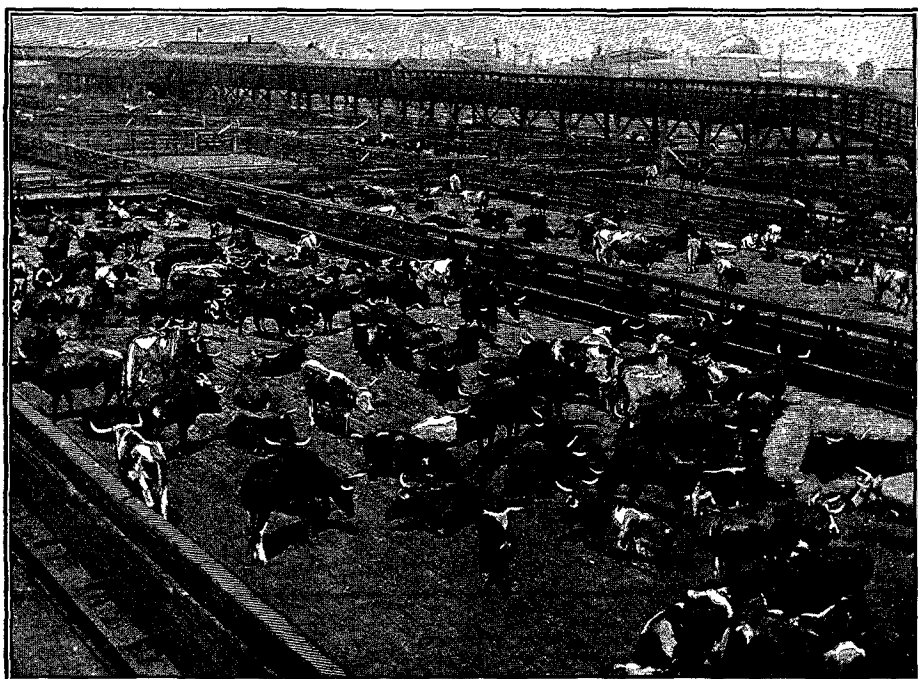
Granola Fruit Porridge.—In three-fourths cup of boiling water put a dozen large seeded raisins, stew for a few minutes, and add four tablespoonfuls of granola, with a pinch of salt. As soon as the granola has swollen to twice its size, remove, and serve with a fruit sauce or a nut cream.

Fruit Rolls.—Take two cups of pastry flour, one cup of whole-wheat flour, one-third teaspoonful of salt, and two-thirds cup of water or three-fourths cup of cream. Make this into a hard dough, knead thoroughly, and when it will snap when a small piece is pulled off, it is ready to be rolled into a thin sheet and cut into three-inch squares. Perforate well, and bake. These are called crisps. Plain rolls are made by forming into sticks four inches long and one inch in diameter. Bake until well browned and crisp. The

dough may be shortened with one cup of coconut meal, or it may be rolled into a thin sheet, spread with chopped dates or figs, and rolled until it is one inch in diameter and then cut into three-inch lengths.

Nuttose with Lettuce.—Slice the nuttose thinly and cut or chop into small pieces. Arrange the lettuce in a salad bowl, the larger leaves around the edge, the light ones in the center. Fill the center and interstices between the leaves with the prepared nuttose, cover with any preferred dressing, and serve.

Sour Salad Dressing.—Rub two slightly rounded



"ALL OF THE COWS APPEARED TO BE IN FINE PHYSICAL CONDITION." (See article on page 110.)

tablespoonfuls of peanut or almond butter smooth with two thirds of a cup of water (the half-pint cup sold in the house-furnishing stores) according to directions for preparing the nut butter for bread. Let this cream boil up for a moment over the fire. Remove from the stove, add one half a teaspoonful of salt, and two tablespoonfuls of lemon-juice. Cool, and it is ready for use. If too thick, it may be thinned with a little lemon-juice or water. More salt and lemon-juice may be added if desired. By using a scant cup of strained stewed tomato in place of the water in the above, with the almond butter, we have another palatable and very pretty dressing.

Sweet Salad Dressing.—Rub two rounded table- spoonfuls of almond butter smooth with two thirds of a cup of water, add two tablespoonfuls of sugar, one-

fourth of a teaspoonful of salt; cook as for sour dressing, and add two tablespoonfuls of lemon-juice. When a yellow color is desired with either the sweet or sour dressing, have the beaten yolk of an egg in a bowl, and just as you remove the dressing from the fire, pour it over the egg, a little at a time, stirring well at first. When the egg is used, a little less water and more lemon-juice may be required.

The dressing is especially palatable on apples sliced fine, apples and celery, apples and very ripe bananas, strawberries and bananas, or pineapple and orange. The fruit will not turn dark if the dressing is put on as soon as it is sliced.

Nuttose and Celery Salad.—Two thirds of nuttose sliced fine, one third of celery sliced fine. Mix with the sour salad dressing of peanut butter one-half hour or more before serving. When ready to serve, arrange in a salad bowl or on a flat dish. Garnish with lettuce. When celery is out of market, celery seed, or a delicate flavoring of onion or sage may be used.

Strawberry and Orange Salad.—Mix equal quantities of fresh strawberries that have been cut in slices and thin slices of orange of about the same size with sweet salad dressing, and serve on a lettuce leaf.

Bean and Tomato Soup.—Take one pint of boiled or a little less of mashed beans, one pint of stewed tomatoes, and rub together through a colander. Add salt, two tablespoonfuls of nut meal, or about the same amount of nut butter dissolved in a half cup of water, one-half cup of nicely steamed rice, and sufficient boiling water to make a soup of the proper consistency. Reheat and serve.

EMERGENCIES ON THE CAMP-GROUND.

BY H. F. RAND, M. D.

Sunstroke.—In the warm season many people are smitten with sunstroke, especially in our large cities. More properly, we should call an attack of this kind a heat-stroke. It usually affects persons who are not in a good physical condition. Perhaps they are working in confined places producing an elevation of bodily temperature, or in the open air on days when the air is especially oppressive. The symptoms are, first, pain in the head and a sense of heat and depression. The skin is dry and hot, and there is no perspiration. The face and neck are flushed and livid. The attack may culminate in loss of consciousness, with heavy, labored breathing.

What shall be done for a person in this condition?—First, lower the body temperature. This is best done by removing all or most of the clothing, and covering the patient with a sheet dipped in cold water; then pack the head and neck in ice, if at hand; if not, keep on fresh cloths wrung out of cold water. Continue this treatment until the temperature approaches the normal, or the patient begins to perspire freely, and feels better. It is not well to pour or dash water over the body, as this produces an unnecessary shock. A cold bath is good if you have a tub large enough to keep the body immersed. If the patient is thirsty, give him all the water he wants to drink. In many cases it is found that the stomach is full of decomposing food, when a few glasses of lukewarm water will usually cause the patient to throw it up. Furnish the patient plenty of fresh air, and keep him quiet. Heat-stroke is really a serious thing, and may be followed by impairment of the intellect. The patient should not be permitted to drink very cold water.

Heat Exhaustion.—This condition should not be confused with sunstroke, for it is entirely different. A person who has heat exhaustion feels a general depression of the system. His skin is pale, cold, and moist instead of red, hot, and dry, as in the former; therefore the treatment calls for hot sponging of the body, warm applications to the feet, and sipping of hot lemonade or hot water. In these cases also the patient should be kept perfectly quiet in bed and given plenty of fresh air.

“Prevention is better than cure.” It is well to avoid exposure to excessive heat. If obliged to be out in the sun on a hot, oppressive day, protect the head very carefully; also keep the stomach in a clean, healthy condition, avoiding greasy foods, and living largely on fruit and bread.

Foreign Body in the Eye.—As a first precaution, never rub the eye with the finger or anything else when an insect or any hard substance gets into it, for you may scratch the delicate membrane that covers the front of the eye, and thus do more damage than the insect. Have the patient seat himself in a chair, take your position behind him, and have him lean his head back against you. Then look carefully to see if the insect is not in the corner of the eye toward the nose. If not, take hold of the lashes of the lower lid, and draw down, telling the patient to look up. Thus you expose all the inside of the lower lid. If the insect is visible, drop a few drops of clean water into the eye between the outside corner and the insect, so

as to wash it toward the inner corner. This is the natural course of exit for all things in the eye.

If you have to raise the upper lid, proceed as follows: Have the patient close the eye and look down. Place a lead-pencil horizontally across the center of the eyelid, while with the other hand you seize the eyelashes and lift the lid. You will find that the pencil will enable you to turn the lid inside out. Proceed to wash out the insect the same as before. Then prepare a saturate solution of boracic acid as follows: Place the crystals in a bottle, and add a little pure water, not sufficient, however, quite to dissolve all the crystals. Shake well, and put eight or ten drops of the solution into the affected eye as soon as you have removed the insect, and in two hours repeat; if the eye feels sore, repeat several times.

PARENTS THEIR OWN PHYSICIANS.

BY MRS. E. G. WHITE.

No woman should become a mother unless she is capable of being a physician to her offspring. How can mothers turn over their tender children to the care of a strange physician for him to dose them with drugs, of the true nature of which she has no knowledge? Such a course is a sin in the sight of heaven. Ignorance is no excuse for parents. Why don't those who take such responsibilities educate themselves? They should read and investigate with a prayerful heart until they can understand the wants of their children, and watch with a jealous care lest these little sunbeams which are given them to lighten their pathway be shrouded in darkness by disease and death. No strange hand should be trusted to do for her darling ones those things which a mother's affection alone can understand. Parents and children should educate themselves in all that concerns their life and health. When children understand the science of human life, then and not until then are they prepared to attend to the sciences as taught in the common schools.

Parents have frequently told me that they knew nothing of the nature of disease, and were their child sick, they would not know what to do for it, and that they had always trusted to a physician. Mothers ought to know what to do in any common case of sickness of their children. It is a sin for them not to know. Who should better understand the wants of a sick child than its parents, especially the mother, and yet parents plead ignorance, and if their dear children are slightly indisposed, they do not know what to do, and send for the doctor, who deals out concentrated poi-

sons with a lavish hand. This lessens the child's hold on life, and if they do not actually cause its death, they obstruct nature's efforts, and break down some part of her fine machinery, which can never be repaired, and the victim is a sufferer all his life.

SUMMER DRESS.

BY ABBIE WINEGAR, M. D.

"CONSIDER the lilies how they grow: they toil not, they spin not; and yet I say unto you, That Solomon in all his glory was not arrayed like one of these." (Luke 12:27.) What a beautiful, restful text! At this season of the year, nature has clothed herself anew in the garments of summer. Everything speaks to us of the wonderful love of our Creator? There is perfect harmony in the grass, the flowers, the birds, and the trees. They all are doing their best to reveal to us God's own thoughts and his love for the harmonious and the beautiful. Why should man, the crowning work of the Creator, show less of his beauty and true loveliness of character?

As we look about us and see everything bursting into new life, there springs up in every heart a desire for a change. Not only this, but nature demands that we lay aside the heavy clothing which has been a comfort and a convenience during the dreary winter, and in harmony with the season, put on lighter clothing. Care should be taken, however, to see that the change from winter to summer garments is made in such a manner as not to injure the health. In many parts of the country the weather is not really settled till we get pretty well into the month of June.

It is best to make the change gradually, exchanging the heavy underwear for a grade lighter, being careful to protect the arms and lower limbs. If all-wool garments have been worn during the winter, the change may be made to those of half wool, and a few weeks later the Lisle thread or cotton may be used. During the very warm months there may be no injury from wearing sleeveless undergarments; but in most cases it is better to have some protection for the limbs. As few garments as possible should be worn, and these of light weight and supported from the shoulders, causing no constriction of any part of the body.

Linen, both for underwear and outer garments, is very desirable, as it quickly absorbs moisture and tends to keep the body cool. It is more desirable than muslin, being more open and allowing a freer passage of air to the body.

Not more than one underskirt of light weight should be worn, and this should be supported by a waist, also of light material. The outer dress should be of some delicate, simple pattern, not gaudy in color, but in harmony with one's occupation and surroundings. Many make the mistake of attempting to imitate their wealthier neighbors—dressing beyond their means and in a way not becoming to true womanly dignity.

"Simplicity of dress will make a sensible woman appear to best advantage. We judge of a person's character by the style of dress worn. Gaudy apparel displays vanity and weakness." ("Healthful Living," par. 528.) Let the dress be neatly made, avoiding the use of unnecessary adornments and trimmings.

As to color, light clothing is cooler than dark, and gives a sense of comfort not found in dark garments. Many make the fatal mistake during the summer of wearing the same garments through the entire day. This is in almost every case unwise, as the air is usually cooler in the evening and the morning than during the heat of the day. The proper thing to do is to wear additional wraps as the temperature may demand. The same is true with reference to the approach of fall; heavier clothing should be adopted early in the season. It is well, when going out, to provide one's self with wraps, thus being prepared for any sudden change in the weather.

AWAY WITH THE FRYING-PAN.

It is encouraging to see the victims of health-destroying habits awaking to their true condition, and calling for reforms. A writer in the *Southern Ruralist* says: "I am satisfied that the frying-pan in the South has killed thousands. Consumption has depopulated us by thousands, and mean whisky by the thousand; the three together have reduced the population more than all the wars."

The writer goes on to propose a remedy as follows: "Drink no more whisky, fry no more hog, and with milk and butter and vegetables a plenty the year round, start life anew."

We would recommend fruit and nuts as preferable to the butter and milk, but even the latter are far better than the hog. We certainly second most heartily what is said against the frying-pan. This is an article of kitchen furniture which should go into innocuous desuetude as soon as possible in every health reformer's home. The corset and the frying-pan are instruments of torture which would do honor to the inquisition itself.

QUESTION BOX.

SICK HEADACHE.—Mrs. M. F. B., California, asks, "What treatment would you recommend for a lady forty-eight years old who suffers with sick-headache? The lady drinks neither tea nor coffee, but uses pepper, spices, soda, and fermented bread, and eats three times a day."

Ans.—The sick-headache is probably due to indigestion and poor nutrition. Avoid the use of pepper, spices, and soda; also avoid greasy foods, pastries, and sweetmeats. Use fruits, grains, and nuts. Toasted breads are specially recommended. Eat at regular intervals, chew the food well, and avoid drinking with meals. Keep the bowels regular. We would suggest that a copy of "The Stomach" be procured, which gives full information with reference to foods and food combinations.

THE USE OF EGGS.—Mrs. E. F. O. inquires why recipes published in "Science in the Kitchen," "Every-day Dishes," and *Good Health* call for eggs, when we have been instructed that it is better to refrain from the use of this article of diet.

Ans.—These publications go to two classes of people,—those who have special light on the subject of health reform, and those who have not. We can not expect the latter class to accept the hygienic reform in its fulness at a single bound. It is necessary to educate the people. Eggs are not the most desirable of foods, but it is also true that they are much less harmful than tea, coffee, condiments, rich pastries, and flesh-foods.

OIL.—S. R. L. inquires whether oil is healthful.

Ans.—Our correspondent does not state whether the oil is to be applied internally or externally, but we will assume that it is to be taken as a food. Oil, in the form of a neutral fat, like olive-oil, is a very rich food, and should be used in small quantities only. Most of the preparations on the market are adulterated, and unfit for use. Peanut oil, to be obtained from the Sanitas Food Company, of Battle Creek, Mich., is a pure food preparation, and can be used to advantage in cooking by first mixing with ordinary peanut butter so as to form an emulsion.

No man who wants to make good use of his brain can afford to make bad use of his stomach.

OUR WORKERS.

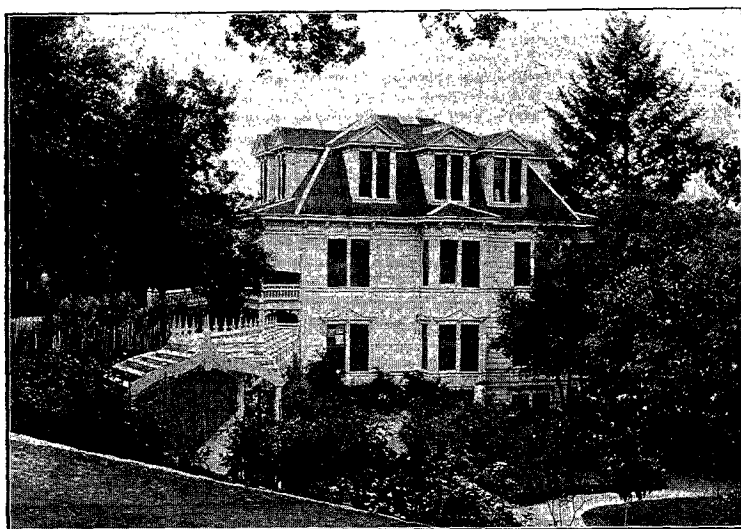
THE ST. HELENA (CAL.) SANITARIUM.

BY A. J. SANDERSON, M. D.

THE spring season at the Sanitarium has been an extremely busy one. The house is well filled with guests, all of whom find the Sanitarium life, its principles, and its natural restfulness a marked contrast to any place of the kind they have ever visited. The improvements that are being made have greatly increased the work, but have added much to the attractiveness of the place. The first floor of the

Our Sanitarium family are most happy in their work, and their mission of love from day to day is giving many of them the robes of righteousness which is their adorning. The patients feel the peaceful atmosphere, especially so on the quiet Sabbaths, which are enjoyed by all. One lawyer was heard to remark that he could tell when the sun went down on Friday evening, even if he was lying in the hammock with his eyes closed.

Talks on the subject of health are given twice a week in the parlor, and are much appreciated. The patients enjoy the lessons in cooking that Mrs. Gotzian frequently gives them, and are making good progress in this important branch of knowledge.



main building has been entirely remodeled, and a new and more commodious dining-room and parlor have thus been secured. A new addition at the north end of the main building will increase the facilities by adding twenty much-needed rooms.

The gardens about the hillside were never so beautiful as this spring. The frequent and abundant rain of the past season has made vegetation very luxuriant, and added an exceptional year's growth to the flower plots and lawns that have been graded and terraced in front of the main building, and between it and the new cottage. The groups of choice rose-bushes and rose-arbors remind one of the hills of Sharon, and add a little cultivated beauty to the natural and, what some of the patients have termed "heavenly," restfulness of the place selected for our Sanitarium. From the brow at the edge of the garden, the Pyramid valley below is checked with living green fields of waving wheat and beautiful, well-kept orchards.

NOTES AND PERSONALS.

DR. J. H. KELLOGG arrived at the Sanitarium at Skodsborg, Denmark, the latter part of May. He will probably return to America about the middle or last of June.

Dr. H. F. Rand returned from his vacation in excellent health and spirits. Dr. Dryden has also joined the family again.

NOTICE carefully the announcements on the last page. GOSPEL OF HEALTH will contain some rich treats in the next few months.

Word comes from the members of the beginning nurses' class who went to Chicago that they are enjoying the work very much, and find much to keep them busy. Aside from the instruction they are receiving in gospel work, conducted by Dr. Paulson and Brother Sadler, the class is taking a thorough course in cooking. Sister Allison and Mrs. Dr. Paulson are also assisting in the instruction. The members remaining in Battle Creek are taking up various lines of Christian Help work with commendable zeal.

Dr. Holden, who connected with the Sanitarium here a few weeks ago, is taking Dr. Paulson's place while the latter is in Chicago.

Some of our Battle Creek sisters are showing a new interest in hygienic cookery. Miss Lulu Teachout and Miss Bessie Stanfield, of the Sanitarium cooking-school, have frequent calls to lecture on this subject.

Three new names were added to the list of our medical missionary physicians when George Thomason, Martin Keller, and Ira Fulton were graduated a few weeks ago at the head of their class from the Jefferson College at Philadelphia. Dr. Keller received the gold medal in Theory and Practise of Medicine, and Dr. Fulton the first prize in Nervous Diseases. This speaks well for the thoroughness of the teaching at our American Medical Missionary College, where these students spent the first three years of their course.

Word comes from Drs. D. H. and Laurretta Kress that their daughter Eva's health is much improved. The prospect is that they will soon attend some of the general meetings in Germany.

Brother L. K. Morgan has recently assumed leadership of one of the Christian Help bands, and is doing very thorough work in his territory. He is also assisting in getting cottage meetings started in other parts of this city with good success. Brother Morgan connected with the Sanitarium family some months ago, and is fitting himself to go to Porto Rico.

Dr. Leach also expects to enter that field, and is rendering valuable assistance in connection with the Christian Help work. We find the people who received help in the way of clothing and food during the winter very anxious now to have instruction in the health principles, and faithful efforts are being put forth to supply their wants in this direction.

Elder O. A. Olsen writes from England that the voyage across the Atlantic was pleasant. There were thirty-two in the party. The company furnished a special vegetarian table for their benefit. Several interesting meetings were held with the passengers.

Sister Ida Lindstrom has been working in Kansas for some time, spending about a week with each church, giving instruction in the principles of healthful living. She writes that this work has been very enjoyable. She finds people everywhere ready to receive the light, and walk in it.

Our medical missionaries will be interested to hear from Elder Tenney, who before going to Australia spent a year in Bible teaching at the Sanitarium. The following is an extract from a recent letter of his to a friend in Battle Creek:—

“I attended two camp-meetings after reaching Australia, and then as soon as I could arrange, I came to Brisbane. The work here is comparatively new, though more or less has been done in desultory ways by various workers. Brother G. T. Wilson died here about three months ago. There are two small churches in this city, one of which has recently been raised up by Brother Haskell and his company. They have built a small house, which is paid for and dedicated. I feel very much the necessity of getting our medical and philanthropic work in operation as soon as possible, but we have not a worker who can give treatment or understands how to care for the sick. How I wish I could walk in there, take a couple of good devoted workers under my arms, and be back here the next morning with them! The Union Conference has written for the workers, and I sincerely hope they will be forthcoming. The work here would be self-supporting from the outset.”

Elder Tenney writes that the climate of Queensland is delightful, only a little warm at some seasons. He says, “We have an abundance of tropical fruit, although the temperate fruit is not so cheap as in other colonies. I have just bought 150 dozen nice bananas for \$1.50. Pineapples are plentiful and cheap, also oranges. Bananas are ripe the year round.”

A new office has recently been fitted up at the Sanitarium, to be occupied by Dr. A. B. Olsen.

Calls have come from Argentine and Paraguay, and from Adelaide, Australia, for a medical missionary physician.

Dr. Garibed Yeram, an Armenian brother who has spent something over a year at the Sanitarium, recently left to return to Turkey. We shall miss this earnest brother, but wish him Godspeed on his way, and feel sure that he will faithfully hold up the standard of these life-giving principles in Turkey.

The senior students of the American Medical Missionary College are preparing for their final examinations. The commencement exercises will be held in Chicago, June 27. Dr. J. H. Kellogg has been invited to give the address.

WAR ON TUBERCULOSIS.

As this number of GOSPEL OF HEALTH is about to go to press, our attention is called to a report made by the Illinois State Board of Live Stock, in which we are sure our readers will be interested. The investigations were made in Chicago. A report appeared in the *Chicago Tribune* of May 30, from which we take the following extracts:—

Twenty-five cows, known to have been milked a week ago for the Chicago market, were slaughtered and dissected by the State Board of Live Stock Commissioners at the abattoir of B. Wolf, Forty-first street and Union avenue, yesterday morning, and were found to be infected with tuberculosis.

That milch cows can be in virulent stages of tuberculosis growth without its being apparent was shown when the twenty-five subjects of the test were driven into the slaughtering stalls. *All of the cows appeared to be in fine physical condition.* The only ground on which they were suspected as victims of tuberculosis was the fact that their temperatures had risen to a high degree when they were subjected to the tuberculosis test.

The first cow dissected had sound, hard muscles, and showed no superficial symptoms of consumption or any kindred disease. Its head was severed from the body, and Dr. Lovejoy began the post-mortem examination. Through an aperture made with a knife he removed a gland swollen to the size of two fists. This gland contained about a pint of semiliquid tubercles.

The average quantity of tubercles found in each cow was about a pint. The total amount removed from the twenty-five cows, about three gallons, if allowed to dry to a dust, and be scattered by the atmosphere, could destroy, it was stated, all the cattle in the world.

The cows which were subjected to test and examination were taken from a dairy that has been sending two car-loads of milk to Chicago daily. The herd at this dairy was selected for the demonstration of the efficacy of the tuberculin test at random, and the commissioners say, *they have no reason to believe it was in a worse condition than any of the other dairy centers that send milk to Chicago.*

These statements need no comments. Certainly if the opinion of the commissioners is worth anything, Chicago has cause for serious alarm in reference to its milk supply. The herd that was examined consisted in all of sixty-one cows. According to the commissioners, then, a little less than one half the cows that furnish the milk supply for Chicago are tuberculous. Almost involuntarily one asks himself the question, How about the milk supply in other cities and towns where there is no public inspection?

The investigations were conducted by Dr. C. P. Lovejoy and other assistant State veterinarians, whose deductions drawn from the work thus far are as follows:—

The presence of tuberculosis in cows can not be determined by the physical appearance of the animals.

The fact that about every third cow is infected and that dairies mix milk makes nine tenths of the milk that comes into Chicago subject to suspicion.

Butter and cheese being mediums congenial to the growth of tuberculosis, these products are likely to transmit the bacilli.

Tuberculosis is making unimpeded progress, and is destined to develop to such an extent that in a few years only a small proportion of cattle will be without it.

The tubercle bacillus has greater vitality than any other germ, and retains a vital state when dried. It propagates in rags and rubbish, as well as when embedded in organic matter.

The tuberculosis in cattle and the tuberculosis in humans are essentially the same, and are readily transplanted from one body to another.

Private citizens should form societies for the education of the unscientific on the subject. Medical societies should disseminate literature on the subject of tuberculosis.

The *Tribune* further states that the Commissioner of Health has decided to call a tuberculosis convention in Chicago, for which he has the promised support of Dr. Nicholas Senn and other prominent physicians.

According to the records, *one sixth of all the deaths in Chicago are caused by tuberculosis.*

That this agitation is not by any means confined to Chicago is evident from the enthusiasm that has attended the meetings of the International Tuberculosis Congress being held in Berlin. Professor Virchow, whose fame as a pathologist is world-wide, speaking with reference to the danger of contamination from the milk supply, recently made the following statement:—

“A single cow might depopulate whole villages. The only radical cure is the prompt slaughter of the affected animals. Sterilizing the milk is by no means absolute protection.”

These startling facts afford texts for many a health sermon. Evidently the people are awakening to the fact that the animal creation is full of disease. The result will be stricter laws regulating the dairy business, and as a result a somewhat purer milk supply. This is as far as public sanitation can carry matters; but is it far enough?—By no means. People must reform their habits of life, so that they will not be so susceptible to the attacks of disease-germs. The germs of the great white plague, a term appropriately applied to tuberculosis, are found everywhere, and as long as people persist in making their stomachs a dumping-ground for dead animals, decayed cheese, rancid butter, greasy pastry,

ice-cream, and other abominable things, they must expect to have bad blood, and tissues so filled with disease and impurities as to offer a perfect hot-bed for germs of all kinds. If we would be well, we must live right, obey God's physical laws, and thus open the way for him to fill us with his own abundant life.

STUDIES FOR THE READING CIRCLES.

WE would suggest studies for the reading circles during the month of June as follows:—

1. "Life from the Word," "The Holy Ghost and Physical Healing." These two articles naturally go together. Notice especially the practical points brought out and the questions raised. Why is there not a greater manifestation of healing power in our midst to-day? Let us earnestly consider this question, and see if there is anything we can do to clear the King's highway, that he may visit his people with power. The word of God should be the basis of all such study, since this healing power can only come to us in so far as we walk in the light of that word.

2. The second meeting in the month may be occupied by the careful consideration of ways and means of preserving the health of our children. The article by Sister White may form the basis of the study, supplemented by that of Dr. Olsen, p. 101. Make the study as practical as possible, and if questions arise which you are unable to answer, send them in to us.

3. "The Message for To-day," by Prof. W. W. Prescott, p. 93. Study in connection with this "Obedience the Price of Health," p. 91, and "How to Get Life from the Health Principles," p. 97.

4. For the fourth study of the month, take up the reading on Christian Science, and study in connection with it paragraphs 984-995 in "Healthful Living."

THERE is no desire to enter into controversy with those who hold different views. Our mission is to hold up a living Saviour as the complete and only cure for all the ills of this life.

IN order to make room for special matter of a very important nature, we have omitted the regular monthly article by Dr. Paulson in the series, "The Divine Harmony of Truth." These articles will be resumed in the July number.

WE wish to extend our hearty thanks to the friends who have so generously aided us in helping to give an extra large circulation to this number. At this writing, we have orders for about three thousand extra copies, and new orders are coming in every day.

COPIES of this number of GOSPEL OF HEALTH are to be had at the following special prices: Single copies, 2 cents apiece; in lots of fifty, 1½ cents per copy; in lots of one hundred or more, 1 cent per copy. If you desire a supply, it would be well to order soon, as the edition may be exhausted.

ARRANGEMENTS have also been made to club GOSPEL OF HEALTH with *The Training-School Advocate* at only fifty cents for both. The *Advocate* covers a field in education similar to that occupied by GOSPEL OF HEALTH in relation to the principles of healthful living. It discusses the subject from the standpoint of the Bible, and aims to set forth in a clear, simple manner the principles which underlie true education. It is an excellent paper for our young people to read.

To Elders and Librarians: The GOSPEL OF HEALTH would like to hear at once from the elders and librarians not already in correspondence with us. We have some simple plans for the carrying on of the health work in which we believe you will be interested. Just drop us a postal with your address, and we will send you the plans. Address GOSPEL OF HEALTH, tile Creek, Mich.

To Our Ministers: GOSPEL OF HEALTH would like also to hear from the ministers who desire to co-operate with us in this work. The plans we have in mind will not burden you in any way; they may be a real help to you, and your co-operation will be heartily appreciated. A postal card with your name and address is all that we want.

PUBLISHERS' NOTES.

WE have departed slightly from our usual policy in presenting a brief résumé of the erroneous views held by Christian Scientists. It is our desire as far as possible to present only the good, and leave the evil alone; but believing that this delusion is having an influence with many who would utterly reject the whole thing if they understood it, we have tried in the fewest possible words to show what its real character is.

ONLY A TASTE!

If you have been interested in this number of GOSPEL OF HEALTH, we would like you to understand that it is only a taste.

— THERE IS MORE COMING! —

The regular subscribers to GOSPEL OF HEALTH need not be told that every number of the paper is freighted with living truth and simple, practical instruction relating to the most vital matters of life. But this copy may fall into the hands of some who are not subscribers. The attention of such is especially invited to the following announcements:—

Healing by Faith.

Some phase of this important subject will be considered in every number of the paper. Elder Ballenger's series of articles on "The Holy Ghost and Physical Healing," will be continued. Some attention will also be given to the place which faith-healing has occupied in the history of the church. Martin Luther had remarkable experiences in this line, and so did others prominent in the Reformation. The object of this department of the paper is to set forth the true principles of healing as taught by the Bible, and make this part of the everlasting gospel so simple and clear that every child of God can lay hold of it as a real thing, and rejoice in Divine healing alike of mind and body.

Health Principles in the Light of the Gospel and Coming Events.

GOSPEL OF HEALTH has a definite, clearly defined message to the people of this age. It calls upon men to put away their idols in the form of sinful habits, to cultivate heavenly appetites, and by a regular, temperate life, so nourish the health and beauty of the body that it may be a fit dwelling-place of the Spirit. Thus it seeks to "make ready a people prepared for the Lord." Among the prominent contributors to this department we take pleasure in mentioning the names of Prof. W. W. Prescott, Dr. E. J. Waggoner, Dr. David Paulson, and Dr. D. H. Kress.

How to Be Your Own Physician.

Many of the most effective treatments might be given in the home if people only knew how to proceed. In soon-coming numbers of GOSPEL OF HEALTH such common diseases as Sick-headache, Neuralgia, Consumption, Dyspepsia, etc., will be taken up one at a time, the nature of the disease explained, cause pointed out, symptoms plainly indicated, and directions given for appropriate treatment, such as can be applied in the average home. These articles will be prepared by Dr. J. H. Kellogg, Dr. W. H. Riley, Dr. A. J. Sanderson, Dr. A. N. Loper, Dr. D. H. Kress, Dr. Abbie Winegar, Dr. A. B. Olsen, Dr. C. E. Stewart, and others. We have no hesitation in saying that they alone will be worth more than the cost of a year's subscription.

Practical Talks on Diet,

By Dr. David Paulson, will be a series of bright, newsy talks, on a subject of perennial interest and importance.

Cerebro-Spinal Meningitis.

This deadly disease has occurred with much frequency the present season. In some small places the population has been almost decimated by its ravages. One of our Sanitarium physicians has consented to tell the readers of GOSPEL OF HEALTH something about the history of this remarkable and little-understood disease, and give some hints with reference to its treatment.

Hygienic Cookery.

We are especially glad to announce that we have the promise of some articles by Mrs. F. E. Kellogg, author of "Science in the Kitchen," "Every-Day Dishes," etc., which will greatly strengthen this department of the paper.

Question Box.

Every subscriber to GOSPEL OF HEALTH has access to the question box. If he is sick himself, or has a sick friend, he may simply write a letter to GOSPEL OF HEALTH, describing the symptoms as well as he knows how. The inquiry will then be answered in this department or by private letter, in either case by Dr. Kellogg himself or one of our other Sanitarium physicians.

We might mention other matters of interest, but will not take the space. If you want to know more about these things, let us pay you a monthly visit. We may save you a doctor's bills; we will at least point out to you the road to health. The expense to you is not great, only 40 cents.

— LET US HEAR FROM YOU —

Address **GOSPEL OF HEALTH, - - Battle Creek, Mich.**

Special Clubbing Offers.

To increase the subscription list of GOSPEL OF HEALTH, and place in the hands of the public some other publications, of rare interest and value, we make the following special offers:—

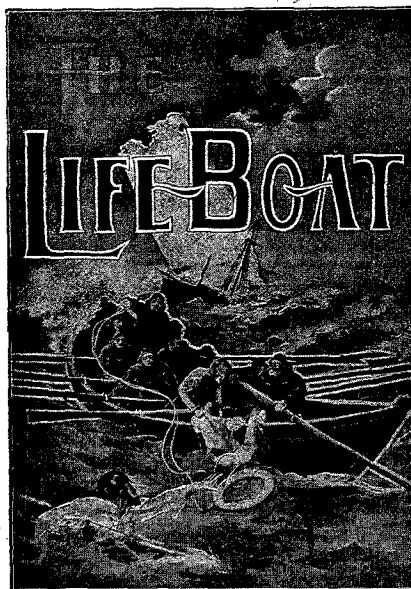
GOSPEL OF HEALTH for six months and "Every-day Dishes," forty cents.

GOSPEL OF HEALTH for six months and "Shall We Slay to Eat?" forty cents.

GOSPEL OF HEALTH for one year and either of the above books, fifty-five cents.

GOSPEL OF HEALTH for one year and the *Life Boat* for one year, fifty cents.

GOSPEL OF HEALTH for one year and *Medical Missionary* for one year, seventy-five cents.



DEVOTED TO CITY MEDICAL MISSIONS.—*Illustr'd*

Are you interested in the people who live in the slums? Sample copy sent **FREE** upon application.

THE LIFE BOAT,
1926 Wabash Ave., Chicago

TWO DOLLARS FOR ONE!

**The Magic
Pocket . . .
Vaporizer**

—AND—

**One Year's
Subscription
... to ...
Good Health.**

The **Magic Pocket Vaporizer** is a most convenient, practical, and valuable instrument for the treatment of the nose, throat, lungs, and ears.

Can be carried in the pocket without inconvenience, and thus be used frequently without interference with other employment. This Vaporizer has given such universal satisfaction, and as a curative agent such effective results, we are desirous that all may secure it, and thus share in its benefits.

THE MAGIC POCKET VAPORIZER is in Every Way a Great Success!

For a limited time we will give one of these vaporizers, with nose attachment, one bottle of medicine, together with formulas and full information for its use in the treatment of acute colds, catarrh, sore throat, bronchitis, asthma, cough, consumption, and deafness, to any one sending us one new subscription to *Good Health*, with one dollar, the regular subscription price of the magazine for one year.

Do Not Delay Ordering, as the Offer will be open but a limited time.

—ADDRESS—

GOOD HEALTH,

= = = =

Battle Creek, Mich.

... A ...

Complete Vegetarian Cook-Book

... AND ...

“Gospel of Health”

One Year for Only

55 Cents

SPECIAL OFFER.

IN order to increase the circulation of GOSPEL OF HEALTH, and provide our readers with an authoritative guide to hygienic cookery, we make, for a limited time, the following extraordinary offer:—

We will send to any address, GOSPEL OF HEALTH for one year and a copy of of MRS. KELLOGG'S hygienic cook-book, **Every-Day Dishes**, paper bound, for only 55 cents.

Cheap cook-books, prepared by persons of little or no experience, are to be had at all prices. The market is overstocked with them.

This Book is a Reliable,

Up-to-date, and Thor-

oughly Practical Work.

The author is well known as an authority on hygienic cookery. *The recipes it contains are the result of hundreds of experiments made in the Sanitarium Food Laboratory and Kitchen.* It shows how to use the health foods, and also contains instruction which will enable those who have not access to these foods to prepare hygienic meals from the ordinary products of the farm and garden.

The book is marked by great simplicity of treatment. It tells just the thing that every housewife wants to know in order to set the table every day with food prepared at moderate cost, easy of digestion, yet so palatable and satisfying that meat will not be missed.

This Offer Applies Both to Renewals and New Subscriptions

If you wish to profit by it, send in your name at once, together with 55 cents, and we will send you the book prepaid, and put your name on the subscription list of GOSPEL OF HEALTH for one year.

Address “GOOD HEALTH,” Battle Creek, Mich.