

The

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Mrs. Hattie E. Parsons
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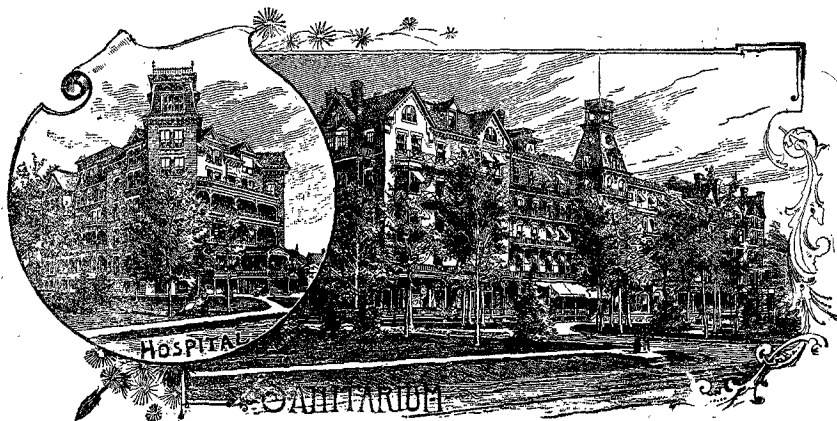
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The Gospel of Health

VOL. III.

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

NO. 7.

IF YOU WORK HARD, EAT SPARINGLY.

It is often supposed that if a man has an unusually large day's work to perform, he must eat an unusually large breakfast, and a proportionately large dinner. This is certainly an error. Large demands upon either the muscular or the nervous system for the time being detract from the power to digest. The stomach requires nervous energy to enable it to perform its functions. If the nervous forces are otherwise engaged or used, they can not be utilized in digestion. Hence it follows, theoretically at least, that instead of giving the digestive organs an extra task in preparation for an extra effort, they should be required to perform less than the ordinary amount of labor.

Experience as well as theory supports this view. Sir Isaac Newton, when employed in his most arduous labors, lived upon bread and water, and fasted for long intervals. General Elliott, the famous defender of Gibraltar, is said to have subsisted for a number of days on a little boiled rice. The wonderful "L'Homme Serpente," of Paris, always fasted for twelve hours before attempting to perform his marvelous feats of agility. This plan not only secures a higher degree of efficiency in the effort made, but prevents in a great degree the injury liable to result from excessive exertion.

When required to overwork for a succession of days, the writer has found himself not only able to perform much more work, but to do it with less effort at the time and less exhaustion afterward, when taking a greatly reduced quantity of food, than when attempting to do the same work and still taking the usual quantity of food. Probably neglect of this precaution is the real cause of many of the sudden deaths which are continually occurring, especially among politicians and public men. Overloading the stomach and working the brain at the same time is exceedingly dangerous. The man who overworks mentally must be temperate; he must exercise the greatest modera-

tion in his eating, and must totally discard all stimulants and narcotics. A great share of the cases of apoplexy which occur happen when the stomach is full. The increased clearness of intellect which results from abstemiousness well repays one for all the self-denial practised.

J. H. K.

THE HARMFULNESS OF DRINKING ICE-WATER.

WE would beg those of our readers who are addicted to the free use of ice-water to make a little experiment. Place your hand in a pitcher of ice-water, and hold it there for five minutes. How does it feel?—Certainly uncomfortable. If you were engaged in work which required the greatest delicacy of touch, the highest degree of dexterity, and in every respect the very best possible performance on the part of your hand, you certainly would not hold it for fifteen or twenty minutes in ice-water, as a means of preparing it for work.

Now consider the stomach. Its duty is to digest the food; that is, to convert it into material out of which good blood can be made. To do this, its glands must secrete a solvent fluid called the gastric juice. The blood-vessels must bring to the glands for their use a large amount of blood, and must absorb and carry away the digested food. Its muscles must all the time contract on this food, mixing with it the gastric juice, and moving it from one point to another along the secreting surface. A stomach which is benumbed by ice-water is practically paralyzed. It can not secrete, absorb, or contract upon the food.

Dr. Beaumont's observations upon Alexis St. Martin showed that the temperature of the stomach may fall as much as thirty or forty degrees from the drinking of a single glass of ice-water, and that an hour or more may elapse before the stomach recovers its proper temperature, and is able to resume its digest-

ive functions. The sudden chilling of the stomach by the drinking of ice-water, the eating of ice-cream, the swallowing of pieces of ice, etc., is a very hazardous proceeding, and one which those who value health above the transient gratification of a depraved taste, will sedulously avoid.

J. H. K.

“I HAVE SET BEFORE YOU LIFE AND DEATH.”¹

BY PROF. W. W. PRESCOTT.

God wants a man to be free. He also wants him to be real, true, genuine. God himself is real. He is the true God; more than that, he is truth, he is reality. He wants man to share with him in all that he is, and be just as real as he is. He created man in the beginning by his word of truth, and man was real. Then man turned away from God, refused the real, and took the unreal in its place. God gave man life to eat, not death. He told man that if he should eat of the tree of the knowledge of good and evil, he would eat death; therefore he earnestly warned him against touching that tree, but gave him free access to the tree of life and to all the other beautiful trees in the garden. Nevertheless, man heeded not God's words. He ate of the forbidden fruit, and in so doing opened the gate to all the disease, misery, and crime that has ever since filled the world.

Sickness to-day is caused by eating that which brings death instead of being governed by the principles of life. And then when people begin to suffer the results of their wrong choice, and are taken sick, they usually send for a physician, and imbibe largely of some death-dealing drugs. All this time it is life that they need, and they might have it just as well as not if they would conform to the God-given principles of life.

There is no compulsion in the service of God. The Lord told the children of Israel through Moses: “I have set before you life and death, blessing and cursing, therefore, choose life that both thou and thy seed may live: that thou mayst love the Lord thy God, and that thou mayst obey his voice, and that thou mayst cleave unto him: for he is thy life, and the length of thy days: that thou mayst dwell in the land which the Lord sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give to them.”

The same offer is made to us to-day, and the respon-

¹ Abstract of a talk given before the Sanitarium helpers Jan. 12, 1899.

sibility of choosing lies with each individual soul. The Lord urges us to choose life, but he goes no farther; he exerts no compelling influence upon man, because he has made him a free moral agent, capable of comprehending the will of God, and of obeying or disobeying it, as he may desire; but whatever his choice, he must abide the results. “Whatsoever a man soweth, that shall he also reap.”

True religion is not a passing sentiment. It does not consist in a form of worship. It means sharing the abundant, all-conquering life of God himself. There is only one kind of life, and this emanates from God alone. The same kind of life is needed to supply us with physical, mental, and spiritual strength. The same God forgives our iniquities and heals our diseases. The true secret of health is found in perfect conformity to the divine will in every detail of life. The heavenly Father surrounds us on all sides by life-giving principles, which, if conscientiously observed, will protect us from all the attacks of the enemy. If we would be true followers of Christ, we must obey all his commandments, and by so doing place ourselves in a condition where he can let his light shine in our hearts and through us out into the world.

PHYSICAL RIGHTEOUSNESS BY FAITH.

BY DAVID PAULSON, M. D.

1. It is impossible to secure spiritual righteousness by seeking to observe the spiritual law in merely human strength.
2. In like manner, obeying physical law in merely human strength results in failure to receive physical righteousness.
3. Obedience to spiritual law in human strength can produce only what the world calls good moral men.
4. Likewise, human obedience to physical law may produce what pass in the world for healthy people, and even athletes, but it will not confer immunity when “a thousand fall at thy side and ten thousand at thy right hand.”
5. Righteousness by faith, or the life of Christ in the soul, *produces* obedience to spiritual law, with all its attendant blessings.
6. For the same reason physical righteousness by faith will not tend to the disregard of physical law, as some might suppose, but will *produce* obedience to it.
7. Those who have received the gift of sanctification, while enjoying the blessing of victory over be-

setting sins, will yet be conscious of their sinfulness. In other words, they will not be able to boast to the world of a sinless state.

8. Likewise, no one who has received the gift of physical righteousness by faith will be inclined to boast, and thus lead people to suppose that he thinks he has *earned* it by a mere outward observance of physical law. "Where is boasting?—It is excluded." But such a person will feel moment by moment the experience of Paul, "The life which I now live in the flesh I live by the faith of the Son of God." Gal. 2:20. Paul recognized that from a human standpoint he should have been dead even more than once, and thus his physical life was merely a gift from God.

9. The poor, trusting sinner, just picked up from the slums, may not compare very favorably, from a human point of view, with the apparently whole-souled humanitarian, who, however, is ignorant of a personal salvation; but the saved sinner is like a homely plant that has a possibility of budding and blossoming out into a beautiful flower; in other words, "It doth not *yet appear* what we shall be;" while the other man may be represented by a beautiful crystal, which will never become more beautiful, and must eventually crumble away.

10. So the poor, wretched, thin-looking man, who has just grasped the truth of physical righteousness by faith, does not compare favorably from a human standpoint with a ruddy-cheeked athlete whose "eyes stand out with fatness;" yet if the latter fails to let the mind of Christ take full possession of him, there is a time coming when he will not be able to resist the diseases that are coming upon the earth, while the other man is being lifted above the power of both sin and disease, even as Enoch of old.

11. To the man who has accepted spiritual righteousness as a gift, and physical health likewise as a gift, to him God has become the saving health of his people. He has secured the "power of an endless life." To him Christ is not merely all in part, but "all in all." His health will "spring forth speedily." "He shall grow as the lily." "And they shall return and discern between him that serveth God and him that serveth him not." Then "ten men will take hold of the skirt of him that is a Jew, saying, We will go with you, for we have heard that God is with you." Such will "grow up as calves in the stall," for they have already begun to eat of the leaves of the tree of life, which are for the healing of the nations. All will be forced to admit, "This is the seed which the Lord hath blessed."

12. As we stand when others are falling around us, they will come and say to us, "Men and brethren, what shall we do to be saved"—physically? Shall we not then say to them, "Believe on the Lord Jesus Christ and thou shalt be saved," and point out that obedience to the natural law is a genuine evidence that the life of Christ has begun to operate in their lives? If they should learn simply to imitate our physical righteousness while ignorant of the real motive power that produced it, they would go down in the plagues just the same, for they would not have secured the power of an endless life.

CEREBROSPINAL MENINGITIS.

BY A. B. OLSEN, M. D.

DURING the last ten or fifteen months the central and eastern States have been visited by a much dreaded and very fatal disease, variously known as meningitis, spotted fever, or epidemic cerebrospinal meningitis. The disease usually breaks out in isolated localities, but may be epidemic, as in several of the towns in which it has appeared this spring.

Cerebrospinal meningitis, as the name itself signifies, consists essentially of a more or less severe inflammation of the meninges coverings of the brain and spinal cord. The disease is infective, and some believe it to be contagious, but this is doubtful.

The history of meningitis is rather brief and unsatisfactory. It has been recognized less than one hundred years, but may have existed a much longer time. The first known epidemic in this country occurred in Massachusetts in 1806. About fifteen years later we find the disease in Germany. From this time on it gradually spread both in the States and in Europe, for certain periods of time remaining in abeyance, and then breaking out again with renewed vigor and fatality, and doing fearful execution among people of all classes.

Up to recent times little or nothing was known concerning the character of cerebrospinal meningitis, and hence there was a wide difference of opinion; but in 1887 Weichselbaum, a noted pathologist of Vienna, discovered the germ which produces the disease. This micro-organism is extremely virulent, and very soon destroys the living tissue, and forms a poisonous discharge, which is called pus.

The disease may take a comparatively mild course, or may become very malignant, and prove fatal within

a few days or hours. The latter form is sometimes accompanied by a rash consisting of irregular red spots, due to local hemorrhages, and then it is called spotted fever.

As to the predisposing and exciting causes, but little is definitely known. Environment, climate, sex, appear to exert little or no influence. It is found alike in city and country. Statistics show, however, that the majority of cases occur in the spring of the year, and some think the disease is more prevalent after a severe winter, which is followed by much cold, damp weather.

Overcrowding is believed to favor the development of an epidemic of cerebrospinal meningitis. The disease has broken out on several occasions on crowded transport vessels, in penitentiaries, etc. Foul air, impure water, and an impoverished diet, together with a general disregard of hygiene, may all be considered as predisposing causes.

Nasal catarrh is regarded as a causative factor, since it furnishes a suitable soil for the growth of the germs, and these may later invade the cranial cavity. Chronic catarrh is becoming more and more prevalent. The cure is not wholly a local matter, for the general health usually needs attention, and the diet should be corrected. Greasy foods and especially sweets, such as pastries and candies, should be carefully avoided. It is better to treat the catarrh thoroughly while still in the acute stage than to let it become chronic.

The attack of meningitis is usually sudden. It often begins with a severe chill followed by fever, the temperature going up to 104° or 106° F., an intense headache, backache, pain in the limbs, nausea, vomiting, and great prostration. The muscles of the neck may become rigid and contracted, thus pulling the head back. Indeed, this is one of the characteristic symptoms of the disease. Convulsions are not infrequent, especially in children, and delirium is the rule in most cases. As in many other diseases, the bowels are more or less confined, and digestion is disturbed. The disease is often complicated by other disorders, especially pneumonia, pleurisy, inflammation of the kidneys, and organic disease of the heart. These complications increase the gravity of the case.

The course of the disease is very irregular. It may prove fatal within a few hours, or death may be delayed several days. All physicians recognize it as a very fatal disease, and statistics show that from twenty to eighty per cent. of the cases end fatally.

Little can be said of the treatment of the disease

itself, prevention in this case meaning everything. Of course the patient should be put to bed at once, and should receive careful attention. When the symptoms described are noticed, a competent physician should be called. The treatment itself is quite simple. Cold to the head and spine has been recommended. An ice-cap to the head often affords great relief. Neutral (95°-97°) or cold (80°-85° F.) baths also afford relief, but cool or tepid sponging is preferable in the majority of cases, as the patient need not be disturbed so much in giving the treatment. Others recommend cold packs. The diet should of course be light, and should consist of easily digested food. Mild fruits, simple gruels prepared from grains or gluten or granola, together with toasted breads, are appropriate.

As already stated, however, prevention is the only sure cure for this dread scourge. Little can be done after the patient is once attacked. The slight knowledge that we possess concerning this malady leads us to believe that a simple, wholesome diet, a due amount of out-of-door exercise, sufficient sleep, and careful respect to all the other laws of life will render a person largely immune.

The question as to the disease's being contagious or not is an important one, which has not been definitely settled as yet; at least we do not understand its mode of transmission from one individual to another. A specific germ is probably the exciting cause. Some believe that meningitis is contagious, and that the patient ought to be isolated, the same as with measles or diphtheria. Indeed, the history of some of the epidemics would appear to indicate that such was the case. On the other hand, some hold that it is not contagious, and that there is little or no danger in that direction. We should suggest that the patient be isolated as much as possible, and that great care be taken to prevent unnecessary exposure. It is such a fatal scourge that too great care can not be taken to prevent its spread. Children appear to be most susceptible, and are most liable to have the malignant form of the disease; hence they should be especially guarded against its ravages.

MEDICAL missionaries are in demand at all times in the year, but especially so in the summer. There is a very large mortality among children and infants at this season, largely owing to ignorance and carelessness on the part of caretakers. Let us put forth every possible effort to spread abroad the principles of health.

THOUGHTS BY THE WAY.

BY M. E. OLSEN.

THE true health reformer is making continuous advancement. Though the path of obedience to physical law is narrow and often thorny to tender feet, yet it is set with the bright jewels of truth, bordered by the flowers of God's love, and, as the rising sun, it "*shineth more and more unto the perfect day.*"

Do not think for a moment that you can understand the health principles without the aid of the Holy Spirit. The gospel of health is only a part of the everlasting gospel of our Lord Jesus Christ. A Christless health reform has no saving power. The animating principle which underlies the whole subject of healthful living is that the body is sacred, purchased by the shed blood of Christ, and designed to be the pure, holy dwelling-place of the Spirit.

The Lord is always the same, his love never grows cold; but the manner of its manifestation is largely determined by the attitude we assume toward his laws. The richest of the divine blessings can be enjoyed only by those whose receptive attitude toward truth and whose spirit of co-operation with God make it consistent for him to entrust them with a large measure of his grace. Physical healing is one of those gospel blessings which are conditional upon our attitude. "Obey my laws, and I will keep you from all sickness," were the Lord's words to Israel. Again, on another occasion, he said, also referring to his people, "*I have seen his ways, and will heal him.*" Dear friend, to whom the hope of healing through prayer has come, have you considered your ways? Are you willing to give up darling habits, to crucify perverted appetite, and live only to glorify your Maker? Then you are ready for the Lord to look on your ways, and if it be for your good and his glory, to heal you.

It is always safe to state principles; it is not always either safe or politic to apply them in a given case. Because Brother A has an attack of the grippe or some other disease, and Brother B is, for the present at least, apparently enjoying good health, it does not follow that Brother B is the better health reformer of the two. When a brother is sick, the thing to do is to help him to get well,—not to reproach him with his sins against the health laws. It was this spirit of

accusation that made the three friends of the afflicted Job such "miserable comforters." They were men of learning and piety; their serious mistake consisted in their efforts to convince Job that his sins had brought all his evils upon him. Christ says, "Judge not, that ye be not judged."

Overeating interferes with clearness of mind. If the farmer, when he comes in from his hard day's work in the evening, instead of sitting down to a hearty supper would spend that half hour in quietly resting, he would find himself in a much better condition to conduct worship with the family and take the lead in studying some of the precious truths for this time. We would do well to recall often the words of the Saviour, "The life is more than meat, and the body is more than raiment." If denial of appetite is one of the hardest lessons for Christians to learn, it is also one of the sweetest, and really lies at the very threshold of success in the Christian life.

THE DIVINE HARMONY OF TRUTH.

VI. Consumption.

BY DAVID PAULSON, M. D.

THE fact that in the United States five hundred people die every day of consumption alone is sufficient excuse for looking to see if science and revelation have not shed some light upon this problem. One seventh of all the deaths in this country are due to consumption, and the disease is about as prevalent in other countries. It is estimated that there are 1,000,000 consumptives in Germany alone.

Scientific men have become stirred up over the alarming increase of this disease, so that a few weeks ago about two thousand of the leading medical scientists of the civilized nations of the world gathered in Berlin to study its causes and the methods of combating it.

Professor Virchow, who for more than fifty years has practically led medical science in important lines, stated definitely in this congress that tuberculosis is not transmitted from parents to children. The observations of most careful investigators along this line during the last few years all tend to confirm this principle. This is so at variance with common experience that it would seem to be erroneous, but if each case is carefully studied by itself, it will be seen that the children contract consumption from exactly the same causes that produced it in their parents; viz.,

unhygienic surroundings, impure air, lack of outdoor exercise, and other violations of nature's laws. The children of consumptive parents certainly inherit tendencies that invite the inroads of this disease, for identically the same reason that the children of drunkards inherit, not drunkenness, but a leaning in that direction. There are no greater reasons why children of consumptives should contract consumption than that the children of drunkards should become drunkards.

When we consider the alarming increase of tuberculosis among animals, and see how largely their flesh and milk are used by the human race, we need not be surprised at the tremendous increase of tuberculosis. It has been estimated that of the 60,000 cows required to furnish milk for the city of Chicago, 20,000 are diseased.

The great essential requisite in the prevention as well as the cure of tuberculosis is the building up of a strong vitality. One important factor is pure air, to which attention is called in paragraph 900, "Healthful Living:" "At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased."

The most successful hospitals for the treatment of consumption recognize this so clearly that their patients are practically outdoors night and day.

Another important item is proper diet. Professor Charrin, of Paris, who has of late years written very extensively upon this subject, believes that the main factor in contracting a germ disease, such as consumption, lies in a condition of lowered vitality of the system, and that such a condition is largely due to the absorption of poisons from the stomach and bowels, in patients who have indigestion. This thought is well presented in paragraph 263, "Healthful Living:" "Scanty, impoverished, ill-cooked food is constantly depraving the blood, by weakening the blood-making organs."

Again, those who wish either to prevent this disease or to overcome it if they already have it, must not neglect outdoor exercise. On this point paragraph 578, "Healthful Living," is very suggestive: "By active exercise in the open air every day the liver, kidneys, and lungs also will be strengthened to perform their work."

All of these precautions will avail nothing in the end unless the individual has acquired the habit of breathing correctly. On this point nothing is more striking than the statement in paragraph 726, "Healthful Living:" "It is essential to health

that the chest should have room to expand fully, so that the lungs may be enabled to take full inspirations of air. Many who have died of consumption might have lived their allotted term of life had they dressed in accordance with the laws of their being. The strength of the system is, in a great degree, dependent upon the amount of fresh air breathed. If the lungs are restricted, the quantity of oxygen received into them is also limited, the blood becomes vitiated, and disease follows."

Let all be impressed with the thought that God is more pleased to have the remnant people present a *living* sacrifice than a dead or dying one.

CONVERSION AND THE GOSPEL.

BY A. J. SANDERSON.

IN the teachings of the gospel, whether it be in the good news it brings to the spiritual life, to the physical life, or to any phase of either, there is always one experience which is paramount in importance, and that is conversion. Upon the nature and thoroughness of this step depends the after life.

We do not wish to discuss the process of conversion, how long it takes, or when it may be looked upon as an experience of the past, but simply to mention the changed condition and the fruit it brings to the converted life.

It is not necessary to call attention to supposed Christian characters that have not experienced this change in their being; we all have witnessed them by observation, if we have not had the wretched experience ourselves.

To serve two masters is an unprofitable, unhappy life, even from a warped human standpoint, and an impossibility according to the statement of Christ. Whatever definition is applied to this too little understood experience, we believe that conversion may be said to be a wilful and willing turning from the service of self to the service of God, a change from living according to our own taste or ideal to the acceptance of God's standard. Our views of life become changed, so that instead of looking at the universe from the narrow confines of a human, perishable little world of our own, we view it by the divinely illuminated mind. Said Paul, "Old things [what few there were] are passed away," "all things are become new." The earth and the things therein no longer minister to our perverted taste, and thus destroy, but according to God's purpose are used to feed and

build up the body and soul. The body responds to the new plan of living, and the soul bursts out with new life, for the man has "passed from death unto life."

The taste is changed. What we once loved we now despise, and what once we considered of no value now becomes our chief delight. A Christian who has not met this change is at least poorly converted, and the man who serves God with his desires continually turned toward a former sinful life will as surely become a monument of human folly as did Lot's wife.

In no phase of Christian experience is a natural conversion more needed than in the acceptance of the gospel of health, and nowhere are the consequences of a hypocritical or a double life more conspicuous.

To live right because some one said you must, or because you are afraid of a visible approaching death, or because you fear the future consequences of disobeying God, is one thing; and to love right because you appreciate right living, and live to be in harmony with God, is quite another. The difference between living right because one loves the right way, and doing so because influences compel him to do it, is illustrated by the experience of Daniel, who loved his simple life and food much and God more, and the experience of the children of Israel, who longed for the leeks, onions, and flesh-pots of Egypt, and thought more of earth than of heaven.

The gospel is the revelation from God, new to us only because we are turned away from him. The acceptance of the gospel, if we receive it from God, should turn us to him; and in union with God, and living upon the principles of divine word from day to day should yield in us the health and life which is the gift to every accepted child of God. If it does not, we would do well to examine our conversion, and see if it be of God or of man.

How strange that we should sometimes hear the gospel teacher, in unguarded moments, speaking of the good things he used to eat, or of the difficulties and the crosses in living in the new way, or by his leanness of soul and body bearing some similar testimony. How much we need the living preacher who will not only speak words of life, but carry life with him, both in body and in mind, whether he be speaking or silent.

Those who are zealous to teach and instruct the church, yet represent so little of the health truths or of the fatness and fairness they should show, would do well to study the words of Christ to Peter, "When thou art converted, strengthen thy brethren."

THE MORNING COLD BATH.

BY M. E. OLSEN.

EVEN those in rather feeble health will be benefited by the cold bath, if it is properly taken. Such persons may not be able to stand the shock of immersing the whole body at once in cold water; but the same tonic effects in milder form may be derived from the cold sponge bath, followed by vigorous rubbing till the skin is all in a glow. Frequent bathing is especially necessary in the summer, when the skin is unusually active, and large amounts of poisonous matter are secreted, which, if left to accumulate, will clog the delicate pores of the skin, and render the body much more liable to disease.

One great advantage of the cold sponge bath is that it can be taken with the fewest conveniences, the only requirements being a wash-dish full of water, to towels, and a sponge or a wash-cloth. The latter may be dispensed with, and the water applied directly by the hand. Be careful to secure a good reaction. Let all your movements be brisk and vigorous.

Cleanliness is one of the very first essentials to health. No one with a dirty skin can expect to be immune from disease.

NO MORE MEAT FOR GOVERNOR TANNER.

THE following clipping is taken from the *New York World*:—

CHICAGO, JUNE 5.—That there is tuberculosis in beef, milk, and butter was what Governor Tanner learned at the stock-yards to-day.

Clad in the blood-bespattered garb of a butcher, for two hours to-day he watched the process of the slaughtering of twenty-seven cattle which were examined for tuberculosis. The cows came from the Loose dairy farm in Sangamon County, near Springfield, which had been furnishing the Governor and the other occupants of the executive mansion with milk, butter, and other dairy products.

The examination proved that the animals were suffering from tuberculosis in the most virulent form.

Governor Tanner said: "This settles it. I quit eating meat."

Inspector Devoe conducted his guest to the room where some two hundred young women were making microscopical tests of specimens of pork. Each specimen is numbered to correspond with a number that is attached to every hog that is killed for export to the restricted countries,—Germany, Denmark, France, Austria, and Spain.

"Where do you examine pork that is intended for domestic consumption?" asked a reporter.

"It is not examined," was the simple reply.

Infected pork is all kept at home.

THE HOME.

THE CHILD GARDEN.

BY MISS MARY WOODWORTH.

How few children receive the care that is given to a well-regulated garden, and yet how infinitely more important is the cultivation of beautiful traits of character in our children than that of raising roses, lilies, and pinks.

The wise gardener puts his plants in a good soil, and gives them plenty of sunshine and moisture. So the child should, from its birth, be placed under influences which will encourage its growth along right lines. The education of the child begins while it is in its mother's arms. It should hear only sweet, harmonious sounds; it should see only beautiful sights. Everything about the home should be harmonious. The furnishings need not be elegant, but they should be sweet, simple, and pure, that their influence upon the child may be uplifting and ennobling.

The child will have everything to learn; so it must begin with a knowledge of simple things. Then, as it learns these, it can take up things of a more complex nature, and as the mind grows in strength and capacity, it may attain to astonishing heights of knowledge and culture. Childhood is the planting time. The gardener studies the soil, and selects such seeds as are best to sow in it,—those that it is best adapted to nourish. So in planting seeds in the plastic mind of a child, we must study the character of the child, and be governed accordingly.

Perhaps you will ask me how the seed is to be planted? The most effective way of all is by the mother's example. Even before the child can talk, it watches everything that goes on around it, and is unconsciously learning; seeds are already being planted.

Story-telling is a very effective means of implanting the seeds of moral truth, and here we need to study the soil, and plant appropriate seed. If our children are selfish, let us tell them stories in which a beautiful, unselfish spirit is displayed. This is a much better way of teaching the child to be unselfish than to utter words of blame. Teach positive things, and let the negative things take care of themselves. Suppose you wish to develop gratitude; can you do so by telling the child that it ought to be grateful? A better way is to take the child out into the fields and

woods, and point out the patient, loving care that the nestlings get from the father and the mother bird; how the nest is kept warm, and how the little helpless things are fed, and, as they grow older, are taught to fly. The child loves to dwell on such things, and soon begins to think: "That is just what my father and mother are doing for me, and how thankful I ought to be to them."

It is usually best to let a child attach its own moral to the stories that you tell it. Children do not like to be sermonized. Be patient in looking for results, be watchful and loving; but never push, never force a virtue. Teaching a child religion is an important thing. It seems to me that wrong methods are often employed. The child is taught, "Thou shalt love the Lord thy God," etc. It gets the idea that it *has* to love God, that it *has* to do a great many other things, and so finds no enjoyment in them. It seems to me a better way is to tell children about the good things the Lord is doing; take them out of doors, and tell them about the flowers, the trees, and the birds, and how God feeds and clothes every living thing. The children love to learn about these things, and when the fact is made clear to them that God is the author of all, they can not help but love him. He *must* be good and beautiful. You can also point out how everything in nature is useful. The flowers, the trees, and the animals have their work to do, and do it faithfully. This will lead the children to want to be useful too. If you wish to develop courage in a child, talk courage to it; tell it stories of men and women who performed heroic acts in saving others.

Avoid condemning a fault in a child; you can not eradicate it in that way. Probably you have found this out in your experience. If we condemn a fault, and insist on fastening our attention upon it with a view to conquering it, we are very likely to fail. It is just like a beginner learning to ride a bicycle; he does not want to run into that tree, and makes desperate efforts to avoid it, but by some perverse instinct he goes right for it. I have found in my own case that the wisest course is to think of the opposite virtue. This is in harmony with Bible teaching, that by beholding the glory of the Lord, we are "changed into the same image."

Think well of your children, trust them, and give them to understand that you expect them to do right. If you are looking for them to do wrong all the time, they will most likely do it. Have you not at some time in your own experience come in contact with a person who did not think you amounted to much, and did it

not have a depressing, chilling influence on you? Again, have you not met people who saw much more in you, and told you of things which you could do, of which you had not thought yourself capable? and did it not have an inspiring, elevating influence upon you? Perhaps you said to yourself, "I am not as good as that, but I will be; my friend shall not be deceived in me."

Let us never be arbitrary with the children. How often we are likely to forget that children are individuals to be developed as God wants them to be. We want them to fit *our* pattern. When they develop some pretty trait of character, we must show them off to everybody who comes in; we regard them as simply little toys that God has given us to play with. We wish every visitor to see how well Johnny can speak his piece or Mary can sing her song. And then the child is praised,—“John does so well, he will be a great man some day.” With such treatment the child soon becomes self-conscious, and does things for effect, and the sweet artlessness of childhood is gone.

THE POSSIBILITIES OF ZWIEBACK.

BY MRS. E. E. KELLOGG.

THERE are few foods which offer so many possibilities as an all-round staple article of diet for the hot weather, as zwieback. Properly prepared, from graham or whole-wheat bread, it contains the necessary carbonaceous and nitrogenous food elements in excellent proportion, making it one of the most nutritious foods. Being, as the name indicates, a twice-baked bread, the starch has become largely changed to dextrin, making it much easier of digestion than ordinary bread.

When well made, it possesses a delicious nutty flavor, both pleasing and palatable. It is sufficiently firm in texture to require thorough mastication, another point in its favor, and when eaten with fruits and nuts, supplies all the needed food elements, thus making a well-balanced bill of fare with very little labor.

It is a health food, available to all, one which every housewife who can make good bread can herself prepare. It can be made in considerable quantity, and kept on hand in readiness for use, as it will keep a long time if stored in a dry place. It may also be purchased in bulk, all ready for use, from the Sanitarium Health Food Co., at fifteen cents a pound.

To Prepare Zwieback.—Take good, light whole-

wheat or graham loaf bread, which is at least two days old, cut in uniform slices, not more than one-half inch thick, each slice, if desired, being divided in half. Place the slices, one deep only, on perforated tins or on a sheet of heavy, close-mesh wire netting (on the oven grate, if nothing better offers), and brown in a slow oven until each slice is browned evenly throughout the entire slice. The time required will depend upon the amount of heat, and the thickness of the slices. It can be made when the oven has been heated for other purposes, as after the baking of bread, or even during the ordinary cooking, with little or no additional heat. Care must be taken not to burn the bread, for once scorched, it is spoiled.

Zwieback affords an excellent opportunity for using the left-over slices of bread so apt to accumulate in the ordinary household. It may be made from rolls, beaten biscuit and other aërated breads, by splitting and browning in like manner.

With a good supply of this twice-baked bread on hand, an excellent breakfast for a hot day may be served of zwieback, reheated for a few minutes to give it special crispness, spread with nuttolene or nut butter, and eaten with a plentiful supply of strawberries, raspberries, or other berries. If something hot is desired, the zwieback may be eaten, bread-and-milk style, in hot malted nuts or hot nut cream, instead of with nuttolene. Or, if preferred, the zwieback may be softened slightly in hot nut cream, the slices packed in a deep dish, and well heated in the oven for a few minutes, and served with a dressing of fresh fruits mashed lightly and sweetened or with any preferred fruit dressing. In either case the bill of fare would be a wholesome, well-balanced one, and most easy of preparation. Such meals are conducive to happiness and good nature, both on the part of those who prepare them and those who partake of them. There are few adults and fewer children who do not relish this simple, nutritious food.

Zwieback may well form a part, too, of the dinner menu. If a soup be served, there is no more fitting accompaniment than zwieback. Added to any vegetable stew, it is quite as palatable and far more wholesome than any kind of dumpling that can be made. It is excellent served with green vegetables and salads. It makes delightful sandwiches and even dessert. For the traveler or the camper it offers many possibilities, since it can be kept in good condition so easily, and with so little labor readily combined with nuts and fruits into so many palatable dishes.

RECIPES.

Fresh Berry Sandwiches.—Moisten slices of zwieback by putting the pieces in a colander and pouring carefully over them some hot nut cream or malted nuts, allowing them to drain well (the slices should not be moistened enough to be at all mushy). Lay each slice on a plate spread with berries mashed and sweetened, and cover with a second slice of the moistened zwieback. If almond butter can be used for the cream, a slight dusting of almond meal before the berry filling is added is an addition. Steamed figs, prune marmalade, chopped dates, and sliced peaches also make excellent sandwiches.

Bean Sandwiches.—Cook navy-beans until tender, drain from all juice, remove the skins by rubbing through a colander, season with salt and nut butter or nut meal if desired (they are very good without). Pack the seasoned beans in a baking tin, and bake one-half hour, or until dry and mealy. Slice and spread between slices of moistened zwieback. Dried Scotch peas, cooked and prepared in the same way, spread between slices of dry zwieback and served with a pease gravy or with a tomato sauce turned over each serving, make a very palatable dish.

Fruit Shortcake.—Moisten slices of zwieback with nut cream, fill with sliced peaches, blackberries, or any fresh fruit, and serve with a nut cream dressing.

Asparagus on Zwieback.—Cook the asparagus in bunches, and serve on slices of moistened zwieback (the asparagus liquor may be used for moistening if desired), with a dressing made as follows:—

Prepare a cream of nuttolene by mixing it with water until of the consistency of ordinary cream. Use equal parts of this cream and strained stewed tomato. Season with salt, heat to boiling, and thicken slightly with browned flour.

Summer Squash on Zwieback.—Divide the squash in quarters, remove the seeds, cook in a double boiler, in its own juices. When done, if desired, it may be thickened with a little flour. Season with salt, and serve on slices of moistened zwieback.

VINEGAR WASH.—Use one part of strong cider vinegar and three parts of water. As vinegar evaporates more readily than pure water, this is an excellent cooling lotion for use in sponging fever patients. Vinegar and water in equal parts make an excellent lotion for use in cleansing the feet, armpits, and other parts of the body in which the perspiration has a fetid odor.

THE CARE OF THE SICK.

How to Work without Tools.

BY MAUD CUMMINS.

OFTEN I am called to give treatments in homes where there is nothing to work with. Perhaps some of the readers of GOSPEL OF HEALTH may have these same difficulties to meet. Let us consider a few ways of improvising such necessities.

From other articles in this paper you have already learned the different treatments, and seen from the illustrations how they are given.

Suppose you wish to give "heat and cold to the spine," and have neither ice nor a fomentation cloth: Take a newspaper, put several handfuls of wet grass or leaves inside, lay it on the stove, and when heated through, apply it to the patient's spine. Cold water may be applied in place of ice. Should you have only hot water handy, wring out a cloth, shake until cool, and then apply as you would the ice.

In giving fomentations, anything may be used for cloth, a piece of old woolen underwear or a stocking (woolen is better, as it holds heat longer, but any cloth will do). In case a cloth is not to be found, take any large leaves,—cabbage, burdock, or horse-radish,—and lay them on the stove to warm and wilt, and then apply quickly. Bottles, bricks, sand-bags, flat-irons, or stove griddles may be used for applying heat.

An old cane-seated chair, with a pan of hot water underneath, in which have been placed hot bricks or stones, may be used to give a vapor bath. Seat the patient on the chair, place his feet in a pail of warm water, wrap both patient and chair in blankets or quilts, and leave him there till he perspires freely.

A common wash-tub, tilted up and supported, makes a good sitz tub.

Any pail or pan large enough may be used as a foot tub. Always cover the patient's limbs well while giving a foot bath.

A graduated bath may be given with the patient lying on a canvas cot covered with a large piece of oilcloth, the corners of which should be pinned together at the head, and held in such a way at the foot that the water will run off into a pail.

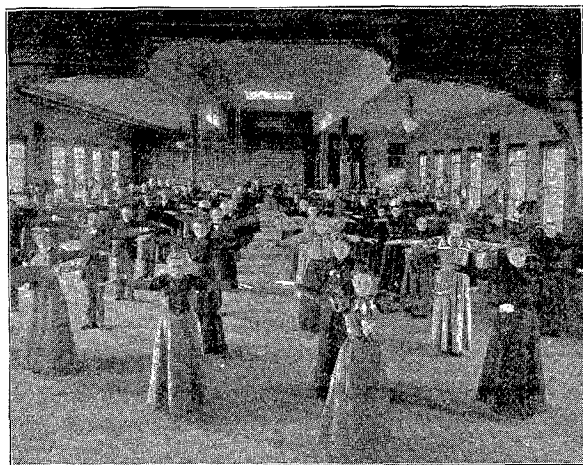
A spray may be improvised by using a pail or pitcher, and a piece of rubber tubing as a syphon.

Many a life has been saved by making use of just such means as these. On the other hand, lives have been lost by the nurse's want of adaptability.

OUR WORKERS.

ABOUT THE SANITARIUM.

The Sanitarium grounds are very beautiful at this season of the year, and it is pleasant to see the patients sitting on the lawns at all hours of the day, looking so bright and happy that one would hardly take them to be sick folk were it not for the nurses in uniform, and the wheel-chairs.



PATIENTS TAKING THEIR EXERCISES IN THE GYMNASIUM.

The patient at the Battle Creek Sanitarium leads a busy life. There is a continual round of duties and pleasures that keeps him from thinking of his pains and aches, and leads him to think he is a personage of some account. The first thing after rising is the breathing exercise in the gymnasium. This is followed by worship in the parlor, conducted by Elder Mc Coy, the chaplain. Then follows breakfast, which is served at eight o'clock. At nine Mrs. Lenna Salisbury again conducts exercises in the gymnasium; this time light dumb-bells are used, or the class go through some vigorous manual Swedish movements. This exercise lasts half an hour, after which the patients usually take a little stroll around the grounds if they are not too tired. At ten o'clock they take up their program in the bath-rooms, where they are treated with baths, fomentations, electricity of various kinds, massage, etc. From 1:00 till 2:30 is "rest hour," and the building is kept as quiet as possible while the patients take their noonday nap. At three o'clock dinner is served in the large and beautiful dining-room.

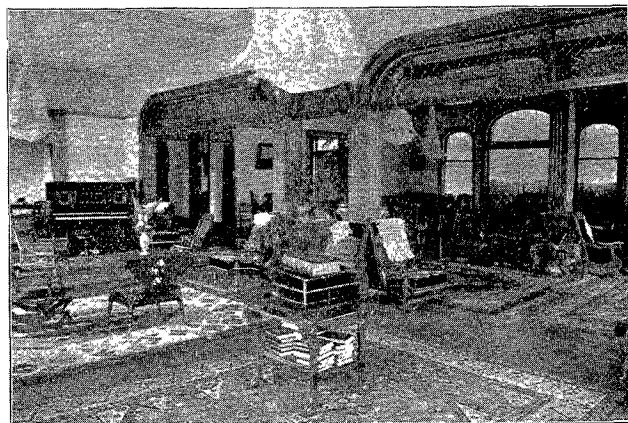
The afternoon is spent in various ways. Some take treatment in the bath-rooms, others sit out on the

grounds and enjoy the beautiful sunshine. In the evening there is brisk exercise in the gymnasium with the Indian clubs, followed often by a lecture or some other quiet entertainment in the parlor. The swimming pool is a very attractive spot for some of the patients and helpers, and the many beautiful woods and lakes in the neighborhood of Battle Creek make driving very delightful.

The Sanitarium Summer School will begin July 3, and last eight weeks. Announcements giving an outline of studies to be pursued have been printed. If you have a friend who should take this course, send his name and address to the Sanitarium Training-School, and a copy of the announcement will be sent.

This Summer School will aim to cover in a brief and comprehensive manner the important principles underlying healthful living. It will be a splendid opportunity for those who have not time to spend a year or two in taking a thorough course, but wish to learn as much as possible in a short time with reference to this phase of the message.

Miss Emily Stevens, matron of the Hospital, is taking a vacation of several months, on her brother's farm in Virginia. Miss Stevens took with her a little girl whom she has adopted. Her place at the Hospital is filled by Mrs. Hawver.



THE SANITARIUM PARLOR.

The Sanitarium is a large institution. Our readers may be interested to know that the gentlemen's bath-rooms use an average of about eight hundred sheets and towels every day, and it takes the entire time of one boy to carry soiled sheets to the laundry close by, and replace them with clean ones.

NOTES AND PERSONALS.

DR. KELLOGG sailed from England the 17th of June, and will probably reach Battle Creek about the 27th. The doctor in a recent letter reports very encouragingly in reference to the health work in Europe. The patronage at the Skodsborg Sanitarium is so large that it will be necessary to send two more physicians at an early date.

Elder and Mrs. L. McCoy recently returned from a visit to their old home in Greensburg, Ind. Elder Munson looked after the duties of the chaplain in his absence.

Dr. C. E. Stewart attended the camp-meetings at St. John, N. B., and Sutton, Quebec. Dr. A. B. Olsen spent a short time at the meetings held in Anoka, Minn., and Marshfield, Wis. Dr. Holden attended the meetings at Loudon, Ontario, and Warren, Pa. These doctors report an excellent interest in the health principles at the meetings they attended.

Brother F. I. U. Dolphijn writes that a Gospel of Health Reading Circle has been organized at Cape Coast Castle, on the African Gold Coast. We are glad to welcome this new circle, consisting of nine members, and wish it the best of success in holding aloft the banner of life and health through right living in that country so noted for a deadly climate that it has been called the "white man's grave." Are there not other missionaries who would feel it a privilege to organize such a circle?

The Sanitarium Christian Help bands are not engaged as extensively in this work as last winter, most of the real want and suffering having passed away with the coming of spring. But there still remains much to do in the way of so educating some of the poor families that they will learn to provide for themselves, and lay up something in the summer to keep them through the winter. We have a missionary garden under cultivation and expect to give some of these people work in hoeing, picking berries, etc.

A little band of workers frequently go down to Marshall to hold services in the jail on the Sabbath. There are not very many prisoners there now, but

they heartily appreciate the visits. Brother H. G. Butler has made several trips to the mission at Toledo and always returns in the best of courage. Brethren Babcock and Stevens are certainly greatly blessed in their labors, and the Lord's care for that institution has in a wonderful manner been shown from the very first.

Brother and Sister Iliff write from New York that they are of excellent courage and that the work there is moving along nicely. They are about to fit up the mission with better facilities so as to be able to secure a larger patronage for the lunch counter.

Brother H. F. Litchfield writes from St. Johnsbury, Vt.: "We find plenty of suffering people, and feel so thankful that God has made it possible for us to help them. One of the patients says that massage does her more good than the doctor, that she lies there and counts the days between treatments, and is so glad when 'massage day' comes."

Miss Nellie Patchen writes from Juniata, Ala., that she and Sister Curtis have started a Gospel of Health Reading Circle, and have held regular weekly meetings during the last two months. The neighbors are attending the meetings and are showing a good interest in the subjects treated. It might be an excellent plan for other of our Sanitarium workers to start such circles. It would help to keep you in touch with the work at Battle Creek, and although there might be but few at the beginning, the circle would be bound to grow.

Sister Henry's correspondence with our sisters throughout the country has brought to light many an earnest quiet worker, who all alone and among strangers, surrounded with great difficulties, has faithfully tried to give the light of truth to others, and has been richly blessed in so doing.

Mrs. McAbee, one of the members of the fall class of '98, returned a few days ago from Chicago, where she has been selling the *Life Boat* from house to house and in the saloons. We quote the following extract from one of her letters: "We called at all the fine saloons in the neighborhood and the Lord gave us good success. One is called the 'Maze.' The floor is said to be laid with gold dollars. The whole place is a mass of mirrors. I asked the

owner if there was not some time in his life that he did not long to know God and be a Christian. He spoke very kindly in reply, and I believe the Spirit of the Lord is working with him. Another man told me he knew he was on the way to hell, and going as fast as he could. He said, 'My sister, if you can tell me how I can keep from coming here, I will be willing to give anything in the world. I have prayed and prayed and done everything I know to keep away, but here I am again.' I tried to show him the way to Christ, and gave him some texts of Scripture. I have worked only about eight hours, and sold seven dollars' worth of papers, besides having blessed experiences. We called on the managers of the city hall and several other large buildings, and they gave us permission to go through and sell as many papers as we pleased."

Miss McIntyre is still engaged in the health work at Coldwater, Mich. Miss Dilkes and Miss Rutherford are working at Charlotte, Mich.

The Wisconsin Conference voted at its recent camp-meeting to request the Medical Missionary Board to furnish them a physician, who is to spend his entire time in working in the interests of the health principles in the State. We trust that similar plans will be adopted in the other conferences, in harmony with the suggestion of the late General Conference.

Ice-cream is one of those harmful yet popular luxuries which the health reformer would do well to avoid. As usually manufactured it is liable to contain dangerous impurities; at least a number of cases of ice-cream poisoning have been reported. The home-made article is not as liable to be impure; but it is a bad combination, and the labor of freezing it is worse than lost, since it must all be melted again before the digestive juices can act upon it. There is another serious objection to ice-cream. You never hear of one's taking a dish of ice-cream because he is hungry. It is almost always to cool off, but it is a poor policy to overburden the stomach with unnecessary food simply to cool off, and it certainly seems wrong for Christians to spend money in needless luxuries when so many thousands are suffering for the want of the actual necessities of life.

The June number of the *Training-School Advocate* is the annual calendar for the Battle Creek College. It contains about 125 pages of interesting matter on

the subject of education. The principles which underlie this branch of the message are clearly outlined. About thirty pages are devoted to reports from the various church schools. The work of the conference schools is also considered, together with the plans of the College for extending its influence into other fields. This number is beautifully illustrated. It should be in the hands of all who are interested in practical education. Send ten cents in stamps for a copy. Address the *Training-School Advocate*, College, Battle Creek, Mich.

What we need to-day is not brilliant workers, but faithful, earnest, prayerful workers,—men and women who are filled with the Holy Ghost, who have the burden of souls upon them, and can not rest satisfied in their own salvation, but feel that they must warn others of the dangers ahead. The health principles are a part of the everlasting gospel, which is to be proclaimed in all the world for a witness to all nations. The Lord is calling for conferences, churches, and individual workers everywhere who will consistently represent the whole message for to-day.

Many people complain that fruit does not agree with them. The difficulty usually arises, not from the fruit itself, but from the cream and sugar or other questionable articles with which it is eaten. Try a breakfast some day of plain zwieback with blackberries, huckleberries, or some other fruit in its natural state, and note the clear head and light, buoyant feeling in the region of the stomach that will follow you all the forenoon.

"Let the earth be glad, let the inhabitants of the world rejoice, that Christ has bridged the gulf which sin has made, and has bound earth and heaven together. A highway has been cast up for the ransomed of the Lord. The weary and the heavy laden may come unto him, and find rest to their souls. The pilgrim may journey toward the mansions that He has gone to prepare for those who love him."—*Mrs. E. G. White.*

We were pleased with the hearty welcome given the camp-meeting number of GOSPEL OF HEALTH. The edition of 11,000 was exhausted within two weeks after its issue, and many orders had to be returned unfilled. May we not have your earnest help in securing for the regular issues of the paper a larger circulation? The Lord will surely hold us accountable for communicating the light we have received.

PUBLIC SANITATION.

SEVENTEEN hundred and thirty-seven physicians attended the annual meeting of the American Medical Association held at Columbus, Ohio, June 6-9.

The death of Dr. Lawson Tait, of Birmingham, England, June 13, removed from his field of usefulness one of the most eminent of the world's surgeons.

A child dying of diphtheria in South Chicago was given a public funeral, contrary to sanitary regulations. The coffin was opened, and some of the persons present even kissed the child. As a result there has been an outbreak of diphtheria in the neighborhood. The undertaker who permitted such an unwise proceeding has been fined \$200.

At the fiftieth meeting of the American Medical Association, held at Columbus, Ohio, June 6-9, the following resolutions were offered by the committee on tuberculosis, and adopted:—

Whereas, From carefully prepared statistics it is found that of all the deaths from all causes between the ages of fifteen and sixty years, one third result from tuberculosis, and that one in every fifty persons has this disease; and,

Whereas, Competent authorities claim that under proper treatment from at least one fifth to one quarter of those affected by tuberculosis may be cured; and,

Whereas, The European governments are actively engaged in endeavors to stamp out this disease, while in the United States nothing has yet been done by us as a nation in this important work; therefore, be it—

Resolved, That the President appoint a committee of five with power to add to the number, who shall prepare a report on the nature of tuberculosis; its communicability and prevention; the more effectual means of controlling the spread of infection and of educating the people in personal hygiene, so as to lessen the chances of their becoming tuberculous and to increase the prospects of their recovery; the advisability of establishing national and State sanatoria, and such other matters as may be pertinent to the subject.

Resolved, That this committee present this report to the Congress of the United States and to the legislatures of the various States of the Union, and urge upon them that appropriate measures be speedily taken.

Such efforts in the direction of securing legislation that will limit the ravages of consumption by preventing its communication through many of the channels now open, are commendable; but what is most needed is individual reform

STUDIES FOR THE READING CIRCLES.

WE would suggest studies for the month of July as follows:—

1. "The Divine Harmony of Truth," by Dr. David Paulson. It might be well to read in connection with this article the one entitled "War on Tuberculosis," on page 110 of the GOSPEL OF HEALTH for June; also other references to the same subject in the present number. Much is being written with reference to this disease, and the people are becoming alarmed. This agitation opens the way for those who have light on the subject of health to give it to the world. All life and power must come from God, and while his people follow him in the path of perfect obedience, they may rest assured that he will keep them from disease.

2. "The Child Garden," page 120. Careful reading of this article will suggest many thoughts with reference to the care of children. This subject is one of great importance. The children are the most precious charge that the Lord has given us, and their success or failure in life depends very largely upon the first impressions of childhood.

3. "Physical Righteousness by Faith," page 114. This study is not long, but it contains much important truth in condensed form. Read each passage carefully, weighing its meaning. Let each member of the circle feel free to express his mind. The article by Dr. Sanderson, page 118, throws additional light on this subject.

4. Take for the basis of this study John 6:26-71, dwelling especially on verses 27-29, 32-35, 40, 47-58, and 63. Read in connection with these passages the article by Elder Prescott on page 114. Let it be the burden of each member personally to receive this life which God freely gives to his children. Thus only can we experience the joy of fellowship with Christ, and consistently minister to other souls.

Aside from the foregoing there are other articles in this number well suited for study in the circle. Mrs. Kellogg's article on the various uses of zwieback could be discussed to advantage. Healthful cookery is one of the most important subjects that we have to deal with. Three articles in this issue take up treatments of various kinds. These deserve study. It would be well occasionally to occupy some time in talking over the various methods of spreading a knowledge of health principles. Every circle should be a center from which light is continually shining out into the surrounding neighborhood.

QUESTION BOX.

HYPERPEPSIA.—L. E. S., Texas, is troubled with a very sour stomach; has heartburn and occasional spells of dizziness; appetite ravenous at times. What can be done for it?

Ans.—Drink freely of hot water a half hour before meals and two or three hours after meals. The food should consist largely of toasted breads and mild fruits, both fresh and cooked. The diet should be as simple as possible. Take time to masticate the food well. Avoid eating between meals. Allow an interval of at least seven hours between meals. Avoid the use of condiments, spices, pickles, as well as pastry and flesh-meats. Eat rather sparingly, and take a liberal amount of exercise in the open air, though not sufficient to bring on exhaustion. Keep the bowels open, if necessary by means of the enema.

PRESERVING FRUIT BY MEANS OF FUMIGATION.—L. D. H., Minnesota, writes: "In North Carolina fruit is preserved by fumigating with sour sulphur. Would fruit thus prepared be wholesome?"

Ans.—No. The chemical is evidently an antiseptic which, like many other preserving agents, has power to prevent the decay of the fruit, but it would seem evident that an agent which would prevent fermentation and decay must be sufficiently powerful to hinder digestion also. The use of dried fruits bleached with sulphur is objectionable from a health standpoint.

BUTTERMILK—BUTTER—LENTILS.—Mrs. J. E. D. sends the following queries:—

"1. I notice that *Good Health* recommends buttermilk for gastric catarrh. How much should I drink at a meal? Should it be taken before or after meals? 2. What is the cause of a burning sensation in the nose? The irritation is increased by breathing. 3. Would you treat a severe cold the same as grippe? 4. What are lentils? Farina? 5. Would you recommend a farmer who has an abundance of milk and butter to discard these foods for the nut preparations, at the great difference in price?"

Ans.—1. Buttermilk is to be eaten, not drunk. A person can take to advantage one or two glasses at a meal. Of all the milk products, fresh buttermilk is perhaps the most wholesome; but we do not consider any of the milk foods very desirable. Fruits, grains,

and nuts form the ideal diet for adults whether sick or well.

2. The burning sensation is probably due to chronic catarrhal conditions, where the mucous membrane of the nose is not properly moistened. We would suggest the application of vaseline morning and evening. If the burning persists, consult a good physician.

3. Grippe is characterized by severe aches throughout the body,—lower limbs, upper limbs, and trunk; sometimes described as an "aching of the bones." The patient "feels bad all over," and there is more or less eye-ache and also severe headache, together with high fever for a day or more. The symptoms of a hard cold are, as a rule, not so severe, and are more or less confined to the head, producing a less violent headache, sore throat, and an acute catarrh. The fever is not so great. The treatment is very much the same in both cases. Empty the bowels, secure free perspiration by the use of a hot mustard foot bath, or even a blanket pack, if necessary. Send the patient to bed with no food for a day, and then put him on a light diet.

4. The lentil is a legume, and is closely allied to the pea and the bean. It is very nutritious and wholesome, but not very much used in this country. It contains an abundance of proteids. Farina is a preparation of white Indian corn, which has been finely divided, but is yet coarser than corn-meal.

5. Nut foods are not so very expensive if they are prepared at home. Peanuts can be obtained at from five to seven cents per pound, and quickly ground into nut butter, which makes a purer and more digestible article of diet than average dairy butter. It is also more nutritious. Milk is very liable to be diseased. Tuberculosis among cattle is a common thing, and it may be transmitted to those who use the milk. Milk food of all kinds should be gradually discarded and replaced as soon as practicable by fruits, grains, and nuts.

DECOCTION OF COCOA SHELLS AS A BEVERAGE.—S., Mich., writes: "An old lady desires to know what harm (if any) there is in the use of a weak decoction of cocoa shells. She feels the need of some warm drink, and has conscientiously given up the use of tea, coffee, milk, cocoa, chocolate, and caramel-cereal (because she can not drink it without milk), and fruit-juice because it does not agree with her. She can drink the beverage made from cocoa shells without using milk or sugar."

Ans.—Cocoa shells, in common with chocolate and other cocoa preparations, contain theobromin, an alkaloid which is very closely allied to caffeine and thein, the poisons found in coffee and tea. Consequently the drink referred to is not to be recommended.

It may be that all the various fruit-juices have not been tried. We would suggest pear-juice as forming a very wholesome, and, at the same time, palatable drink; also the juice of prunes, cherries, plums, peaches, strawberries, blackberries, raspberries, etc. A few drops of lemon-juice in a cup of hot water would make it very palatable, and at the same time very wholesome. We consider it preferable not to drink at all at meals, especially when fruit is used, as this takes the place of a liquid. Of course, if a person has no teeth, it is sometimes necessary to moisten hard breads by the use of some fluid, and then a simple fruit-juice would be the most natural and doubtless the most desirable. Malted nuts dissolved in hot water makes a most palatable and wholesome drink.

IN response to numerous questions with reference to ways and means of securing a hygienic dietary at minimum cost and with fewest appliances, we are glad to offer the following recipe for home-made nut butter, furnished by Mrs. Kellogg:—

If manufactured nut butter or (what is better because it is sterilized) nuttolene can not be afforded, and one has no mill with which to grind the nuts, a very fair substitute may be made by cooking blanched peanuts. Introduce the nuts into boiling water, two quarts to a pint of nuts, and cook in a bean pot in a moderate oven for eight hours or longer until perfectly soft and the water mostly evaporated. Rub the nuts through a fine colander or sieve, and use the pulp in the place of the prepared nut butters. It will serve the same purpose, and with the addition of a little salt, if desired, will be found very palatable on breads. It will be of coarser grain than the ground butters, and will not keep as long as that which has been sterilized. If kept in a cool place, it will remain fresh for several days, however. If preferred, the nuts after being blanched may be lightly browned, not roasted, in the oven before cooking.

FOR IVY POISON.—Hot water, as hot as can be borne, is very strongly recommended for relief from the poison of ivy.

PUBLISHERS' NOTES.

WE take pleasure in calling attention to the *Life Boat*, an announcement of which appears in our advertising columns. This paper is clubbed with *GOSPEL OF HEALTH* at only fifty cents for both.

THE *Training-School Advocate* is a magazine published monthly in the interests of church schools and general educational progress. It stands for advancement in thought, and offers its readers the clearest statements and most advanced light on Christian education. Those who are interested in the training of children, and believe that the future life of the church is dependent upon the proper education of the youth, will find the *Advocate* a valuable addition to the study-table. Since perfect education includes the study of the human body and the laws for the preservation of health, it is quite proper that the *GOSPEL OF HEALTH* and the *Advocate* should join hands. We have accordingly effected an arrangement by which we are able to offer a year's subscription to both papers for a limited time at only fifty cents.

GOSPEL OF HEALTH desires to double its present circulation during the summer and fall. We can do it with the help of our readers and friends. There are many ways in which you can materially aid us. First, we want some live agent in every church, who will present the claims of the journal to every member. Secondly, we want the names and addresses of your friends, so that we may send them sample copies. If you can send us a few stamps to help pay postage, it will be appreciated, for *GOSPEL OF HEALTH* is not making money. But if you have not the stamps, send us the names anyway, and we will have samples sent them. Thirdly, we desire the co-operation of every tract and missionary society. *GOSPEL OF HEALTH* represents a vital part of the message for to-day; every number is full of "present truth." The people who have been reading the *Signs* and *Sentinel* and *Review* you have been sending them, should have an opportunity also to read about the health principles we hold, and how they are founded on God's word. Every society which wishes to do thorough work in missionary lines should take a club of *GOSPEL OF HEALTH*.

We have more to say, but can not afford the space. Let us hear from the interested ones.

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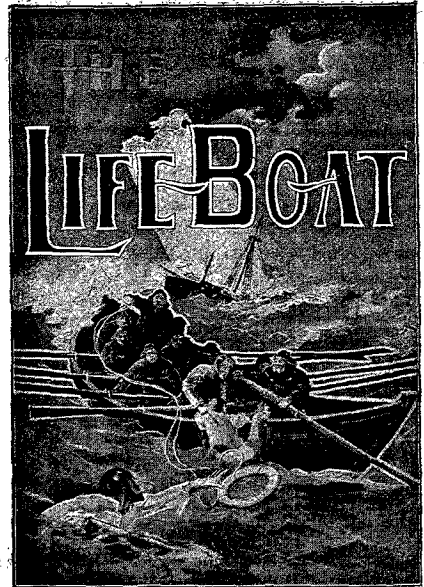
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