

The Gospel of Health

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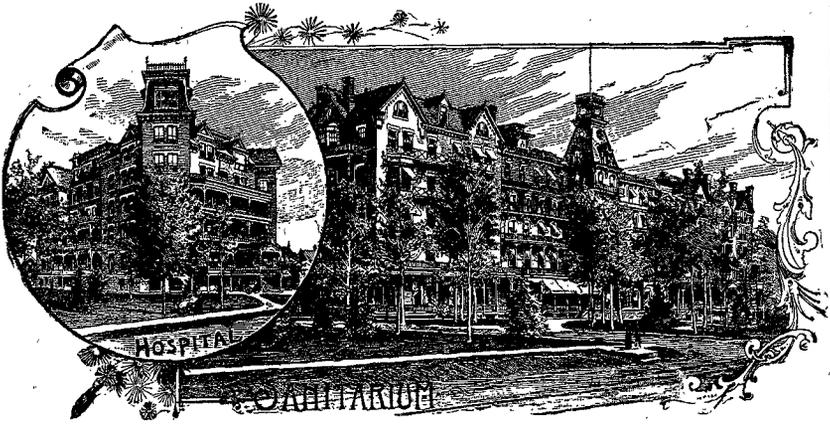
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THE IMAGE OF GOD.

“AND God said, Let us make man in our image, after our likeness; and let them have dominion. . . . So God created man in his own image, in the image of God created he him.”

Man occupies the proud position of being God's representative in the earth, or as Isaiah says, “Therefore ye are my witnesses, saith the Lord, that I am God.” Isa. 43 : 12.

We perhaps do not always consider how much significance there is attached to the expression, “God created man in his own image,” or “likeness.” An image is not simply an imitation, an object resembling some original—it is something more. An image carries with it, besides its resemblance to that which it represents, a certain degree of the dignity and authority of the thing represented. This fact is the foundation of the homage paid to images, which dates back almost to the beginning of the world itself. The intelligent idol worshiper does not prostrate himself before the dumb mass of wood or stone which he calls an image, but before the power, good or evil, which the image is ignorantly supposed to represent. The record tells us that God made man not simply a likeness of himself, but an image of himself, and that he gave him authority or dominion over all other created things. The apostle Paul tells us in Corinthians that man “ought not to cover his head, forasmuch as he is the image and glory of God.” In the second commandment man is forbidden to make any graven image for the reason that God only can make a true image of himself, and for man to make and worship an image of his own construction would be to step down from the high and exalted position to which God has created him and in which he has placed him, and put a fraudulent and bogus substitute in his place.

The second commandment was evidently not given man simply to preserve the dignity of God, for God's

dignity does not depend upon man's conduct, but in order that man's own dignity and man's own rightful place in the universe might be preserved. Man himself is an unrivaled and unapproachable image of God. An image made by man could be nothing more than an image of wood or stone, while the image made by God is an active, creating, ruling being, by virtue of the fact that God himself is not only represented by the image, standing behind it as the power represented, but is actually in the image—“Thou hast made me to serve with thy sins” . . . “Know ye not that your body is the temple of the Holy Ghost?” God intended man to receive homage from all the lower creatures. In the second commandment he instructed man not to bow his head to anything of his own creation, but to worship only his own Creator. In himself, man has no power, no authority, no dignity; but as the representative of God, he is clothed with majesty, and with the power of possessing even, in a measure at least, as the apostle says, “the glory of God.”

The fundamental evil of idolatry, then, is not that it hurts God, but that it debases man. God has revealed in man the gospel scheme; and all the relations of God to man, as presented in the Bible, reveal a plan, the real purpose of which is not simply the vindication of God in the eyes of the world, but the peace, happiness, and salvation of man here and hereafter.

Man too often forgets his high calling, royal privileges; he forgets his royal and glorious heritage,—he gets the fact that he is the image and representative of Omnipotence, placed here in the world to rule, to dominate, to receive homage, to be a king, to declare by his own splendid faculties, and by a godlike life and glorious character the greatness and goodness of the Being that made him to bear witness that “I Am” is the one great and true God. When God had made his image, he placed him in the world to be worshiped, not by his fellow beings, but by the infe-

rior orders of living things, and he expected him to behave like God, to be as kind and merciful to his fellows and to all things under his dominion as God himself is merciful to him; to be true to his God-implanted instincts, and follow the divine order of life.

That man might not go astray, God pointed out for him at the very beginning of his existence his relations to his fellow creatures below him in the scale of existence. He gave man dominion over birds and beasts and creeping things; but this dominion did not include the right to murder, or worse — to slay and eat; for God distinctly told man that he should subsist upon the fruit of the tree,— nuts and fruits,— and upon “the herb bearing seed,” naming, guiding, directing, training, and protecting the birds and beasts and creeping things, whose divinely appointed food was coarse herbage. He was to walk the earth like a god, ruling and creating in a limited way like his Creator, and subsisting upon the heaven-born food appointed to his sustenance.

By his departure from the divine order, man has lost his dominion; when he turned from the pure fruits and nuts and grains — the bill of fare prepared for him by nature and freely afforded by the non-sentient earth — to slay and tear and devour the creatures which God had made and placed in the hands of his image to be cherished and ruled, the animal world turned upon man to rend and devour him in revenge. Isaiah (11:6-9) gives us a picture of the coming day when the image of God, now defaced and deformed, shall be restored. Again shall man be God's vice-regent in the world, walking the earth with the tread of a king, at once the father and friend and monarch.

Is it not the duty of every man who entertains a hope of a life beyond the grave, to begin in this world to comply so far as possible with the conditions appointed for Adam as a representative of the race, and to restore as far as possible this friendly relationship between himself and the inferior orders of being which six thousand years of sin and anarchy and war between the races and species have so completely broken up and destroyed, that it would be quite forgotten were it not for the record of the word of God and the testimony of those ancients, who, like the Hindus, have from time immemorial adhered to the Edenic bill of fare, and recognized in their religious canons man's high position as a universal friend and father, rather than the great destroyer and devourer which through sin and ignorance he has become?

J. H. K.

THE FAITH THAT APPROPRIATES PHYSICAL RIGHTEOUSNESS.

BY DAVID PAULSON, M. D.

THE life of Christ, of which we partake in our very food, can not be discerned by mortal eyes, yet when Christ assures his children that this bread is his body, their faith tells them that it is there, and they are willing to wait, if necessary, until their mortal eyes shall become immortal in order to enable them to recognize it in a tangible manner. The water which they drink is to them a part of the river of life, and the eye of faith sees the cross of Christ reflected in every pure drop. They recognize in the air the breath of Christ, and it reminds them of the time when he breathed upon his disciples. In the work which they perform day by day, they recognize themselves as channels through which God's energy is passed on to the world, to be manifested in kind, loving deeds and faithful service for mankind.

The teacher describes to his class the wonderful things which he discerns in a leaf placed under the magnifying power of his microscope. The students do not see the same there with their unaided vision, but they have faith in the teacher's words, so believe what they can not see, and eagerly look forward to the time when they shall have the opportunity to peer into the microscope and see for themselves that which they have accepted in faith. Thus also when the Christian reads that “Christ is all and in all,” that he “fills all things,” he realizes that all he is and all that he can become is due to Christ alone; self has no place, and boasting is excluded. He not only recognizes by faith that he receives Christ through these various channels, but there is born an intense desire in his heart that nothing shall hinder or obstruct that life from flowing into him in its fulness. He refuses to eat food which he knows contains poisonous or waste matter. He avoids water which he knows is contaminated with disease and death; for just to the extent that it is, it is not from the river of life. He places the greatest stress upon securing the air in the purity that God created it. It is so with every point in his environment where he is brought in contact with the life of God. Instead of the faith which thus appropriates physical righteousness becoming an opiate to make him indifferent in reference to his health habits, it acts as a stimulant and a tonic, and prompts him to the highest and most complete obedience to physical law.

GOSPEL SIMPLICITY.

BY M. E. OLSEN.

A VAST amount of valuable time and energy is wasted on unnecessaries. It is a part of gospel health reform to return to primitive simplicity so far as consistent with health and comfort. Let us not fill our houses with worthless bric-a-brac, pictures, statues, vases, curios, and fancy work. Have plenty of windows in the house, and encourage the children to look outside on the beautiful handiwork of God. Especially unnecessary are all such adornments in the summer, when the whole family should live out of doors as much as possible.

Simplicity can also be observed in making out the daily bills of fare. The human system does not require a large variety of foods at a single meal. To one who has a sense of what is delicate and proper, it is really painful to sit down to the average American table. It seems fairly to groan under the heterogeneous supply of soup, meats, vegetables, bread, biscuit, butter, fruits, fresh, stewed, and pickled, condiments and spices of various kinds, hot drinks, pies, cakes, etc. Naturally enough, when even a small part of the load is transferred to the stomach, that abused organ begins to groan, but the groaning does not stop here. Think of the worn, tired mother who is called upon to prepare three such meals every day. We often hear people talk about the slavery of the women in the far East, but the lot of the average Turkish or Armenian woman is enviable compared with that of many a farmer's wife in this country; and this all comes about through our wrong ideas of diet. How truly saith the wise man, "All the labor of a man is for his mouth." Eating seems to be the principal aim of many. Truly it is a matter of no small importance, but, fortunately, in proportion as we eat wisely and temperately, does the labor of preparation diminish while the real pleasure of eating increases.

In the home of the health reformer there should be but little cooking these hot August days. Wholesome graham bread, with fresh fruit, makes an ideal breakfast, which has staying qualities, not only for the brain worker, who must sit in his office all the forenoon, but also for the farmer who swings the scythe or pitches hay in the hot sun. Some wholesome vegetables, prepared in a simple, yet appetizing form, with bread and a little peanut butter or some other nut food, makes a good dinner, and if a third meal is taken, it should consist of nothing more than fresh or stewed fruit eaten with granose or toasted bread.

The wise housewife will vary the diet from day to day, but will retain the simplicity. If a little pains is taken to set the table in an attractive manner, and have every article of the best quality, this will more than make up for the lack of variety.

Such a diet will not only save a large amount of unnecessary work, but will make the family life more pleasant and agreeable. Clean, simple, wholesome food insures clean stomachs, sweet tempers, and a generous flow of good spirits. There is more time for recreation, for reading God's word, and for true worship; there is more money to give to foreign missions, more strength to go on errands of mercy, and emulate the work of the good Samaritan.

Just a word about simplicity of dress: Our garments should be neat and well-fitting, but the time spent on needless adornment would better be occupied in some other way. Young people, who are the most likely to indulge in fine dressing, have the least need of it, because whatever beauty of form or features they may possess, is displayed to the best advantage in simple, modest clothing, even as the brightest diamonds are best in plain settings.

Perhaps the greatest incentive to simple habits of life may be found in true religion. According to the Scripture teaching, we are passing through this world as pilgrims and strangers, seeking a better city, which hath foundations. As pilgrims we have no time for indulging in any luxuries. Life is too full of stern realities. We are surrounded every day by men and women who are judgment bound. We see all about us sickness, sorrow, and death, brought on by transgression of God's laws. Such a situation should make us simple in our habits, earnest, watchful, and energetic in working for the Master.

 THE HOLY GHOST AND PHYSICAL HEALING.

BY A. F. BALENGER.

(Concluded.)

God will not heal the sick while they continue to ignore the principles of truth which he has sent to make and keep his people well. The Lord will not send his Spirit to perform a miracle of healing while we are rejecting the teaching of the Spirit whereby the causes of disease are pointed out and the remedy made plain. To illustrate: One is made sick and kept sick by errors in eating, or drinking, or breathing, or dressing, or working. In order to save the

ignorant transgressor, the Lord points out the error and calls for a reform, which will bring health; but this reform calls for self-denial, which the transgressor is unwilling to make. He goes on grieving the Holy Spirit by disobedience, yet asks prayer for healing—asks that the Spirit which has pointed out the transgression be manifested in the gift of healing, while he continues in transgression. This is in fact saying to the Lord, “I want to be healed. I know my sickness is the result of wrong habits of living, but the Lord has power to make and keep me well while I continue in transgression.”

This is what one really says who asks healing while continuing to transgress the laws of health. It is saying to the Lord, “I want strength from God to continue to break his commandments.”

Should the Lord grant this request, it would nullify the gospel and destroy God’s plan of saving men from sin and sickness. God’s plan is to save men *from* sin, not *in* sin. To heal men while they continue to sin against nature, would be to save them *in* their sins.

There are those who have much to say about prayer for the sick, but who speak slightly of health reform and of the work of our sanitariums. All such stand in the way of God’s mighty work of healing which he has promised to manifest to the world in the last days. Our sanitariums have stood for the light God has given this people concerning healthful living, and so long as we ignore these principles and speak disrespectfully of the work of these institutions, we are delaying the acceptance of that light which will clear the King’s highway for the manifestation of those mighty miracles of healing, which shall cause all flesh to see the glory of God.

This series of articles was not written to discourage prayer for the sick, but to prepare the way for it. I am laying hands on the sick as the Lord has commanded, and am witnessing some marked cases of healing, but would see many more if the light concerning healthful living were conscientiously obeyed. Let all those who long for the return of apostolic power in healing, yield obedience to the instruction given through the Spirit, to correct wrong habits of living, and then the Holy Spirit “which he has given to them that obey him” will come upon his people, bringing with it the gift of healing. May the Lord hasten the day.

HE who loves God will not only love his fellow men, but will regard with tender compassion the creatures which God has made.—*Mrs. E. G. White.*

LIGHT MEALS AN ADVANTAGE IN HOT WEATHER.

BY M. E. OLSEN.

WARM weather is liable to take off the edge of one’s appetite, and this is a wise provision of nature. We need less food in the summer than in the cold season, when a considerable portion of the food we eat must be expended in maintaining the natural heat of the body. If the appetite is poor and one does not feel a natural desire for food, it is a good plan to fast for a day or two, and drink only pure water, or perhaps take a little fruit.

Washington’s colored servant said to him on one occasion, “Gen’ral, if you want to get a good night’s sleep, set up de night befo’.” So if you want a hearty appetite for dinner, go without your breakfast. Another way to recover a natural appetite is to confine one’s self to the simplest kind of diet, consisting largely of fruits and breads. Such a regimen strictly carried out will soon cleanse the system of impurities which are clogging it, and enable the patient to enjoy his meals once more.

It is sometimes an advantage to have a small appetite, especially in the summer. Jefferson once made the remark, “No man ever repented of having eaten too little.” It has been said by an eminent physician that “one third of what we eat keeps us, and the remaining two thirds we keep at our peril.” A sagacious observer of life in England has recorded it as his opinion that “most Englishmen die of *repletion.*” Probably this is more or less true of Americans. There is little doubt that a great many, even among those who profess to be carrying out the principles of health reform, are injuring their health by overeating.

There would be far less complaining about the heat if we did not pile up so heavily the fuel in our own bodies. The corpulent Englishman traveling in the Orient wonders at the strength and endurance of the lithe Arab who keeps up a smart trot by the side of his pony all day, and does not seem to mind the hot sun or the vigorous exercise. The Englishman, on the other hand, is sweltering in the heat, almost overcome by exhaustion, simply from riding. The difference in endurance is easily explained by the difference in diet. The Englishman eats three hearty meals a day. The Arab eats practically but one meal a day, and that a very simple one, consisting perhaps of a little boiled rice and a handful of dates, or a little parched grain.

INFLUENCE OF SPIRITUAL WORK ON PHYSICAL HEALTH.

BY W. S. SADLER.

It is undoubtedly true that many diseased conditions of the body are produced by thinking of self. Those in the best of health think the least of themselves. When our stomachs are healthy they do not attract attention to themselves.

There is, no doubt, a connection between sickness and selfishness which is deserving of more than a passing notice. Again, it is unmistakably true that an unselfish effort put forth to help some person in spiritual or physical need has a direct influence in promoting physical health. Note the following quotation from "Testimonies to the Church," Vol. 4, page 56: "Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful; every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God's glory, will result in blessings to the giver. Those who are thus working are obeying a law of heaven, and will receive the approval of God. The pleasure of doing good to others imparts a *glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health.*"

How refreshing both spiritually and physically it is to one weary with home cares and the daily routine of life to relieve the wants of some needy neighbor. Working for others is one of heaven's tonics — it is a stimulant whose use is never followed by that unpleasant reaction and debilitation which always attends our indulgence in artificial stimulation in either food or amusement.

Your attention is again called to the "Testimonies," Vol. 4, page 60: "Those who give practical demonstrations of their benevolence by their sympathy and compassionate acts toward the poor, the suffering, and the unfortunate, not only relieve the sufferers, but contribute largely to their own happiness, and are in the way of securing *health of soul and body.*"

It is not possible for us to enjoy perfect physical health without being in harmony with God. If we are co-workers with Christ, we shall be sharers in that perfect peace of mind and that health of soul and body which he is so willing to give to all who are called by his name. "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free,

and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; and the glory of the Lord shall be thy reward."

THE DIVINE HARMONY OF TRUTH.

VII. *A Morbid Family of Four.*

BY DAVID PAULSON, M. D.

Vicious eating and drinking are the stern and unrelenting parents of four trying children,—Bright's disease, diabetes, rheumatism, and gout; and as sometimes the children of the same family do not bear any striking resemblance to one other, so these diseases seem to be very different in their manifestations, yet the same identical causes give birth to the whole quartet.

The most successful time to cure these diseases is before they begin. Scarcely any other diseases afflict the human race, the causes of which are so completely within the control of the individual.

In case of malaria and hay-fever it is often necessary to change climates in order to avoid them, but the main thing to prevent the above-named diseases is to pour the tea and coffee into the gutter instead of the stomach, to bury the dead animals in a graveyard instead of the human stomach, to "deal our bread to the hungry" instead of eating too much of it ourselves. If our vocation is not of such a character as to give us sufficient exercise every day to perspire freely, we should spend a little time being "feet for the lame," then none of these plagues is liable to come nigh our dwelling.

Who has not shuddered as the doctor pronounced the verdict against some dear friend of ours, "He has Bright's disease," or in another case, in response to an earnest inquiry, received the reply, "That is diabetes"?

Nearly every one knows that Bright's disease means such a condition that the nourishing part of the blood is carried off with the secretions of the kidneys, and no doctor's medicines can repair the damage.

Diabetes means just this: When the starch which we eat has been changed to sugar by the digestive processes, and should be used as fuel and energy in

the system, it is not thus appropriated, but simply accumulates in the blood, and is carried off by the kidneys as so much waste matter. In either disease it must be clear to all that the system can not long endure such a state of affairs, particularly if the disease is far advanced.

The researches of Dr. Haig, of England, and Bouchard and Boix, of France, have served to throw a vast amount of light upon these disorders in their early stages. When the tissue cells of the body where these food substances are to be used are overwhelmed or chloroformed, as it were, with poisons taken in with the food, as in the case of tea, coffee, and meats, or developed from the fermentation of improper food in the stomach, then they refuse to accept this necessary material, and it simply has to be carried off by the kidneys instead of feeding the body. Of Bright's disease, Dr. Haig says:—

“In a word, Bright's disease is the result of our meat-eating and our tea-drinking habits, and as these habits are common, so also is the disease, and much more common, I believe, than available statistics at all serve to demonstrate.” See also “*Healthful Living*,” par. 756.

The same poisons which are thus hindering the normal changes from taking place in the body are gradually causing an actual disease of the kidneys, so that the time is not far distant when, even if the habits of life are altered, they still remain crippled.

Dr. Bunge, the great German physiological chemist, states: “There is no organ in our body so mercilessly ill treated as the kidneys. The stomach reacts against overloading. The kidneys are obliged to let everything pass through them, and the harm done to them is not felt until it is too late to avoid the full consequences.”

Dr. Lauder Brunton, the eminent English authority, suggests very shrewdly that although it is well known that man can live with one kidney, nature has given him two, knowing that they would be subjected to difficult tasks.

One poison more vicious than any of the others in the human system is known as uric acid, and is introduced into the stomach more largely through meat, tea, and coffee than by any other means.

Upon this point Dr. Haig writes: “I believe . . . that from the uric-acid headache to chronic Bright's disease the only change is one of degree, and I see no reason to doubt that if I had not altered my diet thirteen years ago, I should to-day be suffering from albuminuria” [first stage of Bright's disease].

During the early stages of any of these diseases they may be completely cured by removing the causes. But when the causes are repeated every week for years, in time these diseases bud and blossom out, and nothing short of a miracle can make complete recovery possible.

“The stomach has controlling power upon the health of the entire body.”—“*Healthful Living*,” par. 661.

Upon this point Dr. Bouchard states: “Nothing is more legitimate; and it is logical to think that the products of abnormal digestion, which are, for the liver, a cause of congestion, and even of cirrhosis [hardening], may also have upon the kidneys an injurious action inducing various lesions, simple congestion most frequently, sometimes confirmed sclerosis” [the condition in which the kidney is in the latter stages of Bright's disease].

In this article the greatest stress has been laid upon Bright's disease, but identically the same principles apply to diabetes. In the early stages of this disease, the carrying off of the sugar with the secretions of the kidneys means simply that the digestive products are accumulating in the blood because the tissues of the body are so poisoned that they will not accept them, and so the individual grows more and more emaciated from lack of this nourishment.

When we remember that some of the most talented men in this age have fallen victims to one or the other of these diseases, that thousands and even millions are constantly sowing for them, ought we not to be thoroughly in earnest to sow for health ourselves, and then teach others to sow for the same?

Next month we shall consider the other two members of this morbid family.

TRAINING THE CHILDREN IN SELF-DENIAL.

BY D. H. KRESS, M. D.

FARMERS who have good horses, whose health they desire to preserve, give them the right kind of food and in definite quantities, because the horses are in danger of overeating. A child, before it has arrived at the years of understanding, is not able to determine the quality or quantity of food it should eat at the table. The mother should put only healthful, nourishing food, nicely prepared, before her family, and then make a wise selection for her child. If the child asks for something that she thinks would not be good for it, the request should be denied; but the parent should

explain to the child why the food is withheld. In this way the child would receive instruction in regard to right habits of living, and would soon learn to respect the mature judgment of the parent, and not pout when certain foods were withheld. After a time it would be able to select its own food understandingly.

A short time ago I gave a little talk to some children with reference to diet. When I asked how many were fond of good foods, all raised their hands. I then invited them to name a few of the good foods they liked, and some said candy, some cheese, turkey, etc. Evidently the parents of these children had given them a wrong education. Children must be taught that the things that taste good are not always wholesome, and that people should not be controlled by taste, but by principle. We must eat to live, and not live to eat. Denial of appetite is one of the lessons that children should learn early. A child that is allowed to eat everything it wants, and to make all kinds of bad food combinations, will soon have a stomach worn out by abuse, and unable to do thorough work in digestion; as a consequence, impurities will get into the blood, and affect the brain, producing a sort of intoxication, which of itself makes the child discontented, rebellious, and stubborn. Such children disobey because they can not do otherwise. They are not interested in spiritual things. Their minds are blunted and dwarfed. The thing to do for such children is not to punish them, but to correct their physical habits.

Solomon says, "Train up a child in the way he should go, and when he is old, he will not depart from it." Teach your children right habits of eating and drinking, and they will not become drunkards. The reason why drunkards exist is that parents fail to recognize these fundamental principles. Drunkards are often made in our homes, instead of in the saloons. When a child partakes of food without reference to time, combination, or quantity, poisons are formed in the stomach which create a craving for strong drink and other stimulants. If he is fortunate enough never to get a drink of liquor, he may go through life with that craving unsatisfied, but if he should ever get a taste of alcohol, that craving would be satisfied, and unless he happens to have very strong will-power, he will become a drunkard.

God is willing to work for our children. The only reason why he does not do more is that he is seriously hindered by our ignorance and indifference in matters of such vital importance. Daily growth in the spiritual life depends upon a recognition of the princi-

ples that governed Daniel and his three companions, and not upon any favoritism upon the part of God.

THE WHITE PLAGUE IN CATTLE.

BY DAVID PAULSON, M. D.

It was my privilege to attend in Chicago a few weeks ago, the slaughter of an apparently beautiful herd of milch cows. The post-mortem examination was made in the presence of Governor Tanner, and was conducted by the live-stock commissioners. President Egan, of the State Board of Health, was also in attendance. The cattle were brought from Springfield, Ill., and were the identical ones from which the governor and his family had been supplied with milk. A week or so previously to the slaughter, a relative of the owner came there to visit, and insisted upon having one or two of the cows tested for tuberculosis, so that she might be sure that her child was fed pure milk. Both of the animals tested were found to have the disease, whereupon the State authorities tested all the forty-six cows, with the result that seventy-five per cent. reacted to the test, thus showing that they had consumption.

The owner felt satisfied that there must be some mistake in the test, and accepted the proposition that the State always holds out in such cases,—if after slaughtering the animals, there does not appear to be abundant evidence of the disease internally, the owner will be paid their value in full. This herd being an unusually fine one, the value was placed at forty-seven dollars per head. Imagine the owner's surprise when he saw the officers demonstrate the presence of the dread disease in every case. In some the lungs were affected; in others the disease had its seat in the glands of the neck. These glands when healthy are not larger than a pea, but in these cases were enlarged to the size of a goose egg, and filled with pus. In other cases, along the intestines there were nodules the size of walnuts, of the same character as the glands. In some, almost every organ of the body, including the udders, was more or less infected. Governor Tanner manifested a deep interest in this examination, and promised to do all in his power to influence the legislature to make the necessary appropriation to have all the diseased cattle in the State killed. It is hoped by this means to stamp out the plague; and while these efforts are commendable, yet we know the time has come when the curse rests upon all living things, and instead of a de-

crease of these things, we may look for a rapid increase. Human beings expectorate sputum, containing millions of these germs, upon the grass and hay upon which animals are fed, and then they in turn give it to the children and grown people who are fed upon their flesh and milk. So one evil tends to propagate another. Our only safety lies in discarding the use of animal products, and observing strict obedience to all God's laws, so that he may make us proof against any accidental contamination, or even the susceptible tendencies we have inherited from our parents.

HOME SANITATION.

Disinfection.

BY A. B. OLSEN, M. D.

FILTH invites disease. Filth consists of decaying organic matter, and abounds in microbes. These are often pathogenic; *i. e.*, capable of producing disease. The germ of typhoid fever is a good example, and this common disorder has been rightly called a filth disease. One writer says that somebody ought to be hung for every death from typhoid fever. The germs of the fever thrive only in filth and putrefaction. Where everything is clean, where there is an abundance of pure, fresh air, and pure water and food, the disease is practically unknown.

Cleanliness is the best means of warding off disease. Disinfection is thorough cleanliness; it means the total destruction of germs. Such thorough work is hardly necessary under ordinary circumstances, but if an infectious disease, as measles or smallpox, has invaded the home, disinfection is necessary.

Everything that has been infected (except washable goods, which should be placed directly in boiling water) should be freely exposed in the room that is to be disinfected. The bed should be taken to pieces, the mattress and covers thrown loosely over chairs or hung on lines arranged for the purpose; the drawers should be opened and the contents exposed; the clothing should be hung on lines, and carpets, draperies, etc., should be so arranged that the disinfecting fumes can penetrate them everywhere. After everything has been freely exposed, the cracks and crevices of the windows and doors should be closed by pasting over them strips of paper, so that the fumes will be confined to the room. Every opening, large or small, including key-holes, should be closed, excepting one door for entrance, and this should be closed and sealed after the disinfectant has been lighted.

The next step is to prepare the disinfecting agent. Sulphur or brimstone is most commonly used, and if proper precautions are taken, the method is quite effective. Quite recently formalin has come into use. It is considered very efficient, but we will leave that method for some future discussion.

If sulphur is used, about four pounds are required for each thousand cubic feet of space. Suppose the room is twelve feet square and ten feet high (1,440 cubic feet); this would require six pounds of sulphur. It should be placed in an iron kettle, and the latter set in a pan of water. A large dish-pan will serve the purpose. This precaution is taken to prevent any possibility of fire. A few small shavings are set on fire and dropped on the sulphur. As soon as the sulphur begins to burn, leave the room, and seal up the key-hole and the cracks in the door with strips of paper. If the sulphur fumes escape from the room to any considerable extent, the results are unsatisfactory.

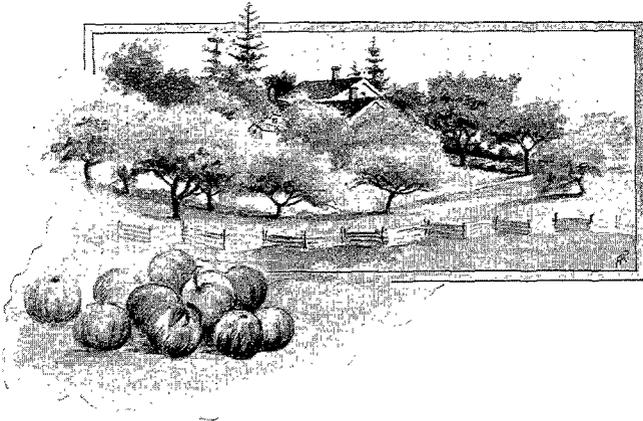
Leave the room from twelve to twenty-four hours, and then open the doors and windows, and air thoroughly for another day, after which thoroughly cleanse the room and furniture with hot water and soap.

VEGETARIANISM FROM AN ESTHETIC STANDPOINT.

CONSIDERED purely from an esthetic standpoint, a vegetarian diet possesses great advantages over any other. What woman of refined tastes and delicate sensibilities does not instinctively shrink from handling the bloody remains of some unfortunate cow or sheep? How like the cannibal's hut is that kitchen where the hacked-up pieces of animals, in their general structure closely resembling man, are sizzling in a frying-pan, and the sickening smell of burned flesh fills the air. The picture is exceedingly revolting to any but those whose finer sensibilities are blunted by years of association with such scenes.

How different a sight the kitchen and dining-room of the vegetarian presents. The fruit, grains, and nuts, which the Lord himself has set apart for our food, spare us feelings of pain and remorse, and cheer us with a sense of their beauty, fragrance, and wholesomeness. What is more pleasing than a dish of luscious blackberries? what more inviting than a cluster of grapes or a golden peach? And the grains and nuts, while they do not offer such a variety of beautiful colors as the fruits, are equally pure and wholesome.

Consider again the sources from which the vegetarian and flesh eater respectively get their foods. What is more beautiful than a field of grain, an orchard, or a coconut grove? How pleasant a picture is the



cherry-tree,— first in the early spring as the leaves begin to unfold, then a little later covered with flowers interspersed with delicate green, and finally loaded with bright scarlet fruit. Whether the vegetarian surveys the food on the table before him or considers its source, only the most pleasing images are suggested.

How different with the flesh eater. First, he is not entirely at ease; if he has a tender heart, he must feel some compunctions of conscience as he devours the dead body of some innocent animal who received from the Creator a sacred right to live. If he has delicate olfactory organs, he can not fail to distinguish a slight odor of decomposition, conveying the bare suggestion that his meal at least resembles that of the turkey-buzzard, and that vultures and swine have no exclusive rights to the scavenger business.

These rather unpleasant thoughts are suggested directly by the presence of flesh on his table; but let the flesh eater go a little farther and consider the source. If he is dining on fresh beef, let him picture the cattle shipped on slow trains to Chicago, half dead with fright and fatigue, and many of them affected with that dreadful dis-

ease, tuberculosis. Next let him picture the enormous slaughter-houses with their scenes of awful carnage, where the fell blow of the assassin's hammer keeps time to the thrusts of the executioner's knife; where men bespattered with blood and gore ply their murderous tasks with custom-bred coolness amid the heart-rending cries of the poor victims, the atmosphere reeking with foul odors of decay and death.

If the meat happens to be fresh pork, the mind naturally reverts to the filthy barnyard, where grunting swine ply their business of scavenger with commendable zeal, prying into every nook and corner of their loathsome abode, and devouring with the greatest gusto the filthiest things that can be found.

We must refrain. Such things are too sickening, and yet the half is not told. How people can find such foodstuffs palatable is beyond our comprehension, when merely to mention some of the most obvious facts relative to their source and manner of preparation is enough to turn the stomach of any sensitive person.

Again, we ask you to turn away from viewing death and corruption, and behold the beauty and life-giving qualities of grains and fruits. They come to us directly from the hand of God, with a fair face and a spotless reputation. They minister to our sense of beauty, and when properly prepared, perfectly satisfy the claims of the most epicurean appetite.



THE HOME.

SEASONABLE FRUITS, AND SOME WAYS TO USE THEM.

BY MRS. E. E. KELLOGG.

THE use of fruit as an article of diet is in too many families greatly undervalued. Grown in abundance throughout every quarter of the globe, there is seldom a time when a plentiful supply of some sort is not obtainable. Appetizing, luscious, and healthful, it ought to be considered one of the necessaries of life, and found upon every bill of fare. Perfectly ripened and sound fruit is a most wholesome food when partaken of at seasonable times, but to eat it, or, in fact, any other food, between meals is a gross breach of the requirements of good digestion.

Most fruits, properly used, aid digestion, either directly or indirectly. The juicy ones act as diluents, and their free use lessens the desire for the use of tea, coffee, and other beverages. In warm weather and in warm climates, when foods are not so much needed to produce heat, the diet may well consist largely of fruits eaten with grains and nuts.

As a rule, perfectly ripe fruit of all kinds is most desirable used uncooked; and to serve its best purpose, it should be eaten without sugar or condiments, or with the addition of as small a quantity as possible. Unripe fruits require cooking.

Stewing and baking are the simplest methods of cooking fruits, and nearly all kinds admit of one of these modes of preparation. The utensils used for stewing should be earthen or graniteware. Fruit cooked in tin loses much of its delicate flavor, and if the tin be of poor quality, there is also danger that the acid of the fruit acting upon the metal will form a poisonous compound. Fresh fruits should be put to cooking in boiling water, using but a small quantity if the fruit itself is juicy. Hard boiling should be avoided, as it is liable to destroy much of the fine flavor of the fruit, besides breaking it in pieces. Cinnamon, cloves, or other spices should not be added to fruits, for their stronger flavors deaden or wholly obliterate the natural flavors of the fruit. If desirable to add some foreign flavor, let it be that of another fruit, as lemon, orange, pineapple, or quince.

Fruits that are not well ripened are improved by making the cooking quite lengthy, this acting somewhat like the natural ripening process, changing the starchy matter to saccharine elements.

For baking fruits, the oven should be only moderately hot, and the cooking rather slow, but continuous.

Fruits may also be combined with grain products into many appetizing dishes. These serve to lend a pleasing variety to the bill of fare.

RECIPES.

Baked Pears.—Peel ripe pears, and pack in layers in a stone jar. Sprinkle a little sugar over each layer, and add a cupful of water to prevent burning. Cover tightly, and bake three or four hours in a well-heated oven. Serve cold.

Stewed Pears.—Select fine, ripe Bartlett pears, but which have hardly begun to soften; pare, cut in halves or quarters, and take out the seeds. Put loosely into a graniteware kettle, and add a pint of water for three and a half quarts of fruit. Cover closely, and when it begins to boil, set it where it will just simmer until the top pieces are tender. Serve cold. No sugar will be needed if the fruit is of good quality.

Baked Peaches.—Wash some nice peaches, and rub with a vegetable brush or coarse towel to remove the down, and pack them in a deep earthen crock. Fill with water until the crock is about two thirds full. Add a little sugar if desired, and bake for two or three hours in a slow oven.

Peach and Apple.—Mix together equal portions of sweet apples and peaches sliced thin. Serve with or without a slight dusting of sugar and a dressing of almond cream.

Peach Marmalade.—Pare, pit, and cook nice, ripe peaches until they become a thick pulp. Care should be taken to cook those of the same ripeness, so there will be no hard pieces when the cooking is completed. Add a very little sugar if the fruit is sour enough to require it, beat the whole well, and let it remain where it will cook very slowly and not burn until the water has evaporated and the pulp become a nearly solid mass.

Peach Pudding.—Prepare some peach pulp as for marmalade, but not evaporating it so much. Take slices of stale bread, or zwieback which has been moistened lightly in hot liquid. Put a layer of these slices in the bottom of a pudding dish, cover quickly with the peach pulp. Fill the dish with alternate layers of bread and peach pulp, and bake for half an hour in a moderate oven. Serve hot or cold, with or without a dressing of nut cream. Granose flakes may

be used instead of the bread; and when the dish is filled, the whole pressed lightly, and the pudding is ready to serve without baking.

Peach Cobbler.—Peel and halve the peaches. Sprinkle with sugar, and add cold water enough with the peaches to half fill an earthen pudding dish, and cover with a crust prepared of equal parts of flour and nut meal made into a dough with cold water. The crust should be about twice the thickness of pie crust. The crust will need to have an opening in the middle for the escape of the steam the same as for pies. Bake in a slow oven forty-five minutes. Serve with peaches uppermost, with a dressing of nut cream, or peach-juice sweetened and thickened slightly with corn-starch.

Blackberry Tapioca.—Soak a cup of tapioca overnight in just water enough to cover. When ready to cook, add three cups of boiling water, and cook in a double boiler until transparent and smooth. Sprinkle a quart of fresh blackberries with sugar, and stir lightly into the tapioca. Pour into molds, and serve cold with a dressing of blackberry-juice or crushed fresh blackberries.

Blackberryade.—Put fresh blackberries into the inner cup of a double boiler, and scald well. Strain off the juice, dilute with cold water, and sweeten to taste.

HYGIENE FOR CHILDREN.

A Study from "Healthful Living."

BY EVELENE HELMAN, M. D.

1. WHAT is the cause of much of the suffering and the frequent premature deaths of children?

Ans.—“Disease never comes without a cause. The way is first prepared, and disease invited, by disregarding the laws of health.”—“*Healthful Living*,” par. 249.

“Mothers are slow to learn that the suffering and death of their children is the result of their own course. They do not become intelligent upon the subject of how to live to prevent disease and premature death. What a thought! Mothers are the murderers of their own children, and are mourning over their death, and trying to be reconciled to Providence, which they think has bereaved them.”—“*H. L.*,” par. 219.

2. How early should we begin to train up a child in habits of health?

Ans.—“The first education that children should receive from the mother in infancy should be in

regard to their physical health.”—“*H. L.*,” par. 627. (Read the whole paragraph; also Prov. 22:6.)

3. What mistake is very frequently made in feeding children?

Ans.—“Children are permitted to indulge their tastes freely, to eat at all hours. . . . The digestive organs, like a mill which is continually kept running, becomes enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make the children nervous, impatient of restraint, self-willed, and irritable.”—“*H. L.*,” par. 196.

“Rich and complicated mixtures of food are health destroying. Highly seasoned meats and rich pastry are wearing out the digestive organs of children.”—“*H. L.*,” par. 270.

“Children are also fed too frequently, which produces feverishness and suffering in various ways.”—“*H. L.*,” par. 626.

4. What attention should be given to the ventilation of the sleeping-room?

Ans.—“The sleeping-rooms especially should be well ventilated, and the atmosphere made healthful by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired.”

“Sleeping apartments should be large, and so arranged as to have a circulation of air through them.”—“*H. L.*,” pars. 312, 313.

As children spend about half of their time sleeping, it is of special importance that their rooms be thoroughly ventilated. Simply to air the room well in the daytime and then close all the windows and doors at night, or to depend upon the fresh-air supply from an adjoining room, the windows of which are all closed, is not sufficient.

5. How should children be clothed?

Ans.—“To maintain an equal circulation, there should be an equal distribution of clothing, which will bring equal warmth to all parts of the body.”—“*H. L.*,” par. 307.

6. How does bathing aid in maintaining good health?

Ans.—“Bathing frees the skin from the accumulation of impurities which are constantly collecting, and keeps the skin moist and supple, thereby increasing and equalizing the circulation. Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week.”—“*H. L.*,” par. 306. See also par. 700.

"Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning."

"A bath, properly taken, fortifies against cold, because the circulation is improved."—"*H. L.*," *pars.* 969, 970.

7. Is God pleased to see his children suffer?

Ans.— See Lam. 3 : 33; Eze. 33 : 11.

HOUSEHOLD HINTS.

Iron Rust is removable by adding one tablespoonful of oxalic acid and the juice of a large lemon to one pint of soft water. In this wash the discolored portion of the white linen or cotton, and rinse immediately in clear water. It must be remembered that a strong solution, or a weak one left in the fabric, will injure the material; also that this acid will bleach colored goods, and that it is a rank poison.

The Refrigerator is too often a pest and a menace. Few domestics or their mistresses realize the importance of its utter cleanliness. From observation the writer is certain that four out of five refrigerators are extremely unwholesome. Ice, unrinsed, is covered with half-fetid woolen cloths, the zinc enclosure is superficially cleansed, while in it are set rank smelling foods while yet warm, to contaminate milk, butter, and other comestibles. Every second morning at least all food should be taken out and the entire refrigerator, with its slides and drain pipe, scalded with a strong, hot soda-water. When this is quickly followed by a rinsing of cold water, the packing will not be sufficiently warmed to melt the ice.

To Remove Fruit Stains from the Hands, wash in clear water, and while yet moist hold them above the fumes of a burning match, the sulphur of which will cause the discoloration to disappear. Sometimes fruit and ink stains are removable by rubbing the hands with ripe tomato.— *Good Housekeeping*.

FOR HICCOUGH.— Take rapid, deep inspirations. The expirations should be slow and prolonged.

ALCOHOL WASH.— Mix alcohol and water in the proportion of one part of alcohol to three of water. This is often of service in restraining the exhausting night sweats of the advanced stage of consumption, also in night sweats from other causes. The trunk of the body should be bathed with the solution night and morning. Brandy or whisky may be used instead of alcohol.

OUR WORKERS.

This department is maintained in the interests of those who are actively engaged in one way or another in spreading the gospel (good news) of health. We invite all such to contribute freely. Tell us where you are, what you are doing, and relate interesting experiences in connection with your work. Thus we can have an exchange of thought which will be mutually beneficial.

Address all communications to GOSPEL OF HEALTH, Battle Creek, Mich.

THE COLORADO SANITARIUM.

THE Colorado Sanitarium is enjoying a good patronage. Guests and patients come from all parts of the United States. The advantages of this institution for the successful treatment of all forms of chronic disorders are becoming better and better appreciated by the public every year. Hundreds of invalids who have searched in vain for health elsewhere have found it here. In all my medical experience I have never witnessed such wonderful healing of disease as we have seen here during the last few months. For all this we sincerely thank the Lord, for we know that it is the power of God that heals all diseases, and we have no power or success outside of him.

The situation of the institution just at the foot-hills of the Rocky Mountains makes it particularly attractive during the summer months when the public is seeking for a cool retreat. The institution has every advantage in the way of climate, scenery, and situation. It would be difficult to find a more attractive spot, and when to this is added correct principles and the best methods of treating disease, surely the sick have every advantage of regaining their health.

W. H. RILEY, M. D.

NOTES AND PERSONALS.

SOME one remarked the other day that the Sanitarium was a perfect kaleidoscope, with its continually shifting scenes. People come and go in quick succession. Even our workers often go out before they have finished their course, and afterward come back to complete the work.

Brother Williamson, who has charge of the Workingmen's Home in Chicago, recently spent a few days at the Sanitarium. Brother William Rochambeau was also here for a few days. The opportunities for gospel work at the Workingmen's Home are most excellent. Many of the men who patronize the place show a real desire to live a better life, and are grateful for help in spiritual lines.

Mrs L. E. Allison is with us again, and has taken charge of our Christian Help Work.

Dr. Hoenes is stopping at the Sanitarium for a few weeks before going to Germany to take charge of the medical work there.

The Sanitarium Summer School is well attended, and marked by the usual interest and enthusiasm. Four classes are held daily, besides special instruction in physical culture, hygienic cookery, etc.

Mrs. E. Delphia and Miss Carrie Wilson, nurses from the Sanitarium, have equipped apartments for giving treatments in Little Rock, Ark. Their services are very much appreciated.

Good words also come from Skodsborg, Denmark, where the sanitarium is more than full. Dr. Ottosen earnestly calls for help. Two of our Scandinavian nurses, Miss Hermonsen and Miss Liljeström, recently sailed for Scandinavia, to assist in the medical missionary work there.

Dr. Paulson spent a short time at the Sanitarium in the early part of July, attending board meetings, and rendering valuable assistance in connection with the Summer School. He has since returned to Chicago, and reports the work there as full of encouraging experiences.

Elder O. A. Olsen writes from Christiania, Norway: "The mission we started here last November among the poorer classes has prospered more than we expected, and the brethren and sisters are greatly encouraged. We need a physician very much, for the work is taking on large proportions."

We recently received a good letter from Sister Eva Anderson, who was a student in our Summer School of '98. Sister Anderson has opened a home in the suburbs of Atlanta for outcast women. Such an enterprise was much needed in this part of the South, and will be the means of accomplishing a large amount of good.

The helpers are having interesting experiences in connection with their work, not only in the institution, but also in connection with the cottage meetings held in the city. Wherever they go they find the same earnest desire to learn the health principles. Whether

it is healthful dress, hygienic cookery, or treatment of the sick, people of all classes are anxious to have instruction, and desirous to carry it out to the best of their knowledge.

Brother Clarence Patch, who has been laboring in Rome, Ga., in connection with Brother Brandstater, recently spent a few days at the Sanitarium. He gave an encouraging report with reference to the work there. One of the brethren has furnished the means to equip a little sanitarium, which will soon be in running order.

Dr. Kellogg recently gave the family several interesting talks on his recent travels in Europe. Even in Constantinople he found our brethren and sisters surprisingly intelligent in regard to the health principles, and very eager to learn more. Berlin also has an enterprising company of health reformers eager to receive and adopt all the advanced light possible.

The Sanitarium is well filled with patients. The matron, Sister Aldrich, finds it difficult to provide room for these anxious seekers after health. Not only is the large dining-room filled, but as many as a dozen tables are spread in the gymnasium. It is interesting to notice the progress made by the patients in studying the health principles. All are making radical reforms in diet, dress, and general habits of life.

Brother Minkel, who has for some months successfully conducted the Sanitarium treatment-rooms in Galveston, Tex., paid us a short visit a few days ago. He finds the South a most excellent field, his efforts meeting with favor and encouragement from all classes. Arrangements are being made for placing the work in Galveston on a more permanent basis. An electric-light bath will be provided, and other valuable improvements made in the facilities for giving Sanitarium treatments.

The workers in the field send in most encouraging reports. One of them who is laboring in Kansas writes: "I am not homesick yet, and the longer I stay the better I like it. I do not have any desire to come back to the Sanitarium to stay, yet I should be glad to have more instruction." Another, who recently returned from his field of labor, and spent a few days at the Sanitarium, gave this testimony in one of our missionary meetings: "The first time I left the Sani-

tarium and went out into the field, I had a good time; on my second trip, I had a glorious time; the third time that I went out into the field I had what Brother Mackey would call a hallelujah time." The Lord richly blesses these workers as they go out into the darkness to give to others the light which he has entrusted to them. There is no greater joy than that of laboring by the side of the Master, sowing the seeds of truth, and ministering to the needs of suffering humanity.

The commencement exercises of the Medical Missionary College took place in Chicago, June 27. The graduates were twenty-four in number. These doctors are now spending a month at Gull Lake with Dr. Kellogg, studying missionary fields and missionary principles, and seeking a new consecration for the work. Many calls have already come in for labor such as the doctors are qualified to do, and these calls are being presented to them with the prayer that the Holy Spirit may impress upon the heart of each just that field to which he should go.

Sisters Ida Lindstrom and Della Smith are still traveling among the churches in Kansas, and are having good experiences. They write:—

The work progresses. With many there is a spirit of careful conformity to the plain teachings of God's word, and renewed determination to study deeper into these truths. The members of a church in Howard, the town we have just left, decided to meet on the following Sunday to organize a reading circle.

We have many interesting experiences. One sister, who knew nothing about the care of the body, followed out some simple instructions which we gave her at the Ottawa camp-meeting in regard to her little girl who, previously to last winter, suffered at night with croup, and the result was that the child played outdoors all winter long, and in very cold weather, too, and did not suffer, but became strong and healthy. The mother said, "I am so thankful to know these things, and I am going to learn all I can while you are here."

One daughter, whose mother we treated successfully, went to visit a friend who had walked the floor alone with her babe three days and nights, not knowing what to do to still its cries. She said to the mother, "I know what is good;" and applied some fomentations. Almost immediately the child ceased its cries, and before the sister left, it was laughing and playing on the floor.

Sister Gertrude Pierce writes from Toledo, O.:—

The Lord is blessing our work here. I do praise his name for what I see and hear each day. I have never witnessed the power of the Lord so manifest before as here.

It is good to see those who give themselves wholly to God, growing in grace and knowledge of the truth.

Miss Bodine and I are looking after a few of the sick poor in the city. I am also conducting children's meetings, one class numbering over twenty children. I also have been asked to help in the work at the Workhouse.

I am so grateful that my Heavenly Father allows me to have a part in this closing work, and my daily prayer is that I may be so surrendered to him that by my very walk others may see Christ in me.

The recent camp-meeting at Marshfield, Wis., was somewhat hindered by heavy rains and bad roads, but there was a remarkable absence of sickness on the ground, and everybody was happy and contented. A prominent clergyman who was present made the remark that he knew of no other people in the world that could keep well and happy under such circumstances. May the time soon come when Seventh-day Adventists everywhere will have the deserved reputation of being the strongest and healthiest people in the neighborhood, and the most willing to help others in case of sickness. Surely this is one of the ways in which we can let our light shine.

STUDIES FOR THE READING CIRCLES.

FROM the reports that have come in to us the last month, we know that the Lord is blessing the members of the GOSPEL OF HEALTH Reading Circles. The meetings in some places have been somewhat broken up during the busy summer season, but the interest has continued good, and encouraging results have been seen already. We are glad to notice that the members of these circles are beginning to feel a burden for circulating health literature. This may be the means of accomplishing a great deal of good. We hope that during the next few months there will be a still greater awakening on this point, and that all our reading circles will put forth earnest efforts to give these vital truths to their friends and neighbors, as well as assist in circulating literature through the mails.

We suggest the following studies for use in the month of August:—

1. "The Image of God," page 129. The thought which forms the basis of this article should be ever present in the mind. It is a wonderful thing to be created in the image and glory of God. It also involves a large responsibility. The greater our capacity for good, the greater the requirements. Chapter I of "Healthful Living" will be helpful in connection with this study.

2. We would suggest that the second meeting in the month be devoted to a prayerful consideration of ways and means of scattering the health principles. Spend some time in earnest prayer. First, ask for openings which you may enter. What does the Lord want you to do in that neighborhood? what for your friends and relatives who live elsewhere? Remember, the health principles must be proclaimed to all the world. Secondly, plead for divine power and insight to enable you to give the message to hungering souls without creating unnecessary prejudice. The fact should always be before us that the health principles are a divine legacy which we have no right to keep to ourselves, but which we should share with the needy. Pray for a vivid appreciation on the one hand of the needs of your fellow men, and on the other hand of how perfectly these principles are adapted to supply them. Consider whether there are not many other ways in which you can let your light shine. Is there some brother or sister in the church who has not a copy of GOSPEL OF HEALTH, and yet would gladly study these principles? Have you not friends in other localities whose attention should be called to these life-giving truths? Could not something be done to supply them with GOSPEL OF HEALTH?

These are simply suggestions. We shall send a letter containing further instructions to all the reading circles who have sent in their addresses. If there are any who have not reported, we should like to hear from them. The gospel light never shone more brightly from the word of God than now, nor was there ever a time when the people were more in need of its healing rays. Let us obey the command, "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee; for, behold, the darkness shall cover the earth, and gross darkness the people."

Every Reading Circle should lay definite plans for aggressive missionary work in scattering light on health subjects, and then earnestly and prayerfully carry them out.

3. "The Holy Ghost and Physical Healing," page 131. This is the last in Elder Ballenger's series of articles on healing. We recommend it for earnest study. It should be the daily prayer of every true-hearted Christian that God's people may put away their sins, and so relate themselves to the Lord that he may manifest his power through them, and pour out richly of his Holy Spirit upon the earth. Healing by faith is a live issue. We have here and there real instances of it, and we also have counterfeits;

but it is the Lord's will to manifest his power much more decidedly in this direction. He is hindered by our want of faith and our unwillingness to co-operate with him. While we pray for healing power, let us be very careful to study the life-giving principles which God is giving us. Paul writes, "God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings." If we reject the warnings given us through the Spirit of prophecy, and the instructions of those who have been led out to teach the health principles, how then can we expect that we shall see miracles, or have the gift of healing exercised in our behalf? Most people have a wrong idea of miracles. The greatest display of God's power is seen when a sinner is converted and becomes a new creature in Christ Jesus, his old appetites and passions passing away, to be replaced by the new. This miracle we can all have realized in our own cases, and we can not be Christians without it.

4. "Training the Children in Self-Denial," page 134. "Hygiene for Children," page 139. These articles will furnish food for careful thought. They treat of matters which are of special interest to parents. The proper training of our children in the principles of health is of the greatest importance, not only in order to secure their physical development, but also to secure strength of moral character. We often speak of young men sowing their wild oats. It is really a mistake, for they are simply reaping at that time the seed which misguided parents have sown in early years. When a child's mind is tender and easily molded, is the time in which to sow the seed. The time to teach our children health reform is when the Lord first gives them to us. It is useless to try to impress upon their hearts the importance of living out right principles if we do not observe them ourselves. Let us pray, then, for new consecration and a willingness to sacrifice every wrong habit in order that we may fully glorify God in our bodies as well as in our minds.

EARNEST work for God will always bring results. Probably our medical missionary workers have as many disappointments as those engaged in any line of work, but the time will come in the experience of all when comfort will be gathered from the words of inspiration: "They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him."

PUBLISHERS' NOTES.

WE hear sometimes of subscribers' not getting their papers. We shall take pleasure in promptly rectifying all such mistakes if you will call our attention to them.

SEVERAL copies of the *Weekly Record*, published at Keene, Tex., have come to our table. The *Record* seems to be a live, up-to-date paper, which keeps its readers well posted in reference to the progress of the work at Keene. We are glad to notice that it strictly excludes from its advertising columns all patent medicines and nostrums. This is a virtue which other newspapers would do well to imitate.

THE efforts that have been put forth by our friends to give the paper a wider circulation are heartily appreciated. We earnestly hope that your courage will not falter, but that you will continue to agitate this matter. Are there not others who would like to help by getting at least one new subscriber? The summer months are important from the health standpoint. A great deal of sickness prevails. If we can get our friends to subscribe for GOSPEL OF HEALTH, it may be the means of saving some precious lives. The Lord is calling upon his people to give this light to the world. Let us not disappoint the Master by our want of zeal and earnestness.

DR. RILEY promises us a short series of articles on tuberculosis, which we are sure will be of interest to our readers.

ELDER J. N. LOUGHBOROUGH will soon begin a series of valuable articles giving the early history of the health reform movement.

MRS. LENNA WHITNEY-SALISBURY promises a course of instruction in Swedish gymnastics. These articles will be illustrated.

WE take pleasure in calling attention to our esteemed contemporary, the *Medical Missionary*, a more full announcement of which will be found on the cover page. This interesting magazine is clubbed with GOSPEL OF HEALTH at only 75 cents for both.

OUR question box was crowded out this month by other matter, also an article by Dr. George, on patent medicines, and one by B. W. Marsh, "The Science of Reform."

THE leader of one of our reading circles writes:—

We have given up the use of milk, cream, butter, eggs. In our locality the cattle seemed to be so diseased that we were afraid to use their products, and then our eyes were opened to see that chickens are not fit to be eaten because the hen is one of the worst of scavengers, and the eggs partaking more or less of the same nature, they, too, would be barred. Condiments, except a very little salt, we left off long ago. We talked to others about these things, and now there are four families who have made, or are making, the change, and testify with tears of joy to the blessings they have received. One who used to be discouraged now says, "I feel like praising God all the time; I believe he is leading us." Others are inquiring and preparing for the change.

This is a practical example of the truth to which we have frequently called attention, that correct physical habits strengthen the spiritual life, and when they are adopted by the church as a whole the result is a spiritual awakening. The Lord has given us these principles in order that we may develop characters that will stand the test of the judgment.

BEEF eaters who are inclined to underrate the dangers of flesh-foods at the present time, will be interested in the following clippings sent us by a correspondent. They go to prove what has often been stated concerning the disposal of diseased animals.

LINCOLN, ILL., June 17.

The fine herd of cows at the State farm of the Asylum for Feeble-Minded Children has been tested for tuberculosis. Out of 135 head, twenty-two were shown to be diseased, and five ordered held for retest. However, Superintendent Athon does not wish to take any chances, and will ship the twenty-seven to Chicago.

CEDAR RAPIDS, IA., June 16.

Two or three weeks ago the tuberculin test was applied on the cattle at the county poor farm of Chickasaw County, near New Hampton, and it developed that thirteen head on the farm were affected with tuberculosis. These cattle have been condemned, and will be brought to this city in the course of a day or two, taken to the packing-house, and killed.

The reading of such items at the breakfast table will not be likely to whet the appetite for the partially cooked, juicy, red morsel brought to fill an order for a "tender steak, rare cooked."

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:—

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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.

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Would you study those great spiritual truths which lie at the foundation of the whole subject of gospel health reform?

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