

The Gospel of Health

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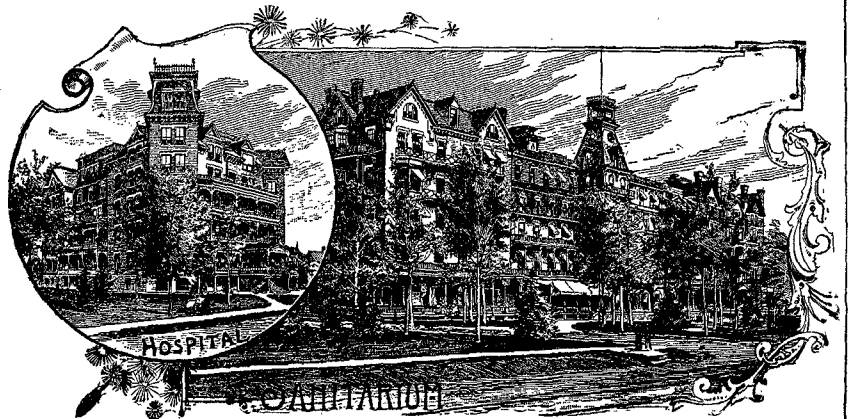
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The Gospel of Health

VOL. III.

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

NO. 11.

SOME PRACTICAL QUESTIONS.¹

Question.—What causes burning pains around the heart?

Answer.—Burning sensations around the heart and those under the shoulder-blade arise from the same cause,—a sensitive solar plexus. Press your finger up under the breast-bone, and you will find a sore spot, and there is a sore spot at the corresponding point in the spine, between the shoulder-blades. This shows that there is a diseased condition of the stomach.

Ques.—Does overeating affect the liver? and is that the cause of a dull feeling throughout the body?

Ans.—Yes. After an ordinary meal, the normal liver is half an inch larger than before, and it swells up a whole inch after a big dinner—a Christmas or a Thanksgiving dinner, for instance. Doctors could build better houses and drive finer horses if we had more holidays. Healthful habits would starve the doctors; if we would only eat right, half the doctors would have to go out of business.

Ques.—Are not eggs chicken, and milk and cream cow? Should we eat these products?

Ans.—An egg is not a chicken until incubation begins, and then it is utterly unfit to be taken as food; up to that time it is a sort of seed, like corn, wheat, or beans, although it is not equal to them as food. Milk certainly does partake more or less of the cow. Many people will not eat milk because it has the flavor of the cow; and it is a physiological fact that the milk of animals is well adapted only to the stomachs of animals of the same species. Cow's milk is splendid food for calves, but it is not well adapted to the human stomach.

Ques.—What is the cause of diabetes?

Ans.—Twenty-four years ago a gentleman came to

the Sanitarium, and I had several talks with him about his diet. I found that he was addicted to taking great quantities of sugar, and I protested against it, telling him that this course, if persisted in, would finally result in diabetes. But he did persist in his course, coming here several times for treatment, until finally, about four years ago, he was a hopeless diabetic. He would eat oatmeal, for instance, heaped up with sugar. He had a tremendous "sugar tooth," as most Americans have, and it killed him. I saw the whole process from beginning to end, and from my observation of this and other cases I am convinced that the excessive use of sugar is one of the great causes of this disease. Another cause is the use of imperfectly cooked cereals.

Ques.—What is the best diet for a person troubled with catarrh?

Ans.—The food that will make the best brain and bone and muscle. The food that is best for a man when he is well is best for him when he is sick. He must abstain from all condiments, as mustard, pepper, pepper-sauce, etc. Things that are hot when they are cold are extremely irritating, and have no business in the stomach. They are particularly bad for persons with catarrh in the nose, stomach, liver, or with any other kind of catarrh. Such persons should abstain from meats of all kinds, and adopt a simple, abstemious diet of fruits, grains, and nuts. The grains should be taken in a dry state, to insure thorough mastication and insalivation.

Ques.—Is it necessary or beneficial to eat either nut or creamery butter?

Ans.—It is necessary for us to take fat in some form; we may take it in nuts or nut products, but we must have fat in some form. A strong, healthy laboring man requires, for each day's rations, sixteen ounces of starch, three ounces of albumin, or proteids, in a dry form, and one ounce or an ounce and a fifth of fat. These are the proportions observed by our

¹Extracts from a question-box lecture by Dr. J. H. Kellogg, in the Sanitarium gymnasium.

family of nurses and helpers as determined by actual experiment. Most people use a somewhat smaller percentage of starchy food.

Ques. — Is there anything injurious in Viavi remedies? In what way are they beneficial?

Ans. — They are simply humbugs; they do not do what they profess to do. You can not cure a disease by antidoting. When a man does wrong, he must repent and turn away from that wrong. A sick person must get well by the processes which nature has established in his very being. A lady came to me this evening saying she had a fall some years ago, and wanted me to examine her spine and see what was the matter with it. I examined her spine and found that there was nothing the matter with it, and told her so. "But," she said, "I had a fall three years ago, and hurt my back." "I can't help that," said I, "there is nothing the matter with your back; it has got well." "Why," said she, "how can that be? I have done nothing for it." She had not employed a doctor or a nurse or blisters, and yet her back had got well. It was the healing power within that did it. And so it is always. Cold shower baths, massage, percussions, etc., are intended simply to stir up the healing power within one, and by removing obstacles, to assist nature in effecting a cure.

Ques. — What is the quickest way to reduce flesh?

Ans. — Stop eating, and the flesh will disappear, because, if one does not eat, he must live on himself; when one abstains from food, the body draws upon its stored-up resources. If you want to reduce flesh rapidly, stop eating, and work hard or take a good deal of exercise. A splendid plan, and one which is almost universally successful for a person who is too fleshy, and who has the pluck to try it, is to make a practice of eating only one thing. If such a person asks me what he shall eat, I tell him he may eat almost anything he pleases, provided it is a wholesome food. One man once said to me, "I will eat potatoes, bread, and milk, and—" "No," I said, "you may eat any one of such articles as are wholesome, but it must be only one thing; if you are going to eat potatoes, you must eat potatoes and nothing else, and so also of pears, peaches, etc.,—use only one article of food." I have seen obese persons lose half a pound a day by living on an apple diet, or on a strawberry diet, or on a bread diet. One can eat almost anything he wants to, if he will confine himself to that one thing, for he will be sure not to eat too much of that. And it is better to take that

one thing dry. A fruit diet is good for obese persons, because in eating fruit, in order for one to get sufficient nutriment to retain his strength he must take a great quantity of it. So the obese person may live on fruit, and find it a delightful sort of starvation.

Ques. — Explain why kumyss or kumyzoon can be taken with impunity by those to whom milk and cream are forbidden.

Ans. — The reason of this is: In kumyss and kumyzoon, as well as sour milk and buttermilk, the casein is broken up into very fine particles, while this is not the case with cow's milk. Cow's milk is not adapted to human stomachs; it is adapted to calves' stomachs, which are intended to receive and digest food in coarse fragments, which are chewed, pass on, return, and then are chewed over again. There is a hard curd which forms in cow's milk when taken into the calf's stomach, but the calf has a stomach and an alimentary canal which are capable of digesting this hard mass and converting it into nourishment. But in the human stomach these large, hard curds make trouble, because they remain there so long that they decay and cause biliousness, sick-headache, nervous headache, and sour stomach. If they finally work their way into the intestines, they produce looseness of the bowels, especially in children, from the irritation which they set up. In sour milk the casein, or curd, is broken up so that it can not form a large, hard mass, but is reduced to a soft, pultaceous substance, which passes readily into the intestines.

Ques. — Is it best to continue the same kind of food indefinitely without change?

Ans. — If you have a perfect food, you can go on in the use of that diet so long as you do not feel an instinctive desire for a change; but if you long for something else, that is nature's call for a change, and you should make it. Nature is a wise director; if we follow nature, we will always go safely. If one has an instinctive desire for starchy foods, he should take starchy foods. If he has a longing for nitrogenous foods, such as nuts, peas, beans, and lentils, he should take such foods. If he has a longing for fats, he should take fats. These longings are the instinctive demands of nature for what we need; they are far more valuable in directing us than are doctors' prescriptions or medical theories. It is best to eat what one likes,—that is, if his taste is normal; but the difficulty is that our appetites are so perverted that it is not best to eat what we want until we are sure we are on the right road.

HEALTH AND DISEASE.

BY G. H. HEALD, M. D.

IN Eden man had perfect health; for God saw everything he had made, and, behold, it was very good. There was no sickness, no decay, no death; neither will there be in Eden restored. In the interval between, the earth is the stage on which the Lord allows Satan to demonstrate to the universe the practical workings of his theory of government. By the time this trial is over, every intelligent being will be convinced that God's government is best. Out of each generation God has found a few who have chosen his government in preference to that of Satan; but the great multitude have been led away by the deceptions of Satan. Eve's excuse, "The serpent beguiled me, and I did eat," might well have been spoken by countless millions of the human race who have gone down to perdition.

It is not God's will that any should perish, but that all should come to repentance. "God is love." "He doth not afflict willingly." But "he came to his own, and his own received him not."

Disease comes upon mankind as the result of sin; not as a measure of retaliation or punishment from God, but as a corrective. "Whom the Lord loveth he chasteneth." Yet he has brought severe judgments upon man in the form of plagues and pestilences. These have not come without warning, for he said to the children of Israel, "It shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, . . . the Lord shall make the pestilence cleave unto thee, until he have consumed thee from off the land, whither thou goest to possess it. The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning." Deut. 28 : 15, 21, 22.

As the Heavenly Father visits the disobedient with disease, so he rewards the obedient with health. He says to the Israelites in Ex. 15 : 26: "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Again (Deut. 7 : 12, 15): "If ye hearken to these judgments, and keep, and do them, . . . the Lord will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee." And in Ex. 23 : 25: "And ye shall serve the Lord your God,

and he shall bless thy bread, and thy water: and I will take sickness away from the midst of thee."

PRACTICAL THOUGHTS ON VENTILATION.¹

IT is a very simple matter to arrange the outlets and inlets of a ventilating system where the air comes in heated from a furnace. The hot-air inlet should be in the floor or the wall near the floor, so that the air may be distributed. As it strikes the coldest wall in the house, and particularly the windows, it will become colder and heavier, and consequently will fall at that place, and right under the windows will be a capital place to put the foul-air outlet. Remembering, however, that this cold and impure air will not rise in an outlet again until it is reheated, so every foul-air shaft must have some provision in it for heating the air. When building a house, it is an excellent plan to build a chimney sufficiently large so that a metal partition can be placed in the middle of it, and one part used for a foul-air outlet. Then smoke passing up on one side of the metal partition will heat through sufficiently to create an upward draft in the other side.

If a room is heated by means of a stove, then naturally whatever fresh air we receive must come in cold, and most houses have no other provision for this than lowering the window. With this arrangement the air as it passes in over the window drops down almost as directly as if it were a waterfall, and floats around near the floor, chilling the feet, while the head is being overheated by the hot air rising from the stove. Just the opposite of this should be the case; we should keep our feet warm and our heads cool. What the world needs now is cool-headed men.

With stove heating it is difficult to maintain an ideal condition of the air in a room, but a good plan is to lower the sash about eight inches from the top, and make a tight-fitting board to take the place of the opening, and then cut a hole in this board that will just admit an ordinary stove-pipe. Let this pipe extend to near the middle of the room, and end in an elbow, so as to direct the current of air against the ceiling. Air has a certain amount of momentum, the same as a solid substance possesses; so if it is thrown up against the ceiling, it will gradually diffuse itself around, and come down in all parts of the room the same as water would from a spray placed in the same

¹ Study given at the Training-School in Chicago.

position. In this way the colder and fresher air circulates around our heads, and there are no unpleasant drafts to chill our feet and set up various ills.

If the chimney is not large enough to make a separate apartment for the foul air, a good plan is to build a wooden box along one side of the chimney, carrying it up through the roof, and making a sort of hood over it to keep the rain out; then let there be an opening near the floor for an outlet. The heat passing through the bricks will be sufficient to create a certain upward current in this box. Or, if the draft is good in the chimney, a T can be fitted into the stove-pipe just before it enters the chimney, the pipe from it extending down to within a few inches of the floor. This will serve as an exhaust for the foul air. It will be well to take the precaution of having a tin pan or some other small vessel placed just beneath this stove-pipe, to receive any live cinders that might drop down.

PHYSICAL HABITS OF JOHN WESLEY.

WITH John Wesley's long and fruitful career everybody is more or less familiar, but his physical habits, which doubtless lay at the foundation of his remarkable health and continued usefulness to the very last, are perhaps not so well known; certainly they are seldom imitated. To quote from another, "Wesley does not appear to have inherited a robust constitution, and in his youthful days was certainly not without many illnesses, but after the age of forty he usually enjoyed excellent health, till within a few days of his decease. He was exceedingly temperate; rose constantly at an early hour; was of a very cheerful disposition and even temper; took constant exer-

cise of the most active kind, regardless alike of heat and cold, wind and rain, and was a lover of regularity and order in everything."

Wesley's own words will be interesting at this point. Writing of himself at the age of sixty-eight, he says: "I can hardly believe that I am this day entered into the sixty-eighth year of my age! How marvelous are the works of the Lord! How he has kept me even from a child! From ten to thirteen or fourteen, I

had little but bread to eat, and not a great plenty of that. I believe this was so far from hurting me that it laid the foundation of lasting health. When I grew up, in consequence of reading Dr. Cheyne, I chose to eat sparingly and drink water. This was another great means of continuing my health till I was about twenty-seven. I then began spitting of blood, which continued several years. A warm climate cured this. I was afterward brought to the brink of death by a fever, but it left me healthier than before. Eleven years after, I was in the third stage of consumption: in three months it pleased God to remove this also. Since that time I have known neither pain nor sickness, and am now

healthier than I was forty years ago! This hath God wrought!"

Five years later he writes: "I am seventy-three years old, and far abler to preach than I was at three-and-twenty. What natural means has God used to produce so wonderful an effect?—1. Continual exercise and change of air, by traveling about four thousand miles in a year. 2. Constant rising at four. 3. The ability, if ever I want it, to sleep immediately. 4. The never having lost a night's sleep in my life. . . . May I add, lastly, evenness of temper? I feel and



grieve, but by the grace of God, I fret at nothing. But still, 'the help that is done upon earth' he doeth it himself; and this he doeth in answer to many prayers."

As years wore on, Wesley's health and activity continued, and on his eighty-second birthday we find him writing: "To-day I entered on my eighty-second year, and found myself just as strong to labor and as fit for exercise of body and mind as I was forty years ago. I do not impute this to second causes, but to the sovereign Lord of all. I am as strong at eighty-one as I was at twenty-one, but abundantly more healthy, being a stranger to the headache, toothache, and other bodily disorders which attended me in my youth."

At the age of eighty-three he observed: "I am a wonder to myself. It is now twelve years since I have felt any sensation as weariness. I am never tired (such is the goodness of God!) either with writing, preaching, or traveling; one natural cause, undoubtedly, is my continual exercise and change of air. How the latter contributes to health I know not, but certainly it does."

Wesley's life is a beautiful example of temperance reaping its own reward. He was not naturally strong and rugged, but by rigid self-denial and strict adherence to the principles that underlie health, he grew more and more vigorous, and his usefulness continued till the close of his remarkably long and fruitful life. "Whatsoever a man soweth, that shall he also reap." "My son, forget not my law; but let thine heart keep my commandments: for length of days, and long life, and peace shall they add to thee."

TYPHOID FEVER.

BY F. M. ROSSITER, M. D.

Synonyms.—Enteric fever, autumnal fever, typhus abdominalis, nervous fever.

Typhoid fever is an acute infectious disease, excited by a special germ, characterized by a high continuous fever, headache, abdominal distention and tenderness, constipation or diarrhea, a rose colored eruption appearing on the abdomen and other parts of the trunk.

Causes.—The predisposing causes of this disease are errors in diet, impaired digestion, intestinal weakness, oysters, ice-cream, filth, unhygienic surroundings, physical exhaustion, overwork. The autumn season is the most favorable time for an attack.

Adults under thirty years of age are the most susceptible. The disease is not common in young children, but may occur in the extremely young or aged. Personal susceptibility seems to be a predisposing cause of this disease, as all exposed to infection do not contract it.

Exciting Causes.—The exciting cause is a special germ called the bacillus typhosus, discovered by Eberth. The germ may be found in drinking water that has been contaminated by intestinal discharges, and in food and milk. Contaminated water is the most frequent medium for carrying the infection. Typhoid fever due to drinking milk has its primary source in the polluted water which has been used in washing the udders of the cow or in cleansing the milk cans.

Symptoms.—General: A gradual onset, with weariness, indisposition, headache, pains in different parts of the body, nosebleed, and fever, which increases each day until by the tenth day the temperature is 104° or 105°. Then it varies but little for ten days, the evening temperature being one or two degrees higher than the morning. About the end of the third week the fever begins to subside, which takes another week or ten days. There is loss of appetite; tongue coated, dry, brown, or cracked, with a collection of food, tartar, germs, and epithelial cells on the teeth, called *sardes*. As a rule, the bowels are loose, though constipation is present in many cases. The discharges vary in number from three to six a day, are thin, offensive, and of a yellowish color. There is distention of the abdominal wall, marked tenderness on pressure, rumbling of gas in the intestines.

Circulatory Symptoms.—The pulse increases in proportion to the fever. It is rapid, about 110, full and dicrotic. During the second week it becomes weak and more rapid.

Nervous Symptoms.—Headache, first week, followed during the second week by mental dulness, stupor, muttering delirium, picking at the bed-clothes. During the height of fever the patient may try to get out of bed and jump from a window.

Face.—The cheeks may be flushed the first week; later the face has a peculiar pallor. The countenance is dull and expressionless.

Skin.—A rose-colored rash appears from the seventh to the tenth day, usually first on the abdomen, then on the chest or back. It comes out in crops, lasting about forty-eight hours each. Each spot is a rose red in color, and disappears on pressure.

At the height of the fever the skin is usually dry. Sweating is the exception.

Serious Symptoms.—Fever above 106°, early involvement of the nervous system, muttering delirium with tremor, hemorrhage from the bowels, perforation of the intestine, producing general peritonitis. Hemorrhage occurs in about three per cent of the cases, and is indicated by a very rapid pulse, and sudden fall of temperature followed by dark discharges. Perforation is indicated by a sudden pain and fall of temperature, followed by a diffuse pain in the abdomen. At times sudden death takes place, without much warning and without a known cause.

TREATMENT.

1. *Preventive.*—By this is meant the adoption of such measures as will enable one to live above disease and sickness; as, carefulness in diet and in habits of life, with good sanitary and hygienic surroundings. The prevalence of typhoid fever is directly proportionate to the inefficiency of the drainage and water-supply of a town or city. Then every article used in connection with a typhoid-fever patient must be subjected to the most rigid methods of disinfection. All drinking water and milk should be boiled.

2. *General.*—Professor Osler, in speaking of the general management of typhoid fever, says, "Careful nursing and a regulated diet are the essentials in a majority of cases." He further says: "The profession was long in learning that typhoid fever is not a disease to be treated by medicine."

The room in which the patient is placed should be well ventilated, containing but few articles of furniture, and the bed should preferably be single.

3. *Diet.*—In the beginning of typhoid fever a fast for twenty-four to thirty-four hours would do much to mitigate the devastating influences of the disease. Such food should be selected as will sustain the patient, be quickly and easily digested, leave but little residue in the intestines, and that will not tend to increase the growth of germs. Such a diet is found in fruits, fruit-juices, light gruels, and zwieback, or thoroughly toasted bread. Lemon-juice, orange-juice, grape-juice without sugar, scraped apple, baked apple, pineapple, blackberries, raspberries,—all may be used with good results. The acid juices are disinfectant, and tend to diminish the bacterial growth in the small intestine,—the seat of the disease. Milk is considered by many as the best diet in fever.

If used, two to three pints should be given an adult at stated intervals during the twenty-four hours. The milk may be diluted with water (boiled), lime-water, or with carbonated water. When a patient is given a milk diet, the stools should be watched carefully for any undigested curds. Kumyss and buttermilk are in many ways superior to sweet milk, and many can take either of these when ordinary milk is distasteful. The patient should drink freely of cold water, but should never be awakened to take medicine, food, or drink. In prolonged stupor, however, it may be necessary to arouse the patient for food at regular intervals.

4. *Baths.* (a) Sponging the patient with ice-water every hour or every two hours, with friction, is one of the most efficient means of reducing the fever and making the patient comfortable, at the same time applying an ice compress to the head.

(b) The cold wet-sheet pack is another excellent method of combating the effects of the high fever. This may be made still more efficient by sprinkling cold water on the sheet and allowing it to evaporate. If the patient objects to the cold, a hot bag to the spine at the same time may be applied.

(c) Cold-water drinking. Cold enemas are one of the best means of reducing fever. Care must be exercised in giving the enema after the tenth day, for fear of perforation or hemorrhage.

(d) A moist abdominal bandage at night, cold or ice compresses to the abdomen during the day, alternated every two hours with a fomentation for fifteen minutes.

(e) By means of rubber sheeting on a suitable frame, an apparatus may be improvised so that a full bath may be given without disturbing the patient much. The regular full bath is not practical for home use, unless given by a trained attendant.

5. *Disinfection.*—The discharges may be rendered innocuous by the following plan: Dissolve a pound of chloride of lime in four gallons of water, and add a quart of this solution to each discharge, allowing it to remain in the vessel for one hour. All soiled bed-clothes and garments should be thoroughly boiled, and care taken to keep all the dishes used scrupulously clean. The mouth, lips, and teeth should be kept clean by rinsing with a solution of boracic acid or a weak solution of cinnamon water.

Excessive pain in the bowels may be relieved by fomentations. Intestinal hemorrhage may be relieved by absolute rest, with an ice-bag applied to the right side.

6. *Convalescence.*—During this period the patient develops a ravenous appetite, which sympathizing friends are only too willing to gratify. A patient should not eat solid food until the temperature has been normal for two weeks. Meats and eggs should be proscribed. Constipation during convalescence may be relieved by an enema. Any excitement, either mental or physical, must be avoided.

THE RELATION OF MIND TO BODY.

A Study from the Bible and "Healthful Living."

1. How extensive is mind-sickness?

Ans.—Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.—“*Healthful Living*,” par. 987.

2. What really lies at the root of disease?

Ans.—The burden of sin, with its unrest and unsatisfied desires, lies at the very foundation of a large share of the maladies which the sinner suffers.—“*H. L.*,” par. 986.

3. To whom should we turn for health?

Ans.—“O Israel, thou hast destroyed thyself; but in me is thine help.” Hosea 13:9. See also Ps. 103:2-5.

4. What is the best restorative for the sick?

Ans.—The exalting influence of the Spirit of God is the best restorative for the sick.—“*H. L.*,” par. 1014.

5. What is the pathway to health?

Ans.—A person whose mind is quiet and satisfied in God is in the pathway to health.—“*H. L.*,” par. 1012.

6. What is another good medicine for the sick?

Ans.—The pleasure of doing good animates the mind, and vibrates through the whole body.—“*H. L.*,” par. 1005.

7. What is said of the blessing of the Lord?

Ans.—The blessing of God is the healer.—“*H. L.*,” par. 1006.

8. Having received Christ, how can we co-operate with him in the healing of our bodies?

Ans.—“A merry heart doeth good like a medicine; but a broken spirit drieth the bones.” Prov. 17:22.

9. How important is the mind in disease?

Ans.—“The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?” Prov. 18:14. “For as he thinketh in his heart, so is he.” Prov. 23:7.

THE HOME.

THE THANKSGIVING MENU.

BY MRS. E. E. KELLOGG.

A SPECIAL dinner for Thanksgiving has so long been a time-honored custom in most families that the majority of housekeepers consider it quite an indispensable adjunct to our national holiday. We would in no wise disparage the beautiful custom of gathering one's friends and neighbors around the hospitable board to celebrate the crowning of the year with blessings, but we are not in sympathy with the indiscriminate feasting so universally indulged in on such occasions. While an ample repast is essential, the bill of fare should not be so lavish as to be an incentive to gormandizing, nor the viands of a character incompatible with healthful living. Let us have plain living even on Thanksgiving day, and then we may hope to have high thinking—a condition far more in accord with the real design of the day. Above all, let no life be sacrificed to cater to an appetite which ought at all times, but especially upon such an occasion, to be satisfied with the bounties of the harvest.

As suggestive to those who desire to provide a simple, wholesome bill of fare we offer the following, the first of fruits, seeds, and nuts; the second of nuts, seeds, and vegetables:—

Cream of Corn Purée with Nut Sticks

Browned Rice with Tomato Sauce

Lentil and Nut Loaf or Baked Peanuts with Tomato

Apple Macaroni

Whole-wheat or Graham Bread with Cocomnut Cream and Stewed Fruit

Browned Granose Biscuit

Cranberry Granose Dessert

Fresh Fruit Fruit Wafers

Vegetable Oyster Soup with Croutons

Stewed Nuttose with Sweet Potato

Cabbage Salad

Canned Green Peas or Asparagus

Stewed Tomato

Granose Flakes with Nut Cream

Zwieback Brown Bread

Nuttolene Mixed Nuts

RECIPES.

Cream of Corn Purée.—Rub canned sweet corn or cooked dried sweet corn through a rather fine colander. Add a very little water, season with salt, and if desired a little nut cream or cocoanut cream. Heat

to boiling and serve. The purée should be twice as thick in consistency as soup. It is very good made of canned hulled sweet corn without the nut cream.

Browned Rice.—Spread a cupful of rice on a baking tin, and put in a moderately hot oven to brown. It will need to be stirred frequently to prevent burning, and to secure a uniformity of color. Each rice kernel, when sufficiently browned, should be of a yellowish brown, about the color of ripened wheat. Steam the same as directed for ordinary rice, using only two cups of water for each cup of browned rice. When properly cooked, each kernel will be separate, dry, and mealy.

Cocoanut Cream.—Cut a fresh cocoanut in thin slices, and grind the nut very fine in a chopper or some strong hand-mill. If nothing of this sort is available, the cocoanut may be grated. To each cup of the prepared nut add one pint of hot water, stirring and beating with a spoon to extract as much of the juice as possible. Drain off the liquid, and add a second similar quantity of hot water, and after beating again very thoroughly, strain through a thin cloth or very fine sieve, pressing out all the liquid possible. This may be used at once, as a substitute for milk to be eaten with rice or other grains or to prepare puddings and sauces. It is excellent served with granose flakes or eaten with zwieback.

If placed on ice for a few hours, the cream will rise to the top, and may be taken off, making a pure cocoanut butter.

Lentil and Nut Loaf.—Take one pint of well-cooked lentil pulp, one cup of strained stewed tomato, one and one-half cups of walnut meal, a very little pulverized sage, and enough granola or crushed zwieback to make quite a stiff mixture (probably one cupful). Bake for forty minutes or longer in a moderate oven.

Cooked Peanuts with Tomato.—Shell the raw nuts and blanch. Add to a pint of the blanched nuts about two quarts of water, put them into a bean pot, heat to boiling, then place in a slow oven and cook for nine or ten hours. An hour before removing from the oven add one-half cup of stewed, strained tomato. When done, the peanuts should be soft and mealy and rich with juice. No seasoning except a little salt will be required.

Cranberry Granose Dessert.—Prepare a fruit pulp by rubbing stewed cranberries through a colander; sweeten to taste, and evaporate to about the consistency of marmalade. Spread a thin layer of granose

in the bottom of a pudding dish; fill the dish with alternate layers of fruit and granose, finishing with a layer of granose on the top. Let it stand for an hour or so, until the granose flakes have become slightly moistened. Cut in squares and serve. In its perfection this dish is neither mushy nor variegated with dry granose, but each flake throughout is delicately moistened with the fruit pulp. Thus it will be if care is taken in the preparation of the fruit pulp, and no more granose used than the fruit can moisten.

Apple Macaroni.—Stew enough nice tart apples to make about two pints and a half of rather thin sauce, sweeten a little, put into the inner cup of a double boiler, and heat to boiling. In this cook a cupful of macaroni broken into inch lengths, from one to two hours, till perfectly tender. Serve hot.

THE IMPORTANCE OF PHYSICAL EXERCISE.

It has been said that man is simply a stream of matter flowing through a certain form. The body is the cast or mold, if you please, and the food we eat, the air we breathe, the water we drink, constitute the stream that is constantly flowing through this mold. If this stream is kept pure and active, if it is well mixed with air, it will be clean and wholesome. But if, like the stagnant pool, it becomes sluggish and inactive, it will be impure and offensive.

The body is made of what we eat. One eats, we may say, his own weight every month; that is, a mass of matter equal to the entire weight of the body passes through it every month. Three fourths of a pound of solid carbon is cast off through the lungs every twenty-four hours. Several ounces pass off through other channels,—through the kidneys and the skin. If this constant inflow and outflow of matter is maintained according to the laws of nature, if it is kept steady and pure, the stream remains clear and pure, the body is kept well and strong.

Exercise is one of the most important means by which this stream of the body is kept in constant activity. The stream is accelerated by making the muscles work. Exercise stimulates the appetite, and hence increases the inflow of the stream. Muscular work tears down the tissues and increases the outflow of matter. Exercise has an important effect upon the heart. When one is lying down quietly, the average pulse-rate is about sixty a minute; when sitting up, it is from sixty-five to sixty-eight; when

standing, from seventy-two to seventy-five; when walking at a moderate pace, it is increased to from eighty to eighty-five; when running, it averages about double the ordinary rate. But this increase of heart-beat is not simply an increase in the number of beats a minute; there is also an increase in vigor. Exercise makes the heart beat not only more rapidly, but more forcibly. More blood is sent out through the veins and arteries. In order to do its work in the body, it must pass through the lungs, and here it is purified by taking in oxygen from the air. So we find that exercise not only stimulates the heart-rate, but increases the activity of the lungs as well. When the lungs are excited by muscular activity of any kind, one takes in a much larger amount of air. When running, the amount of oxygen absorbed by the body is seven times as great as when one is lying on his back and breathing normally.

Hence it is evident that exercise is one of the most important means by which the body can be changed, because oxygen is the great vitalizing element in maintaining the activity and vigor of the body. The more oxygen taken into the blood, the more life there will be in the body; the more oxygen that gets into the stomach, the better the gastric juice; the more oxygen that finds its way to the liver, the more cheerful the man's outlook upon the world; the more oxygen that is carried to the brain, the more mental work can be done by that organ.—*J. H. K., in Good Health.*

GOOD PRINCIPLES.

BY J. H. DURLAND.

It is said of Plato that when, on one occasion, he raised his hand to correct a servant, he kept his arm fixed in that position for a considerable time. To a friend coming in, and inquiring the reason of his singular conduct, he replied, "I am punishing a passionate man!" At another time he said to one of his slaves, "I would chastise you if I were not angry." When told that his enemies were circulating reports to his disadvantage, he remarked, "I will so live that no one will believe them." When asked how long he intended to be a scholar, he replied, "As long as I have need to grow wiser and better."

Such principles are just as good for men and women in this age as they were for Plato. If we spent more time correcting ourselves for our errors, we would have less time for looking after those of our neighbors. If we spent the time that is too often spent

in chasing those who circulate detrimental reports against us, in correcting our own faults, and living above reproach, our enemies would soon cease to circulate the reports, for no one would believe them. We all need to be learners as long as we remain on this earth.

A NEEDY FIELD.

MISS KATHERINE PETTIT, who took a course in hygienic cooking and instruction in other lines at the Sanitarium, is faithfully spreading the light and truth thus received in the mountainous regions of Kentucky. The following extract from a letter to one of her friends will give our readers some idea of her work, and of the sad need of such instruction in the South:—

"After spending a few days at my home in Lexington, I came to this place, which is in the south-eastern part of the State, and twenty miles from the railroad. These mountains, with their swiftly flowing streams and beautiful forests, offer a continuous feast to the eyes; but my heart is always sad, for the ignorance of the people is truly pitiable. They know almost nothing of right physical living. I am just back from a week's tramp across Pine Mountain. The people live on mountains or up very narrow ravines. Three of us started out without knowing a single person in the whole region. We wore short skirts and bicycle boots, and carried our luggage in knapsacks across our shoulders. We walked ten and fifteen miles every day, visited every little cabin we passed, held a prayer service, and stayed at night with these people in their windowless, one-room cabins. We bathed in some stream every night and morning; not exactly a Russian bath, but nevertheless refreshing. The people subsist on bitter coffee, heavy corn bread, and pork. They burn pine fagots for light, spin and weave all their own clothes, and even make their shoes. Very few can read, and in our journey of seventy-five miles we saw but two Bibles. We are thankful for the Battle Creek Sanitarium food, which we always carry with us. Many are interested in healthful living. To-day we are showing a number how to fix hulled corn. We start to-morrow for another week's tramp through the mountains of Virginia. From the pinnacle near here we can look into Tennessee, Virginia, and North Carolina."

Surely this is a noble work, and God will abundantly bless it. May the time soon come when many

others will feel a burden to go into localities where people have had no advantages, and carry the gospel of right living to the teeming city, town, or hamlet, and to the door of every humble cottage. The greatest need to-day is truly earnest and consecrated workers.

SCHOOL OF HEALTH

SWEDISH GYMNASTICS.

Lesson 1.

BY MRS. LENA WHITNEY-SALISBURY.

In our article last month we endeavored to give an idea of the "day's order" as generally used in educational gymnastics. In adapting the work for home practice, we may not always be able to adhere to it strictly, but shall follow it as closely as possible.



time necessary to shorten the lesson, do so by taking the movements less times rather than by omitting any or hurrying them. Remember that a lesson which is hurried is worse than none. Do not select the exercises which you like best, and practice them to the exclusion of the others. Practice all alike, as indicated by the numbers.

Unless otherwise indicated, the movements should be practiced slowly. They should never be taken immediately after eating. The clothing must be loose and easy, with absolutely no restriction at the waist, and should be suspended from the shoulders.

The lessons are designed to occupy from fifteen to thirty minutes. If it is at any

Slight soreness may be experienced after the first few lessons, but this will soon disappear, and need occasion no anxiety, as it means simply that you are using muscles unaccustomed to work.

Rest between each set of exercises whenever it seems necessary, especially in beginning the work.

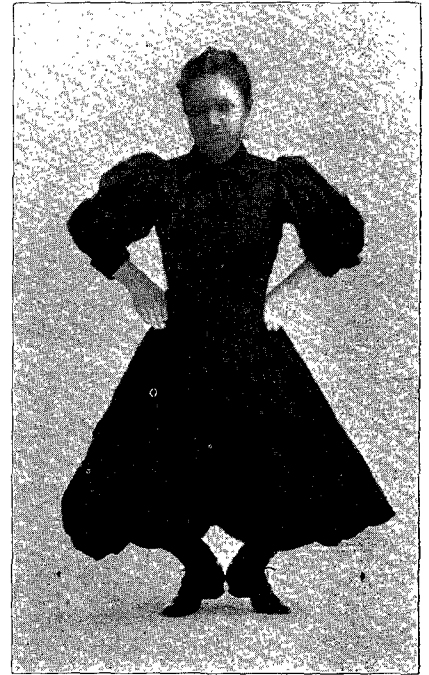
For the sake of cultivating the left side of the body equally with the right, and to produce ambidexterity, all movements are taken first on the left side, then on the right.

Unless otherwise specified, all movements are taken from the fundamental standing position, or the position of *attention*, and when

a movement has been taken the given number of times this position should always be resumed.

These lessons presuppose a fairly correct standing position, as acquired by the exercises given in the previous numbers of this paper. If you have any doubt about your position, practice the following exercise regularly till you feel you know that your weight is poised on the balls of the feet, the chest is carried high, and the head erect:—

Stand with the weight of the body on the heels. Raise the chest, and keeping the body stiff from the head to the ankles, slowly sway the weight over the balls of the feet as far as you can. Hold the position, and rise high on the toes. Then slowly let the heels sink without allowing the weight to go back. Repeat this several times.



I. Introductory Exercises.

1. *Arms sidewise raise* (slowly), *inhaling*. Raise the arms to shoulder level at the sides, palms down, fingers together. Keep the arms horizontal from shoulder to finger-tips, *sink*, *exhaling*. Lower the

arms slowly to starting position. Breathe from the toes up. Repeat 6-8 times.

2. *Hips firm.* Hands on the hips, fingers front, thumbs back; a straight line from the elbow to the tip of the middle finger. A common error is to draw the elbows too far back. If they are held correctly, a straight line passing from elbow to elbow will pass through the center of the body. (See illustration 1.) *Heels raise.* Rise slowly on the toes, keeping the weight poised forward, and a right angle between the feet. Hold while you slowly count five. *Heels sink.* Slowly lower the heels, not allowing the weight to go back. 8-10 times.

II. Arch Flexion.

1. *Hips firm. Head backward bend.* Keeping the chin moderately drawn in, bend the head straight back, inhaling deeply at the same time. *Head raise.* First draw the chin in strongly, then raise the head slowly, exhaling. 4-8 times.

2. *Hips firm. Head to the left (right) bend.* Bend the head straight to the side without moving the shoulders. *Head raise.* Raise the head to the starting position. 8 times to the left, then to the right.

III. Heaving Movement.

Arms sidewise stretch. This movement is taken on two counts. On the command "*stretch*" (or *one*) the upper arm remains close to the side, the forearms are quickly flexed, at the same time rotating them out as far as possible. The finger-tips rest lightly on the tops of the shoulders. The caution in regard to the elbows given for "*hips firm*" applies equally to this position. Do not get them too far back, and remember that in this, also, a straight line passing from elbow to elbow will pass through the center of the body. This position is called the "*upward bend position.*" *Two.* Very quickly extend the arms to the side horizontally, palms down, thumb and fingers together. Stretch just as far as you can to the side and a little back. 8-12 times.

The first count should be taken moderately, the second with the utmost rapidity. At first, practice both slowly, until you are reasonably sure that you can execute the movement correctly. Watch yourself in a mirror to make sure you have the correct position, and learn to tell by the feeling when the arms are shoulder-high. For six times practice with counting, 1, 2, 3, 4, as follows: 1. Take the upward bend position; *hold*, 2, 3, 4, raising the chest high, and keeping the elbows close to the sides. Imagine a heavy weight attached to them, pulling down. Then

on 1, stretch to the sides; *hold*, 2, 3, 4, stretching a little farther on each count. Then practice the same, counting simply, *one, two* (*one*, the upward bend position; *two*, the stretch).

IV. Balance Movement.

Hips firm. Heels raise. Heels sink. 6-8 times.

V. Shoulder-Blade Movement.

Arms sidewise raise. Arm rotation. One. Reaching well out, turn the palms up, making the muscles tense as you turn. Hold, stretching strongly for an instant. *Two.* Turn the palms back to the first position, relaxing the muscles. 8-12 times.

VI. Abdominal Exercise.

Lying. 1. With breathing, arms forward, upward raise. Taking a deep breath, raise the arms, palms facing, forward, upward to high over head. Hold, stretching up with your fingers and down with the toes, while you count five. *Sink.* Slowly breathing out, lower the arms forward downward to the sides. 4-8 times. 2. *Hips firm. Leg raising: Left (right) leg raise.* First, stretch the foot down as far as you can, then with the knee straight, slowly raise the foot from the floor. At first, raise the leg only two or three inches, gradually increasing the distance. *Sink.* Slowly (*never rapidly*) lower the leg. 3-6 times each.

VII. Lateral Trunk Movement.

Hips firm. Feet close. Bring the toes together, both toes pointing straight forward. *Trunk to the left (right) twist.* Keeping the feet firmly on the floor, knees together and straight, twist the trunk slowly to the left. Keep the head and shoulders in line as you twist. Hold a moment. *Trunk forward twist.* Relaxing the muscles, turn the body to the front again. 4-6 times each.

VIII. *Slow Leg Movement.* { *Hips firm. Heels raise.*
IX. *Leaping.* { *Knees bend.*

Keeping the trunk erect and the chest raised high, slowly bend the knees, allowing them to separate as you bend. Keep the heels raised, and do not permit yourself to lean forward in the least. *Knees stretch.* Slowly extend the knees, keeping high on toes. *Heels sink.* 4-6 times. (See illustration 2.)

X. Respiratory Exercise.

Take 1 of introductory exercises.

The following outline may be cut out and pinned upon the wall for ready reference while practicing: —

OUTLINE OF LESSON I.

- I. 1. *Arms sidewise raise*, inhaling; *sink*, exhaling. 6-8 times.
 2. Hips firm. *Heels raise*. *Sink*. 8-10 times.
- II. 1. Hips firm. *Head backward bend*, inhaling; *raise*, exhaling. 3-6 times.
 2. Hips firm. *Head to the left (right) bend*. *Raise*. 3-6 times each.
- III. *Arms sidewise stretch*. *One*. *Two*. 6-10 times.
- IV. Hips firm. *Heels raise*. *Sink*. 6-8 times.
- V. *Arms sidewise raise*. *Arm rotation*. *One*. *Two*. 8-12 times.
- VI. 1. Lying. *Arms forward, upward raise*, inhaling. *Sink*, exhaling. 4-8 times.
 2. Lying. Hips firm. *Left (right) leg raise*. *Sink*. 3-6 times each.
- VII. Hips firm. Feet close. *Trunk to the left (right) twist*. *Forward twist*. 4-6 times each.
- VIII. } Hips firm. *Heels raise*. *Knees bend*. *Knees*
 IX. } *stretch*. *Heels sink*. 4-6 times.
- X. As I in I.

NOTE.—If desired, all the exercises except the heel-raising and the heel-raising and knee-bending may be practiced sitting instead of standing.

A STUDY OF FOODS, CHEMICAL AND MICROSCOPICAL.

BY W. A. GEORGE, M. D.

In studying foods, it is first important to know what we are to consider as food. A complete definition for what is usually understood as a food might be stated as follows: A food is a substance which will both build up the waste of the tissues and produce heat and energy.

According to this definition, let us classify the different food substances. Under the head of food-stuffs we have albumin, carbohydrates (including starch, sugar, and dextrin), fats, mineral salts, water, and oxygen. These six food substances may be classified under three heads: First, those which both produce heat and energy and repair waste, including albumin and fats; second, those which only produce energy, including carbohydrates and oxygen; third, those which only repair waste, such as water and mineral salts.

The question may arise in the minds of some, how oxygen can be considered a food. We will therefore consider this food substance first. Oxygen, although not taken into the body as other foods, is indeed in some ways the most important of any of the food substances, for we can not live five minutes without it. The air is composed of about one-fifth oxygen, and we are continually taking it into the body through the lungs. Oxygen breathed into the lungs goes to

all parts of the body through the blood, and there unites with other substances to produce heat and energy, but it never remains, so far as physiologists have been able to discover, in the tissues themselves, but only oxidizes, or, as we would say in common language, burns up, the tissues, thus producing heat and energy. It is therefore classed with those substances which only produce heat and energy and do not build up tissue.

On account of the extensive use of oxygen as found in the air, it will readily be understood that it should be pure. If we wish to have the best of health, our homes must be thoroughly ventilated. All buildings occupied by people must have a circulation of pure air constantly, so as to provide pure oxygen.

The oxygen taken in is a free element, and is the only food substance which is a free element, all other food substances being compounds of two or more elements. When oxygen enters the tissues, it unites with carbon, producing carbon dioxide, or carbonic acid gas, as it is commonly called; so in the air breathed out of the lungs there is always an abundance of carbon dioxide. This can be proved by passing expired air through a glass tube into lime-water, when the lime-water becomes milky, showing the presence of carbonic acid gas.

In the next article we will continue the study of these food substances, taking up different food materials and discussing their uses and final destination in the body.

HOW PEOPLE GET SICK.

AN exchange offers the following cogent reasons why people get sick:—

“Eating too much and too fast; swallowing imperfectly masticated food; taking too much fluid at meals; drinking poisonous whisky and other intoxicating drinks; keeping late hours at night and sleeping late in the morning; wearing clothes too tight, thus retarding the circulation; wearing thin shoes; neglecting to take sufficient exercise to keep the hands and feet warm; neglecting to wash the body sufficiently to keep the pores open; exchanging the warm clothes worn in a warm room during the day for costumes and exposure incident to evening parties; starving the stomach to gratify a vain and foolish passion for dress; keeping up constant excitement; fretting the mind with borrowed troubles; swallowing quack nostrums for every imaginary ill; taking meals at irregular intervals.”

QUESTION BOX.

NEURALGIA.—J. A. R., Texas, asks what is the best diet and treatment for neuralgia.

Ans.—Neuralgia, as the name indicates, is a disturbance of the nerves, resulting in more or less pain. A rather spare diet, consisting of nutritious, easily digested foods, is adapted to a patient in this condition. Ripe apples and pears, stewed prunes, baked sweet apples, and grapes are excellent fruits, which with toasted bread, granose, and malted nuts or bromose make an ideal diet. The treatment should be chiefly palliative, hot applications usually affording the greatest relief. In a future number of GOSPEL OF HEALTH this disease will be treated more fully.

SORGHUM.—J. S. C., Texas, wishes to know if sorghum is healthful.

Ans.—Sorghum is doubtless a purer article of food than the syrups sold in the market. Used in small quantities, it might not seriously affect a healthy stomach, but it is open to the objections that apply to cane-sugar. Ripe fruits and properly cooked starches furnish, in ideal form, all the sweets the system needs.

HAY-FEVER.—H. H., Ohio, says she has a hard cold, sneezes a great deal, and is troubled with water running from her eyes and nose. These symptoms came on during the warm weather. She wishes to know what to do for the trouble. She is also suffering from slow digestion.

Ans.—Our correspondent probably has hay-fever, the surest cure for which is change of climate. Northern Michigan is very favorable. As home remedies, we would suggest a cool morning bath followed by vigorous friction, and a salt water bath twice a week. The diet should consist largely of fruits and toasted breads. Several hours' daily exercise in the open air would be beneficial.

DISTURBED CIRCULATION.—C. D. is suffering from bronchial trouble, and burning of the soles of the feet and palms of the hands at night, with occasional flushes of heat, and pain under the left shoulder-blade. 1. What treatment is indicated? 2. Are these symptoms sure signs of consumption?

Ans.—1. The hot and cold foot bath morning and

evening will be helpful. Keep the feet in hot water about three minutes, then plunge them into cold water. Repeat three or four times, then take out of the cold water and rub them vigorously; also endeavor to improve the circulation and general tone of the system by careful diet and exercise.

2. No, not necessarily. It might be well, however, to consult a competent physician.

INFANTS' FOODS.—B. F. G., Wisconsin, states that her baby's stools always have little white lumps in them, and that she nurses the child herself. 1. What is the cause? 2. Can you recommend Mellin's Food, Horlick's Malted Milk, or Eagle brand of condensed milk for babies? 3. What causes pain across the lower part of the back, especially when lying down?

Ans.—1. The little white lumps are probably curds of milk that have not been properly digested. The child should be fed at regular intervals, not more than four or five times during the twenty-four hours. It is quite possible that it is eating too much. It is necessary for the mother to take special precaution to keep herself in good health, as the child is easily influenced by the physical condition of the mother.

2. The natural food is preferable.

3. Such a pain may be caused by several different conditions, but is most likely due to a disturbance of digestion or to constipation. If proper diet and hygiene will not remedy the difficulty, a physician ought to be consulted.

INJURY TO THE HEAD.—H. E. C., New York, asks in regard to a son twenty-four years old, who received a severe blow on his head six weeks ago. He has been troubled with pain in the chest and difficult breathing, and is inclined to be stupid, and to sleep at times.

Ans.—Consult a competent physician at once.

CANKERED TONGUE.—S. A. F., Maine: "What treatment would you recommend for a cankered tongue? It sometimes hurts me to talk."

Ans.—This usually indicates a state of indigestion. The condition is probably due to germs that have set up a growth on the tissue. The diet should be regulated and a better state of digestion brought about. As a palliative means a gargle consisting of one part of listerine to six or eight parts of water should be used after each meal, and on rising in the morning and on retiring at night.

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.

NOTES AND PERSONALS.

MISS SUSIE HOLDERMAN, our Cuban Red Cross nurse, has returned from Indiana, where she was called by the sickness of her brother.

Mr. and Mrs. I. H. Parker and Minnie Blandin have gone to San Antonio, Texas, to open up work in that city.

Wilhelm Peterson has gone to Iowa to visit his mother, and while at home expects to canvass for health literature.

George Clement, the Sanitarium porter, is spending a month's vacation at his home in Wisconsin.

Charles Wise, who has been away from the Sanitarium for two months, has returned, and is acting as porter in the absence of Mr. Clement.

Sarah Lindstrom, who has been absent from the Sanitarium about a year, has returned for a short time.

Rachel Peters, who has been connected with the College and Sanitarium for the last year or more, left for the West India Islands a few days ago. She goes in the capacity of a church-school teacher.

Lottie Hoffman and Clara Saxton have gone to Honolulu. They are two of the Sanitarium's staunchest workers, and are well grounded in the principles advocated by this institution. They will be a valuable addition to the workers in that field.

F. B. Fletcher, who has had charge of the College farm for the last year, has taken charge of the rescue farm near Lake Goguac. Mr. Fletcher has had considerable experience in this line of work, and we predict success for him.

M. E. Olsen has gone to Iowa to attend a general meeting of the Scandinavian workers to be held at Sioux City.

Georgia French and Lottie Isbel were called home to Columbus, Ohio, last week, to attend the funeral of a near relative.

Tillie Vincent has returned from a three-months' vacation at home to resume her work at the Sanitarium.

Adah Olsen, who attended the Industrial School last year, and left for her home in Minnesota the early part of the summer, has returned and joined the Nurses' Training-School.

Mr. and Mrs. Mc Abee and Mr. and Mrs. Mohler have gone to Toledo, Ohio, to connect with the mission work there. Both of these families have been connected with the Sanitarium for a long time, and we are assured that they will do good work in that needy city.

Elder R. W. Munson, who has been connected with the religious work at the Sanitarium, expects to leave soon with his family for Sumatra. He has presented the Sanitarium library with a number of valuable books, which will be much appreciated.

The seven hundred and fifty copies of the October GOSPEL OF HEALTH ordered by the Sanitarium Missionary Society are being sent out by the members of the family. All seem to think it an unusually excellent number for missionary work, and if sent with a prayer for God's blessing upon it, must certainly accomplish much good. Dr. —, a patient from Tennessee, left an order for fifty copies to be mailed to addresses which he will furnish after he reaches home.

Miss Annie Knight, who is doing self-supporting missionary work as a teacher in Mississippi, writes that she has decided to put up a comfortable school-house, as the one she occupies is unfit for winter use.

Miss Mabel Falley, a teacher from Evanston, Ill., who attended the College Summer School and many classes of the Sanitarium Summer School also, stopping meanwhile at the Sanitarium, has returned to her school work, and in a letter to a friend says she finds

it much easier to live out the health principles at home than she had expected. She feels that she received much light here in every way, and that the Lord has gone before her, answering her prayers in making the way so easy for her as she has returned to her old associations.

We are deeply pained to learn of the death of Dr. Paul Ellwanger at his home in Greenville, Md., Oct. 8. Dr. Ellwanger was graduated from the South Lancaster Academy in 1894 and from the American Medical Missionary College last June. He did excellent work both in the class-room and the dispensary, and in his work for souls he was untiring. He was a ready speaker, and gave promise of great usefulness both as a medical man and a Christian worker. He had been temporarily assigned to the charge of the rescue farm in Illinois, where it was hoped that his health, which seemed to be somewhat impaired, would be benefited by the outdoor life. Meantime he had gone home for a little rest and visit, and it was only very recently that any serious apprehensions were felt concerning him. The cause of his death was a heart difficulty, the origin of which dated back to his childhood. He leaves a mother, brother, and five sisters.

We are always glad to hear from the workers who have gone out into the field. Brother J. E. Harrington writes from Rochester, N. Y.: "God has graciously and tenderly led me in my work here, opening the doors of the high and low, rich and poor, Jew and Gentile, and impressing them with the necessity of right doing. Many are enjoying better health physically and spiritually as a result of adopting these precious principles. The patients I am now treating are rapidly improving.

"A lady came in one day with tears streaming from her eyes, and said her husband was dying. On the way over to see the man my heart went up to God in prayer for wisdom, and he gave it to me. The man was somewhat delirious, had a high fever, and the most stubborn kind of constipation. After three hours' treatment, he had regained his right mind, and his temperature was nearly normal. I left strict instructions in reference to diet. This happened nearly four months ago. During a recent conversation I had with the man I learned that he has not been sick since, while previously to the treatment and new diet, it was a weekly and almost a daily occurrence with him to be sick."

AMONG OUR READING CIRCLES.

ONE leader writes: "Our program is as follows: Fifteen minutes for opening exercises, which include singing and a season of prayer. Following this about the same or a little longer time is given to the lesson for the day, after which we read the report of the previous meeting, invite the audience to subscribe for our periodicals, and close. We invite our neighbors to attend the meetings, and try to practice these principles in our associations with them. Then when asked a reason for doing as we do, we take the occasion to set forth the principles which God has given us."

This brother adds: "The general interest to *hear* is good, but the people hesitate to be *doers* of the word." No doubt this is often the case. Evil habits bind men and women in iron chains. Therefore every medical missionary needs to be much in prayer, that when the truth is made clear to the intellect, the lesson may be carried home to the heart by the influence of the Holy Spirit.

Miss Ida Tower sends a good report of the circle in Vineland, N. J. She says: "We hold meetings regularly every Tuesday evening, and after studying the lessons, we have a prayer and social meeting. . . . I find that if we live out these principles, they seem beautiful to us; but if we just hear them and do not live them, we soon become tired of the study. These subjects give life to the message, and stir up the members as nothing else will. We are all of good courage, and know the Lord is working for us."

Sister Tower has discovered the secret of keeping up an interest in the study of health principles. The same principle applies to the study of the Bible. Obey its precepts, and they will grow more and more precious. Neglect the practice of truth, and you will soon have little desire to study its theories.

THE long evenings are before us. What are you doing to interest your neighbors in our health literature? It seems as if the good news of the gospel of health would be too good to keep. Don't try to hoard up the Lord's blessings. They will spoil on your hands, like the manna anciently. Be a free, open channel through which the Lord can let light and truth and love flow out to all with whom you associate.

OUR work will succeed if we allow God alone to take the charge of it.—*Rev. Andrew Murray.*

STUDIES FOR THE READING CIRCLES.

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

1. "The Relation of Mind to Body," page 191. This is merely an outline sketch; other scriptures should be brought in, also additional matter from "Healthful Living." The apparent success enjoyed by the so-called mind-cure healers is doubtless due to the fact that many who profess to be ill, and really believe that they are, are self-deceived.

2. "Swedish Gymnastics," page 194. See how many scriptures you can find in favor of physical exercise. Notice what is said about this subject in "Healthful Living." What is the cause of the physical deterioration of the race? Are round shoulders, weak, flabby muscles, and a shuffling gait pleasing to God? May we not feel very sure that the divine blessing will rest upon every effort to cultivate a strong, healthy body and a graceful carriage? Do not forget to practice the movements given, and teach them to your children. If there are points you do not understand, we will try to make them clear to you.

3. For this study let the leader or some other properly qualified person appointed the week before, make a selection of questions considered in the reports appearing in the October and November issues of GOSPEL OF HEALTH, of the question-box lectures delivered at the Sanitarium. This will give a variety of practical subjects to talk over together, and if questions arise which you can not satisfactorily settle; drop a line to us, and we will help you.

4. The fourth meeting of the month may well be devoted to a prayerful consideration of the truths brought out in Dr. Heald's article, "Health and Disease." The articles which have been appearing in the *Review and Herald* on "Disease and its Cure" will also furnish valuable matter along this line.

Vary the program occasionally. Have different persons take charge of the meeting. Invite in your neighbors. Sometimes have a practical demonstration of hygienic cookery in the shape of an afternoon luncheon; not because the people need food at that time of the day, but to give them a practical lesson in healthful cookery. Such an object-lesson will often do more to interest the neighbors in the principles than months of talk.

Do not dare to live without some clear intention toward which your living shall be bent.

PUBLISHERS' NOTES.

I CAREFULLY scan every number of GOSPEL OF HEALTH that comes to my desk, and study quite fully many of the articles, especially where new points and new facts are brought out. I think it is a most excellent journal. I believe that we should seek in every way to impress our people with the fact that just as ancient Israel had her sorest temptations and met her greatest losses and apostasies through her longings for the flesh-pots of Egypt, so it will be with modern Israel, when we are going to occupy the literal, true, heavenly Canaan, instead of the earthly and shadowy.

A. O. TAIT, *Oakland, Cal.*

Brother W. Woodford writes from Birmingham, Ala.: "I believe the GOSPEL OF HEALTH should be in every family. Many are suffering for lack of the knowledge with which it is filled. I am interested in the paper, and shall do all I can to put it in the homes of our people." This brother has sent us several subscriptions. We appreciate such assistance, and will heartily co-operate with all who wish to circulate these important truths. A few words from the minister go a long way with the people; and surely no minister who wishes to address an appreciative, truth-loving, attentive audience can afford to be indifferent to the claims of a journal which sets forth the only way to be clear-headed, clean physically and spiritually, and keenly alive to the eternal realities.

We take pleasure in calling the attention of our readers to a pamphlet, "City Medical Missions," by Dr. J. H. Kellogg. Besides containing much useful information relative to the founding and conducting of missions, it abounds in just such practical instruction as is needed by the members of Christian Help bands and Life Boat crews. Among the topics discussed are cottage meetings, gospel wagon work, personal work, and street meetings. The price is twenty-five cents.

Wanted! Ten good men who have had field experience in the circulation of literature. A good salary and permanent employment. References required. Address Good Health Publishing Company, Battle Creek, Mich.

The Winter's - - Campaign.

A CALL FOR VOLUNTEERS.

THE long winter evenings are just ahead of us. Cold air is stimulating; people are getting waked up and ready to think hard and earnestly. What plans are you laying to spread a knowledge of the health principles among your friends and acquaintances at such a favorable time?

If you have none, listen while we tell you ours.

Disease is fearfully on the increase. Wrong physical habits are to blame. But we can not expect people to reform until we tell them how. Therefore we propose to inaugurate a **GOSPEL HEALTH CAMPAIGN.**

To carry it on as extensively as desired we need—

An Army Five Thousand Strong.

Who should enlist?—Every believer in health principles, every one who loves God and his fellow men and wants to have a part in holding up the banner of life.

We have over fifty missionary physicians, and a hundred medical students; we have a small army of nurses in training at our various sanitariums, and some who are already in the field; but these can not begin to occupy the ground.

In every city, town, and neighborhood there are people who are perishing for lack of knowing the health principles, but who would gladly receive the light. Therefore we want a large army of volunteers to carry on a **VIGOROUS HEALTH PROPAGANDA** throughout the country.

There are a great many different ways in which you can help us. Busy housewives, ministers, Bible workers, mechanics, farmers, merchants, canvassers, students in colleges or high schools,—all can enlist in our army. The essential things are loyalty to principle and a willingness to work. You need not leave your present place or calling, but can simply let your light shine where you are, throw your influence on the side of right, and reap positive benefit yourself by coming in touch with others who are working along these lines.

To enlist, simply sign the letter below, cut it out, and mail it to us. If you desire, in addition, to write us a few lines with reference to your circumstances and the way in which you think you can be of the most service in this work, be free to do so. Let us hear from all our friends.

GOSPEL OF HEALTH,

Battle Creek, Mich.

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DEAR FRIENDS: *I hereby offer myself as a member of your army of health workers, and cheerfully promise to do everything in my power, consistent with other duties, to spread a knowledge of the health principles. Will you kindly send me full information with reference to the proposed campaign, and any other helps and suggestions?*

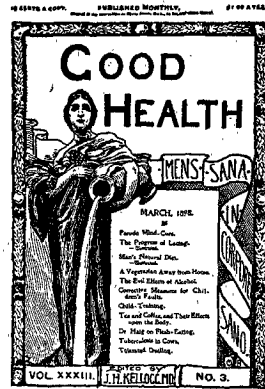
Yours truly,

Address:

.....
.....

Don't Miss It

..... THE
**Midwinter Number
of Good Health**



If you wish to know all about how to keep well in the winter, be sure to get a copy of the December number of GOOD HEALTH. This issue will be devoted to winter hygiene. The leading article, by Dr. J. H. Kellogg, will consider the "Chief Causes of Winter Diseases." There will be also an illustrated article by Dr. Kellogg, on "Gymnastics without Apparatus." This will present some exceedingly new and interesting ideas about physical development.

Dr. David Paulson will contribute an article entitled "How to Avoid Funerals in Winter." Dr. A. B. Olsen will write on "Colds and Their Treatment," illustrating different hydrotherapeutic measures by half-tone photographs.

There will be an article by Dr. Helman, on "Winter Foods." Dr. F. M. Rossiter will discuss the "Diseases of Children in Winter." Miss Ann E. Tabor will present some original designs for hygienic winter dress. A general holiday feature of the number will be an illustrated article on "Christmas and New Year's in France," by Mary Henry Rossiter.

Besides these attractions there will be valuable instruction as to winter ventilation; how to care for cellars in winter; winter housekeeping; how to keep the children from taking cold; and numerous other appropriate subjects.

The December number of GOOD HEALTH will be a fair sample of what this journal aims to be the year round,—an up-to-date, thorough, conscientious exponent of the latest and best principles of hygienic and sanitary reform.

Extra copies of the midwinter number for general distribution will be furnished at cost of production. Send order at once to—

GOOD HEALTH,

Battle Creek, Mich.