

The Gospel of Health

VOL. 1.

JUNE, JULY, 1897.

Nos. 5, 6.

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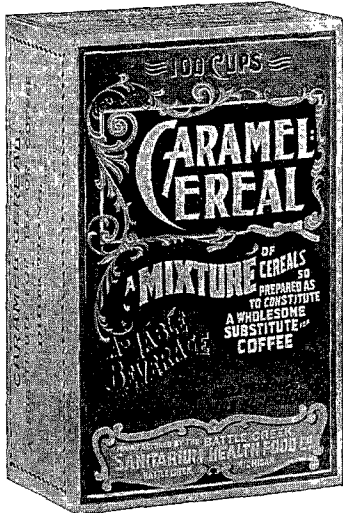
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Edited by J. H. KELLOGG, M. D. A live monthly magazine, with a large circulation, devoted to health, temperance, and sanitary science. It teaches both mental and physical hygiene, and embodies the results of the latest scientific investigations in the direction of the prevention and cure of disease. Everything written up in a style terse, comprehensive, yet clear and highly interesting. Saves its price many times over in doctor's fees in the family during the year. Yearly subscription price \$1 in advance.

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The Gospel of Health

VOL. 1.

BATTLE CREEK, MICH., U. S. A., JUNE and JULY, 1897.

NOS. 5 and 6.

ORIGIN OF THE AMERICAN MEDICAL MISSIONARY COLLEGE.

THE reader will notice that this number is largely devoted to the presentation of the aims and methods of the Medical Missionary College.

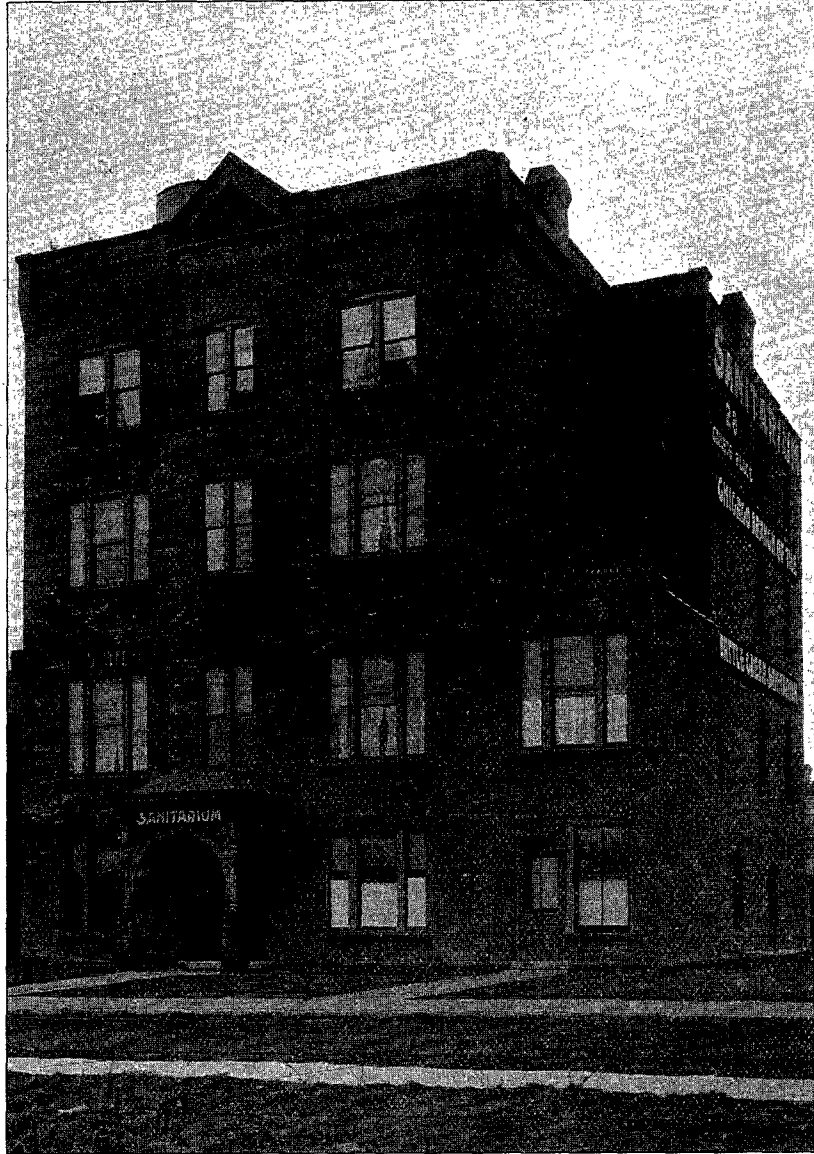
Although incorporated July 3, 1895, the American Medical Missionary College really had its beginning more than thirty years ago. The foundation of this educational enterprise was laid when the Battle Creek Sanitarium was established as a center for the promulgation of rational ideas concerning the preserva-



THE MAIN BUILDING OF THE BATTLE CREEK SANITARIUM.

tion of health and the treatment of disease. For the past thirty years the Battle Creek Sanitarium has been advocating and illustrating these principles through lectures by its physicians, and the publication and circulation of health literature, tracts, magazines,

of young men and women have here been trained as physicians and nurses, the former receiving their diplomas from various medical schools; and many of these have gone out to different parts of the world to labor in the cause of God and humanity.



CHICAGO BRANCH OF THE BATTLE CREEK SANITARIUM.

books, etc.; and it is more than probable that at the present time there is no medical institution in the world which is known to so large a number of people as is the Battle Creek Sanitarium.

For many years this institution has been receiving patients, not only from all parts of the United States, but from all quarters of the globe. Several hundreds

but not of an insurmountable character, as, great though some of them seemed, they dwindled and vanished in a most surprising manner. And so it has been up to the present time; as one difficulty after another has been grappled with, obstacles which seemed to be veritably gigantic in their proportions have either disappeared altogether or have found so

More than twenty-five years ago, Elder James White, to whose wise foresight must be ascribed, under God, much of the prosperity which has attended not only the Sanitarium but all of our large institutions, recognized the importance of educational work along medical lines in connection with the institution, and suggested the establishment, at some time, of a medical school to be conducted in connection with the Sanitarium. This noble pioneer of many good reforms did not live to see his ideas realized, but others who were for many years so closely associated with him as to have abundant opportunity to become thoroughly acquainted with his plans, and imbued with his enthusiasm, have had the happy privilege of seeing this grand educational idea, born more than a quarter of a century ago, develop to its present noble proportions.

Until within a few weeks of the date of the incorporation of the college the idea that the time had come for the organization of such a great enterprise as a medical school had not dawned upon the mind of any one connected with the Sanitarium or Medical Missionary Board; but when the idea was broached, it was at once recognized as a feasible project—beset with obstacles, it is true,

perfect and ready a solution that it has been again and again demonstrated to all intimately connected with the work that a providential hand has been behind and beneath it, lifting and guiding, and leading on step by step by a safe and sure path through a labyrinth of pitfalls and snares which beset an enterprise of this kind to a far greater extent than any other sort of educational work.

These facts are mentioned, not with a spirit of glorification, either in behalf of the college management or the work itself, but that all interested in this enterprise may know that whatever success has attended the work cannot be attributed to human wisdom, or power, or talent, but to that wise and beneficent Providence which always supports and encourages every work and every cause which makes for righteousness and for the helping and uplifting of humanity.

LOCATION OF THE AMERICAN MEDICAL MISSIONARY COLLEGE.

As stated in the two announcements which have been issued, the American Medical Missionary College is incorporated under the laws of the State of Illinois. Its legal headquarters is Chicago, where the commodious college building leased for the purpose is located at 2-4 College Place, at the corner of College Place and Cottage Grove avenue. While this is the headquarters of the school, extensive teaching facilities, laboratories, etc., are also provided at Battle Creek, Mich., in connection with the Sanitarium and the Battle Creek College. The lower floor of the north end of the Battle Creek College is entirely devoted to laboratory and lecture-rooms for the medical school, and arrangements are being perfected for larger accommodations during the next year. The student is thus permitted to divide his time in each year's course between Chicago and Battle Creek. Certain portions are arranged to be given in Chicago, which not only

gives the student a chance for experience in city missionary work, but affords some facilities for practical study which cannot be secured except in a large city.

On the other hand, the portion of the course which is pursued at Battle Creek affords the student opportunity to obtain, in connection with the various departments of the Sanitarium, a practical experience which could not possibly be gained in any other way. By this arrangement the students attending



AMERICAN MEDICAL MISSIONARY COLLEGE, CHICAGO, ILL.

the Medical Missionary College are afforded facilities such as are provided by no other medical school in the world.

In Battle Creek the opportunity of becoming thoroughly versed in hygienic principles in relation to the care of the health and the rational treatment of disease, as well as a practical acquaintance with chronic disorders of all sorts, is such as money could not purchase at any price in any other place. On the other hand, opportunities for city missionary work, for anatomical studies, for dispensary and clinical

work in emergency cases, which are afforded by the portion of the course held in Chicago, are exceptionally favorable.

These various advantages are of such a character as to command the respect of eminent physicians, and place the institution on a level with the best medical schools in the country as to facilities for the thorough training of physicians, to say nothing about the practical training afforded for work as medical missionaries in foreign fields.

Howard F. Rand, M. D., professor of Surgical and Comparative Anatomy, and Assistant in Surgery.

David Paulson, M. D., professor of Hygiene, Materia Medica, and assistant professor in General Therapeutics.

George H. Heald, M. D., professor of Bacteriology and Parasitic Diseases.

William A. George, M. D., professor of Organic, Inorganic, and Physiological Chemistry.



THE BATTLE CREEK SANITARIUM HOSPITAL.

FACULTY OF THE AMERICAN MEDICAL MISSIONARY COLLEGE.

John H. Kellogg, M. D., *President*, professor of Surgery, Principles of Rational Medicine, and Medical Physics.

Kate Lindsay, M. D., professor of Clinical Diseases of Women and Children.

William H. Riley, B. S., M. D., professor of Nervous Diseases.

Daniel H. Kress, M. D., professor of Genito-Urinary and Skin Diseases.

Alfred B. Olsen, B. S., M. D., *Secretary*, professor of Physiology, Histology, and Pathology.

Frederick M. Rossiter, M. D., professor of Descriptive Anatomy, and Demonstrator of Anatomy.

Abbie M. Winegar, M. D., professor of Obstetrics, and Hospital Physician.

Lauretta Kress, M. D., professor of Diseases of Women.

Charles E. Stewart, M. D., professor of Embryology.

THE venerable Bishop Selwyn was once asked by a young Christian, "What shall I do for Christ?" The admirable answer was, "Go where he is not, and take him with you."

THE COURSE OF INSTRUCTION IN THE AMERICAN MEDICAL MISSIONARY COLLEGE.

WHO ARE WANTED TO ENTER THE AMERICAN MEDICAL MISSION- ARY COLLEGE.

BY WM. A. GEORGE, M. D.

THE course of instruction covers four college years of forty weeks each. The college year is divided into two terms — a winter term of thirty weeks, beginning early in November, and followed by a vacation of one month; and a summer term of ten weeks, during which time the college is favored with the services of

1. YOUNG men and women of consecration are wanted — those who are willing to lay all upon the altar of sacrifice for service in God's cause in the world, making no reserve for selfish interests or ambition.



OPERATING ROOM—CLINIC. REMOVAL OF A LARGE ABDOMINAL TUMOR.

some prominent educators whose assistance could not be obtained at any other season of year.

During the first two years of the course the chief subjects of study are Anatomy, Physiology, Chemistry, Bacteriology, and other medical and collateral sciences, the object of which is to lay a thorough foundation for the practical and clinical instruction of the succeeding years, and for the practise of rational medicine upon the high level attained by modern scientific research. The morning hours are used for lectures and recitations; the afternoon for laboratory and demonstration courses and clinics.

2. Only those who have strong physical constitutions are wanted; for the amount of work requisite to the completion of the medical course is too much for a person of feeble constitution; and even if he should finish his medical studies, it would be folly to attempt the taxing labors of a physician's life without good health.

3. Young people of more than ordinary intelligence and mental capacity are wanted; for only those who have been able to do first-class work in high school or college will be able to carry the difficult and technical studies of the medical curriculum.

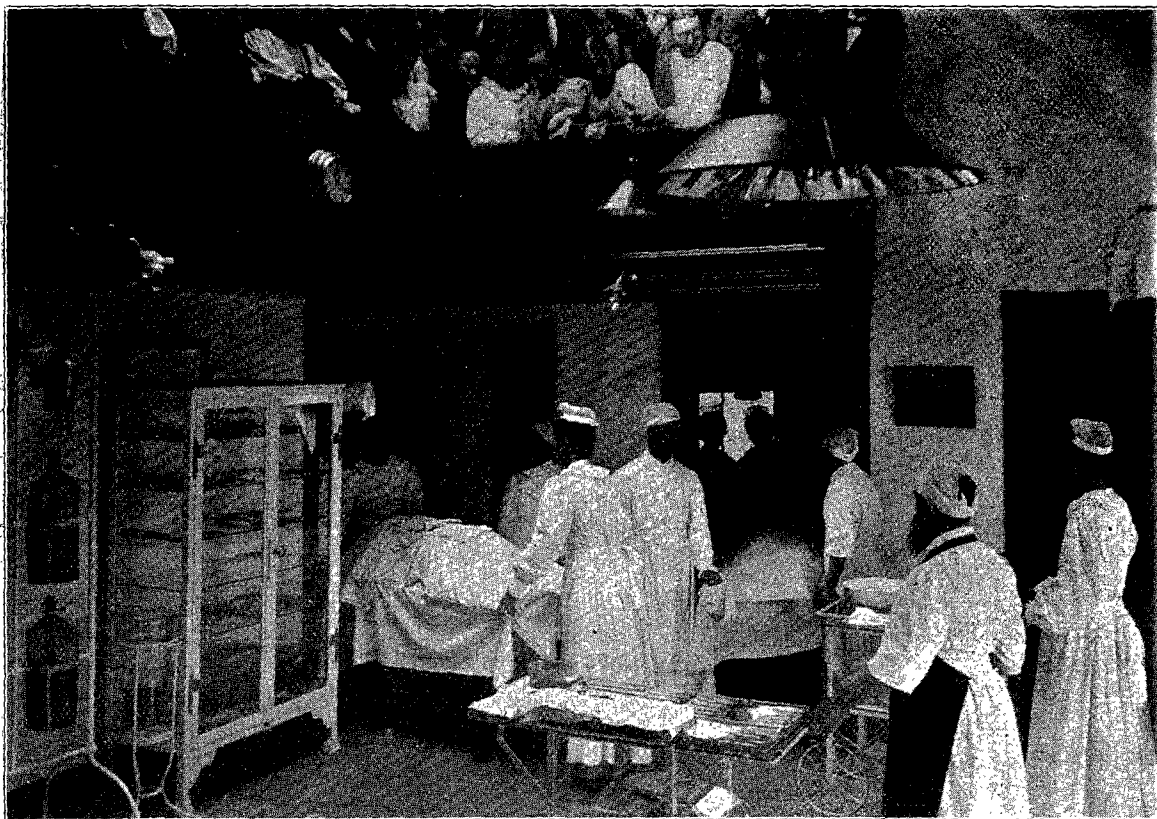
4. Those who have made a success of something already are wanted ; those who will not become discouraged at difficulties or elated by success.

5. Men and women who will stand firm for principle even when majorities are against them are wanted ; for there are times when the Christian physician is left to stand on principle alone, and when all the world seems to be against him.

6. Youth are wanted who are so enthused with the whole gospel of Christ that life itself will not be held

REQUIREMENTS FOR ENTERING THE AMERICAN MEDICAL MIS- SIONARY COLLEGE.

SCARCELY a day passes which does not bring one or more letters asking the question, "What are the requirements for entering the American Medical Missionary College?" As stated in the Annual Announcement of the College, the requirements are as follows :—



OPERATING ROOM.

dear when other lives are at stake, and who are willing, like the Great Physician, to become servants and to minister to others, and will not expect others to minister to them.

7. Above all, those whom God has called to this work are wanted — those who have had so deep an experience in the things of God that they can come bringing the Spirit of God with them, and are thus prepared to help as well as to be helped.

PRAYER is not conquering God's reluctance, but laying hold upon God's willingness.—*Phillips Brooks.*

1. The candidate must not be under twenty years of age, and must present a physician's certificate of soundness of health and constitution.

2. Satisfactory evidence must be presented to the board that the candidate is naturally adapted to medical missionary work, and that he has had such an experience as prepares him to enter upon the special work of preparation for it.

3. The literary requirements for admission are as follows :—

(1) ENGLISH. — Embracing the following subjects :—
Grammar.
Rhetoric.

English and American Literature, including a general knowledge of the life and works of the greatest writers, both English and American. The candidate's verbal use of English will also be considered.

(2) MATHEMATICS. — *Arithmetic*. — Equivalent to Ray's or Wentworth's Complete Arithmetic.

Algebra. — Equivalent to Olney's Complete School Algebra.

Geometry. — Equivalent to Wentworth's Plane Geometry.

(3) GEOGRAPHY. — Political and Physical.

(4) NATURAL SCIENCES. — *Physics*. — An amount equivalent to Carhart and Chute's "Elements of Physics," or Gage's "Introduction to Physical Science."

Botany. — The elements of Vegetable Morphology and Physiology as given in Spaulding's "Introduction to Botany," or Gray's "School and Field Book."

Zoology. — Equivalent to Packard's "Zoology," briefer course.

Physiology. — Equivalent to "Martin's Human Body," briefer course.

(5) CIVIL GOVERNMENT.

(6) HISTORY. — Meyer's General History, or an equivalent; and Higginson's or Johnson's History of the United States.

(7) LATIN. — "Medical Latin," Jones's First Latin Book, Harkness's Latin Reader, or an equivalent amount in some other text-book. "Medical Latin" is to be preferred to the ordinary one year Latin course, for the reason that it deals with those elements of the Latin language which are of practical use in medicine, and thus gives the student in a nut-shell all the information required, with a minimum expenditure of time and effort.

Satisfactory certificates of study will be accepted in lieu of an examination.

A candidate who is not prepared to pass examination in all the subjects required for admission may be admitted, providing he is not conditioned in more than two different subjects, including not more than three terms' study. These conditions must be removed before the student can enter the second year.

In addition to the above requirements it may be stated that students, to be admitted to this college, must give evidence of a satisfactory religious experience, and it must be made clear to the Medical Missionary Board that the candidate really has a call to the medical missionary work, and that he is likely to prove successful in the work after having received proper training for it.

Neither the faculty nor the board of trustees of the American Medical Missionary College have any ambition to found a great school, but it is their earnest desire that the college shall be in every respect such a school as shall prepare consecrated laborers to go out to do battle for God and humanity in the dark places of the earth.

OPPORTUNITIES FOR MISSIONARY TRAINING IN CONNECTION WITH THE AMERICAN MEDICAL MISSIONARY COLLEGE.

BY WM. A. GEORGE, M. D.

To those who enter the American Medical Missionary College with the sole object of fitting themselves for usefulness in God's cause, there opens up at once a broad field of missionary opportunities in both Battle Creek and Chicago.

In the large Sanitarium family, among patients and helpers, there are always many who need help and encouragement; and each student who joins this family may at once begin active home missionary work. From the work in the Sanitarium it is an easy matter to branch out into the city and organize cottage meetings where the gospel in the broadest sense of the term may be given to those who are hungering for it. The position of the students as students of medicine gives them a special advantage in getting into the homes of those who desire instruction as to the care of their bodies, but who would not open their homes for an ordinary gospel service. We feel sure that could the reader see the happy faces and hear the enthusiastic reports of some of those who have just returned from these little meetings, they would have no doubt that the students were receiving a training at the hands of the Great Teacher which would fit them for greater usefulness in missionary lines in the future.

In Chicago, there is a very great variety of missionary work to be carried on, and during his stay in that city each student has opportunity to engage in as many different lines as his time will permit. A description of some of the different kinds of work may be of interest.

VISITING MISSIONS.

Each student is assigned to visit some of the many missions on certain evenings, not simply to look on and see what he can learn, but to take an active part, especially in personal work in the after meeting with

those who have made a start or are interested. This class of work leads one to seek a close connection with God, and drives him to the Bible as the only source from which to draw food to give to the poor, needy sinner whom he is trying to lead to Christ. Our students are always welcomed by those in charge of these missions, when they go with the Bible in hand, prepared to take hold and lift at every chance, in singing, prayer, or exhortation.

One advantage to be obtained from this sort of mission work is that it gives one an opportunity to

students have had very rich experiences in connection with the Workingmen's Home, and eternity alone will tell what the results may be.

COTTAGE MEETINGS.

There is no limit to the number of cottage meetings which may be organized in Chicago. There are two classes, called respectively cottage gospel meetings and cottage health meetings, the latter having the special advantage that they may be started in families which are not interested in religion, and may be



WORKINGMEN'S HOME, CHICAGO, ILL.

learn the methods of consecrated workers not of our faith, but whom God is using to do a good work for him in reaching a class of people that could not well be reached by other means.

WORKINGMEN'S HOME AND MEDICAL MISSION.

Here our students are always welcome, for they can render valuable assistance at the prayer and gospel meetings, and health talks, and by doing personal work for those who attend. The men at the Home are usually intelligent, and it requires considerable tact to do successful work for them. Some of the

so interwoven with gospel principles as to lead to the conversion of souls with scarcely an effort to change the nature of the meeting. The Lord has promised to bless every effort put forth to advance the knowledge of health principles, and he does not forget his promise, as many of our students can testify.

WORK FOR CHILDREN.

Abundant opportunity is offered for starting kindergartens, boys' clubs, girls' clubs, Sabbath-schools for children, and children's meetings of various kinds in connection with the dispensary work. These efforts—

for the children may often be made a channel through which to reach the parents' hearts.

Jesus did not say, "Suffer nice, clean, agreeable little children," but, "Suffer little children to come unto me;" and although in some cases it is hard to feel, "Of such is the kingdom of heaven," yet faithful efforts put forth in the name of Jesus for these little ones are not lost.

STREET WORK.

On the street, in the street-cars, and in the alleys, among policemen, in stores of all kinds, and everywhere, we should be ready to point a soul to Christ, and there is no lack of opportunities along this line if the heart is open to the impressions of the Holy Spirit, and the tongue ready to be used by the Spirit; but by the term "street work," we refer more particularly to the efforts put forth for that poor, despised class of human beings,—outcasts from society, worse than slaves,—who largely from force of circumstances have been driven to a life of shame. When our lady students, protected by proper escorts, go to these poor girls on the streets, and in the name of Him who said, "Neither do I condemn thee; go and sin no more," attempt to lead them into better paths, although many are so wedded to their wretched life that nothing seems to move them, a few are touched, and may be led forth from the terrible bondage in which they are held, into the freedom which God alone can give.

MISSIONARY INSTRUCTION.

Besides the practical work done, daily lessons in personal work are given by those whose experience along these lines especially fits them to impart instruction to others.

NOTES FROM STUDENTS IN THE AMERICAN MEDICAL MISSIONARY COLLEGE.

A NUMBER of students in the Medical Missionary College have felt free to accept the invitation of the editorial management to express, through the columns of the GOSPEL OF HEALTH, in a brief way, something of their experiences in connection with the Medical Missionary College and the missionary work associated with it. We are sorry that space will not permit us to publish all the interesting notes received, and that we have been compelled to abbreviate considerably those published, on account of limited space.

The first letter is from G. W. Thomason:—

My first inspiration to become a missionary physician came to me while connected with the Pacific Press Office, in New York City. During my four years' stay in that great city I saw on every side those who needed to be relieved of their misery and woe, and wondered how the gospel could ever be preached to those many millions. It appeared to be a happy solution of the problem when the idea was advocated of first ministering to their bodily ills, thus gaining their confidence and esteem, and then weaving in the principles of the gospel.

From that time I have bent every energy toward obtaining a medical education. I had almost completed arrangements to attend another medical college when the A. M. M. C. sprang into existence, and I became a "charter" member; and I have since found that to me this was a happy dispensation of Providence. The rational principles which I am studying every day, and the opportunity afforded of making a practical application of them, I prize very highly.

The fact that every need we have is supplied promptly and in a way to exceed our anticipations is to me an evidence that God's hand is in the work, and its success is assured; so my enthusiasm in the work is greater than ever before.

J. W. Erkenbeck says:—

The five weeks spent in Chicago in pursuing my studies in the American Medical Missionary College are among the happiest and most profitable weeks of my life. True happiness is not found by seeking for it, but when we strive to bless others, it comes to us as the sweet reward of obedience. While wholly absorbed in telling others of the character of God, I, too, as never before, catch new glimpses of our eternal home. My work at the Workingmen's Home and in connection with other missions was not marked with any great outward success; but the assurance of the abiding presence of Jesus seemed more than sufficient reward for my effort.

The classes of men visiting these missions, though they are among the most needy, are men of intelligence, and many of them of good education, who have from various causes fallen so deeply into sin that it seems almost impossible for them to rise, either socially or spiritually; but we know that with God all things are possible.

The interest and love shown these unfortunates are not forgotten by them. One year ago I became interested in a young man from England. For a time we were good friends, but after awhile he seemed to avoid me. As I learned later, it was because of the condemnation he felt in his heart while in my presence. This young man, a little later, found work as a cook for a railroad gang in Northern Wisconsin. After saving about \$125, he returned to Chicago and started anew. One night some one broke into his room while he was asleep and took his only decent suit of clothes, together with all his money. Again he became discouraged and plunged into sin. A few weeks before our return to Chicago this year, he was led to yield himself wholly to the Lord. Soon after our class reached the city, I found he had been inquiring for me, and one day I met him. He fairly shook my whole body as he greeted me. Soon he said, "O James, I have something good to tell you, I have given my heart to the Lord."

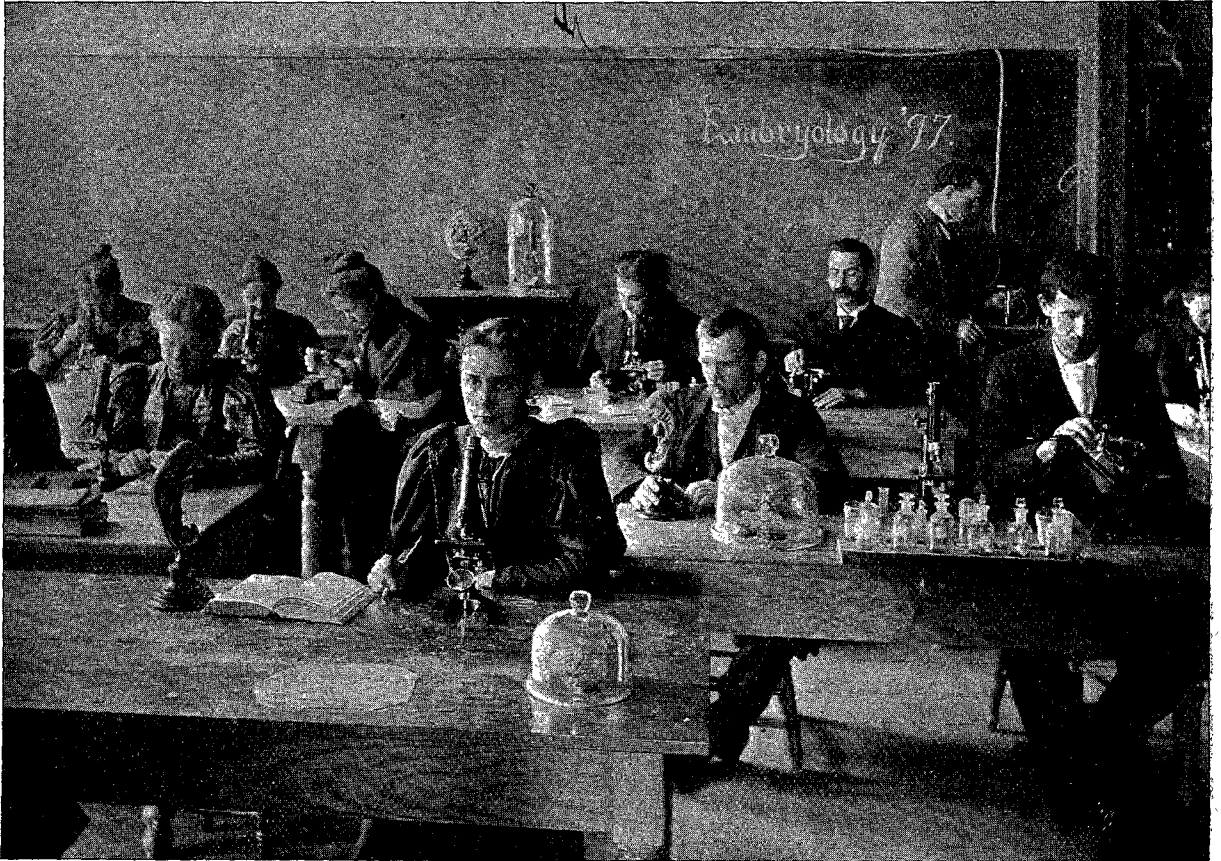
With tears he related his long story, and told how the seeds planted one year ago had sprung up and borne fruit. To-day this young man is happy and has plenty of work.

Miss Evelene Helman writes as follows : —

Two years ago I entered the American Medical Missionary College, and although the studies have been difficult, I have always had time and opportunity for some practical missionary work. New fields of usefulness are continually opening up before me as I pursue my studies. I can con-

their homes immediately, and were very grateful for the simple way in which the health principles had been presented.

The manner in which the Lord opens the way for cottage gospel meetings to be held was very interesting. In one instance I started out quite late one afternoon to organize a meeting, and after making several unsuccessful calls, determined to go home and try again next day. I started, but could not refrain from calling at one more house. Here I found a dear old blind lady who had been



EMBRYOLOGICAL LABORATORY.

ceive of no more noble work than to be a co-laborer with Jesus in restoring fallen humanity to physical as well as spiritual health.

There is much in the line of medical missionary work which requires implicit faith and trust in God. Sometimes those for whom we labor seem very unappreciative, yet when we remember that we must do the sowing and leave God to give the increase, the work is cheering all the way, and after long-continued labor we are often privileged to reap a bountiful harvest.

While in Chicago, I gave a number of health talks to quite a company of people, but found that very few made any use of what they had been taught. In another locality, about the same time, I gave a similar line of instruction to a smaller company, and nearly all made changes in

praying that some one would come and sing and pray with her and talk about Jesus. The daughter said, "I believe the Lord sent you here in answer to mother's prayers." I had a number of precious seasons studying the Bible with them, and they expressed themselves as anxious to do all that the Lord required of them. Thus many times the hand of Providence seems to be clearly guiding to the right place.

From Newton G. Evans : —

If not my first thought, at least my first serious and definite idea of studying medicine was received while attending the Students' Volunteer Convention at Detroit in 1894. At that convention were scores of returned missionaries from all parts of the world, representing nearly all

Protestant denominations. One thought was emphasized by almost every missionary who spoke; and that was the importance, yes, even the necessity, of medical work in connection with all missionary effort.

It has been said that the prime requisite for a successful missionary is that he be a practical man. In our school we have the surroundings and opportunities which tend to produce and encourage this trait of character.

To my mind the two most prominent features of our work which tend to this result, are, first, the experience

among such people as are found in every large city. The Battle Creek Sanitarium also gives the students opportunity to obtain a practical knowledge of all types of disorders, and furnishes daily object-lessons on the effects of rational medicine upon weakened humanity. Visitors to the American Medical Missionary College cannot but express their surprise and admiration at the efficiency of the course and the bright prospects before the students who enjoy such unprecedented advantages.

The course of the college has purposely been arranged



PHYSIOLOGICAL LABORATORY.

in gospel work afforded us by the missions in Chicago and Battle Creek; and, second, the practical work which each student is required to do every day in addition to our class work. In this way we have an opportunity to educate our hands as well as our minds, and to put to practical use the facts which are learned in the class room, thus fixing them indelibly in our minds.

From Elmer T. Otis:—

I believe that a new impetus was given to aggressive missionary enterprises by the establishment in July, 1895, of the American Medical Missionary College.

The curriculum of the college has been so arranged that accuracy is combined with utility. Time is given each student to be spent in missionary and philanthropic work

to equal those of the best schools in the country. The studies and laboratory courses have been selected with the object of giving young men and women a thorough knowledge of medicine and surgery, so that though placed alone in fields widely separated, they can carry out these principles for the relief of suffering.

Elder L. J. Rousseau writes:—

Prior to taking up the medical course I spent several years in a foreign mission field, and was impressed continually with the need of medical missionaries. The reforms which God has wrought for us in regard to the care of the body are greatly needed as a foundation upon which to build up the work in these outlying fields; with a dearth of laborers to carry these reforms to the people

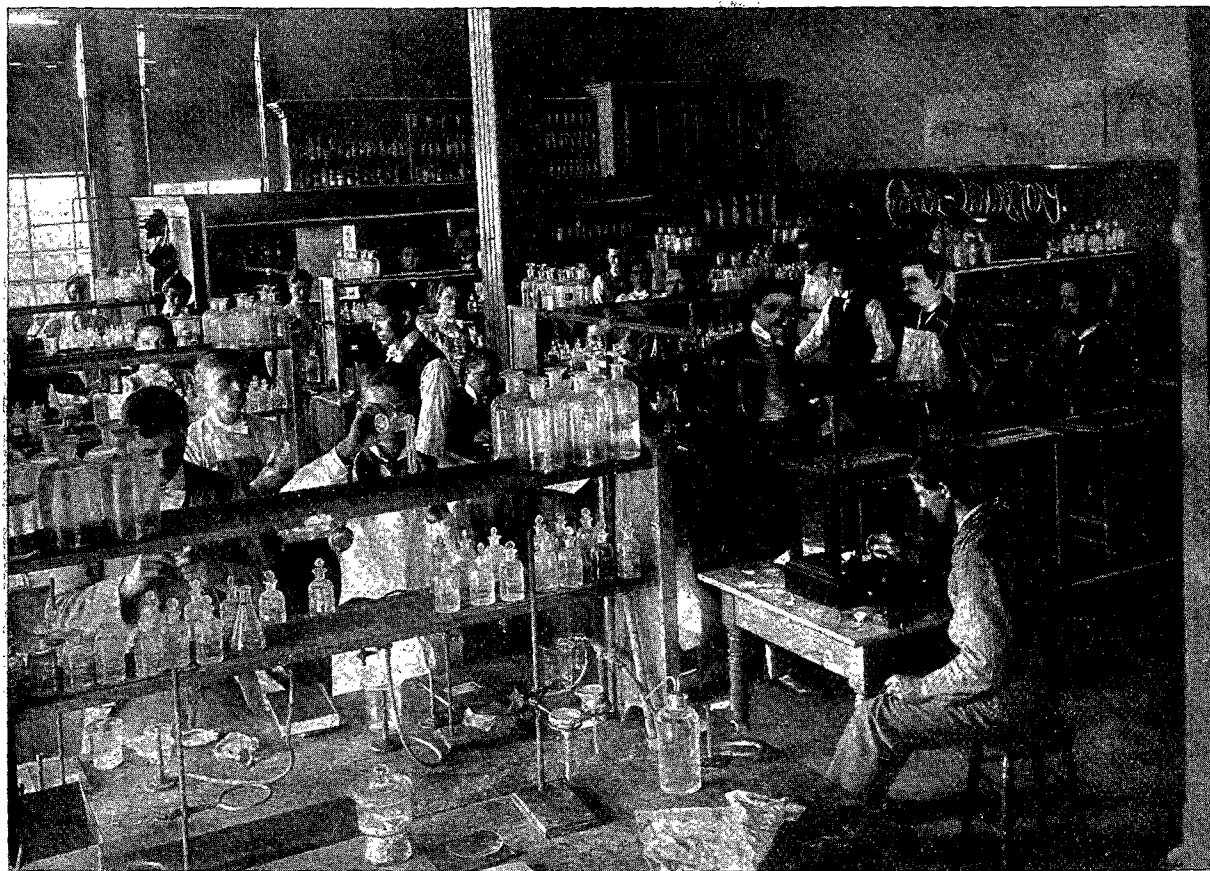
the progress of the message must necessarily be impeded. I am pleased to see our brethren in distant lands calling so loudly for medical help. They are truly awaking to a sense of the advantages of this line of work, in which God's leading hand is so manifest.

I am thankful that all our work in the medical course this year has been so practical. The home missionary work which we have been doing is just such as is needed in foreign fields. I think I never enjoyed anything better than our cottage meetings and rescue work for the fallen, while in Chicago. God surely set his seal to our humble

The students here have all the privileges afforded by the Sanitarium and Hospital, which are of inestimable value. Then all the instructors are Christian physicians, and feelings of mutual love prevail among the students, crowding out that spirit of rivalry that is so prominent in medical colleges generally.

Carl Frye speaks thus of his experiences :—

My first year at the Battle Creek Sanitarium has been one of real happiness, and I consider it a pleasure as well as a privilege to place an acknowledgment of my feelings



THE CHEMICAL LABORATORY.

efforts. If the same spirit attends the labors of our students when they enter mission fields, prejudice will be removed in a way truly gratifying.

I never saw a better missionary training field than we have here at the Sanitarium. What a blessing it is to have the opportunity of taking a medical course under such favorable circumstances! We will certainly be debtors, as much as in us lies, to carry these precious principles to all the world.

Julia White writes as follows :—

After spending one year in the American Medical Missionary College, I can speak of our school with the highest appreciation. Although the college is but in its infancy, it offers many advantages which older schools do not give.

where it can be read by the subscribers of this journal.

The life of a Christian medical student is very interesting. He learns to associate scientific facts with God's power, and thus acquires a deeper appreciation of what he sees and hears than he could have were he an unconverted man.

My work is hard, but I consider that our school has a little higher value than other schools, owing to the advantages accruing from the proximity of so large a medical establishment, and I feel glad that my work is thorough.

From E. D. Vince :—

It is with pleasure, and confidence for the future, that I look back to the chain of circumstances leading up to my present situation, as a student in the American Medical

Missionary College. The desire I have felt to become practically acquainted with the principles of rational treatment and medicine, and health reform, was first awakened by reading a copy of *Good Health* that reached me in London some seven years ago. The beauty and simplicity of the truths it advocated were to me a feast of good things after having read the penny weekly *Family Doctor* and other like periodicals in the search for a knowledge of how to live. By the leadings of a loving Father's hand I eventually found myself at the Sanitarium, prepared to enter upon my medical studies.

The remarkable circumstances attending the institution of our school left no doubt in my mind that its planting was of God, and I gladly united with the first class of nearly forty, determined to "buy the truth and sell it not." Neither have subsequent developments been such as to occasion any misgiving. Every difficulty that has arisen, and they have not been few, has been met by some unexpected turn, and the work of the first and second years has fully accorded with our highest hopes. It is gratifying to know that the work done thus far has been pronounced by those competent to judge, and who have visited our school for that purpose, as unquestionably equal to that of the best schools. The faculty have not been content with the average standing, but have held the standard high. Hard work and close application are required to meet their just demands.

It is not necessary to plead for the existence of our college. To those familiar with the atmosphere of the average medical school and the admixture of truth and error that the Christian student must unravel, but more often becomes entangled by, its importance is obvious. We have been made to rejoice by the many tokens of God's goodness and guidance that have been over us through all. We only regret that the work was not started earlier, but feel assured that the good begun will be carried on until that for which it was started shall be accomplished, and many souls be saved in the everlasting kingdom.

From Alfred Shryock :—

When I see the possibilities before the Christian physician for doing good to suffering humanity, I feel thankful that I am here. Christ "went about doing good, and healing all that were oppressed of the devil." He said to his disciples, "Into whatsoever city ye enter, . . . heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you." That is the ideal work of the medical missionary. It is the work for me, and I am learning to love it more and more each day.

Miss L. B. Eshleman writes :—

In 1894 I became connected with the Sanitarium in the capacity of a nurse, taking the special course. I was deeply impressed with the simple but wonderful truth that the senses are the avenues to the soul, and the brain nerves are the only medium through which Heaven can communicate with man and affect his inmost soul.

I began to study the relation our physical health sustains to our spiritual advancement. When I had learned a little of that marvelous organism, the human system, and the laws by which it is governed, and knew some of

the simple means of relieving suffering, I longed to share these truths with others. But feeling the need of a better understanding of the human body, I entered the medical course of the American Medical Missionary College. I chose this college because I believe that in a college dedicated to the instruction of those who have consecrated their lives to his service, God will reveal truths relating to the structure of the human body and the laws governing it that cannot be learned in other schools.

C. P. Farnsworth, after speaking of the advantages afforded by this college, says :—

I would not exchange the advantages enjoyed here for a course in any other school in the world.

J. D. Shively speaks of the Saviour's mission to this world, and how he combined the moral and the physical in his teaching, and adds :—

Such is the aim of our Medical Missionary College, which, while giving an excellent and somewhat extended course of study in the science of rational medicine, ever keeps the missionary idea well in the foreground; and as a result all the students who enter the college have fully decided to devote their lives to medical missionary work.

CAN AN ENERGETIC YOUNG PERSON PAY HIS WAY WHILE TAKING A COURSE IN THE AMERICAN MEDICAL MISSIONARY COLLEGE?

THE above question is one which is asked more often, perhaps, than any other. The answer is necessarily a conditional one. Whether or not the person can pay his way through a course in the Medical Missionary College depends to a large degree upon his ability to work and what he is able to do. A person, to undertake such a task, must certainly be blessed with unusually good health and vigor and more than an ordinary supply of energy and perseverance. The college course is so arranged as to allow for a twelve weeks' vacation,—four weeks in June, and eight in September and October. Whether or not a person can pay his expenses while attending the school depends upon how much he may be able to earn during the vacation. The expense for clothing, books, laboratory supplies, and incidentals can, with strict economy, be made less than one hundred dollars a year. Students who are able to do four hours' work in addition to their studies can earn their board at the Sanitarium. Those who cannot do this amount of work will be allowed to pay their board at the moderate rate of \$2 to \$2.50 per week. Those who cannot put in a sufficient number of hours in work to pay the entire expense for board can pay the balance in cash.

There is no charge made for instruction or for general expenses connected with the school to those entering under the direction of the Medical Missionary Board ; but students will be expected to meet the expenses named, as the board is not able to make further provision for the school than the maintenance of the teachers and general expenses. A few private individuals have indicated their willingness to assist worthy young men and women in obtaining a medical education as a part of their preparation for medical missionary work. Those who desire financial aid should, however, make arrangements for the same before entering the school.

WANTED—SCHOLARSHIP ENDOWMENTS FOR THE MEDICAL MISSIONARY COLLEGE.

THE American Medical Missionary College has for its foundation the sum of \$40,000 contributed by the brothers Francis and Henry Wessels, for the foundation of medical missionary work in Chicago. By request of the donors and the consent of the Medical Missionary Board, this money, which was for the most part invested in property in Chicago to be used for sanitarium and missionary purposes, has been turned over to the Medical Missionary College, and is under the control of its trustees, thus serving the double purpose of assisting the college and the mission in Chicago.

But this investment is barely sufficient to supply the necessary buildings and appliances, and does not provide any income for the school. The Battle Creek Sanitarium has generously undertaken to pay the salaries of teachers and current expenses, but there is a pressing need which is not provided for — there should be at least ten endowed scholarships. The sum of \$4,000 placed at interest at even moderate rates would furnish a sufficient income to maintain a student in the American Medical Missionary College. The money accruing from this source will not be used for the payment of tuitions, but simply for meeting the cost of board and any other necessary expenses for maintaining the student while pursuing his studies. There is a most worthy class of young men and women who might and should be preparing for usefulness in the medical missionary field whose circumstances are such that they cannot themselves meet the expenses of a course of study. The majority of these are persons who have been for some years engaged in different branches of the cause as tract and missionary officers, Bible workers, or in some other capacity

in which the income was barely sufficient to meet current expenses ; and consequently they have not been able to accumulate anything. It seems but reasonable to ask that since these persons have thus devoted themselves to the Lord's work, those who are engaged in commercial business pursuits in which they are able to accumulate means should be willing to enter into partnership in the work by contributing the small amount necessary to sustain the medical missionary while obtaining his preparation for a field of labor.

The writer has known several instances in which persons who felt a deep interest in missionary work, but whose circumstances rendered it impossible for them to personally engage in it, have made an arrangement whereby they were able to enter the field by proxy, as it were, by furnishing the support of some person qualified and willing to go as a foreign missionary, but not possessing the necessary means to do so. There must be among the readers of this paper hundreds who might easily enter upon a partnership arrangement of this sort, without depriving themselves of any of the real necessities of life. The writer knows of a case in which a young woman engaged as a teacher in the public schools of a large city is supporting a sister in a foreign mission field. The one who furnishes the money for the support of the missionary certainly gives far less than the missionary himself, who gives his life, his heart and soul, and all there is of him. We hope there may be a number among the readers of this journal who will feel moved to open the way for some young man or woman to prepare himself for work in the Master's cause by the endowment of a free scholarship.

PHYSICIANS AT PRESENT ACTIVELY ENGAGED IN MISSIONARY WORK

UNDER THE SUPERVISION OF THE INTERNATIONAL MEDICAL
MISSIONARY AND BENEVOLENT ASSOCIATION.

J. H. Kellogg, M. D.....	Battle Creek, Mich.
Ruth O. Bryant, M. D.....	“ “
Lou S. Cleveland, M. D.....	“ “
David Paulson, M. D.....	“ “
Howard F. Rand, M. D.....	“ “
D. H. Kress, M. D.....	“ “
Lauretta Kress, M. D.....	“ “
Abbie M. Winegar, M. D.....	“ “
Wm. A. George, M. D.....	“ “
A. B. Olsen, B. S., M. D.....	“ “
C. E. Stewart, M. D.....	“ “
G. H. Heald, M. D.....	“ “
Mary C. Heilesen, M. D.....	“ “

Mary Wild-Paulson, M. D..... Battle Creek, Mich.
 B. B. Bolton, M. D..... " "
 Chas. C. Nicola, M. D..... " "
 Mary Byington Nicola, M. D.. " "
 J. F. Byington, M. D..... " "
 J. P. Davies, M. D..... " "
 Hester Davies, M. D..... " "
 Mary H. Hunter, M. D..... " "
 Jeanne C. Whitney, M. D..... " "
 F. M. Rossiter, M. D..... " "
 E. M. Mathewson, M. D..... Chicago, Ill.

Addie C. Johnson, M. D..... Ameca, Mexico.
 J. H. Neall, M. D..... Guadalajara, Mexico.
 W. S. Swayze, M. D..... " "
 Alice Swayze, M. D..... " "
 P. A. De Forest, M. D..... Basel, Switzerland.
 J. C. Ottosen, M. D..... Christiana, Norway.
 Kate Lindsay, M. D..... Cape Town, S. Africa.
 R. S. Anthony, M. D..... " "
 O. G. Place, M. D..... Calcutta, India.
 A. S. Carmichael, M. D..... Buluwayo, Central Africa.
 Silas Rand, M. D..... Honolulu, H. I.



SOPHOMORE CLASS OF THE AMERICAN MEDICAL MISSIONARY COLLEGE.

H. E. Brighthouse, M. D..... Chicago, Ill.
 W. B. Holden, M. D..... " "
 A. J. Sanderson, M. D..... St. Helena, Cal.
 F. B. Moran, M. D..... " "
 W. H. Riley, M. D..... Boulder, Colo.
 Geo. W. Burleigh, M. D..... " "
 D. W. Reed, M. D..... " "
 Eva Reed, M. D..... " "
 Wm. F. Hubbard, M. D..... Portland, Ore.
 A. N. Loper, M. D..... College View, Neb.
 W. H. Kynett, M. D..... Vicksburg, Miss.
 A. W. Herr, M. D..... Keene, Texas.
 Ida Shively Herr, M. D..... " "
 B. J. Ferciot, M. D..... Mt. Vernon, Ohio.

F. E. Braucht, M. D..... Apia, Samoa.
 M. G. Kellogg, M. D..... " "
 J. E. Caldwell, M. D..... Raratonga, Cook Is.
 Edgar R. Caro, M. D..... Sydney, Australia.

MEDICAL STUDENTS

UNDER THE DIRECTION OF THE MEDICAL MISSIONARY BOARD.

Allen, Thomas John, 1899..... Arkansas
 Armstrong, Nettie, 1900..... Washington
 Beckner, Clara, 1900..... Arkansas
 Beeler, Moses A., 1900..... Kansas

Bennett, Anna M., 1900	Illinois	Hall, Emma Mae, 1899	Illinois
Boyer, Lillian B., 1899.....	Illinois	Helman, Evelene, 1899.....	California
Bull, Maude, 1900.....	Ohio	Hobbs, Edith, 1900.....	Missouri
Butler, J. G., 1900.....	Texas	John, A. Allen, 1898.....	Iowa
Butler, Ella V., 1900.....	Texas	Keller, Peter Martin, 1899.....	Pennsylvania
Conway, Alice Jane, 1899.....	Texas	Kerby, Sarah Etta, 1899.....	Washington
Craig, J. M., 1898.....	Michigan	Kynett, Lydia, 1900.....	Michigan
Dryden, Mary V., 1898.....	Illinois	Labier, C. R., 1899.....	Missouri
Dunlap, Isaac A., 1899.....	Washington	Leadsworth, J. R., 1899.....	California
Edwards, Sanford S., 1899.....	Massachusetts	Lockwood, S. A., 1900.....	California



FRESHMAN CLASS.

Eggleston, Elmer, 1900.....	Missouri	Loughborough, Mrs. Maria S., 1899....	Illinois
Ellwanger, Paul, 1899.....	Maryland	Martinson, Elsie, 1900.....	Minnesota
Erkenbeck, Jas. W., 1899.....	Michigan	Morse, John F., 1899.....	Minnesota
Eshleman, Lillian B., 1900.....	Iowa	Mortensen, Martin, 1899.....	Missouri
Evans, Newton G., 1899.....	Missouri	Otis, Frank Jesse, 1899.....	California
Farnsworth, C. P., 1900.....	Wisconsin	Otis, Leroy J., 1899.....	California
Farnsworth, Harry, 1900.....	Missouri	Otis, Elmer, 1900.....	California
Ferguson, Chas., 1900.....	Kentucky.	Patterson, Louise, 1899.....	Canada
Froom, J. E., 1898.....	Michigan	Paulson, Julius, 1900.....	South Dakota
Frye, C. C., 1900.....	California.	Perrine, Emma, 1900.....	Iowa
Fulton, Ira M., 1899.....	Colorado	Perry, Olive G., 1898.....	Michigan
Gardner, W. L., 1899.....	Iowa	Pomare, Maui, 1900.....	New Zealand
Gardner, Mrs. Eva May, 1899.....	Iowa	Prince, Calvin O., 1899.....	New Hampshire
George, Arthur W., 1900.....	Nebraska	Read, A. J., 1898.....	Massachusetts
Habenicht, Henry A., 1899.....	Iowa	Reekie, John S., 1899.....	Australia

Ross, R. O., 1900.....	Indiana
Rousseau, L. J., 1900	Michigan
Shively, J. Dow, 1899	Iowa
Shryock, Alfred Q., 1899.....	Oregon
Shryock, H. W., 1900.....	Colorado
Simmons, Wm. R., 1899.....	Michigan
Spencer, Myrtle, 1900.....	Iowa
Staines, Carrie S., 1899.....	Michigan
Stock, Annie, 1899.....	Illinois
Thomason, Geo. W., 1899	New Jersey
Vernier, Jean, 1900	Michigan
Vince, Edmund D., 1899	England
Wessels, Francis H., 1897	South Africa
White, Julia, 1900.....	Wisconsin
Whitlock, Thos. S., 1899	Minnesota
Zener, Alice G., 1899.....	Missouri
Zipf, Amelia A., 1899.....	Iowa

MISSIONARY SANITARIUMS, HOSPITALS, AND DISPENSARIES.

THERE are now under the supervision of the Medical Missionary and Benevolent Association the following enterprises, engaged in medical and philanthropic work for the relief of suffering humanity.

Sanitariums:—located at Battle Creek, Mich.; St. Helena, Cal.; Chicago, Ill.; College View (Lincoln), Neb.; Portland, Ore.; Boulder, Colo.; Basel, Switzerland; Guadalajara, Mexico; Cape Town, South Africa; Apia, Samoa; Honolulu, Hawaiian Islands; and Sidney, New South Wales, Australia.

Arrangements are now being made for the opening of sanitariums at an early date in Denmark; New Zealand; Melbourne, Victoria; and Calcutta, India.

Hospital—located at Battle Creek, Mich.

Dispensaries—located at 42 Custom House Place, 744 47th St., 28 College Place, and Sherman St., Chicago, Ill.

Medical Missions—located at 42 Custom House Place, Chicago, Ill.; Guadalajara and Ameca, Mexico; Apia, Samoa; Buluwayo, Matabeleland, South Central Africa; Trinidad; Raratonga, Cook Islands; and Calcutta, India.

ADVANTAGES OF THE SANITARIUM TRAINING-SCHOOL FOR NURSES.

BY DAVID PAULSON, M. D.

THE Sanitarium Training-School for Nurses is fitting up men and women to go out to be instrumental, in the hands of God, in relieving both the spiritual and physical sufferings of mankind; to show that sickness

and suffering are caused by the violation of nature's laws, and to teach the people how to learn the requirements of God both spiritually and physically. This school has increased in numbers until hundreds now enjoy its instruction yearly. The fundamental thought held before the students in every study is the sacredness of the human body; that God is in man; that those who do wrong physically are making God "serve with their sins;" that Christ died for the body as well as for the soul; that health is to be guarded as sacredly as character. Students who are trained in such an atmosphere cannot help but have an inspiration in their lives that those who learn facts in reference to the body in a dead, cold, mechanical fashion can never possess.

The classes are opened with prayer, and God baptizes them with the blessings of his Spirit. It is not uncommon, in studying some of the great scientific truths, to find that God has touched the hearts of some of the students, and many come away from these classes to engage in silent prayer that God may bring their lives into harmony with the great principles which they have been taught, and give them power to present them to others.

There are many young people who take up school work merely as a mental discipline. The facts they learn will not make the world better or happier, and the only result will be perhaps to add to the vanity of the possessor. How much better it would be for our young people, after they have received a reasonable knowledge of general facts, to get the rest of their mental discipline in learning things that will actually save humanity, and in training all the senses to this end.

The following is an outline of the course of study, both theoretical and practical, which is given in this course:—

First Year.—Bible; Missionary Study; Anatomy; Physiology and Hygiene; Surgical Nursing; Drills for Surgical Ward and Operating-room Work; Practical Nursing; Practical Hydrotherapy; Practical Applications of Massage and Faradic Electricity (bath-room course); Cooking (practical and theoretical); Electricity, with care of batteries; Therapeutics and Practical Application of Faradic Electricity.

Second Year.—Diseases and their Treatment; Gynecology (ladies only); Obstetrical Nursing (ladies only); Massage (theoretical and practical); Manual Swedish Movements (theoretical and practical); Bandaging; Scientific and Healthful Cookery; Physical Culture; Missionary Study; and Bible.

Third Year. — Bible; Missionary Study; Electro-Therapeutics; Management of Children's Diseases; Nature, Cause, and Treatment of Diseases (advanced work); Manual Swedish Movements (advanced work); Mechanical Swedish Movements; Physical Culture (review work); Medical Dietetics and Cookery (advance of first year). In this work the student goes into the Cooking-School kitchen and carries on a four to six weeks' course of responsible work, actually doing the cooking of the meals for the Hospital patients and surgical ward patients, including the baking of all kinds of breads, the making out of menus, etc.

The course comprises an average of eight recitations weekly in text-book and other theoretical work.

The practical training, which keeps pace with the theoretical instruction, is a very interesting part of the routine, and the thoroughness and careful attention to detail on the part of the instructors is especially noteworthy. The instruction is carefully and naturally graded, as will be shown by the following course in practical work:—

First Year.— Domestic Work in various lines; Bath-room Work; General and Surgical Nursing of light and convalescent cases, etc.

Second Year.— Bath-room work; General Nursing; Surgical Nursing; Fever Nursing; Obstetrical Nursing; Manual Swedish and Massage Department.

Third Year.— Manual Swedish Movements and Massage Department; Mechanical Swedish Movements; Test Breakfasts and Lavages; Medical Office Work; Electrical Department; Anthropometry Department; Assistants in Gymnasium Work; Outside Nursing; General and Surgical Nursing where special experience is needed; Bath-room (in charge of departments); and Missionary Work in the field.

All nurses are expected to answer to any emergency wherever and whenever needed.

From the above it may be seen what a wide range of subjects the young men and women who come here to dedicate their lives to the medical missionary cause are led into.

How many of those who read these lines will cease to smother the voice that is saying to them, "Son, go, work to-day my vineyard"?

To love because the soul is filled with love, and because it will bless some one who may have nothing to give in return, is to plant a seed that cannot be unfruitful.—*Sel.*

SHOULD WE MAKE USE OF THE FLESH OF ANIMALS AS FOOD?

THE following are a few extracts from the papers prepared by Dr. H. F. Rand's class in physiology in the Battle Creek Sanitarium Training-School for Nurses:—

As flesh foods are nearly always diseased, it becomes very dangerous to eat them. Thousands of animals are consumed each year that have been slaughtered just in time to save them from dying a natural death. There are few ways in which we can more effectually imperil our health than in partaking freely of animal food.

At least four fifths of the human race, according to history, subsist exclusively upon a vegetable diet, and as many as seven tenths are practically vegetarians.

Some of the finest specimens of physical development are to be found among those who use little or no flesh food.

Meat and all stimulating foods impair the health, pervert the taste and the appetite, becloud the mind, and excite and strengthen the animal passions. Meat makes a poor quality of tissues. Scrofulous humors are also set up by flesh-eating.

LAURA FRANCIS.

God never intended that man should take the life of his fellow creatures to sustain his own life. This is evident, first, because in the natural products of the earth are abundantly provided all the food elements necessary to sustain life; second, the food prescribed by God for man at creation consisted only of fruits and grains.

During the time that God was leading the children of Israel through the wilderness, he was trying to educate them to live in harmony with the principles by which they were to be governed in the promised land. He withheld flesh food from them, and fed them with the bread of heaven; though finally he gave them flesh food because they murmured and hankered for it; but it proved a curse to them.

In the tenth chapter of first Corinthians and the sixth verse we find that the experience of the children of Israel was written for our example, to the intent that we should not lust after evil things as they lusted.

E. E. KURTZ.

We can get heat from a furnace with any kind of fuel, and we can sustain life (for a time) on any kind

of food. But to burn gunpowder in our furnaces would evidently produce too energetic application of the principles of combustion for practical purposes. And, in the same way, though to a less noticeable degree, the use of flesh foods fires our vital forces, which should burn with a steady, even flame, and not with a hot blast like a momentary rocket.

Thus the lion, who lives on flesh, can make a great spring or utter a mighty roar. But if he were to be put to work by the side of a hay-eating ox, he would soon demonstrate how entirely inadequate are flesh foods for a working animal. H. M. HANSON.

When God pronounced the curse upon man, he did the best thing he could for him under the circumstances, by saying, "Thou shalt eat of the herbs of the field; and in the sweat of thy face shalt thou eat bread until thou return unto the ground." But man has sought out many inventions to keep from sweating; while if he had submitted to this plan of God's to work out the poison in his system, and had not resorted to the killing of God's creatures to obtain his food, he might have retained a much closer relation with his Creator.

When a man eats the food that God intended he should, he gets all the food elements in a proper proportion, and in a form that he can easily digest; while if he takes it second-hand, — by eating flesh, — it is not only, as a rule, harder to digest, but he partakes largely of the nature of the animal from which he obtained the flesh.

There is still an abundance of wholesome fruits and grains, which have not fallen far short, if any, in the nutritive value they had in the beginning; but on the other hand it is hardly possible to find an animal that is not diseased in some way.

THOMAS O. McCUTCHEON.

When a person eats of flesh food, the body becomes infected with its tumors and scrofulous eruptions. The entire body — the physical organs and the mental and moral powers — is affected by its adoption. The heart cannot act its best because the blood is too heavily weighted with impurities; and when the heart is deficient, all the other organs are more or less hindered, as the heart bears the key of the vital machinery. On account of poor circulation the head becomes depressed, and sometimes very serious trouble arises from the disturbance of the mind. The lower passions become very active by being imbibed in this way from the lower animals. . . .

It is living on filth itself when one eats an animal whose vital organs and blood are sustained by living on dead and decaying bodies, and refuse of all kinds. How can we say we are clean, and live on this kind of food, either first or second-hand?

LIZZIE COLBY.

OUR SUMMER SCHOOL. — The purpose of the Summer School is to train medical missionaries. No requirements are asked of those who enter this school except that they shall go forth and let their light shine in every way and in all ways which the Lord opens for them. The list of subjects which will be considered in this school will make it one of the most helpful and practical educational opportunities of this sort which has ever been offered. It is hoped that several hundred persons will improve this opportunity to prepare themselves for helpful work for God and humanity in towns, villages, and cities, and wherever Providence may lead. It is not expected, of course, that the course of instruction will cover the whole ground of missionary nursing, nor, indeed, that any of the subjects which are presented will be thoroughly mastered in the short space of ten weeks, but it is believed that this may be made the beginning of an educational work which shall be far-reaching in its character and results.

MEDICAL MISSIONARY WORK.

SELECTIONS FROM RECENT LETTERS AND PUBLICATIONS BY MRS. E. G. WHITE.

I AM deeply interested in the subject of medical missionary work and the education of men and women for that work. . . . I am more and more impressed with the fact that a more decided testimony must be borne upon this subject, that more direct efforts must be made to interest the proper persons, setting before them the advantages that every missionary will have in understanding how to treat those who are diseased in body, as well as to minister to sin-sick souls. This double ministration will give the laborer together with God access to homes, and will enable him to reach all classes of society. An intelligent knowledge of how to treat disease upon hygienic principles will gain the confidence of many who otherwise would not be reached with the truth. In affliction, many are humbled in spirit, and words in favor of the truth spoken to them in tenderness by one who is seeking to alleviate physical suffering may touch the heart. Prayer,

short, weighted with tenderest sympathy, presenting the suffering one in faith to the Great Physician, will inspire in them a confidence, a rest, and a trust that will tend to the health of both soul and body.

I have been surprised at being asked by physicians if I did not think it would be more pleasing to God for them to give up the medical profession and enter the ministry. I am prepared to answer such an inquirer: "If you are a Christian and a competent physician, you are qualified to do tenfold more good as a missionary for God than if you were to go forth merely as a preacher of the word." I would advise young men and women to give heed to this matter. Perilous times are before us. The whole world will be involved in perplexity and distress, disease of every kind will be upon the human family; and such ignorance as now prevails concerning the laws of health would result in great suffering and the loss of many lives that might be saved.

While Satan is doing his utmost to take advantage of men's ignorance and to lay the foundation of disease by improper treatment of the body, it is best for those who claim to be the sons of God to avail themselves, while they can, of the opportunities now presented to gain a knowledge of the human system and how it may be preserved in health. . . .

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. . . .

In almost every church there are young men and women who might receive education either as nurses or physicians. They will never have a more favorable opportunity than now. I would urge that this subject be considered prayerfully, that special effort be made to select those youths who give promise of usefulness and moral strength. Let these receive an education at our Sanitarium at Battle Creek, to go out as missionaries wherever the Lord may call them to labor. It should ever be kept before them that their work is not only to relieve physical suffering, but to minister to souls that are ready to perish. It is important that every one who is to act as a medical missionary be skilled in ministering to the soul as well as to the body. . . .

Holy and devout persons, both men and women, are wanted now to go forth as medical missionaries. Let them cultivate their physical and mental powers and their piety to the uttermost. Every effort should be made to send forth intelligent workers. The same grace that came from Jesus Christ to Paul and Apollos, which caused them to be distinguished for their spiritual excellencies, can be received now, and will bring into working order many devoted missionaries. . . .

I am intensely interested in the education of medical students as missionaries. This is the very means of introducing the truth where otherwise it would not find an entrance. I can see in the Lord's providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached. O what a field of usefulness is opened before the medical missionary! Jesus Christ was in every sense of the word a missionary of the highest type, and combined with his missionary work that of the great physician, healing all manner of diseases. . . . How essential that the living missionary should understand the diseases which afflict the human body, to combine the physician, educated to care for diseased bodies, with the faithful, conscientious shepherd of the flock, to give sacredness and double efficiency to the service! The Lord in his great goodness and matchless love has been urging upon his human instrumentalities that missionaries are not really complete in their education unless they have a knowledge of how to treat the sick and suffering. If this had been felt as an important branch of education in the missionary line of labor, many who have lost their lives might have lived. Had they understood how to treat the ailments of the body, and how to study from cause to effect, they could, through their intelligent knowledge of the human body and how to treat its maladies, have reached many hardened minds that otherwise they could not approach. . . .

The truth expressed in living, unselfish deeds, is the strongest argument for Christianity. The relieving of the sick, the helping of the distressed, is working in Christ's lines, and demonstrates most powerful gospel truths representing Christ's mission and work upon earth. The knowledge of the art of relieving suffering humanity is the opening of doors without number, where the truth can find a lodgment in the heart, and souls be saved unto life—eternal life.

OBEDIENCE THE PRICE OF HEALTH.

BY DAVID PAULSON, M. D.

THE Lord said to the children of Israel: "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Ex. 15:26. "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." Ex. 23:25. In other words, he virtually said that if they would keep all his commandments and statutes, they should be free from disease. The other side of this question is brought out clearly in Deut. 28:15, where it is stated what would come upon them if they did *not* keep all his commandments and statutes; and among other things we notice in the twenty-second verse: "The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning."

It is almost impossible to conceive of a single disease that would not furnish one or more of the above symptoms. The propositions that were held out to the children of Israel were freedom from disease on condition of obedience, and disease as a result of disobedience. The children of Israel failed to receive this wonderful blessing, as they failed to receive other grand things God had expected to do for them in the land of Canaan, because they came short on their part; but in 1 Cor. 10:11 we read: "Now all these things happened to them for ensamples; and they are written for our admonition, upon whom the ends of the world are come," or as some translations have it, "the end of the world." Of course there is only one generation that the end of the world could come upon, and Paul virtually states that what God had intended to do for the children of Israel was to be a sample of what he would do for the people of God in the last generation.

In Rev. 14:9 we read the following: "And the third angel followed them, saying with a loud voice"—; and as a result of what the angel said with a loud voice a people are developed "that *keep* the commandments of God and the faith of Jesus,"—in other words, a people who do what the children of Israel failed to do; for at this time the Lord says that he will put his laws into their mind, and write them upon their heart. When this is actually done, we can be

sure that the same results that would have followed obedience to them in the time of the children of Israel will follow obedience now. If then we do experience the same blessings that the Lord said should follow obedience when all his commandments were kept at that time, then we are justly led to ask whether greater blessings were attached to commandment-keeping in the days of Israel than now, or whether the law has not yet been fully written upon our hearts. We know the former cannot be true, for Christ is the same yesterday, to-day, and forever. If the latter is true, is not the prayer of David a proper prayer for us? "Open thou mine eyes, that I may behold wondrous things out of thy law." Ps. 119:18. David had this prayer answered, for in the ninety-sixth verse we read: "I have seen an end of all perfection; but thy commandment is exceeding broad." Is it not possible that God will yet flash into our minds the same truth that came to David?

Now let us see if we cannot learn something regarding the laws the children of Israel failed to observe, and which it was made necessary for them to keep in order to have the blessing of health. In Job 12:8 are the following words: "Speak to the earth and it shall teach thee." As we look at all things in nature, we find that there are certain laws that they must observe in order to flourish and live out the measure of their days. They must have air, water, sunshine, proper food or nourishment, etc. If these are withheld, they sicken and die long before they have lived out the measure of their days; if these are supplied, they will live out the period of their existence, and then die as the result of the curse, because "in Adam all die." "The whole creation groaneth and travaileth in pain until now." We find the same law working in our own bodies. If deprived of any of the necessities of life,—air, water, or food,—God ceases to work in us physically, for the reason that some of the laws which he has impressed upon our organism are broken. These laws were placed in our bodies by God, and therefore are divine. They are not merely notions of ours. A quotation from a recent testimony makes this matter very plain: "The laws governing the physical nature are as truly divine in their origin and character as the law of the ten commandments." In "Testimonies for the Church," Vol. II, page 70, we read: "It is just as much sin to violate the laws of our being as to break one of the ten commandments, for we cannot do either without breaking God's law." We have observed that if the plant is allowed to obey the laws which govern its existence, it will grow and

flourish until it has lived out the measure of its days. A recent special testimony makes this thought clear in reference to our bodies: "God, the creator of our bodies, has arranged every fiber and nerve and sinew and muscle, and has *pledged himself to keep the machinery in order*, if the human agent will co-operate with him and refuse to work contrary to the laws which govern the physical system." Just as the watchmaker who has constructed a watch guarantees that with proper use it shall run a certain length of time, so God pledges himself to do for us just as he did for the children of Israel if they would obey the physical laws.

A further extract from the same testimony makes this thought clearer: "When nature's laws are transgressed, physical suffering and disease of every type and stripe are seen, for *every transgression of the laws of the physical life is a transgression of the laws of God*. Christians should regard transgressions of these laws as a sin against God *to be accounted for in the day of judgment*, when every act shall come in review before God. The world to-day is full of pain and suffering and agony. But is it the will of God that such conditions shall exist? — No. . . . God's law is written by his own finger upon every nerve, every muscle, every faculty which has been entrusted to man. . . . Every misuse of any part of our organism is a violation of the law which God designed shall govern us in these matters, and by *violating these laws, sickness and disease of every kind*, ruined constitutions, premature decay, *untimely deaths*, these are results of the violation of nature's laws." God has not changed. The sickness and premature deaths we see about us are caused by the same course of action that brought similar things upon the children of Israel — disobedience of God's law, either spiritual or physical.

How thankful we should be that God is giving a message to the world which will develop a people that keep *all* God's commandments, and what a force we can see in the statement in "Testimonies for the Church," Vol. III, p. 161: "To make plain the natural law and urge obedience of it is the work that *accompanies* the third angel's message, *to prepare* a people for the coming of the Lord."

Then to make these, the laws of our body, plain to the people, and so simple that they can understand them readily, and urge them upon the people *because they are divine*, is a work that God has linked to this message; and what God has joined to it let no man attempt to separate from it. "The need of healthful habits is a part of the gospel which *must be presented*

to the people by those who hold forth the word of life. The importance of the *health of the body is to be taught as a Bible requirement.*" (Special Testimony.) What a grand message we have to give to the people, which develops a people to stand physically when others fall, and develop spiritually to reflect the image of Christ fully. May we lift the standard higher and still higher, and hold aloft the banner upon which are inscribed the commandments of God and the faith of Jesus.

MASS MEETING OF THE FRIENDS OF THE BATTLE CREEK SANITARIUM.

ON Thursday evening, July 8, a large and very enthusiastic company of people gathered in the chapel and gymnasium of the Sanitarium for the purpose of taking preliminary steps looking toward the organization of a new philanthropic association to take in charge the work which has been conducted by the Sanitarium during the last thirty years, the charter of the old corporation having expired April 9 of the present year, by Statute of Limitation.

On motion of Elder J. O. Corliss, Dr. J. H. Kellogg was appointed chairman of the meeting. After a brief statement of the object of this gathering of the friends of the Sanitarium, and prayer by Elder Corliss, the chairman gave a rapid survey of the history of the institution as follows:—

I suppose there are very few persons present who do not know the essential features of the history of this work. Thirty-one years ago there was organized in this place, and upon this spot, the work which has been carried on here since that time for the relief of suffering humanity and the promulgation of various reforms, particularly those pertaining to bodily health.

One of the essential features of this institution at its organization was its unsectarian character. Its purpose was not the benefit of a particular people or denomination, nor to promulgate any particular creed; nothing of this sort was contemplated or included in its original articles of incorporation, nor has anything of the kind ever been incorporated in its charter, its by-laws, its business proceedings, or its work. The only work which has ever been recognized as the legitimate business of the institution, is to help suffering humanity, to promulgate the principles of health and sanitary reforms, and to forward various lines of philanthropic work.

The time has now come when this work must be discontinued, when this institution, which has been built up here, must be closed unless a new association is organized to carry forward the work. The statutes of this State prescribe that an incorporation shall exist but thirty years. This institution was organized and started thirty-one years ago; but its legal incorporation did not take effect until

the ninth day of April, 1867, which was thirty years ago last April. Since the ninth of last April, therefore, this institution has been in the hands of the circuit court of Calhoun county, and the business of the institution has been conducted by the court, which has entire charge of all the affairs pertaining to the old association known as the Health Reform Institute. This meeting to-night has nothing to do with the old association incorporated as the Health Reform Institute, but is simply a gathering of men and women interested in the work which the association has conducted, and who may take some steps looking toward the continuance of this work.

I presume no person connected with the work at its beginning imagined that it would grow to its present proportions. The two-story building, the family residence of Judge Graves, now known as the Annex, was then the main building. There were two or three small cottages besides the main building, occupied by twenty patients and twelve helpers,—not a very large institution. That was twenty-one years ago. At the present time we have twenty-five buildings, and more than a thousand people; yet this represents but a small part of the work which has developed from that small beginning. Twelve sanitariums have already been established, six in this country and six in other countries, besides two or three in process of erection. From twelve to fifteen hundred persons are engaged in these various institutions, and in the work here represented. There are between thirty and forty medical missions and dispensaries where these principles are represented; and more than half a dozen journals are now advocating these same principles, instead of the one small journal of sixteen pages issued thirty-one years ago.

This work has grown to large proportions, and we see now opening out before it greater opportunities than ever before. In every large city in the land at the present time, there is an urgent call for the kind of treatment and the sort of teachings which go out from this institution. I have just returned from New York City, where I went for the purpose of attending a three days' convention devoted to the principles of this institution. Doctors gathered there from Connecticut, New Hampshire, New York, New Jersey, and other States, to discuss the very principles which this institution has been promoting during the last thirty years. Principles which at that time were unpopular have now become popular. Principles which at that time were treated scornfully are now sought for. The methods of treatment which at that time were considered gross quackery, and were denounced by the medical profession as well as by the people, are endorsed by the highest medical authorities in the world, and are sought for and recommended by them as superior to every other medical means; and that not only in this country, but in every other civilized land. The very truths and principles which this institution pioneered thirty years ago have to-day fought their way to public recognition; and are receiving support from the whole civilized world.

Now the question comes home to us, Shall we stop here? or shall we go on and organize a new association with such modifications and improvements as our experience has shown us to be wise?

Following Dr. Kellogg's remarks, Elder W. C.

White, son of Elder James White, one of the founders of the institution, spoke of his own experience and the work of the Sanitarium:—

I have had the privilege of observing the influence of this work, not only from a long residence in Battle Creek and in California, but also from a residence in Europe for a time, and a longer residence in Australia; and my belief is that the institution has not completed its work, that it has not reached the point where it can say, "Now I have done my work in the world, and I will lay off the burden." I believe that the institution is just beginning to reach the point of its greatest usefulness.

It marked an era in the experience of this institution when it could have good buildings, spacious rooms, pleasant parlors and dining-rooms, elevators, etc., so that the superintendent would not have to complain—as one of the early superintendents did—that it was easy enough to bring a patient down to dinner in his arms, but it was another thing to carry him back. A much more important era was reached when the doctor began his classes for the training of workers. Those classes which in the early days might have been called nurses' training-classes, he did not give any such name; for he said, "We will not assume any of the names of other schools until we can do a little better work than they are doing. But finally the time was reached when the Nurses' Training-School was named and recognized as such.

Later we saw how much physicians were needed, and the doctor encouraged his young friends to take a medical course; he encouraged them in a substantial way,—and afterward, as the institution advanced, it also lent the same substantial encouragement. By and by, as the number of medical students increased, the friends said, "Doctor, why can't we have a medical school?" "No, no," he said, "we can't talk about that now, it requires so much to make a proper medical school. We must not think of a medical school of our own until we can do better work than others do." How I rejoiced when I heard that we were to have a medical school—a medical missionary school. After a thirty years' acquaintance with Dr. Kellogg, and a ten or fifteen years' acquaintance with his younger associates, I felt certain that he would never undertake a medical school unless it could be a good one; and I am thankful that we can have such a school.

I am also thankful that when I came here from the southern hemisphere looking for a good physician and his wife for Melbourne, for Sydney, for Brisbane, for one of our New Zealand cities,—for competent physicians, men of principle, men who are in the profession, not for the purpose of making money, but for the sake of making people well and keeping them well,—I am glad that when I look for such people, I find them, and find them willing to go, notwithstanding the fact that I must say to them: "The field that you go to is a hard one; you must not expect the promotion that you would get if you were at home; you cannot expect the comforts that you would have if you stayed here; you cannot expect that on going to the southern hemisphere and taking hold of this missionary work, where there are few to support the enterprise with anything more than their prayers and their

labor, you cannot expect those comforts and advancements which you might receive at home." They say to me, "We have been studying that we may conduct medical work on missionary lines; we believe this is the best missionary field for us, and we are ready to go with you." I rejoice to-day at this, and believe that the work of the institution is just begun. And there is something in the word of God about one who "renews his youth like the eagle," and now I believe the time has come when this institution should renew its strength and go forward, working along its benevolent lines, and accomplishing more than any of us have ever dared to think it could accomplish. This I think would please God, who put it into the hearts of his servants to establish the institution; and who has put it into the hearts of its friends to stand by it. He will give them wisdom and courage to stand by it in the future, and give it an opportunity to do its noble work.

Elder J. O. Corliss then spoke as follows :—

The remarks of the speakers who have preceded me have brought up many memories of the past. I was once a helper in the Sanitarium when it was known as the Health Reform Institute, the main building being located where the dining-room now is, and the patients being carried back and forth between it and the cottages.

Those were happy days, although we never expected to see what we now see here. We had no idea that this institution would go to getting up schools for the education of nurses and doctors. All our thought was simply, "Here are some people who are sick and suffering, and we want to help them."

In regard to the present influence of the institution, I believe, as has been remarked, that this institution has just come to that point in its experience where it is prepared to do better work than it has ever done before for suffering humanity. During the last four or five years I have traveled quite extensively, and during the last year especially I have been surprised to see how far the influence of this institution has been carried. Last year, while crossing the Red Sea, I found people on the steamer who asked me where I lived. When I told them that I lived in the United States, at Battle Creek, Mich., some of them—gentlemen of culture from New Zealand and different parts of Australia—said, "I have heard of that place,—Battle Creek—Battle Creek—is n't there a big institution over there where they take sick people in and heal them of their maladies?" "Yes," I answered. "Well, do you know anything about that institution?" "Yes." "Well, now," they said, "we want you to tell us all about it,—we want to know if they are doing what we have heard they are doing." Then I would tell them what I knew of the institution. Some told me they had seen, in their home in New Zealand or Australia, a journal published at Battle Creek, called *Good Health*. One of them said, "I have always wanted to go to America; and if I ever do go there, I shall call at Battle Creek and visit that place where they take sick people in and heal them of their maladies." One man whom we met in Perth, Australia, said, "I expect to be in America about September, and if I do go there, I want you to meet me in Battle Creek, for I am

going to that institution." It was a wonderful thing to me to find that the influence of this institution had gone abroad so extensively that these people were anxious to know particularly about the methods of treatment employed here; and when I told them how the work was done, they said these were the most sensible ideas they had ever heard.

While there is such a feeling as this among the people, we cannot feel that this institution has yet accomplished its full measure of good in the world; and therefore it is evident that we should enter heartily upon the enterprise of re-establishing it on a basis by which it will be enabled to do better work than it has ever done before. I well remember the days when difficulties almost insurmountable confronted the promoters of this institution; but I thank God that it has been able to rise above them, and that it stands where it does to-day as a power for doing good in the world; and I believe that there is a future of usefulness before it such as it has never yet seen.

Hon. A. T. Metcalf, mayor of Battle Creek, responded to an invitation to speak, as follows :—

While I was not living in this city thirty years ago, I was a resident of a neighboring town, and became more or less acquainted with a number of the citizens of Battle Creek, among whom was Elder White, father of W. C. White to whom you have listened to-night. Elder White, one of the most remarkable men I ever met, planted the seed from which this thriving institution has grown up, starting it, if I rightly remember, with a capital of less than two thousand dollars.

This institution, as has been remarked by other speakers, has made a wonderful growth. It is known not only in our own country, but to a greater or less extent all over the world. A prominent citizen of Chicago, who spends much of his time in traveling, recently told me that he had visited all the best sanitariums and health resorts in the world; and said he: "The Sanitarium at Battle Creek is the most complete sanitarium there is in the world, and I prefer to stop there rather than at any other similar institution that I know of. I am going to California soon, and on my return I propose to spend a part of the summer at the Sanitarium in Battle Creek."

Dr. Kellogg has told you that the limitation of this company, or copartnership, has expired, and he asks, "Shall it stop here?" It cannot stop here. [Amen.] An institution that is so grand in its purposes, that has achieved such wonderful results, must go on; and the means and whatever else is necessary for that purpose, must be provided for it. I do not see anything in the way of a change of organization, except, perhaps, a little change of name, and I think the present name, the "Battle Creek Sanitarium," answers every purpose. I say this institution must go forward, onward, and upward.

Dr. Kellogg then referred to the principles on which the Sanitarium is based :—

Whatever success this institution has achieved is due to the principles upon which it is based, and not to any human foresight, human skill, or human wisdom. This is a fact which I wish to impress upon the mind of every one

present — that this work has developed to its present proportions through the intrinsic worth of the principles upon which it is planted.

Now, the questions for us to decide are, Shall we continue to carry on this educational work? Shall we continue our scientific work? Shall we continue this medical school, to which Elder W. C. White has referred? Shall we carry forward the various philanthropies which cluster around this institution? or shall we let them stop? We would be glad to hear from Mr. Henry upon this subject. He has stood by us in trouble as well as in sunshine and prosperity.

A. R. Henry replied as follows : —

I did not come prepared to make any extended remarks, but I always feel, when called upon, like standing up as a friend to this institution. My mind has gone back many years in the history of the Sanitarium, to the time when I was induced, by reading the literature that emanated from it, to adopt its principles to quite a large extent. At a time when my health was seriously affected, I experienced great benefit by adopting these principles, and I felt, as perhaps many of you have felt, that having found a good thing, I wanted others to have it also.

I have lived here in Battle Creek for some years, and have had a good opportunity to observe what is being done here, and I am satisfied that there is a large amount of good accomplished through this Sanitarium. I have met people in various places who were enthusiastic over the benefits they and their friends had received. While walking down the street recently, I overtook a gentleman who was a stranger to me. As we walked along, I asked him if he was staying at the Sanitarium? "Yes," he answered, "I am staying there a little while." I asked him if it was doing him any good. He answered, "O, they are doing me good, but my greatest good will come after I get home. My stay here is limited, but when I get home, I am going to make a practical application of what I have learned here, and there is where I am going to get my greatest benefit." There are probably thousands who visit this institution who cannot stay long, but they get ideas here that they carry home and live out.

Then again, many people come here who are not in full sympathy with the principles advanced. They sometimes think we are a little too radical; but I notice that after they have been here awhile and have tried living out these principles, they are so much benefited that they generally fall into line. There have been many instances of this kind which it is a pleasure to remember.

The following letters were read : —

BATTLE CREEK, MICH., July 7, 1897.

Dr. J. H. Kellogg.

DEAR SIR: Replying to your kind favor of the 4th inst., I very reluctantly admit that I do not yet feel strong enough to mingle in any gatherings of a public character. I fully appreciate and thank you for the high compliment, and hope that the institution will continue to hold its very high place in the minds and hearts of our people, and that you will be spared to serve humanity so well.

Very truly yours,
CHARLES AUSTIN.

856 CASS AVENUE, DETROIT, July 7, 1897.

MY DEAR DOCTOR: Your kind invitation to the Sanitarium meeting to be held to-morrow reached me yesterday, and I beg to thank you for having remembered me on the occasion. I am very familiar with much of the interesting history of the institution. I know its beginners and beginning, and well remember how it was distinctly made apparent that doing good was to be the pole-star of the movement. The success and renown which has followed attest the wisdom of the founders and managers. My interest in the scheme has never paused, and I would like to be with you to-morrow, but no explanation is needed to remind you that common prudence would not favor my going during this weather. Please remember me to all my old neighbors, and accept for yourself the assurance of the highest esteem.

B. F. GRAVES.

On the suggestion of the chair that a secretary be appointed, it was voted that W. L. Hoover act as secretary for this meeting.

It was voted that a committee of twenty be appointed by viva voce nomination, with power to appoint sub-committees to devise ways and means for the organization of an association to take up and carry forward the work which has, for the last thirty years, been conducted by the Health Reform Institute, which has now become defunct.

It was voted that all persons holding certificates of stock in the Health Reform Institute or who had contributed to its funds for benevolent purposes should be competent to take part in the proceedings of this meeting.

On motion of A. O. Tait, J. H. Kellogg was elected as the chairman of such committee.

Each of the following-named persons were then separately appointed viva voce as members of this committee: A. R. Henry, Elder W. C. White, J. S. Comins, Dr. G. H. Heald, G. H. Murphy, C. M. Christiansen, Dr. David Paulson, Dr. Howard Rand, Elder Jerome Fargo, W. K. Kellogg, H. G. Butler, A. O. Tait, Wm. A. George, W. H. Hall, Mrs. L. M. Hall, Elder J. H. Morrison, Elder J. O. Corliss, Dr. D. H. Kress, Elder H. Nicola.

It was moved and carried that seven members be added to this committee.

The following persons were in like manner added: Elder U. Smith, G. W. Amadon, Elder I. H. Evans, W. C. Sisley, Elder G. A. Irwin, Dr. Abbie Winegar, Dr. Lauretta Kress.

The chairman then stated that there was no legal power in the meeting, but that the committee was empowered to represent the meeting, and to take legal steps toward the organization of an incorporation.

On the request of the chair that all stockholders in

the old Health Reform Institute present raise their hands, a large number responded.

The meeting was then dismissed, leaving the large committee just appointed to formulate plans for the new organization.

A meeting of this committee was immediately called, at which the following sub-committee was appointed to formulate plans to be presented for the approval of the committee of twenty-seven: J. S. Comins, Elder Jerome Fargo, Dr. David Paulson, A. R. Henry, W. H. Hall, G. H. Murphy, Dr. J. H. Kellogg, and Dr. D. H. Kress.

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INCORPORATION OF THE BOULDER SANITARIUM.

ACCORDING to instructions from the Medical Missionary Board and the General Conference Association, a committee appointed for the purpose met at Boulder, Colo., May 21, 1897, and proceeded to organize and incorporate the Colorado Medical Missionary and Benevolent Association. The objects of the association, as stated in the Articles of Incorporation, are as follows:—

“To found, equip, maintain, and conduct sanitariums, hospitals, dispensaries, medical missions in cities, training-schools for missionary nurses, and other charitable and benevolent enterprises, either wholly or in part self-supporting, in the State of Colorado; and to promote sanitary, dietetic, and other hygienic and temperance reforms, by public and private instruction, through classes, lectures, publications, and otherwise, and by the manufacture and sale of health foods, and by other appropriate means. To send out missionary physicians, missionary and visiting nurses, and other qualified agents, to engage in the promulgation of the principles of hygienic and temperance reform and Christian philanthropy, and to enter upon various lines of work for the relief and betterment of the ignorant, the unfortunate, the degraded, and the suffering, both rich and poor; and to labor in various ways for the advancement of the objects for which this association is organized.”

From the foregoing it will appear that the aims and objects of the Colorado Sanitarium are essentially the same as those of the International Medical Missionary and Benevolent Association, except that it is local rather than world-wide in its field of labor. It is not to be understood, however, that the work of this

association will be limited to Colorado alone. The whole Rocky Mountain region is an open field for it.

The officers of the board are as follows:—

F. W. A. Farley, President.

F. M. Wilcox, Secretary.

A. Druillard, Treasurer.

Mrs. N. H. Druillard, Matron.

By a recent letter from the secretary, Elder Wilcox, we learn that the managers of the Colorado Sanitarium have determined to begin in Denver, very soon, some lines of missionary work similar to those which have proved so successful in Chicago. There is a great field for this work in Denver. The Salvation Army has for several years been doing a grand work in different parts of Colorado, especially in the mining camps, where religion is almost altogether ignored, and the gospel practically unknown. Many of these miners drift into Denver and other large cities; and these, together with other equally needy classes, will furnish abundant material for medical missionary and gospel effort. We hope soon to be able to report the beginning of this kind of work in Denver and other Colorado cities, with large results later.

VISITING THE SICK AND AFFLICTED.

BY KATE LINDSAY, M. D.

THE endeavor to fulfil the command to “visit the sick and afflicted,” affords one of the most striking examples of how the keeping of the letter of the divine injunction may make void and destroy the spirit of the same. The loving, compassionate Redeemer of our race set an example of visiting the suffering for the purpose of doing them good, helping them out of their sicknesses, and giving them strength to bear their afflictions. He never visited a sick person, or any family that was afflicted, to impress them more deeply with their troubles, as is so often done by well-meaning but thoughtless visitors to the sick at the present day. Before trying to obey the Saviour’s injunction on this point, we should take time to consider how we may represent him and his cause in the right way,—to make our visits a blessing and not a bane to those who are fainting and ready to perish under a load of physical suffering which depresses the mind, destroys faith and hope, and shuts out the sunlight of divine love.

Well does the writer remember an instance which occurred years ago, when a severe accident had nearly destroyed a dear mother’s life. It was in the country, and the young daughters were trying to nurse the

injured one back to life and health. They were doing the cooking for the workmen on the large farm, taking care of the dairy, and attending to all the never-ending demands upon the time of a toiling housewife, which makes it impossible for her to say her work is ever done. There were weary nights of watching, when the patient groaned in delirium and moaned with physical pain. At last a night came when a few hours of quiet sleep brought the light of reason into the mother's eyes; and now she seemed to be on the way to recovery. A good constitution had prevailed over the injury she had sustained, and all were hopeful and cheerful, feeling that mother would now get well.

It was in the middle of the forenoon that a bustling, noisy, well-meaning neighbor rushed in unceremoniously; and made for the sick-room without asking permission. Her first salutation was, "O Mrs. M——, I am so glad to know you are not out of your head, for I hearn as how ye was crazy as a loon, and wan't expected to live. Seein' as you know somethin', I'll jest set down awhile and amuse you while the gals are busy. Poor things, they must be all tired and worn out, being up nights so much?"

The poor children's hearts sank. They could not think how to get rid of this blundering, though kind-hearted woman. But knowing from past experience that she always staid to a meal, they baked and cooked and hurried up an extra dinner, to get her out of the sick-room. But the hour taken to prepare the meal was too long for the nerve-shattered invalid to endure the never-ending account of neighborhood scandal and gossip. When the weary girls went to call their visitor to dinner, the flushed face, weary eyes, and restless tossing of the mother told only too plainly that disease had again the ascendancy. Nature's recuperative forces were again called upon for an unequal contest with the enemy, and the invalid came nearer the grave than at first.

Had that neighbor realized the mischief she was doing, or known how she might have made herself useful, she would perhaps have done much to help, or at least left undone a great deal that she did do. Her method of visiting the sick and afflicted resulted in increased affliction.

On this same day there was a fourteen-year-old girl out in the summer kitchen struggling with a large churning, with the breakfast dishes still unwashed, and the baking before her. Had the hour spent in the invalid's room, wasting her strength and endangering her life, been spent in the kitchen, washing dishes, molding bread, and preparing the vegetables

for dinner, helping and encouraging the younger girl, and giving her older sister a chance to rest while the mother was quiet, that she might be ready for the coming night's watching,—then the call of this neighbor might have been such as to make her visit seem like that of an angel, leaving hope and good cheer, and a grateful memory for many days to come.

There are but few who know how to do the right thing in a sick-room, but many may learn how to fulfil the spirit of the injunction, if not to take the nurse's part. In the country, trained nurses are still hard to be obtained, but there is usually some quiet woman with keen perceptions and the ability to see what should be done in a sick-room to soothe and comfort the suffering. She alone should help the family about the immediate care of the patient. If the disease is not contagious, others who wish to help may find plenty to do. One neighbor might volunteer to do the washing, another the baking; some one could take the children home and care for them, etc. Thus a subdivision of help might be made, each doing what she is best fitted to do. Such visiting of the sick will really help them, and will earn for the one who does it "the blessing of him that was ready to perish."—*Good Health*.

WHAT TO EAT UNDER A TROPICAL SUN.

SOME years ago the writer had under his personal care for a short time, a gentleman, who, with his wife, had been for some time a missionary in India, and had been obliged to return to this country on account of ill health. The gentleman stated that he expected to remain a year or two or until his health should be sufficiently recruited to enable him again to endure for a season the pernicious influences of a tropical climate. It was suggested to him that possibly the diet commonly indulged in by the English people in India and other tropical countries was the cause of his ill health, rather than the climate of that country, as the natives of India and other tropical lands do not seem to suffer particularly from climatic influences, the deadly effects of this country being chiefly observed in English-speaking people, who carry with them from England or America the flesh-eating habits to which they have been addicted at home. After giving this matter some consideration, the gentleman became convinced that the use of flesh food had probably been the principal cause of his ill health in India; and instead of waiting a year or two to recruit his strength, as he had pro-

posed to do, he returned at once. Six months later, he reported that, with a vegetarian diet, he found India to be the most healthful climate in the world.

Emilio V. Monti, in writing to the *Dietetic Reformer*, from Kimberley, South Africa, speaks as follows with reference to diet in hot climates :—

“I would advise every one going into a hot country to use as much fruit and as little meat and hot fluids as possible. South Africa is perhaps one of the greatest meat-eating countries in the world, as far as relates to foreigners ; and it would require one with far more medical knowledge than I possess, to examine into the causes of the various complaints prevalent here, and to demonstrate the relation of diet to disease. I might, however, state that dyspepsia and rheumatism are very common, it being the exception to meet a colonist over thirty years of age without one or the other ; and cancer is also very frequent. In such a dry and healthful climate as this, it is surely a striking proof that climate has nothing to do with causing rheumatism, else we should be quite free from this troublesome malady. It is a prevailing idea here that the system requires to be ‘kept up’ during hot weather by eating meat three times a day ; and as it is cheap, it is placed before one at every meal throughout the year. One result is that, except among the natives, a good set of teeth is seldom seen, although this, no doubt, is partly caused by the large amount of hot tea and coffee consumed. I have noticed that those of the various native races who live with Europeans, and adopt our civilized (?) manner of living, soon lose the beautiful teeth for which negroes are celebrated the world over ; while those who continue in their native state, living principally on Indian corn and meal, have fine teeth to a very advanced age. It is said that up to eighty and ninety years of age, the Zulus have every tooth in a very good state of preservation.”

J. H. K.

SANITARY DISH-WASHING.

BY MRS. E. E. KELLOGG.

PLENTY of hot water and clean towels are the essential requisites for expeditious and thorough dish-washing. A few drops of crude ammonia added to the water will soften it, and add to the luster of the silver and china. Soap may be used according to circumstances ; all greasy dishes require a good strong suds. If the dishes have not been scraped clean, the crumbs should first be rinsed off

in a pan of tepid water without a dish-cloth, then carefully washed in clean hot water.

There should also be provided two dish-drainers, or trays, unless there is a stationery sink with tray on which to drain the dishes. For washing glass-ware and fine china, papier-maché tubs are preferable to anything else, as they are less liable to occasion breakage of the ware.

If many dishes are to be washed, frequent changes of water will be necessary, as the first soon becomes either cold or dirty. Perfectly sweet, clean dishes are not evolved from dirty dish-water.

The usual order given for the washing of dishes is glasses, silver, fine china, cups, and saucers, pitchers, plates, and other dishes. This is, however, based upon the supposition that cups and saucers are used for beverages, and that plates are soiled by the use of various greasy foods ; but in families where tea and coffee and animal foods are dispensed with, and saucers are used for grains with cream dressing, the plates are often cleaner than the saucers, and should be washed first. The general rule to be followed is always to wash the dishes least soiled first, and all of one kind together.

If for any reason the dishes must wait for a time before being washed, the best plan is to pack them carefully into large pans, cover with warm water, and let them soak. When ready to wash them, prepare hot suds for washing, and clear water for rinsing in additional pans. Do not use too hot water, as a high temperature will break glass, and “check” the enamel of ordinary ware.

All dishes used for milk should be first thoroughly rinsed in cold water before being washed in hot water or suds.

Be sure that the inside of all cups and pitchers is thoroughly clean. It is a good plan to have a mop made by fastening finger lengths of coarse cotton twine to a suitable handle, for washing the inside of pitchers.

In cleaning forks, spoons, or cups which have been employed in eating or beating eggs, rinse them in cold water before putting them into hot suds, as hot water cooks the egg, and causes it to adhere. Common table salt is said to be excellent for removing the tarnish from silver. Clean Dover egg-beaters by beating in a dish of cold water or by holding under a stream of cold water from the faucet, then carefully rinse and wipe perfectly dry. Do not put the upper part of the beater into hot water, as it will remove the oil from the wheels so that they will not work easily.

Grain-boilers and mush-kettles should be allowed to cool, then filled with cold water and left to soak during the meal hour, when they can be easily cleaned.

Tin dishes should be washed with hot suds as soon as possible after using.

All tin and iron dishes should be thoroughly dried before putting away, to prevent rusting.

For cleansing iron pots, use soft water and soap or washing-soda, with a wire dish-cloth or kettle-scraper. If the food adheres to the sides, fill with cold water and soak.

Kettles and all dishes placed over a fire should be cleaned on the outside as well as the inside. To remove the soot, rub first with pieces of dry paper, and afterward with damp paper, then wash with hot suds and a cloth.

Kettles and saucepans burned on the inside may be cleaned by putting a little cold water and ashes in them and allowing them to soak on the range until the water is warm.

Porcelain and granite-ware utensils stained from food burned on may be cleaned after soaking for a time in a solution of sal soda, which may be prepared by pouring boiling water over the soda in the proportion of two pints of water to one pound of sal soda, and stirring until dissolved. It may be prepared in quantity, and stored in a stone jar until needed.

Wash woodenware and bread-boards with cold water and sand soap. In scraping dough from the bread-board, always scrape with the grain of the wood, and be careful not to roughen the surface.

Steel knives and forks with ivory or wooden handles should not be put into dish-water. Hot water will expand the steel, and cause the handles to crack. Wipe them thoroughly with the moist dish-cloth, scour with Bath brick, and wipe with a dry towel.

No dishes or utensils can be well cared for without good, clean dish-cloths and towels, and plenty of them. An excellent dish-cloth may be either knit or crocheted in some solid stitch from coarse cotton yarn. Ten or twelve inches square is a good size. Several thicknesses of cheese-cloth basted together also makes a good dish-cloth, as do also pieces of old knitted garments and Turkish toweling. If a dish-mop is preferred, it may be made as follows: Cut a groove an inch from the end of a stick about a foot in length, and of suitable shape for a handle; cut a ball of coarse twine into nine-inch lengths, and lay around the stick with the middle of the strands against the groove; wind a fine wire or cord around

the twine to fasten it in the groove; then shake down the twine, so it will lie all one way like a mop, and fasten to the handle by tying a second cord around it on the outside.

Towels for drying dishes should be of three different grades, — fine ones without lint for glass, silver, and fine china; coarser ones for the ordinary tableware; and still another quality for pans, kettles, and other kitchen-ware. A convenient size is a yard in length and half as wide, with the ends hemmed. As to material, fine-checked linen is usually employed for glass and silver towels, and crash for ordinary dishes, while for iron and tinware, towels which have become somewhat worn, or a coarse bag opened and hemmed, may be used. Old half-worn table-cloths may be made into excellent dish-towels.

It is of the greatest importance that all dish-cloths, mops, and towels be kept perfectly sweet and clean. Greasy dish-cloths or sour towels are neither neat nor wholesome, and are a most fertile source of germs, often breeding disease and death.

After each dish-washing, the dish-cloth, towels, and mops should be thoroughly washed in hot water with plenty of soap, well rinsed, and hung to dry either upon a line out-of-doors, or a rack made for the purpose near the kitchen range. If care is taken to scrape the dishes clean before washing, and to change the suds as often as it becomes dirty, the towels will not be hard to keep clean. Those used during the week should go into the wash as regularly as other household articles.

RELIEF DEPARTMENT.

No. 409 is a little colored baby boy two months old, whose mother is in destitute circumstances and not able to care for him. The baby is quite light, and has a bright appearance. The mother is very anxious to find a home for it right away.

Nos. 410-412. — Here is a group of three little boys, aged six, four, and three years respectively, who have been deserted by their father and whose mother has been left without means of support. She cannot go out to work and leave her little children alone, and finds it necessary to procure homes for them. They are of German descent, have blue eyes and light hair, and are very bright appearing. They have been well cared for. Will not some one offer these little lads a home?

Nos. 414 and 415 are two little girls aged twelve and eight years, living in Canada. Their father died several years ago, and they have recently been bereft of their mother. They have no relatives or friends living who are able to provide for them. They both have blue eyes, the older having light hair and the younger brown. Is there not some home in the Eastern States or in Canada that would open its doors to these homeless girls?

No. 420 is a little baby girl four weeks old, with blue eyes and brown hair, who has been deserted by her father, and whose mother is not situated so she can care for her and support herself and other children. The baby is in Michigan.

No. 421 is a boy twelve years of age who has been deserted by his father, and whose mother is in very poor health. The boy has a kind, affectionate disposition, and is bright in his studies. Here is an opportunity to do some genuine missionary work, for although the child's general health is good, his left hand is somewhat deformed, and he has a slight twitching of the eyes. Does not this case appeal to some kind mother, who will take him into her home and give him the influences of Christian surroundings?

No. 422 is another baby girl, nearly two months old, who is in need of a mother's love and care. The mother has been deserted, and is in poor health, without means of support. The baby has black hair and dark blue eyes.

Nos. 423 and 424 are little twin babies about six weeks old. The mother has just died, leaving the father, who is in poor circumstances, with seven small children to provide for. It was not stated in the application whether they were boys or girls. Is there not some home that will open its doors to these children, and give them the mother love they are so early deprived of, that they may be brought up together?

WE are constantly receiving applications for children whom we can guarantee as being intelligent, amiable, honest, truthful, affectionate, well-trained, etc., but the most of the children who appeal to us for help are those who have been bereft early of a mother or father, and in many instances have been allowed to run the streets. Some have formed bad

habits, and it is difficult to find homes for them in Christian families. Several just such boys are at the present time greatly in need of good homes where they can be surrounded by proper influences, and at the same time have kind but firm guidance and help to overcome these traits of character. Are there not Christian friends living in the country who would be willing to do missionary work in this direction, and thus be the means of saving these children from going the downward path?

FROM a home in South Dakota where we sent a little girl sometime ago comes the following:—

The little girl is well and hearty, and is a good, obedient child. She learns fast at school, and I think with good training she will grow up to be a useful woman. Our prayer is that we may have wisdom to do our part faithfully.

A GOOD home in a kind Christian family has been offered for an aged brother in one of the Northwestern States. It is a German neighborhood, and probably a brother of that nationality would feel more at home with them. If any of our readers know of a worthy person who would like to avail himself of this offer, we shall be pleased to correspond with them.

PERSONS making application for children advertised in this department are requested to send with their applications the names and addresses of two or more persons as reference. If possible, these should be known, either personally or by reputation, to some member of the board of trustees.

QUESTION BOX.

ANSWERS BY J. H. KELLOGG, M. D.

EXHALATION TUBE. — 1. A writer who is troubled with "weak digestion, nasal catarrh, and bad circulation," and has difficulty in breathing when he sits down to read or write, asks if the exhalation tube advertised in *Good Health* would be of any benefit to him. 2. Would a person so situated that he sometimes has to use soda in bread-making, find ordinary vinegar or tartaric acid more harmful to use with the soda than sour milk? 3. Which would be the least injurious combination, soda and milk, soda and tartaric acid, or soda and vinegar, in making bread? 4. Is the use of sugar in so small a quantity as one to one and a half ounces a day harmful for a person troubled with catarrh and weak digestion? 5. If the food is of such a nature that it cannot be relished without sugar or butter, which would be the least objectionable?

Ans. — 1. Yes, if properly used.

2. We do not think it possible for any person to be so situated that the use of soda is necessary in bread-making. The use of soda in combination with acid is harmful and only harmful, and it makes very little difference which of the several acids is used.

3. All are bad. To make a distinction between these three vicious methods of making bread would be like trying to make a moral distinction between lying, swearing, and stealing.

4. It is better to discard sugar in its free, concentrated state; it should be discarded altogether by persons with disordered digestion. Cane-sugar is productive of catarrh of the stomach.

5. Change the nature of the food, or find some other relish. Neither sugar nor butter is to be recommended. A little very fresh and pure butter would doubtless be less harmful than sugar; on the other hand, a little sugar would be less objectionable than much or bad butter. Such questions in dietetics cannot be very satisfactorily answered.

PHLEGM IN THE THROAT—CATARRH.—1. What causes phlegm in the throat? 2. How can it be prevented? and what is the best remedy for catarrh in the head? 3. How should catarrh of the bowels be treated? 4. What is the best diet for one suffering from catarrh?

Ans.—1. Catarrh.

2. Address the Good Health Publishing Company for a copy of the little work on "Catarrh," and get a vaporizer for applying antiseptic vapors to the nose. Catarrh is a germ disease, and can be cured only by building up the resistance of the body, and applying local remedies for the prevention and destruction of the growth of germs.

3. By regulation of the diet and use of intestinal antiseptics.

4. A diet adapted to the condition of the stomach, an antiseptic dietary, is always advisable. A diet of fruits and nuts is particularly helpful.

ECZEMA.—J. D. W., Mich., asks for a remedy for eczema of the head, of long standing.

Ans.—In cases of this sort, local applications are often insufficient to effect a cure. The disease is not infrequently the result of a disordered stomach. Dilation of the stomach exists in quite a large proportion of all cases of chronic eczema. The poisonous substances developed in the alimentary canal circulate in the blood, vitiate the tissues, and give rise to this

disease. This patient can doubtless be cured, but a careful personal investigation of his case would be necessary in order to ascertain all the causes of the malady; and then such conditions must be secured as will result in the removal of these causes.

MRS. S. M. I. HENRY has returned from her month's visit to Chicago enjoying excellent health, notwithstanding her arduous labors daily in connection with the noonday prayer-meeting at the Temple. Mrs. Henry is conducting a series of Bible studies with special reference to city mission work in connection with the Summer School, the value of which cannot be overestimated. A daily program has been established, and the school is going on in the most gratifying manner. The students, without exception, appear to appreciate the value of the opportunity, and of the truths with which they are dealing. It is hoped that the result of this effort will be to send out next fall an army of missionaries to labor in the Southern field and in other needy portions of the country. New students will be admitted during July.

WE are glad to learn that during Elder O. A. Olsen's recent visit to the Scandinavian countries, he has succeeded in organizing a Scandinavian Philanthropic Society, and also a Scandinavian Vegetarian Society. The latter is the first organization of the sort which has been effected in Scandinavian countries. It starts out with a membership of nearly half a hundred, which, we have no doubt, will be increased to several hundred within the first year of its existence.

There is a growing interest in philanthropic and reform questions everywhere, and there is no part of the world in which such organizations should be more prosperous than in Scandinavia, with its fine population of intelligent, enterprising men and women.

MISSIONARY GARDENING.

"THE earth is the Lord's, and the fulness thereof." There is nothing more wonderful in this world than the process by which a small seed dropped into the earth is multiplied by growth a hundredfold, or perhaps even more. Every cornfield is a miracle as great as the feeding of the five thousand with a few loaves of bread. In every growing plant, in every corn-stalk, in every head of wheat, we have the evidence of the presence of an Omnipotent power at work. How appropriate, then, that every person engaged in agricultural pursuits should recognize his obligation

to the diviné Power which co-operates with him, by making a generous division of proceeds.

The reports from missionary farmers and gardeners who entered upon this work last year recount many most interesting experiences of special providences, which one cannot read without being forced to the conviction that the age of miracles is not past. The little booklet, "Gardening for God," contains a record of a large number of most thrilling experiences. It is not for sale at any price, but a copy will be sent to any person who will devote a portion of land — half an acre, an acre, five acres, or such other portion as he feels prompted to devote — to the Lord's work, and will send us his name and address.

HELP FOR THE ERRING.

THE Medical Missionary Board has established in Chicago a home for erring young women who have been led into evil ways and who desire to reform. The work is conducted as a work of faith, and thus far the Lord has provided for it. The rent of the house is \$25 a month. There are now fourteen persons in the home, all of whom have to be provided for. Thus far contributions have been received sufficient to pay all expenses with the exception of \$8. But the demands upon the home are constant and increasing. The purpose of this note is to call attention to the work, so that those who may be moved upon to help a noble charity of this kind may know where to send their contributions. Cases which should have the care provided by such a home may be reported to the *Medical Missionary*. Contributions of money or clothing may also be sent to the *Medical Missionary*, Battle Creek, Mich.

THE SANITARIUM SUMMER SCHOOL FOR MISSIONARIES.—According to appointment, this school opened July 6. By the end of the first week, the enrolment had reached 200, and every day brings new recruits. As we go to press, the prospect is that the school will reach a membership, during the first two or three weeks, of nearly 250. The program marked out is an interesting and practical one, and one that will certainly result in incalculable good to those who have the privilege of attending it.

WANTED AT THE CHICAGO SETTLEMENT.—A piano for use in connection with the kindergarten. Is there not

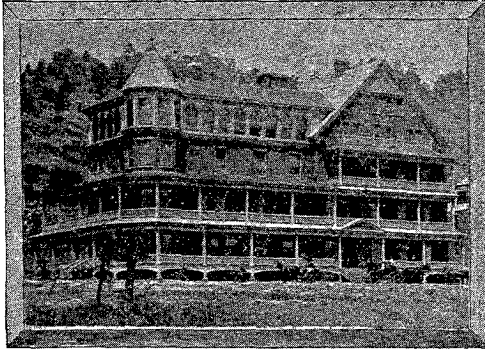
some one who has a piano that is idle and yet capable of doing good service, which might be enlisted in this good missionary work? In lieu of the gift of an instrument, the loan of a good piano would be gladly accepted. The workers at the Settlement kindergarten would greatly appreciate this help just now. Any one who feels impressed to favor the Settlement in this way will please address the undersigned.

J. H. KELLOGG.*

WE are printing an unusually large edition of this number of the GOSPEL OF HEALTH, and copies will be sent to many who are not subscribers. Such will, we are sure, give it the careful reading which its interesting contents deserve. The outlook for our work is truly encouraging. The only drawback is that we are so illy prepared to respond to the numerous calls that come to us from every part of the world. True, we have hundreds of earnest, devoted workers in training, and many have already gone out; but God's providence is far in advance of us.

It is not hard to find a reason for this condition of things. The health principles have been with us now for a period of thirty years, yet how little we have appreciated them, how slow we have been to put them in practise ourselves, to say nothing of giving them to others. Consequently, now that we are beginning to awaken to a sense of the importance of this branch of the message, we find ourselves far behind the providence of God. But the world is loudly calling for the truths which we have despised and neglected. This state of things virtually forces us to do something. But it is late in the day. The time that remains is very short. How important, then, that all should be at work! We hope that every one who receives this paper will give the matter serious consideration, and ask himself or herself: Am I doing all that is in my power to spread the light of the gospel of health? Am I giving this branch of the message my loyal support?

We are glad to say that the subscription list of this journal is growing, but there is yet room for new subscribers. No one who wishes to keep in touch with the work and do his part well, can afford to be without this paper. Remember, it is clubbed with the *Good Health* at \$1 a year. Let us hear from many who wish to take these journals themselves, and induce their neighbors to do so also. The gospel of health is to go to earth's remotest bounds. We have at the best only made a small beginning. But the Lord is in this work, and it cannot fail of a glorious triumph. Will you triumph with it?



The Colorado Sanitarium W. H. RILEY, M. D.,
Supt.

TWENTY-NINE MILES northwest of the city of Denver is a well-equipped and well-regulated institution for the treatment of all chronic disorders. Buildings with all modern conveniences, including steam heating, electric lights, elevators, gymnasium.

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Has a beautiful location, facing the spacious college grounds, and gives its guests the advantages of a quiet, homelike place, combined with appropriate and thoroughly rational treatment. It has a full equipment of excellent nurses, and has already won for itself an enviable reputation in the West.

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The following are the titles of the principal sections of the work:—

The House We Live In,
Some Strange People,
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The Habitations of Men,
Dame Fashion and Her Slaves,
The World's Bill of Fare,
Health and Temperance
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SPECIAL SUMMER SCHOOL

AT THE . . .

SANITARIUM.

THE Medical Missionary Board has arranged for a special school of ten weeks, beginning July 1-15. This school is especially designed to meet the wants of those who need instruction in healthful cookery, hygienic dress, physical culture, simple methods of treatment, Bible hygiene, and personal evangelistic work as a preparation for missionary labor. It is especially designed for ministers' wives, Bible readers, missionaries who are going into foreign fields, teachers of denominational schools, missionary teachers who expect to engage in work in the South, ministers, and all others engaged in church work.

The course will include a rapid survey of the whole subject of hygienic reform and the discussion of its bearings upon the present period of the world's history and our present work. Christian Help work, personal work, cottage meetings, health talks, missionary cooking-schools, the organization of dress and physical-culture clubs, health Bible readings, the relation of health principles to the gospel, rescue work, and many other subjects directly and indirectly connected with medical missionary work and Christian philanthropy, will be considered. The purpose is to prepare men and women who have abilities and opportunities for public labor in various capacities properly to represent the health and philanthropic branches of our work.

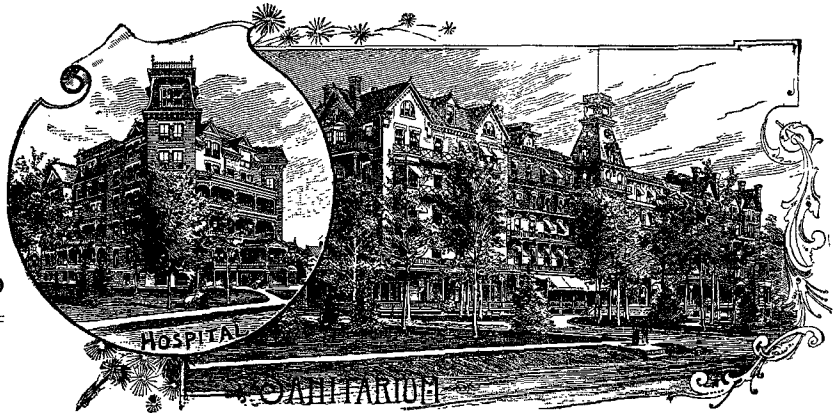
The Medical Missionary and Benevolent Association hopes to be able to send thirty or forty missionary teachers into different parts of the Southern field next fall, and one purpose of this special course is to prepare such persons for this special

field. Mrs. Steele will give a series of talks in relation to the needs and opportunities of the South, and the best methods of work. Professor Sutherland, and others connected with the Battle Creek College, will give a series of studies on the subject of True Education. Mrs. S. M. I. Henry, who has had a long experience as an evangelist and rescue worker, and who for several years has had charge of the training-school for evangelists under the direction of the National W. C. T. U., will give a course of instruction in "How to Reach the Unconverted." Mrs. E. E. Kellogg will give a special course in the principles of scientific cookery, and "How to Teach Cookery." Dr. Paulson, Dr. Winegar, Mrs. Dr. Kress, Mrs. Dr. Paulson, and others connected with the Sanitarium, will give instruction in special lines.

There are already numerous applicants for this course, and it is believed that a large number will avail themselves of this favorable opportunity for preparation to aid in lifting the world's weight of woe and misery and ignorance. Those able and desiring to do so, will be given an opportunity to board at the Sanitarium and pay their way in work. No charge will be made for instruction. Those who wish can board themselves. Several classes will be held daily, and those who can pay their board will find it advantageous to do so, so that more time can be devoted to study. Practical arrangements will be made for table-board at \$1.50 a week; rooms from fifty to seventy-five cents a week. We ought to have at least two hundred in this class. All interested may address the undersigned.

J. H. KELLOGG, M. D., Battle Creek, Mich.

Battle Creek Sanitarium.



THE LARGEST, MOST THOROUGHLY EQUIPPED, and one of the MOST FAVORABLY LOCATED in the United States. Is conducted on Rational and Scientific Principles. Elevated and picturesque site, and remarkably salubrious surroundings. Everything an invalid needs. Chemical examinations of stomach fluids are made by the methods of Hayem and Winter, Topfer, and others. Careful bacteriological examinations of stomach fluids are made, also examinations of the blood by the methods of Ehrlich and others. Baths of every description, including the Electric-Light Bath, and a Large Swimming Bath. Massage by thoroughly trained manipulators. Swedish Movements, Hydrotherapy, Special Diets, Sinusoidal, X-ray, and other electrical appliances useful in diagnosis and treatment. Mechanical appliances of all sorts. Unequaled Ventilation, Perfect Sewerage, Artificial Climate for those needing special conditions. Thoroughly Aseptic Surgical Ward and Operating Rooms. All the conveniences of a first-class hotel. Incurable and offensive patients not received. Trained nurses of either sex furnished at reasonable rates. For illustrated circular, address,

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