

The Gospel of Health

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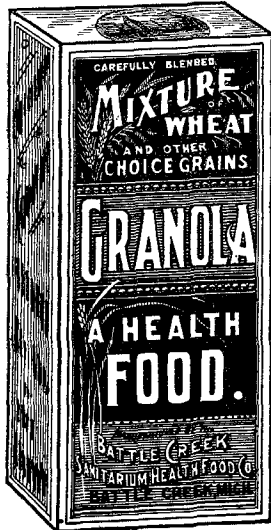
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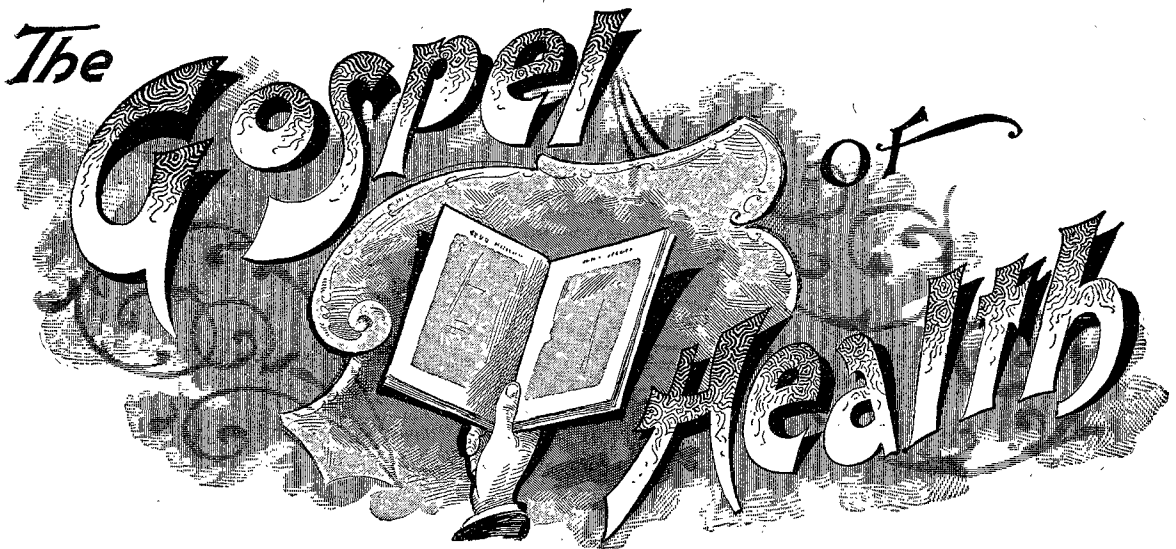
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THE HYGIENE OF THE THROAT AND NOSE.

J. H. KELLOGG, M. D.

THE hygiene of the nose and throat must be considered together, for the reason that whatever happens to one of these parts is very likely to happen, sooner or later, to the other. The nose and throat are associated together in such a way that the morbid conditions of the nose gradually work downward, first into the pharynx, and then into the larynx, or that portion of the air-passage which is devoted chiefly to the production of the voice.

Catarrh has come to be an almost universal disease,—laryngeal catarrh, catarrh of the throat, catarrh of the stomach, catarrh of the bladder, catarrh of the nose, catarrh throughout the whole alimentary canal. Catarrh is a chronic inflammation of the mucous membrane; every organ has a mucous membrane, and every mucous membrane may have catarrh. The mucous membrane and the skin are very closely related. The mucous membrane, or lining skin, anatomically resembles the covering skin very closely indeed, the two being simply different parts of one great anatomical system. Both are supplied with blood-vessels; both are supplied with nerves of sensation and nerves which control the circulation, and both have glands. They are very similar, also, in their great extent. The skin, for instance, has an area of about seventeen square feet; but this area is enormously increased by the great area of the small tubes which conduct the perspiration to the surface.

These, if spread out over a level surface, would cover more than eleven thousand square feet. The mucous membrane has a very limited area apparently; but when we consider the great extent of the lungs, it amounts to something enormous; for the mucous membrane of the lungs alone, if spread out over a level surface, would cover an area of more than two thousand square feet.

Now these two vast areas, the skin with its eleven thousand square feet of tubal surface, and the mucous membrane of the lungs, with its two thousand square feet of surface, are closely associated both in their functions and in the blood supply of the circulation. The skin has for its function the elimination of poisons in the form of urea, and of poisonous substances through the perspiration. It is an excretory organ, and a breathing organ. In human beings the skin carries on about one fiftieth part of the respiration; but in lower animals it has a much larger proportion of the work to do; for example, the frog breathes to such an extent through his skin that he may have his lungs removed, and yet live right on for several days, breathing through his skin; in fact, the skin seems to be a more important breathing organ in the frog than the lungs, for he can get along better without his lungs than he can without his skin.

A large amount of carbonic acid gas is carried off in the process known as respiration. The skin carries off a little of it, but the lungs carry off the greater proportion. The mucous membrane, not only of the lungs, but of every part of the body, is possessed of this same power of absorbing oxygen and sending off carbonic acid gas; but the mucous membrane of the lungs is

capable of doing this to a pre-eminent degree. The lungs also carry off a very subtle toxic substance, a small quantity of which is capable of producing death.

The skin does the same kind of work as the lungs and the kidneys, being analogous to both in its work. In the kidneys there are little coils, and small ducts leading away from them. These coils secrete certain poisonous substances from the blood; and the same thing is done in the skin. The skin carries off about twice as much moisture as is eliminated through the kidneys, and this moisture contains the same poison as does the fluid secreted by the kidneys. Thus it will be seen that the skin is an exceedingly important organ. The health of the skin has to do with the health of every other organ of the body; it is absolutely impossible for any one to be well without a healthy skin. The first and most important thing for a chronic invalid to do is to get a healthy skin; no matter what ails him, if he is a chronic invalid, he has a bad skin. In a chronic dyspeptic the glands of the skin are paralyzed and capable of doing but little work; in fact, all the glands throughout the body are in an inactive state.

Sometimes the skin is very oily and greasy with an excess of secretion, or it is sallow and dingy; these conditions are also due to a morbid state, and are indications of internal poisoning, resulting in the same morbid conditions throughout the entire body. Not simply the skin, but the muscles, the nerves, the brain, and every other part of the body, is saturated with organic dirt, which produces this dinginess of the skin.

A person will not have chronic catarrh so long as he has a perfectly healthy skin; on the other hand, if he has nasal catarrh, he cannot be cured of it until he gets a new skin; and the same is true of any chronic disease.

Chronic disorders of the throat and nose generally commence with taking cold. The mucous membrane of the nose is a strainer for the millions of germs which are caught in it. The natural mucus is there for the purpose of detaining germs. The mucous membrane is protected against them by its natural vitality so long as it is healthy; but when the mucous membrane becomes congested, as it is during a cold, it is crippled and disabled; it is like a mounted warrior having a wounded arm,—he cannot hold his sword, and so his enemy can easily dismount him.

These germs, having gained a foothold, are able to grow and produce their characteristic poisons. These poisons produce still further irritation and congestion

of the mucous membrane, and the germs get into the little ducts in which the mucus is secreted, where they hide, and grow, and produce more poisons. The poison is absorbed into the body; and if enough is produced, acute inflammation of the throat — tonsillitis, pharyngitis, laryngitis, or bronchitis — follows, attended by a fever caused by the poisons thus generated, and the retention of poisons produced naturally in the body. This is the philosophy of a cold; and as soon as the vital resistance of the body rises to a point where the mucous membrane is healed, the cold disappears, the discharge ceases, the mucous membrane returns to a normal state, and the person is well again. But repeated colds by and by break down the resistance of the mucous membrane, and then the germs remain there and become permanent inhabitants,—they preempt that portion of the body, so to speak; and the consequence is that a person has chronic nasal catarrh with all its accompanying miseries.

Naturally, the question of greatest interest in this connection is as to what a person who has been so unfortunate as to get into this condition shall do to get out of it. There are three important things to be done; the first thing is to build up the skin, and get it into a healthy condition; the second is to adjust the clothing properly; and the third, which is of very great importance, is the regulation of the diet, not because the effect of the diet goes directly to the throat and nose, but because it lessens the power of the body to protect itself against germs. The application of these three principles will be considered more fully next month.

NOTICE TO CHRISTIAN HELP BANDS.

THE Medical Missionary Board is desirous of obtaining the addresses of the leaders, or some other officer, of every Christian Help band which is doing active work, not only in the United States, but in all parts of the world. The object of this notice is to ask that these addresses be sent in at once.

A copy of the *Medical Missionary* and GOSPEL OF HEALTH will be sent regularly to every band which will send in regular monthly reports of its work. These reports will also be published in the *Medical Missionary*. It is also the purpose of the Board to send out a monthly letter of suggestions and helps to all active bands. This is the principal reason for the request in this notice. The name and address should be sent at once to the *Medical Missionary*, Battle Creek, Mich.

SPIRITUAL SLEEP A CRIME.

BY MRS. E. G. WHITE.

How can a Christian sleep in such an age as we are now living in? Knowledge is increased as well as facilities for attaining great results for God and humanity. Many harvest-fields are opening before us, inviting those of strong faith and hope and courage to enter them. To sleep now is a fearful crime. The Lord is coming. We are appointed to prepare the way for his coming by acting our part to prepare a people to stand in that great day. Is there one Christian whose pulse does not beat with quickened action as he anticipates the great events already opening before us? We hear the footsteps of an approaching God to punish the world for their iniquity. There is a work to be done, and let every hand and heart be engaged to do the work.

When men and women go to the Lord Jesus Christ for their individual selves, and are not educated to look to and trust in men, there will be fewer and fewer committee meetings, for all will be instructed of God. Men and women will understand thoroughly their personal responsibilities, and the important results of personal effort. Nothing in the way of barriers will be erected to keep men from their fellow men. The work of saving souls will be the first great work. The individual believer will reach the individual sinner. We may all kindle our tapers at the divine altar.

The word is given from the throne of God: "Every man to his work, each to do his best." The long sessions of committee meetings have often confused the senses with words of great things to be done which have not been done at all. We want the mind of Christ, and then each one will indeed become a partner in the great firm with the invincible Jesus. There has been altogether too much looking upon our own trials and difficulties. When we forget self, and look upon the suffering and necessities of others, there will be no time to magnify our own griefs. Earnest work for the Lord is a recipe for mind ailments, and the helpful hand lifted to lighten the burdens Christ has borne for all his heritage, will lessen our own burdens, so that they will not be worth mentioning. True, honest work will give healthy action to the mind, by giving healthy action to the muscles. It is the constant manufacturing of ills and burdens that kills. We should be content to bear the strain of daily duties, and leave the great pressure of to-morrow's liabilities for the time when we must take them.

We are called now to be educated, that we may do the work that God has assigned to us; and it will not crush out our lives. The humblest can have a share in the work, and a share in the reward when the coronation shall take place, when Christ, our Advocate and Redeemer, becomes the King of his redeemed subjects.

We must do all in our power to seek personal consecration to God. It is not mere mighty men, not mere learned men, that are needed in the presentation of the truth for this time, but men who have a knowledge of God and of Jesus Christ. Personal piety will qualify any worker, for the Holy Spirit will take possession of him, and the truth for this time will make him a power. He has an abiding Christ, and the humblest soul linked with Christ Jesus is a power, and his work will abide. May the Lord help us to understand his divine will, and do it heartily, unflinchingly; and then there will be joy in the Lord.

HEADACHES.

BY DAVID PAULSON, M. D.

WHAT is the real philosophy of headaches? Many people think that they are sent as a sort of special dispensation of Providence, to see how much patience a Christian can manifest while afflicted with them. While it is undoubtedly true that if a person can maintain perfect good nature at that time, it is a good test of the extent of the work of grace which has been wrought in the heart, yet at the same time they are the result of seed that has been sown. God says, "Whatsoever a man soweth, that shall he also reap." The law of God establishes a relation between cause and effect. God has said that if we allow ourselves to be tempted by Satan to sow tares, we shall reap them.

The great trouble in dealing with any spiritual or physical disease, is the tendency to deal with results rather than causes. A mother deplores the wickedness of her sons, and labors and prays with them that they may be better; and yet there is perhaps food on the table of a nature to produce just such a result. So with headache; when it manifests itself, the first thing people begin to think about is where they can get some "powders" or some "drops" which will paralyze the nerves so that they shall not realize the law that says, "Whatsoever a man soweth, that shall he also reap." But the reaping goes on just the same, although the person may not be aware of it. If our

house should take fire, we might take chloroform and be so anesthetized that we would not grieve about it at all, but the house would burn just the same. When improper food or wrong combinations of food are taken into the stomach, fermentation, or in other words, putrefaction takes place, and poisons are produced which are absorbed into the blood and carried to every part of the body; then it is that the delicate nerves in the brain begin to shriek out their misery; what foolishness, yes, sin, it is to paralyze them by poisoning them with some drug, and pay no attention to the cause which produces them. Suppose an army was in great danger, and the sentinels should begin to send out warnings, would we shoot them all so that we might not know the peril we were in?

There are many causes for headaches, but the most common is a long and persistent course of bad diet; so that the nerves of the head finally acquire the habit, as it were, of producing pain; and then some very little disturbance may set up a severe headache; just as with an old gun whose lock has been badly worn, the slightest touch on the trigger will fire it off. Persons who have come into this condition where they are victims to "chronic headaches" must begin a persistent training of themselves out of this condition, just as a young man gets an education by long and persistent effort. And they must not get discouraged any more than a student would if they occasionally fail.

Persons subject to headache generally have weak digestion and the power of their digestive fluids to disinfect food is very small. Meat decays much more readily than ordinary foods outside of the body, and it is even more inclined to do so inside the body, if there are not sufficient acids present to preserve it.

This condition of the stomach is very likely to result in that most distressing manifestation of headache commonly known as sick-headache, in which there is a throbbing, "splitting" pain, generally on both sides of the head. These attacks are often accompanied with vomiting. To relieve the symptoms, apply hot compresses to the head, drink freely of hot water, apply fomentations over stomach and liver, and use enemas if the bowels are constipated. The real cure, however, means a change in the habits of diet, adopting the strictest simplicity in food, eating only very moderate quantities, and at regular intervals.

Make fruit a large part of the dietary. Instead of eating bread in its ordinary condition, cut it in slices, and put it in the oven again and toast it thoroughly, until it is crisp all the way through; avoid drinking

at meals; take plenty of time to eat, and do not overeat.

Persistent headaches mean necessity for reform, and reform in *dead earnest*. It may mean the studying of health principles on your bended knees, with the Bible and the Testimonies before you. We have reached the time when thousands will soon begin to fall on the one side, and ten thousand on the other, and we have no time to dally over these principles. We must ask God to write them plainly upon our hearts and minds, and then pray for the Spirit to cause us to walk in the right way.

HOW DRUNKARDS ARE MADE.

BY D. H. KRESS, M. D.

IN spite of all the efforts made by churches and various other organizations during many years to do away with the manufacture and sale of alcoholic drinks, the business still goes on, and is increasing instead of diminishing. This will continue as long as the appetite for such drinks exists; but let the appetite once be removed, and the sale of alcohol is at an end.

The appetite for intoxicants is usually formed in childhood, or at least before the young man leaves the parental roof. This is the way it happens: Children are allowed to overeat, to eat between meals, and to take bad combinations of food. As a result, fermentation is set up in the stomach, and alcohol is formed, which is carried into the system, comes in contact with the delicate nerves, and produces a certain amount of stimulation and intoxication. By degrees the system gets accustomed to this; and when the effect wears off, nature seems to call for something stronger. The "all-gone" feeling often experienced is frequently interpreted as hunger when it really is the craving for a stimulant, or rather the after-effect produced by a stimulant, and approaches very nearly the craving of a drinking man for alcohol.

Physicians sometimes administer opiates to patients, concealing from them the name and nature of the drug. By and by the patient feels a craving after something, but fortunately he knows not what. Suppose, however, he knows what it was that produced that pleasant sensation the first time. He might then not be able to resist the temptation to resort to it again. Thus, if the young man in whom the appetite for alcohol has been unconsciously formed, is fortunate enough never to ascertain what his system craves, he may pass through life a sober man; but

let him take one drink of liquor, and the habit is formed.

This shows how careful physicians should be never to give alcohol even as a medicine, and how much care parents should exercise so to regulate the habits of their children that the latter will not have their systems filled with alcohol through partaking of bad food or of good food in improper quantities and at wrong hours. The children should be taught to eat for strength, and not for drunkenness. If they are lazy, stubborn, rebellious, and disobedient, the cause is first to be sought in the diet. The alcohol formed in the system irritates the nerve-centers, and tends to stupefy the brain.

Note carefully the following scripture: "This our child is stubborn and rebellious, he will not obey our voice: he is a glutton and a drunkard." Deut. 21:20. How closely an immoral character is here associated with excess in eating and drinking. The ax must be laid at the root of the tree. If we would have our sons and daughters grow up to be useful members of society, and an honor to the cause which we love so well, we must teach them at an early age to be temperate in their diet.

The farmer measures out the quantity of oats for his well-bred horse, has regular hours for feeding him, is careful not to have the animal eat immediately after being driven, and will not give him drink with his meals; he knows that the horse, if left to himself, would soon become foundered and useless from over-eating. Now the horse is just as capable of selecting his foods as is the child before it reaches the age where it can reason from cause to effect.

Parents, like Abraham, should command their households after them. Only the most nourishing food, or that containing the proper elements of nutrition in the right relation to meet the wants of the system, should be placed before children. Parents should select their foods for them, and teach them to confide in their mature judgment. Never should a child be allowed to eat foods which in the judgment of the parent are not good for him. By following this plan from infancy up, the child will soon look to the mother, respect her judgment, and will not pout or cry if denied something harmful. The parents should always give to the child the reason for denying him certain articles of food, and thus he will learn to select his own food understandingly. Children brought up in this way may be trusted anywhere, as they will be governed by principle instead of perverted appetite. Like Daniel and his companions,

they will determine or purpose in their hearts when surrounded by inviting but harmful tid-bits, not to defile their bodies through the gratification of the palate; and like Moses, they will prefer suffering, rather than to enjoy the pleasures of sin for a season. I believe nearly all the sin and crime which floods the world is traceable to excess in eating.

The reason why children lose all interest in religious matters and place no difference between the sacred and the common, can be traced to the table. Nadab and Abihu, after partaking of the forbidden wine, offered strange fire, their minds being confused, and their judgment perverted. The sin was not in the offering of strange fire, but the drinking of wine.

The people of Sodom were given up to corruption, practising the worst kind of licentiousness, as will be seen by reading Genesis 19. The condition that then existed is clearly outlined in Rom. 1:26-32. Loose rein was given to the animal passions. As stated in Luke 17:28, men married, planted, builded, bought, and sold, until the day that Lot left Sodom. There was a cause for this condition. The cause is given in Eze. 16:49,—“fulness of bread, and abundance of idleness.” Through surfeiting and gluttony, their minds became so stupefied that even Lot, when warning his daughters to flee, appeared unto them as one that mocked. In the days of Noah the same sin existed. “For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of Man be.” (Matt. 24:37-39.) Uncontrolled appetites and excesses in eating and drinking produced intoxication, and so benumbed the minds of the people that, like the sons of Aaron, Nadab and Abihu, sacred things were placed on a level with the common, the animal passions gained the ascendancy; men were under the full control of lust instead of principle. This is the reason why the people failed to heed the warnings given by God’s Spirit with reference to buying and selling, planting, building, and marrying.

The Saviour gave the warning, Take heed lest at any time your minds be stupefied by gluttony and drunkenness, so that day come upon you unawares. Luke 21:34.

Parents, do you appear unto your children as one that mocks when talking to them on religious themes? If so, let me tell you there is a cause for all this. Are your hearts burdened as you behold the lack of interest manifested in religious matters? Do not

blame your children, they cannot discern between sacred and common, for, like the sons of Aaron, they are intoxicated, and cannot see the difference between clean and unclean. You are to blame for all this; these sins are simply an outgrowth of undenied appetite. Read carefully the cause as given in Deuteronomy 21: "If a man have a stubborn and rebellious son, which will not obey the voice of his father, or the voice of his mother, . . . then shall his father and his mother lay hold on him, . . . and they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice." Why? — "He is a glutton, and a drunkard. And all the men of his city shall stone him with stones, that he die: . . . and all Israel shall hear, and fear."

We may not be able to save all our children; many of them have been so long controlled by appetite instead of principle that they, like this rebellious son, are hopeless cases, and will perish in their sins; all appeals will appear like mockery. But there are some that can be rescued, and there is no time to lose. The ax must be laid at the root of the tree, there must be reforms in diet. Parents must with unyielding love command their households after them. I believe the time has come for the hearts of fathers and mothers to be turned unto their children, because the dreadful day of the Lord is upon us. Mal. 4:4-6.

The children of Israel lusted for the flesh-pots, leeks, onions, garlicks, and other harmful stimulants they had left behind them in Egypt; the Lord gave them their requests, but sent leanness into their souls. Ps. 106:14.

When parents grant children their requests for these harmful things, they are just as truly sending leanness to their souls.

"Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts which war against the soul." 1 Peter 2:11.

THE EVIL EFFECTS OF DRUGS.

BY WM. A. GEORGE, M. D.

EVER since disease and pain have been the heritage of human flesh there have been certain substances of animal, plant, or mineral origin which have been supposed to possess the power to heal disease or in some way to drive it from the system. As the earth has become more densely populated and disease has become more and more common, the number of drugs with long names and uncertain action has increased

many fold. This increase has been especially rapid since the beginning of what is called the "era of medical chemistry." During this era, which lasted from about 1500 A. D. to 1700 A. D., nearly all scientific investigation was put forth in the fruitless attempt to find the "elixir vitæ," or "elixir of life," a cordial which should cure all the ills of mankind, and give perpetual youth. All students of United States history will remember that Ponce de León, who discovered Florida in 1512, was seeking a spring which would bring him back his youth.

Strange as some of the ideas of the sixteenth and seventeenth centuries may seem to us, many of these superstitious notions cluster around the use of drugs at the present time. Many who are diseased go from one place to another seeking in vain some drug new or old that will cure them. But God, in his mercy, has seen fit to give his people advanced light on the subject of drugs, and we are without excuse if we follow the practise of worldly physicians in this respect. In the following paragraphs the quotations are taken from "How to Live," Chap. 3, Disease and Its Causes, by Mrs. E. G. White:—

"Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself." "When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart, and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. Oh, how much that poisonous drug cost! If it did not cost the life, it cost quite too much. Nature has been crippled in all her efforts. The whole machinery is out of order, and at a future period in life, when these fine works which have been injured, are to be relied upon to act a more important part in union with all the fine works of nature's machinery, they cannot readily and strongly perform their labor, and the whole system feels the lack. These organs which should be in a healthy condition are enfeebled; the blood becomes impure.

Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows. There are more who die from the use of drugs than all who would have died of disease had nature been left to do her own work."

"Very many lives have been sacrificed by physicians' administering drugs for unknown diseases. But physicians are expected to know in a moment what to do; and unless they act at once as though they understood the disease perfectly, they are considered by impatient friends and by the sick, as incompetent physicians. Therefore, to gratify erroneous opinions of the sick and their friends, medicine must be administered. Physicians are censurable, but they are not the only ones at fault."

"Nature alone possesses curative powers. Medicines have no power to cure, but will most generally hinder nature in her efforts. She, after all, must do the work of restoring. The sick are in a hurry to get well. . . . They will have medicine, and if they do not feel that powerful influence upon their systems their erroneous views lead them to think they should feel, they impatiently change for another physician. The change often increases the evil. They go through a course of medicine equally as dangerous as the first, and more fatal, because the two treatments do not agree, and the system is poisoned beyond remedy."

"The drug invalid numbers one in the world, but is generally peevish, irritable, always sick, lingering out a miserable existence, and seems to live only to call into constant exercise the patience of others. Poisonous drugs have not killed them outright, for nature is loath to give up her hold on life. She is unwilling to cease her struggles. Yet these drug-takers are never well."

These statements are enough to make every one who reads them tremble at the thought of giving or taking a drug, but a few brief statements from the same chapter in regard to nux vomica (strychnin), calomel, and opium, the representatives of three great classes of drugs, will serve to add emphasis.

"Witness the mildest and protracted influence of nux vomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves. This drug does not have the same effect upon all. Some who have powerful constitutions can recover from abuses to which they may subject the system. Nux vomica can

cripple, paralyze, destroy health forever, but it never cures."

"This is the effect of calomel. It torments the system as long as there is a particle left in it. It ever lives, not losing its properties by its long stay in the living system. It inflames the joints, and often sends rottenness into the bones. It frequently manifests itself in tumors, ulcers, and cancers, years after it has been introduced into the system."

"The drug poison, opium, gives temporary relief from pain, but does not remove the cause of pain. It only stupefies the brain, rendering it incapable of receiving impressions from the nerves. The drugs given to stupefy, whatever they may be, derange the nervous system. An evil, simple in the beginning, which nature aroused herself to overcome, and which she would have done had she been left to herself, has been made tenfold worse by drug poisons being introduced into the system."

Let us educate away from drugs, and learn to use God's simple remedies — pure air, pure water, good food, and proper exercise.

"KEEP THYSELF PURE."

BY M. E. OLSEN.

PAUL's advice to his young friend Timothy is certainly worthy the careful attention of young men today. But the Bible contains other exhortations to purity. The beloved John writes: "Every man that hath this hope in him purifieth himself even as He is pure." Our Saviour, in his sermon on the mount, pronounced a blessing on the pure in heart.

With many people these scriptures are taken wholly in a spiritual sense, or if allowed to apply to physical sins, are limited to those included under unchastity; but they surely have a broader meaning. In order to be really pure, we must have pure, healthy bodies, and to do this, we must form correct habits of eating, drinking, dressing, and working; in other words, we must live in harmony with physical law.

An impure body makes itself known in several ways; for nature will manifest itself. Take, for instance, the man who has an offensive breath. Could we call his a pure body? Surely not with consistency; for if the fresh, pure air of heaven taken into his system for a fraction of a minute comes out in such a foul state, what must be the condition of such a body? Suppose such unpleasant odors were given forth from a house. Would we think it a fit place for respectable people to occupy unless thoroughly cleansed

and disinfected? But the Christian's body is the temple of the Holy Spirit. Have we a right to expect that this honored guest will abide with us if we offer him such unsuitable quarters?

Physicians tell us that a disordered stomach is by far the most common cause of an offensive breath. There are excellent reasons why the average stomach should be out of order. Just consider what is put into it; for instance, the dead bodies of our fellow creatures. Living sepulchers we might call such stomachs; and all must agree that their owners deserve to have a foul breath. But there are other foods almost as bad. Rich pastries and cakes, briny pickles, cheese swarming with animal life, condiments of every kind are utterly unfit to put into a respectable stomach. Then it is very easy to get the stomach into an impure condition by overindulgence in good food, by wrong combinations of foods, which set up fermentation, and by hasty eating.

Bodily purity is greatly enhanced by physical exercise, which stimulates the eliminative processes throughout the body, and brings a larger quantity of oxygen in contact with the blood, thus cleansing that important circulating medium of impurities. In persons who take little or no exercise, the circulation becomes sluggish, the appetite fails, the system loses its tone, and is ready to contract disease.

Frequent bathing is another essential aid to purity. When the surface of the body is not kept clean, the pores of the skin are closed up by the accumulated filth, the perspiration is not freely thrown off and evaporated; hence it becomes foul, and the person in this condition surely cannot be said to have kept himself pure. Water is not expensive, and its free application both within and without is essential to the maintenance of bodily health and purity.

Let us consider now some of the blessings that belong to the possessor of a pure body. God makes no arbitrary demands upon his children. If it were not a wise and profitable thing for us to keep our bodies pure, he would not require it. What are some of the advantages enjoyed by the pure man? 1. He gets an extra large amount of physical enjoyment, for he takes real pleasure in using his muscles in active physical work. 2. His brain will be clear and bright, making mental work also enjoyable. 3. His ability to comprehend God's goodness and love will be greatly increased, in harmony with the scripture: "To the pure thou wilt show thyself pure." 4. He will live a much more comfortable and happy life, being able to see good in everything; for "to the pure, all things

are pure." 5. He will have the unutterable joy and satisfaction of knowing that he is in harmony with all that is best and purest in the universe. He can look up into the clear, blue sky, and find something there to love and admire; he can behold with a new interest the quiet beauty of the flowers, listen to the joyous songs of his feathered friends, and look with new wonder and admiration on all God's created works, knowing that he is in harmony with them.

In view of these things, shall we not, while we pray God to cleanse us from sin, co-operate with him by cleansing our bodies from "all filthiness of the flesh," and thus make the best preparation for living a holy life?

DIGESTION.

BY H. F. RAND, M. D.

AMONG the many interesting features of the human body there are few things of more interest than the process of digestion.

Our bodies might well be compared to a steam engine, the process of making steam answering to the digestive process, one object of which is to produce life or power. The lips may be compared with the door, the mouth with the fire-box, the tongue with the grate, and the stomach and intestines with the flues and their reservoir. At different points along the digestive tract are what might be termed reservoirs; in medical language known as glands. These glands supply a watery fluid peculiar to each, just as the reservoir supplies the engine with water. Later on we will notice the glands and their juices more particularly.

Just as in making steam the different parts of the engine have their work, so in making and sustaining life in man the different organs have their special work. As the fuel door opens, so the lips act. They measure the size of each mouthful.

The mouth, which we have compared to the fire-box, contains the tongue, the teeth, and the saliva, which is manufactured by three sets of glands. In the mouth food undergoes chemical changes just as fuel does in the fire-box.

Now, the tongue in man, like the grate in the engine, separates objectionable substances and moves the food about so that the teeth may masticate it, and allow the saliva to come in contact with each particle, as the air comes in contact with the fuel when the grate is moved.

The next organ is the stomach, corresponding to the tank or reservoir of the engine. Here the food, after it has been partially digested by mastication, is received; here it undergoes a process of digestion, and is passed on for further action by the intestines. In the lining of the stomach are multitudes of little openings from which ooze gastric juice. These openings with their little pockets are known as peptic glands. Gastric juice contains three digestive substances, pepsin, rennin, and hydrochloric acid. The walls of the stomach, like the entire digestive tract, consist of thin layers of muscle, which contract and relax, thus changing its size and shape. This causes a churning motion, that mixes the gastric juice with the food; and a propulsive movement, which gradually forces the food along toward the intestines.

Below the stomach in the alimentary canal are the intestines, which in their long tubular shape might be compared to the flues of an engine. Here the food is received to be acted upon by the bile, and the pancreatic and intestinal juices.

Food, or the fuel of the human engine, is an item of great importance; for what a person eats, and the way he eats it, determines many of his actions. If irritating or highly seasoned foods are eaten, he is educated to desire something stronger, such as tobacco and liquors. These strong, irritating substances lead to irritability, carelessness, theft, drunkenness, and murder. Then, even when a perfect dietary is used, if the food is not properly masticated, irritation is set up along the alimentary canal, causing the person to do many evil things that he otherwise would not do. "When the stomach is irritated, the excitement is conveyed to the brain through the nerves." ("Testimonies for the Church," Vol. IV, p. 141.) And when the brain is out of balance from the injury received by sympathy with the digestive tract, we can see how it is possible for us to do wrong things.

God has made everything to balance exactly. Man has produced scales or balances which are so accurately adjusted that they will indicate the amount of lead used in writing a person's name, but they cannot compare with the nicety of the balance God has created in the universe. It is written, "Who hath measured the waters in the hollow of his hand, and meted out heaven with a span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and the hills in a balance?" Isa. 40:12. God has done all this. He has even comprehended the dust of which we are made. Each one of our members is balanced exactly. There is never any

friction unless caused by ourselves. The Spirit of God has said: "To keep the body in a healthy condition, in order that all parts of the living machinery may work harmoniously and in order [or in balance], should be the study of our life." ("Christian Temperance," p. 53.) As before stated, at different points along the digestive tract are what we have called reservoirs, or glands. In these glands is secreted a fluid peculiar to each one. There are five digestive fluids; viz.: (1) Saliva, the active principle of which is ptyalin; (2) Gastric juice, in which there are three digestive substances, pepsin, rennin, and hydrochloric acid; (3) Bile, which is alkaline in nature; (4) Pancreatic juice, containing amyllopsin, trypsin, steapsin, and a milk-curdling ferment; (5) Intestinal juice, which is alkaline in nature.

In contrast to these fluids there are four food substances; viz.: (1) carbohydrates, which includes starches and sugars, and is the most abundant of all food substances; (2) Proteids, found in the white of egg, lean meat, casein of milk, and in large proportions in peas, beans, and lentils; (3) Fats which are found in both animal and vegetable foods; (4) Inorganic salts and water. When a portion of animal or vegetable food is burned, an ash is formed, which contains these inorganic salts. Water is found in all food substances.

HYGIENE OF A HOME.

BY MRS. HESTER WESSELS-DAVIES, M. D.

No. III.

PARENTS must not allow the immediate care of their children to keep them from overlooking the necessary surroundings of the home for the maintenance and preservation of health.

The natural remedies of nature are fresh air, sunlight, pure water, good food, rest, with cheerfulness. Our entrance into the world is heralded by a cry for air. As soon as the infant cries, the physician knows that the first requisite for its life has been established; it has begun to breathe. This function is continued all through life, but will cease at any time if the air is cut off entirely for only a few minutes. When pure air is shut off slowly, death is slower, but still sure.

There are various things that contaminate the air as provided by nature. Among these are some of the most fatal poisons in a diluted form. The incalculable number of little cells in our bodies are just so many little chemical laboratories, where chemicals are mixed,

compounds built up and broken down, and in so doing, fumes of poisonous gases escape, and such organic substances are formed as are harmful to the body. They are excreted by the kidneys, bowels, skin, and lungs. It is the latter organ that poisons the air immediately around us, by its poisonous exhalations of carbonic acid gas, and organic compounds that escape with the moisture. The action of the former is shown by putting two candles in two jars from which the air is partially shut off. If by means of a tube one jar is breathed into, the candle will become extinct, from the accumulation of the carbonic acid gas from the breath, long before the other one.

This gas being heavier, sinks to the floor, and thus it becomes necessary to change the air in the room constantly in order to blow away every vestige of this gas. For while the grown-up members are enjoying comparatively good air, the creeping infant and the younger family are living in an impure atmosphere. This fact furnishes one objection to people's sleeping on the floor, or on very low beds.

It is estimated that each adult exhales about seven gallons of carbon dioxide per hour; and where there are gaslights in a house, several times that is produced by each light. The organic compounds escaping from the lungs are even more fatal. When any quantity has been excreted in an unventilated room, its presence becomes cognizant to those coming in, by the musty, disagreeable odor.

Aside from these impurities there are added extraneous gases and matter, such as carbon monoxide from the coal stove; hydrogen sulphide from the cesspool, sewers, gutters, drains, privy vaults, neglected cellars and cisterns, and wherever animal substances are allowed to putrefy; indeed, disease germs are constantly floating in the air. In order to keep this necessity of life pure, we watch to keep a sufficient draft in the coal stove to carry off what carbon monoxide is generated; for unless carried off in the flue, it will penetrate through the crevices and even through the heated iron of the stove.

Clean the cellar out thoroughly, keep it just as neat and clean as the living-room and kitchen. Let the cistern be as clean as your drinking-cup. Arrange the drain of the kitchen sink so as to have a water trap to keep gases from the cesspool from gaining entrance into the kitchen. At the same time supply the cesspool with a ventilator.

Every house, if possible, should be supplied with a water closet; otherwise the dry earth privy is the best, because the pans can be removed every day in summer

and about twice a week in winter, and no amount of gas will be generated at any time. To prevent poisoning from our own excretions, we should have free ventilation. Let the doors and windows be open in summer, and during the winter the hot-air system of ventilators is far superior to any other way of heating; but where the room is otherwise heated, a board under the window sash of each room, about an inch for each occupant of the room, will allow plenty of fresh air in the house, and keep it sweet and free from odors. Fresh air and sunlight are nature's disinfectants. They destroy the disease germs in the house.

Flowers in the home are beneficial in many ways. They not only add to the beauty and cheerfulness of the room, but invite the dancing sunbeams in, and some claim that they purify the air by emitting ozone, a powerful oxidizer. Among such flowers are the laurel, hyacinth, mint, mignonette, lemon tree, etc.

Parents and children should make frequent excursions into the open air, and in spring and summer the children should live out of doors almost all day. "The only schoolroom for children from eight to ten years of age should be in the open air, amid the opening flowers and nature's beautiful scenery."

NOTES FROM OUR SANITARIUMS.

COLLEGE VIEW.

THE spiritual condition of our helpers is very encouraging. We feel sure that the example of true Christianity lived out before the patients is having its effect in leading many of them to a closer walk with God. It is a common thing to hear them remark about the special religious influence felt about the institution in general.

Our noonday meetings for the helpers, held three times a week, are of special interest and benefit, and we realize that the blessing of the Lord will rest upon the work more and more as we thus meet together to seek his special guidance day by day.

A. N. LOPER.

THE COLORADO SANITARIUM.

Only those who have been connected for some time with our health institutions can realize the many opportunities that are presented for gospel work. A recent Testimony says, "No portion of the Lord's vineyard has any greater possibilities for doing good than the sanitarium." Each institution of this char-

acter is a world by itself ; here are brought together in one large family the high and the low, the rich and the poor, the learned and the illiterate. Among these are those with blighted hopes and sad, sorrowing hearts. Some have been afflicted for but a short time, but the majority have been sufferers for years. Nearly all have left home and friends, and in their search for health have cast themselves upon the mercy of entire strangers. What an opportunity is presented among these classes for the worker for Christ ! No richer field in all the world can be found for missionary effort ; not for the promulgation of doctrine or dogma exclusively, or even largely ; but for living, practical Christianity to be manifested in the life. These people need to have brought into their lives hope, courage, and sunshine. They need to have tender, sympathetic words spoken to them. They need to see in the faces of those around them the smile of Christian contentment and peace. Their surroundings have to do largely with their success in reaching the goal of their ambition, restored health and vigor. We have endeavored to impress these lessons on the sanitarium family. And we believe that all our workers appreciate the fact that it is Christ in the life that has more real influence for good than any words which may be uttered.

In the line of religious services the following order is preserved :—

1. Daily worship for helpers at 6 : 40 A. M. This occupies twenty minutes. Considerable variation is given to the exercise, the whole period being sometimes given to prayer, and at other times to exhortation or missionary field study.

2. Daily worship for the patients at 7 : 40 A. M. This likewise occupies twenty minutes, and comes just before the patients' breakfast. A good proportion of our patients are usually in attendance.

3. Midday prayer-meeting for the helpers at one o'clock. One half hour is allotted to this meeting, and all the helpers attend who have no duties that demand their attention.

Our weekly services consist of :—

1. Preaching on Sunday evenings. Several times the clergy of Boulder have contributed in a satisfactory manner to this hour. The preaching is usually of a so-called practical character, bringing before the patients lessons of hope, courage, and trust. Occasionally some subject peculiar to our own faith for this time is introduced.

2. Missionary meetings at one o'clock Wednesday. This occupies for that day the hour set apart for the

midday prayer service. In this meeting there are related personal experiences in Christian Help work in the city and among the patients. Here also, doubtless, will be taken up the study of mission fields to some extent from time to time.

3. Bible study and prayer for the sick Wednesday afternoon at five o'clock. This feature has just been introduced, but we believe will prove helpful in leading our patients to see that they must depend upon God as well as the remedies which are employed, in order to regain their health. In all the instruction given, so far as possible, the minds of the patients are turned to the great power working in the means employed, instead of the means considered singly and alone.

4. Prayer and praise service Friday evenings at seven o'clock. This service is liberally attended by the entire sanitarium family, both patients and helpers. A number of patients outside our own church freely take part in prayer and testimony.

5. Sabbath-school on the Sabbath at 12 : 30. This likewise is well attended by the patients. We have a class set apart especially for patients, and a number are regular in attendance.

6. Every Sabbath afternoon at four o'clock there is conducted a study of the Testimonies. The study for last Sabbath was "Amusements in the Sanitarium." The subject chosen for next Sabbath is that of proper eating, and for the week following, the question of proper dress will be taken up. A lively interest has been indicated in this study, and we believe that as these questions are considered, excellent results in increased knowledge and practical reform will be manifest.

The Lord has been drawing especially near the last two weeks, and this but gives us greater desires for more of his indwelling presence. We desire that the sanitarium here shall be a beacon-light. We desire to realize continually the solemnity of the present hour, and that we must be faithful in maintaining the standard of temperance and reform in this institution. But few realize the worldly influences to be met with in an institution of this character. This will always be so, as many of our patients are of course worldly in their dress and influence. But we believe that it is the earnest purpose of all our workers to be molders for God, and not be molded by the influences with which they have to contend.

Our patronage is good. The Lord truly is leading in the work, and his goodness to us begets more earnest desires to prove faithful in his service.

F. M. WILCOX, *Chaplain.*

THE BATTLE CREEK SANITARIUM.

There probably has never been a time when the presence of the hand of God in the work of the Sanitarium was more fully acknowledged or more clearly manifested than at the present. Not far from fifteen hundred people are gathered here as patients, guests, students, or workers. The *personnel* of this company is continually changing. One who is absent for a month, on returning would miss many familiar faces and find their places filled by strange ones. But it is this feature of Sanitarium life that makes the field so favorable for gospel work. During the year, hundreds of people are thus brought within the influence of the institution, and go out again to bear to the world the impressions they have here received. This is true of all classes who come here.

Not a few of the guests come with a view to the moral and spiritual atmosphere of the place, as well as for physical benefits. Men and women are sick at heart as well as in body. Sin has wounded and bruised our race, and not a few realize their need of the divine touch of soul. Prayer and the word of God bring peace and rest to burdened hearts; and God is known here as the One "who forgiveth all thine iniquities; who healeth all thy diseases." Conversions are of almost daily occurrence.

The helpers and students connected with the work here and in Chicago number fully one thousand persons. These are uniformly an intelligent and earnest class. They have been for the most part selected with special reference to their fitness for this work. By them God is regarded as the one who presides over the work in all its branches. His presence and help is recognized as pervading each department. Those who come here are taught to feel that they are "laborers together with God." They are thus led to depend upon him. It would be too much to claim that in all this large and varied company every individual realized the help and blessing of God as he ought. But it is encouraging to be able to say that for the most part these workers and students are walking with God, and conscientiously seeking to do his will.

Daily, except two days each week, midday meetings are held. On those days the meetings are held in the various departments. It is expected that every one employed about the Sanitarium will be a willing, devoted servant of Christ. It is this that creates and preserves the moral and spiritual atmosphere that pervades the place, and which at present forms one of its most attractive features to the sick and weary pilgrim seeking rest of body and soul.

No one desires to check the impression that is going out, that this is a place where the Lord may be found. On the contrary, it is the earnest wish of those having the work in hand that it may be so conducted that God can fully control. They desire that he shall own and bless the work, using them as the instruments of his will, getting glory to himself and magnifying the principles of truth which he has graciously committed to their trust.

G. C. TENNEY.

OUR WORKERS.

WORK.

Work, and thou wilt bless the day
 Ere the toil be done.
 They that work not cannot play,
 Cannot feel the sun.
 God is living, working still;
 All things work and move;
 Work, wouldst thou their beauty feel
 And thy Maker's love.

— C. A. Dana.

OPENING EXERCISES OF THE AMERICAN MEDICAL MISSIONARY COLLEGE.

BY M. E. OLSEN.

THE exercises connected with the third annual opening of the American Medical Missionary College were held in the Sanitarium chapel Wednesday, Nov. 3, at 3 P. M. The meeting was presided over by the president of the college, Dr. J. H. Kellogg. Elder A. T. Jones offered the opening prayer, following which a few remarks were made by the president, recalling the first opening of the college two years ago, and pointing out the encouraging growth in interest and numbers since that time.

Dr. David Paulson was then introduced, and delivered an address, a report of which will be given next month. He was followed by Elder A. T. Jones, who spoke in substance as follows:—

The substance of what I have to say to you is, Get in love with hard work the first thing, and keep steadily at it. In order to get in love with hard work it is essential to be a thoroughgoing Christian. A Christian would rather work hard for nothing than be idle. And as soon as we get into that place, we shall never be called upon to work for nothing. The reason why some people have so many opportunities to work

for nothing is that they have never learned to work rather than to do nothing. To do this, as I have already said, requires genuine Christianity, and that involves genuine consecration. And if you don't have these things to begin with, you will meet very many difficulties. When all is not clear between us and God, it is exceedingly easy for us to think that all is not right between other people and us. It is very easy for us to think that some one has slighted us, or that others are preferred before us.

Put yourselves in the hands of God completely and thoroughly; then everything will be right between you and God, and you will not find anything wrong between you and any one on earth. That is not to say that everything will be smooth and easy; you will have battles to fight and victories to win, but in it all you will have the peace that passeth knowledge. You will meet trials and troubles and difficulties, but God will make them work to your progress and to your genuine growth in the grace and glory of God. The Lord has discipline in store for us. Put yourselves in the hands of God and he will watch everything that is done to you, and will make it all turn out to your progress, to your upbuilding, to your success.

There will come times when the most honorable position will be underfoot. In the early days of the Mohammedan conquests, the prophet's army were besieging a mighty stronghold, and had conducted the siege for a long time. They finally sent to Omar, "Commander of the Faithful," stating to him the situation, and asking if he did not think they would better raise the siege and go on to other cities which could be more easily taken. He sent back reinforcements, with orders not to give up the siege, saying it was important that the place be taken, but still more important that God should not see them turn their backs on their enemies. Among the reinforcements was a slave some eight feet tall, and of splendid proportions. This slave came to the commander one day and submitted a scheme for taking the city. His plan was to take six men with him and go up to the wall under cover of night. At the foot of the wall he would bow himself on his hands and knees. One would then stand upon his back, a second on the shoulders of that one, and so on till the top was reached. The last man would then step from the upper man's shoulders on to the wall, and dispatch the sentinel when he came along. Then they would hand more men upon the wall and thus take the place. The plan is said to have succeeded. Now, was n't the place of honor underfoot in that case? Then do not

be afraid if your time should come sometime to be underfoot, but thank God that he could make it the place of honor.

At the close of the address by Elder Jones, the members of the faculty present made brief remarks. Dr. A. B. Olsen dwelt on the importance of the students' doing active missionary work in connection with their studies. He said: "Do not put off becoming missionaries till after you graduate. To-day is the time to be missionaries. Let us seek earnestly to improve every opportunity that offers itself for missionary work. God forbid that a single day should pass without our doing something for the Lord and for our fellow men."

Dr. W. A. George spoke as follows: "The highest point that we can reach in education, it seems to me, is to be able in every study, whether it be of animate or inanimate nature, to see God at work. As students, you need not wait until the teacher points out to you the power of God. It is your privilege, even upon points which seem to be purely scientific, to see God in that thing, and receive spiritual help from so doing."

Elder G. C. Tenney spoke of faithfulness to right principles as the secret of success, and said further: "We have chosen a righteous cause,—a cause in which God himself stands at the head; we have espoused principles which have been enunciated by the Spirit of God. We are engaged in a work in which the Holy Spirit is our leader and guide, and all we have to do is to follow him faithfully and follow him well. I believe it is in our hearts to do this to-day."

Dr. D. H. Kress introduced his remarks with the scripture, "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." He dwelt on the importance of living in careful conformity to the word of God, continuing: "The secret of success in any work is in having a definite object in view. Many things will occur to divert your minds from the object which you have set before you, but you must not be affected by these things. 'Turn not to the right hand, nor to the left,' but go straight forward. As long as you do this, you will have God on your side. The children of Israel were confident that they had the Lord with them when they first started out from Egypt; but when they came up to the Red Sea, they began to think differently. You will have to face a great many Red Seas before you

complete your education; but remember that the same God that opened up the Red Sea before the children of Israel is alive to-day, and is leading you. If we keep our eyes fixed on the pillar of cloud and the pillar of fire, there is no question but what we shall become medical missionaries indeed."

Dr. G. H. Heald said: "I have been recalling another medical missionary college while listening to these words,—the grandest college that was ever instituted. It had no walls, no preliminary examinations, no laboratories,—I will take that back,—it had the laboratory of nature. It had no curriculum, and yet the knowledge that was taught in that college exceeded that of all the colleges put together. The course in that college was three and one-half years; there was but one Teacher and twelve students. The Teacher taught as no other man ever taught; he taught from his own laboratories. While he was the author of science, while he knew more than all the scientific men put together, yet his teachings were such that the simplest child could understand them. I think we are all called to take up this line of teaching which the Saviour instituted to educate men as medical missionaries. We feel sometimes like saying, 'Who is sufficient for these things?' But the Saviour has promised to work with us; I know that he will be our teacher in this school, and in this I am encouraged."

Dr. John Byington: "The more I become acquainted with this work and the way in which it is carried on, the more impressed I am with the fact that you are enjoying advantages which I did not have when attending college.

"It is a wonderful thing that the Creator of the universe has a place for each of us, and if we fill that place, and follow his guidance, it will be well with us. I wish you all success in your work, and I am sure that as you enter upon your duties in the true missionary spirit, you will enjoy the work, and feel that you are just where God wants you to be."

Dr. Abbie Winegar: "'Let this mind be in you, which was also in Christ Jesus.' If we really have the mind of Christ, we will behold him continually, and by so doing we will become changed into his image. Thus we will be constantly growing spiritually, and our medical work will not take our minds from the things of God, but will rather serve continually to remind us of them."

The meeting closed after some interesting remarks by the president. Wonderful possibilities are wrapped up in this band of nearly one hundred young men and

women. If true to their trust, fully consecrated, and alive with the missionary spirit, they will exert an influence for good that will be felt in the remotest parts of the earth. Let us pray that this may be so.

SOCIAL TIMES.

THE evening after the Sabbath, October 30, the Sanitarium family enjoyed one of its pleasant socials in the gymnasium. The short program included a spirited talk by Dr. Paulson, a recitation, and some appropriate music. The remainder of the time was taken up by visiting. Everybody, even the late arrivals, seemed to feel at home. The conversation was not light and trifling, but full of enthusiasm and good cheer, cordial, earnest, and inspiring. The spacious gymnasium was fairly thronged with the happy participants. "What an army of workers you have," was the common remark. And it was a great army too—a thousand strong. Who would have thought it a few years ago? But the Lord's ways are past finding out. It is his blessing-accompanying this work that has caused its phenomenal growth.

Tuesday evening, the 9th of November, the alumni nurses gave a reception to the new graduates. This was also a very pleasant occasion. The gymnasium was beautifully decorated with lanterns, evergreens, and flowers. An interesting program was rendered, and much time was pleasantly spent in social converse. Dr. Kellogg, Elder U. Smith, Dr. C. Nicola, Dr. Winegar, Dr. Whitney, and others took part in the program. The various phases of medical missionary work were the subjects most dwelt upon. Indeed, this is the theme in which all the members of the family are most interested, and it is pretty sure to receive attention on every appropriate occasion.

These social gatherings are useful in cementing the hearts of the workers one to another while all together are seeking a closer union with the head of the family; namely, Christ, who is the model missionary.

DO NOT DELAY.

BY M. E. OLSEN.

If Christ himself were sick, would not many count it a privilege to go and wait on him, and minister to his needs? Even though he should be lying in some dirty tenement-house, in the poorest part of the city, would any one stay away on that account?—Hardly. And yet it is a fact that Christ is sick, and poor, and

needy, in the person of his humblest children. How many of us are doing something for him?

He tells us plainly: "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." The Saviour identifies himself so closely with suffering humanity that he actually shares with them all their griefs and sorrows. He is to-day suffering the pangs of sickness and poverty with that poor woman who lives just across the way, and whom you have been too busy to visit. He suffers with those low, degraded outcasts that are wasting their lives in the service of Satan, with no one to warn them of the judgment, or point them to a dying Saviour's love.

A little longer is the privilege granted us of working for the Master. Soon the harvest will be gathered; soon the last soul will have been saved. How sorry we shall then be that we let slip so many golden opportunities of returning a Saviour's love by showing kindness to his children. The questions will not be asked us in the judgment day: "Have you belonged to the church? Have you attended meetings? Have you paid your tithe?" But, "Have you visited me behind the prison bars? Did you care for me when I was sick? Did you feed me when I was hungry? Did you clothe me when I was naked? Did you take me into your house when I was a homeless, wandering outcast?"

It remains with us to decide individually whether we will answer Yes or No to these questions. But there is no time to lose. These privileges will not be granted to us much longer. God now holds them out to us with a free and lavish hand. Soon he will withdraw them. Let us seize and improve them before it is forever too late.

"Do not delay;
Do not delay; the golden moments fly."

WORDS OF ENCOURAGEMENT.

THE paper has come to our home from the first, and is highly prized. I shall take pleasure in introducing it to our people wherever I am. I have sent in several subscriptions through our tract and missionary society, and promise you my future support in every way.

H. K. WILLIS,

Pres. Missouri Sabbath-School Asso.

I have your letter of the 7th inst. in regard to the GOSPEL OF HEALTH, and I will say that my delay in replying is not due to lack of interest in that excellent little paper. I have been a subscriber to GOSPEL OF

HEALTH from the first, and expect always to be one. Wherever I go, I esteem it a privilege to place before the people the merits of all our periodicals, and the GOSPEL OF HEALTH is not forgotten.

GEO. M. BROWN,

Pres. Wisconsin State Tract Society.

Another brother writes:—

"I have received a copy of GOSPEL OF HEALTH since arriving here. I believe it to be a timely messenger for God, a splendid educator on health subjects, and very much needed among us as a people."

SOME PRACTICAL QUESTIONS

-ANSWERED.

1. WHAT is the cause of biliousness? and what the remedy?

Ans.—Biliousness always means a bad diet. If a man is bilious, it is because he has abused his stomach. Look well to your diet; eat sparingly of even healthful food; and take plenty of exercise.

2. Are onions an unwholesome article of diet?

Ans.—I think the flavor which has been put in the onion by nature is a sign-board to show that onions are not fit to eat. They contain an irritating oil which is not good for the system.

3. Would you sleep with open windows in a freezing temperature?

Ans.—I would, if there were no other way of ventilating a room; but it is better to have the air come in warm from the hall.

4. How should burns be treated?

Ans.—The treatment depends upon the nature of the burn. If a blister has been formed, the proper thing is to cover it over with soda, and as fast as the soda is dissolved reapply it. The blister will be absorbed by the soda, and a hard, thick coating formed over the injured part, which will then heal very rapidly. The soda should be applied until this hard crust formed by the soda is replaced by a new skin.

If the skin is broken, the burn should be sprinkled with an antiseptic powder or solution and the part covered with lint or cheese-cloth or some other soft cloth which has been boiled; or if iodoform gauze can be obtained, use that as a dressing, changing it every day. While the dressing is being prepared, the injured part should be kept in cold water. If the burn is deep in the flesh, the dressing may be left on several days.

"THE VERY REASON."

A LITTLE fellow was once tempted by some of his companions to pluck ripe cherries from a tree which his father had forbidden him to touch. "You need not be afraid," said one of his companions; "for if your father should find out that you had taken them, he is so kind that he would not hurt you." "That is the very reason," replied the boy, "why I should not touch them. It is true that my father would not hurt me; yet my disobedience would hurt my father, and that would be worse than anything else." — *Buds of Promise.*

A PATIENT was arguing with his doctor on the necessity of taking a stimulant; he urged that he was weak, and needed it. Said he: "But, doctor, I must have some kind of a stimulant; I am cold, and it warms me."

"Precisely," came the doctor's crusty answer. "See here: this stick is cold," taking up a stick of wood from the box beside the hearth, and tossing it into the fire. "Now the stick is warm; but is it benefited?"

The sick man watched the wood first send out little puffs of smoke and then burst into flame, and replied: "Of course not; it is burning itself."

"And so are you when you warm yourself with alcohol; you are literally burning up the delicate tissues of your stomach and brain."

A SICK-HEADACHE is a symptom of something wrong in the stomach. A stomach wash, or *lavage*, will often give complete relief; or it is better still, when a headache is threatening, to fast over one meal, and all symptoms will disappear. There is some morbid matter in the stomach which must be disposed of before food can be successfully digested. Do not be afraid of starvation. The food digested and assimilated is what maintains existence—not simply what goes into the stomach. Undigested food decomposes, and instead of supplying the vital energies and tissues with the needed force and building material, it poisons them with ptomains, and deranges all their functions.

No pleasure is comparable to the standing upon the vantage-ground of truth.

PUBLISHERS' NOTES.

WE hope to be able next month to print reports of the religious interest at our other sanitariums. These institutions are doing a great deal for the truth by removing prejudice where it has existed, and giving people of the best class right impressions with reference to the character of our work. It will be encouraging to our people to know more about this.

ONE brother recently sent us the names of several friends, asking us to send them sample copies of GOSPEL OF HEALTH, and promising that he would do all that he could on his part to get them to subscribe. Are there not others who could help in a similar way?

GOOD reports come from our Training-School in Chicago. The Lord's hand is with the workers; remarkable conversions are witnessed, and the meetings are occasions of great spiritual refreshing. The missionary home needs bed- and table-linen. The family is large, and growing. About one hundred beds are now in use. Who of our readers wishes to consecrate some sheets, pillow-cases, or table-cloths to the Lord's service? Send them to the Medical Missionary Training-School, 1926 Wabash Ave., Chicago, Ill.

WE take pleasure in calling the attention of our readers to the neat and attractive brochure on "Social Purity," by Dr. J. H. Kellogg, containing also a talk to girls, by Mrs. E. E. Kellogg. This subject is one of growing importance. Vice is making terrible inroads on our youth. It is time that parents and teachers were awake to their responsibility, and were putting forth earnest efforts to stay the inflowing tide of evil. This little brochure would make an appropriate and useful Christmas gift. It will be sent post-paid to any address on receipt of 25 cents.

THE health principles are being rapidly disseminated throughout the world. People are hungry for these truths. The great difficulty is that so few are prepared properly to present them. The long winter evenings will give opportunity for a careful study of the excellent literature on this subject. Let us make the most of it.

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on the Customs and Usages of People in Bible Times, considered from a health standpoint, by the editor, Dr. J. H. Kellogg.

THE USES OF WATER,

or Hydrotherapy in a Nutshell, series of illustrated articles by Dr. David Paulson.

THE GOSPEL IN THE KITCHEN,

by Mrs. E. E. Kellogg, Dr. Lauretta Kress, and others.

HEALTHFUL HOMES,

and How to Make Them, by Dr. A. B. Olsen.

THE GOSPEL OF HEALTH,

Its Relation to the Third Angel's Message, to be discussed by Dr. J. H. Kellogg, Dr. D. H. Kress, and others.

BIBLE STUDIES ON HEALTH TOPICS,

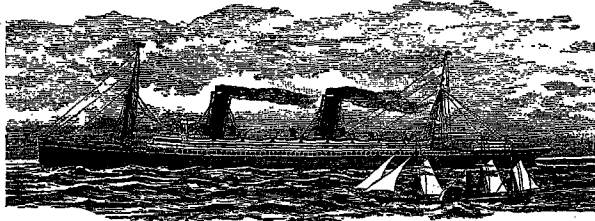
by Dr. G. H. Heald.

SOCIAL PURITY,

How to be Strong, Food for the Sick, The Benefits of a Vegetarian Diet, Nursing in the Home, are other subjects that will be thoroughly discussed the coming year.

Mrs. E. G. White's interesting articles, so full of important instruction will continue to appear in the journal.

Among others who will furnish articles, we might mention Dr. A. J. Sanderson, Dr. A. N. Loper, Elder A. T. Jones, Dr. E. J. Waggoner, Prof. E. A. Sutherland, Prof. J. H. Haughey, Dr. H. F. Rand, Dr. W. A. George, Dr. C. E. Stewart, Dr. Kate Lindsay, Dr. Abbie Winegar, Dr. Mary Wild-Paulson, etc.



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