

The Gospel of Health

The title 'The Gospel of Health' is rendered in a highly decorative, calligraphic font. The word 'Gospel' is particularly large and ornate, with intricate scrollwork and flourishes. In the center of the composition, an open book is depicted, showing its pages and spine. The background behind the text is a dark, textured area with some faint, swirling patterns.

VOL. 2.

NOVEMBER, 1898.

NO. 11.

Issued monthly by the GOOD HEALTH PUBLISHING COMPANY, Battle Creek, Mich., U. S. A. Yearly Subscription, 40 Cents.

Special Announcement

to
Our
Reading
Circles.



In order to favor the members of Gospel of Health Reading Circles who desire to avail themselves of the excellent instruction which will appear in the new School of Health department in "Good Health," we have decided to make them a special discount, and furnish both papers for one year at the price of one; namely, \$1.00.

This is limited strictly to members of Gospel of Health Reading Circles.

If you are engaged in systematic study of the principles, but have not organized, it would be well to do so at once. For instructions apply to Gospel of Health, Battle Creek, Mich.

The members of these reading circles are expected to be active agents for all our health papers and books. Therefore we can consistently grant them special favors of this kind.

To Our Working Churches.

WE have heard from a number of churches who want to take up active work in disseminating the health principles, but expect to hear from a great many more, and have therefore delayed our letter of instructions in order to let others join the ranks of the medical missionary army.

We have reached the best time to work. The evenings are long, and people are willing to read. Especially is there an interest in the principles of healthful living. The world is hungry for these truths, for sickness is on the increase, and great ignorance prevails regarding the most essential things.

Now what can you do?

1. Let your church become a Health Training School. Put, if possible, a copy of GOSPEL OF HEALTH in every Seventh-day Adventist home. At least make a thorough canvass for the journal, and send to us for sample copies to use in this way.

At the same time work for "Good Health" among your neighbors and get as many subscribers as possible. This magazine exerts a vast influence for good wherever it is circulated.

2. **Organize a Gospel of Health Reading Circle** whose members will come together once a week to study the book "Healthful Living" and the articles prepared for their use and printed in GOSPEL OF HEALTH, also the additional instruction which will be found in the new department to be started in "Good Health" called School of Health.

3. We will furnish you free of charge occasional supplies of health literature, such as leaflets, tracts, copies of "Good Health," GOSPEL OF HEALTH and "Medical Missionary."

4. We will send you from time to time a letter of instruction, containing items of interest in regard to the health work, and suggestions with reference to the best methods of carrying it on.

5. The Medical Missionary Board will furnish the *working churches* occasionally a medical missionary and gospel worker qualified to give instruction in the different lines of work.

6. We will send you sample copies of new publications in the line of papers, tracts, and small books.

If you wish to take up this work (and why should not every church do so?) drop us a line at once, telling us about what your membership is, and what your opportunities for work. We will then give you the necessary instructions.

Address,

Gospel of Health,

Battle Creek, Mich.

The Gospel of Health

VOL. II.

BATTLE CREEK, MICH., U. S. A., NOVEMBER, 1898.

NO. 11.

COLDS, AND HOW TO AVOID THEM.

J. H. KELLOGG, M. D.

TAKING cold is generally considered to be a trivial matter; but from quite extended observation of the matter we have become convinced that a cold is a very serious malady. It is really a disease, though hardly regarded as such by most people. Being itself a febrile disease,—the bodily temperature is always increased when a person is suffering from a cold,—it is very liable to give rise to some other and perhaps more serious febrile disorder. We have many times seen typhoid fever, bilious fever, ague, pneumonia, pleurisy, erysipelas, acute rheumatism, and other diseases characterized by a marked rise of temperature, induced by a cold. Nasal and pharyngeal catarrh, laryngitis, chronic bronchitis, and even consumption, often begin with a cold. In fact, we have arrived at the conclusion that a cold is a malady of so serious a nature that a large share of those who suffer from a severe cold never fully recover from the effects of it. The cold may seem to be cured, but there will be left, in nearly all instances, an increased susceptibility to colds, a slight hoarseness or thickness of the voice, or a tickling, if not actual irritation, in the throat; and these seemingly insignificant maladies may lead to those of the most serious character. In view of these facts, it is worth no inconsiderable amount of pains to avoid taking cold.

To prevent a cold is a much easier matter than to cure it after it is taken, but this requires not a little

forethought and care. There are two plans, either one of which may be efficient. One is to avoid exposure, and the other is so to fortify the system that it will not be affected by any ordinary exposure. The first plan, to be effective, requires the most complete protection and seclusion indoors at the seasons of the year when the weather is changeable, and the maintenance of a uniform temperature within doors. This will prevent colds, but at the same time involves all the ill consequences of imprisonment within the walls of a house, and the loss of the invigorating influences which nature bestows so bountifully out of doors. The second plan is by all means the better, as it enables a person to be in a great degree independent of the weather, and gives him liberty to go where and when duty may call him. This plan may be concisely stated thus:—

1. Keep all the excretory organs of the body, especially the skin, in a vigorous condition. This is to be done by hygienic living and the frequent use of the cool or tepid bath. Hot bathing should be avoided except when indicated as a remedy for disease. A cold spray bath immediately on rising is an excellent means of giving tone and resistive power to the skin.

2. Keep the circulation well balanced by a sufficient amount of daily physical exercise, preferably in the open air. For women and sedentary people, calisthenics are a valuable means of securing a large amount of exercise in a short space of time.

3. Avoid confinement in close, highly heated rooms,

and especially in an impure atmosphere. The remedy for these bad conditions is thorough ventilation. Special attention should be given to sleeping-rooms.

4. Avoid drafts. Let in an abundance of pure air at all times, but do not allow it to come in strong currents, as it will be almost certain to chill some part of the body. So long as there is equal exposure of all portions of the body, there is little or no danger. People do not take severe colds when riding in an open sleigh, even in the coldest weather, since the whole body is bathed in the fresh, invigorating air; but getting the feet cold while sitting in a room, or receiving upon the head or back of the neck a current of cool air from a window, will almost certainly induce a cold.

5. Clothe the body warmly and equally. Give special attention to the extremities.

6. Avoid large scarfs or comforters about the neck, except as a protection for the ears in the very coldest of weather, when long exposed.

7. Daily cold bathing of the throat and neck is a most excellent means of fortifying these exposed and sensitive parts.

8. Dress comfortably in woolen underclothing, using a very thin garment of cotton or linen next to the skin, to prevent irritation. Change the undergarments and stockings frequently.

By pursuing the plan marked out, a cold will rarely be taken, and need never be contracted if sufficient vigilance is exercised in avoiding these causes.

THE MARTYRDOM OF BABIES.¹

J. H. KELLOGG, M. D.

THE majority of the people have their stomachs spoiled before they are a year old, through the ignorance of nurses and mothers. Unfortunately, we do not know how to eat, although we know how to do many other things. People know something of what they should wear,— they know what to put on the outside of their bodies,— but they do not know what to put on the inside. Some one has said that “clothes make the man.” Clothes do not make the man, but food does. A man is made of what he eats. The things that go into our stomachs become ourselves. The apples, potatoes, bread, and other foods which we swallow, by some mysterious transformation become parts of living, sentient, thinking beings. It seems

wonderful that a man can eat, for instance, a potato, that can not think, and transform it into brain that can think; that he can take bread, which has no motive power, and convert it into living, vigorous muscle.

There is nothing more important than the work we do at the breakfast- and dinner-table; because there we are constructing our bodies, which the apostle Paul tells us are “the temples of the Holy Ghost,”— dwelling-places for God himself. Sometimes we build these bodies out of pure, sweet food,— food that has the very breath of heaven in it,— and sometimes we build them out of food that smacks of the charnel-house, the morgue, and the scavenger’s shop. Often we mingle with this food things that burn and sting as they pass into the stomach.

What a sad thing it is to look out into the world and see a great black cloud hanging over humanity,— to see thousands of people groping about in the darkness, suffering pain that is wholly unnecessary, brought on purely as a consequence of inattention to the laws of health.

I know of no class of persons who suffer more from the transgression of natural law than do babies. The baby is often a martyr to its mother’s mistaken kindness, and also to the nurse’s mistaken kindness and ignorance. It is given confectioneries and all sorts of unwholesome sweets to keep it quiet. The child can not digest sweets, and so they ferment, and the child’s stomach swells up and becomes a sort of gasometer, causing it great distress. It needs to have something done to relieve the pain; perhaps a fomentation should be applied, or it may be the stomach needs rest. But what does the mother do?— She gives the baby some more food, although the poor little thing is already suffering from too much food.

Children are often fed to death! If the baby cries, it is given food; if it wriggles about or turns over in bed, it must have food. It may be that there is a pin sticking into it somewhere; or it may have become chilled, or it is aroused from sleep by a noise. Whatever the cause, it must have food; food is the remedy for everything that troubles the baby.

Food is a ready remedy, and that is the only good reason for its use. It stops the crying for the time being, because when the baby is eating, it can not cry; but such treatment is repaid with interest by and by; it stores up groans and utterances of anguish as the result of this overfeeding in infancy, that will be wrung from the victim in later life. Many a man of forty years is mourning over abuses of this kind to which he was subjected when a year old. Numerous

¹ Taken from a lecture in the Sanitarium parlor.

cases of dilated stomach, chronic dyspepsia, etc., date from the cradle.

When in Chicago some time ago, I found a gentleman who had a pocket in his stomach six inches deep. As I was trying to trace the pocket back to its origin, he said, "Doctor, I believe I was born with this pocket in my stomach, because I have always had these same attacks of pain down in this region, with more or less heaviness and distress." I once examined a little girl eight or ten years of age, and found that her liver was nearly twice as large as it ought to be, and she also had a dilated stomach, with a pocket in it three or four inches deep. How did the child get that kind of stomach? — I do not know. It may have been the result of bad diet when she was a babe.

THOUGHTS ON EZEKIEL FORTY-NINE.

D. H. KRESS, M. D.

THE sixteenth chapter of Ezekiel contains instruction suited to the present time. The forty-ninth verse of this chapter has been referred to frequently. It points out the four leading sins of Sodom; namely, pride, fulness of bread, abundance of idleness, and neglect to strengthen the hand of the poor and needy. I wish to call attention to the twenty-sixth and twenty-seventh verses of the same chapter. They read as follows: "Thou hast also committed fornication with the Egyptians thy neighbors, great of flesh; and hast increased thy whoredoms, to provoke me to anger. Behold, therefore I have stretched out my hand over thee, and have diminished thine ordinary food, and delivered thee unto the will of them that hate thee, the daughters of the Philistines, which are ashamed of thy lewd way."

Notice the manner in which the Lord proceeded to correct the immorality of the children of Israel. He diminished their food supply. No doubt it was for similar reasons that he restricted the diet of the children of Israel while in the wilderness, giving them only manna to eat when he could have furnished them just as easily with a large variety of delicate, appetizing foods.

Our attention is being called at this time especially to the importance of simplicity in diet and the need of physical exercise. We have been told that mothers should take their daughters into the kitchen and instruct them in useful labor; also that they should withhold irritating foods, such as flesh meats, condiments, rich pastry, butter, from their children. These

instructions faithfully carried out would do away with a great deal of the impurity and licentiousness that exist to-day. Indulgence of depraved and perverted appetite goes hand in hand with indulgence of passion; and children who are brought up to live luxuriously, and to eat for pleasure — to tickle the palate — and not for strength, will be quite sure, when they grow up, to fall into these grosser sins.

Aside from care in diet there is another means of improving one's health and keeping out of temptation. It will be found in the fifty-eighth chapter of Isaiah, which shows the emptiness and vanity of mere outward observance of religious rites, and points out the blessing to be derived from a life unselfishly devoted to one's fellow men. The physical as well as the spiritual life is dependent upon a close connection with God, and activity in the various lines of missionary work. It is not enough that we adopt the health principles for ourselves and put them into practise in our own families. This is as it should be, and thus we may become living epistles read of all men. But the Lord has other duties for us. We are to go out and tell our neighbors about these precious truths, and invite them to adopt them and receive the blessing they bring. God wants to do for them just what he has done for us; so we are to reach out our hands to them, and bring them into the fold.

The Spirit of God has told us that even the angels will marvel at the rapid transformation of character that will take place in this closing work. I know this is true from my own experience. The things that we have been struggling with and trying to overcome for years may now be put away very quickly, for the Lord is working with great power. The time is soon to come when the whole earth will be lightened with the character of God. If we do not do our duty now, the light that shines upon our pathway will become darkness, and we shall soon find ourselves among those who are opposing the advance of the message. Others will be raised up in our places. When the priests and men in high authority refused to welcome the Saviour, the little children took up the cry, and Christ said himself that if these had been prevented, the very stones would have cried out.

A large number of people will be eating and drinking, marrying and giving in marriage, without a thought of the judgment, when Christ shall come the second time. But there will be a small company who will have put away every hurtful appetite and debasing lust, and who will be pure, holy, and unspotted before God. These will lift up their heads, and rejoice at

the Saviour's appearing. We shall all belong to one of these two classes. It is our privilege now to make the choice. Soon it will be too late.

THE VOICE OF SCIENCE IN REGARD TO MAN'S NATURAL DIET.

A LATE number of the *Herald of the Golden Age* contains the following collection of testimonials of eminent men in favor of a vegetarian diet:—

The natural food of man, judging from his structure, consists of fruits, grains, and vegetables.—*Prof. Baron Cuvier.*

The teeth of man have not the slightest resemblance to those of carnivorous animals; and whether we consider the teeth, jaws, or digestive organs, the human structure closely resembles that of frugivorous animals.—*Prof. Wm. Lawrence, F. R. S.*

The anthropoids and all the quadrumana derive their alimentation from fruits, grains, and other succulent vegetable substances; and the strict analogy which exists between the structure of these animals and that of man clearly demonstrates his frugivorous nature.—*Sir Richard Owen, F. R. S.*

It has been truly said that man is frugivorous. All the details of his intestinal canal, and above all, his dentition, prove it in the most decided manner.—*F. A. Pouchet, M. D.*

It is, I think, not going too far to say that every fact connected with human organization goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and digestive organs, as well as from the character of his skin and the general structure of his limbs.—*Prof. Sir Charles Bell, F. R. S.*

There is no doubt that fruit and vegetables purify the blood, while meat inflames it, and is the source of many diseases which are the punishment for breaking the natural law and command.—*Dr. Josef Drzewiecki.*

Flesh is an unnatural food, and therefore tends to create functional disturbance. As it is taken in modern civilization, it is affected with such terrible diseases (readily communicable to man) as cancer, consumption, fever, intestinal worms, etc., to an enormous extent. There is little need to wonder that flesh-eating is one of the most serious causes of the diseases that carry off ninety-nine out of every hun-

dred people that are born.—*Josiah Oldfield, M. A., M. R. C. S., L. R. C. P.*

I believe that consumption is constantly communicated to human beings by eating diseased meat.—*Dr. Marsden.*

All the bloodshed caused by the warlike disposition of Napoleon is as nothing compared to the myriads of persons who have sunk into their graves through a misplaced confidence in the value of beef tea.—*Dr. Milner Fothergill.*

I do not consider that flesh food (chemically and physiologically speaking) is a necessary food for man. There is no question about it that, owing to the evils likely to arise from imperfect supervision of private slaughter houses, the present wide-spread ingestion of flesh is responsible to an appreciable extent for many diseases which now exist, and which vegetable eaters avoid. We have diarrhea, cramp, trichinosis, tuberculosis, carbuncle, malignant pustule, and various forms of tapeworm through eating diseased meat.—*J. Edwin Cooney, M. D.*

The testimony of science is unequivocally in favor of a pure diet of fruits, grains, nuts, and legumes, with the addition of a few of the better class of vegetables. There is no possible advantage in a second-hand diet of flesh.

DISEASE COMES ONLY WHERE INVITED.

DAVID PAULSON, M. D.

It is difficult for some to comprehend that disease is a condition of the body which has to be cultivated as perseveringly as one works for an education. Many have such a faint conception of the cause of disease that they really think it comes upon them as a sort of mysterious dispensation of Providence with which they have nothing to do. The working man says he must save a little money in case he should be accidentally taken ill, at the same time deliberately doing the very things that are encouraging disease.

“Disease never comes without a cause; the way is first prepared and disease invited by disregarding the laws of health.” (H. L., par. 249.) This indicates clearly that the way must be paved for disease, and it must be definitely bidden to come in. And the way humanity sends out this invitation-card is by violating physical laws. While Satan is the author of disease, he can not bring it upon any one arbitrarily; he must

lead him to transgress nature's laws either knowingly or ignorantly.

The active agents in many diseases are germs of various kinds, but the healthy body is proof against all germs. Dr. Bouchard, of France, one of the greatest living authorities upon this subject, makes the following significant statement:—

“What renders possible the development of an infective disease is not the chance meeting of man and microbe. This meeting is constant, but is generally without result. Microbes, even the most dangerous, assail us. They are spread around us with the same prodigality that nature distributes developing matter, and yet growth is uncommon. Infectious disease, too, is only an accident, because the infectious agent finds only exceptional circumstances favorable,—I do not say to its penetration, but to its development and its multiplication. The healthy man is not attractive to the microbe. Almost constantly invaded by infectious agents, he reacts against them, and in this contest keeps generally uppermost to such a point that often the disease does not even become apparent. It is not thus with him when his vitality is weakened; then his means of defense diminish. Just as we see rushes covered with soil where certain unusual circumstances are opposed to the natural flow of water, so certain microbes may invade the human organism, whose health breaks down, whenever, by the fact of disordered nutrition, the chemical constitution is modified.”

This quotation is simply an echo of the quotation from “*Healthful Living*,” and in harmony with the following words: “A careful conformity to the laws which God has implanted in our being will insure health, and there will not be a breaking down of the constitution.” “God has pledged himself to keep this machinery in healthy action if the human agent will obey his laws and co-operate with him.” (H. L., pars. 64 and 65.)

We have reached the time of year when men are likely to deprive themselves of a sufficient amount of heaven's pure air; when, on account of the tonic influence of the cold, one can eat articles of food which during the summer he would not dare to touch; when there is a disposition to clothe the feet so imperfectly as to interfere with the normal circulation of the blood, thus setting up congestion in various organs; and to neglect taking a proper amount of physical exercise. But if we do any of these things, we thereby plant the seeds of fevers for the coming spring and summer, prepare the way for disease by a

weakening of our vitality so that we shall not be able to destroy disease germs when exposed to them.

We must have an experience in relation to the principles of health similar to that which the prophet had with the word of God, when he said, “Thy words were found, and I did eat them, and thy word was unto me the joy and rejoicing of mine heart.” The living principles of God's words are leaves from the tree of life; by taking them into our souls and acting them out in our lives we may, even here on this earth, be partakers of those leaves that are provided for the healing of the nations.

THE HYGIENE OF INDIAN LIFE.

R. W. MUNSON.

A POPULAR missionary preacher, forty years of whose life had been spent in India, was once sitting at my table in Singapore, entertaining us with reminiscences in his inimitable style of table-talk, when, remembering that he was to preach in the evening, he turned to my wife and abruptly asked her to furnish him with a text. His wife, who is a very talented woman, possessing a gentle sense of humor, promptly exclaimed, “It does not matter what text you give him, for he always preaches the same sermon anyway.” My theme is something like the missionary's sermon—the sermon would go with almost any text, while my text is wide enough to cap almost any sermon on health.

In many cases Europeans in India enjoy better health there than they would in England or America. The reason for it is not far to seek. Indian houses are constructed for the sole purpose of protecting the dwellers from the effects of the heat. When the temperature rises in the hot season to 110° and 120° F. in the shade, and holds that level far into the night; when there is added the scorching winds of the southwest monsoon that can not be compared to anything but the blast of hot air that rushes from a bake-oven; when the heat compels them to close up their house as tight as a drum as early as eight o'clock in the morning; when all vegetation is burned and blistered, dried and dead; when sleep at midnight becomes possible only in a nude state upon a hard cotton mattress and a well-dampened sheet,—then the newcomer begins to appreciate the wisdom of commodious houses with lofty ceilings, wide doors, and wider verandas encircling the entire house. Visiting committees and presiding bishops sometimes

condemn the "extravagance" that they think is shown by the construction of such "princely" dwellings; but could such critics be compelled to bake and broil and finally break down, in that torrid climate, they would probably "out-herod Herod" in their plans for their own comfort, were they permitted a free hand in the expenditure of money.

Every Indian dwelling is made just as airy as possible. The windows are all double doors, and are usually put as near together as the architectural design will permit. Very early in the morning these are all thrown wide open, to welcome every breeze that blows. An abundance of the purest air is thus constantly supplied. Venetian shutters are built into every door and window; no glass is ever employed. In some parts of the East five or six feet of lattice work completes the upper part of the outer wall of the house, thus furnishing perfect ventilation. The sleeping-room, which is generally the largest and pleasantest room in the house, has a bath-room attached; the bath-room is the most important room in the entire building. In India it is always on the same floor with the bedroom. In Malaysia it is on the ground floor, connected with the sleeping-room on the second floor by a private stair. It has a cement floor; the whole house is generally built of bricks which are plastered over with mortar and then limewashed. In one corner of the bath-room is a big jar, or tank, that will hold from one to two barrels of water; on a shelf near by are soap and a four- or six-quart bathing bucket. The latter is a flaring wooden or tin pail with a round handle fastened across the mouth on a level with the top. The bather pours the unheated water over his head and shoulders, applies soap, and for fifteen or twenty minutes continues to luxuriate in a miniature Niagara of pouring water. He then dries himself with a Turkish towel, and feels greatly refreshed in a newly laundered suit of white drill or jeans. This is the daily program. In the hottest seasons two baths a day are common enough.

The dietary, while consisting, as a rule, of a very great amount of flesh, includes also an abundance of rice and fruit, the former eaten with the far-famed "curry" peculiar to India, the latter consisting of half a dozen varieties of most luscious bananas, or "plantains," as they are there called, mangoes, mangosteens, custard apples, pomelos, papaya, pomegranates, pineapples, and a great variety of other fruits whose very names would not be recognized because entirely unknown in this hemisphere, but all of them most wholesome and nutritious.

These, together with the abundance of outdoor exercise that the European perforce must take, contribute handsomely to the physical welfare of men, who, if they should live there as people do in this country, would not live out half their days. If flesh, tea, coffee, drugs, intoxicating liquors, and tobacco were eliminated from the European's daily diet, there is no telling what the beneficial results would be. American missionaries usually omit the last two articles, but their nervous systems, as well as their digestive organs, necessarily suffer keenly from the injurious effects of the other evils, which are sufficient to produce direful consequences. I am firmly convinced that a strictly vegetarian diet would greatly enhance the missionary's usefulness and prolong considerably his years of service.

The Hindu is a most consistent vegetarian. It matters not that his religious instincts and training make him such: the salutary benefits derived are beyond computation. Perhaps a hundred million of the people of India subsist on one meal a day. That meal consists of fresh-baked cakes of unleavened bread made of millet meal or some other cheap grain or seed, such as timothy. To this is added "curry," a thick gravy made of *ghee*, or clarified liquid butter, and a variety of aromatic seeds ground into a paste and fried in a skillet. They seldom can afford to add fruit to this simple fare, because, cheap as it is, their incomparable poverty forbids the indulgence. They drink nothing but water, and sometimes finish the day with a very light lunch, consisting of a handful of parched peas. On this diet the Hindu never gets corpulent, but he maintains a very high average of health. His life is short because of the long-established consequences of child marriage, insufficient food, and a hard climate. If he were a flesh-eater, like most of the Chinese, India would long ago have been decimated.

(To be continued.)

EXTRACTS FROM RECENT COMMUNICATIONS FROM MRS. E. G. WHITE.

BUT very few know by experience the meekness and lowliness of Christ, and they will never know his fulness unless they change their habits and practises, and become acquainted with him who is eternal life to the receiver.

Let the whole burden of soul be to be just what Christ was in his work. We are to make no com-

promise with the habits and practises of the world. We are to stand upon the platform of eternal truth,—pure, unadulterated truth. In this we may be considered singular, but this is the lot of all who make Christ their portion. Every worker in medical missionary lines is to make that work a success by living in connection with the great Worker.

In our connection with any line of God's work, we must use the sacred fire. Supposed human ability and efficiency is common fire, but this is unacknowledged by God. A decided position must be maintained upon the high platform of eternal truth. The time has come when all who work in Christ's lines will have the mark of God in words, in spirit, in character, in their honor of Immanuel.

A great responsibility rests upon all who in this age of the world's history claim to be followers of Christ. The example of Christ is before us. "For their sakes," he said, "I sanctify myself, that they also might be sanctified through the truth. Neither pray I for these alone, but for them also which shall believe on me through their word; that they all may be one as thou, Father, art in me, and I in thee, that they also may be one in us; that the world may believe that thou hast sent me."

The truth of God has not been magnified in his believing people, because they have not brought it into their personal experience. They conform to the world, and depend upon it for their influence. They allow the world to convert them and introduce the common fire to take the place of the sacred, that they may, in their line of work, meet the world's standard. There must not be these efforts made to ape the world's customs. This is common, not sacred fire. The living Bread must not only be admired, but eaten. That Bread that cometh down from heaven will give life to the soul. It is the leaven that absorbs all the elements of the character into a oneness with the character of Christ, and molds the objectionable hereditary and cultivated tendencies after the divine similitude.

God blesses his people, not according to their worth, but according to their wants; and in proportion as you feel your parchedness, and look that it may be allayed, so will be the shower that descends from these clouds that are big with mercies.—
Mc Cosh.

THE GOSPEL OF HEALING.

M. E. OLSEN.

"God is the owner of the whole man. Soul, body, and spirit are his. God gave his only begotten Son for the body as well as for the soul, and our entire life belongs to God, to be consecrated to his service, that through the exercise of every faculty he has given, we may glorify him." H. L., par. 1.

The psalmist tells us of the Saviour "who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction." Ps. 103:3, 4.

This is the complete gospel of Jesus Christ, including forgiveness of sin, healing from disease, and deliverance from destruction (eternal death).

No professed Christian denies the first and third of these promised blessings. How few have the faith and courage to accept the second! Yet God has spoken plainly in regard to this matter. Physical healing is the privilege of the true disciple to-day as much as it was two thousand years ago. It is the same in kind as spiritual healing. "Whether is easier," said Christ, "to say, Thy sins be forgiven thee; or to say, Arise, and walk?"

God never does things by halves. He created a whole man, and he also redeemed a whole man. Sickness is the direct result and accompaniment of sin. It is not, however, imposed upon all the human family as a result of Adam's transgression, but is incurred by acts of violence done to the physical organism,—violations of those natural yet divine laws which govern its health and well-being.

God can not take pleasure in sin, nor in the sickness produced by it. Everything of this kind is out of harmony with his character, which is best expressed by the one word, *love*. It must cause our kind Heavenly Father severe pain to see his children languishing on beds of sickness. He longs to see them free and happy in him. Therefore he has made full provision in the plan of redemption for healing his people both physically and spiritually.

The mind of the sinner is, under the converting power of God's Spirit, completely transformed; carnal thoughts, personal animosities, enmity toward God,—all these are subdued, and the character of Christ is displayed. God is willing to do just as complete a work for the body. The same power that created it will, in the working out of the complete plan of redemption, create it anew to God's glory, eliminating diseased conditions, stimulating the vital

processes, and making to flow through every part the abundant, all-conquering energy of the Son of God, who gave his own life on the cross that we might have life, and have it more abundantly.

This work can all be done in a moment if that should be for the glory of God. Sometimes the healing may manifest itself more slowly; but as surely as God's word is true, the Christian who has made a full and intelligent surrender of the mind and body to his Heavenly Master, may expect that the Great Healer will do thorough work in both; that the product of each operation will be equally perfect, — a pure mind in an equally pure, healthy, vigorous body. Thus we shall be able to glorify God in our bodies and in our spirits, both of which belong to him.

The query naturally arises: If this be true, and perfect health of body belongs to the Christian equally with peace of mind, why is it that so few Christians have this blessing in actual possession? We might evade the question by asking another equally pertinent: Why do not more professed Christians realize in all their fulness the spiritual blessings promised them? Why do we not see more hope, and joy, and peace, more active, earnest love for one's fellow men among church-members? The answer to this would be that God's people are not living up to their privileges, are not submitting themselves unreservedly to God, have only partially put away the old man with his deeds. No one would contradict this answer, nor deny that there is power with God completely to save men from sin, and work out in the mind of the worst sinner a perfect counterpart of the character of Christ.

The same answer must be given to the question, Why are not more of God's people in the possession of perfect physical health? — There is lack of real faith and consecration. We stand in our own way. "The sun of righteousness has arisen with healing in his wings" (Mal. 4:2), but sin, interposing its dark shadow, shuts off the healing, cleansing rays. The Lord says to his people to-day, as to backslidden Israel formerly, "Your iniquities have turned away these things, and *your sins have withholden good things from you.*" Jer. 5:25.

The sins that stand between God's people and health are various. The most common are violations of the principles of right living, such as intemperance in eating and drinking, indulgence of sinful passion, and bad habits of living generally. The offender may sin ignorantly, and thus unconsciously put himself in a position where he can not enjoy the blessing of health,

while he may have the smile of God in all other things. No doubt this is the condition of a large number of Christians. They have been taught from childhood to look upon sickness as brought on by a mysterious dispensation of Providence, and to depend upon the equally mysterious operations of sundry bitter-tasting medicines to make them well.

There are others who have adopted right principles of living, and who have realized some improvement of health thereby, but whose faith does not grasp the promise of the Saviour who heals *all* diseases. They are in their own feeble way trying to work out their own salvation physically, forgetting that it is God that works in us both to will and to do his good pleasure. It is possible, too, that their wills are not entirely resigned to God; that he has lessons of patience, meekness, submission, and perfect trust, which they have failed to learn in any other way, and must get through suffering.

The burden of cleansing our minds from sin rests with God, and likewise the burden of cleansing our bodies from physical impurities, and making them fit temples for him to dwell in. Our part is to submit ourselves to be molded and fashioned anew, conform conscientiously to the laws that govern health, and then by faith grasp the fact that God is at work, and leave the results with him.

The same God that said to his church of old, "I, even I, am he that comforteth you," said also, "I am the Lord that healeth you." When the children of Israel lived up to the law of God as revealed to them, they were kept in health. Disease was a mark of spiritual backsliding.

When Christ came to earth, he took his full share of all the ills necessary to human life; yet we never read of his having a fever, or leprosy, or any other sickness. As fast as people came to him, he healed them, and told them to sin no more lest they again incur disease. When Christ returned to the Father, he left this work of healing mind and body to be carried on through his church, and he expressly mentioned healing of the body as one of the signs that should follow the believers.

In view of these facts so well known to all Bible students, and the further truth that God is the same, and his plans and purposes do not change, we can not but conclude that health is a blessing belonging of right to every child of God to-day, and that the gospel of healing is a part of the everlasting gospel to be preached in all the world.

DIPHTHERIA.

DR. LAURETTA KRESS.

DIPHTHERIA is an acute, specific, communicable disease due to certain bacilli, or germs. It is usually characterized by the formation of a false membrane upon certain mucous surfaces, especially those of the throat and nose.

The disease usually occurs in epidemics, and may be communicated by breathing infected air, by taking into the mouth toys and other articles upon which these germs have lodged, by kissing, by drinking from cups or eating from dishes that have been in contact with persons having the disease. The length of time that diphtheria can be conveyed is uncertain so long as the germ remains in the throat, which is sometimes two weeks after the membrane has disappeared and the patient is regarded as perfectly well. In a few cases germs are found five or six weeks after recovery, and sometimes even longer.

Indirect infection is not uncommon, and may occur from the bed or clothing of the patient, from the carpet, furniture, wall-paper, or hangings of the room, from toys or picture-books, from dishes or feeding-bottles, from swabs, brushes, or sprays used for treating the throat, from spoons or tongue depressors, and from surgical instruments used about the throat or nose.

Domestic animals in some instances have been known to carry the disease. Diphtheria has been repeatedly spread by milk. The usual predisposing cause of this dread disease is lowered vitality from some unhygienic condition. At the beginning of the autumnal season, and so on through the winter and spring, large quantities of fat, sugar, salt, and coarse vegetables, together with pickles, preserves, jellies, cakes, pies, etc., constitute the bill of fare for the majority of people. These foods, being difficult of digestion, fill the body with impurities, making a poorer quality of blood and flesh, and so enfeebling the nervous system that the person predisposed to the disease readily contracts it.

Add to these influences those which grow out of confinement in schoolrooms where the air is anything but pure, and the temperature either much too high or too low, and we have another very frequent predisposing cause. To this add the evils of incorrect dress, — thin-soled shoes, thin stockings and underwear, cold, wet feet, very little clothing on the arms and limbs, with an abundance around the waist, thus chilling the blood from the extremities and inducing colds.

The signs of this dread disease are aching of back and limbs, dizziness, sore throat, aching head and neck, sharp, darting pains over the eyes, ringing in the ears, pain in the bowels, sometimes chills running up and down the spine, and pains in the legs. These symptoms are usually accompanied with high fever.

Treatment. — Every undoubted or suspected case of diphtheria should immediately be isolated, putting the patient in a room provided with an outdoor exit. This will protect the other rooms from infection. All carpets, hangings, bric-a-brac, and unnecessary furniture should be removed from the room before the patient occupies it. Food and everything else required by the patient should be left and received outside the door.

A good treatment is to begin at once to eliminate the poisons: Clear the bowels well by a thorough enema; then give a hot bath. A sitz bath is more easily given in private families, a common wash-tub, tipped forward by placing a stick under it from behind, being used. The water should be from 98° to 110° F., the exact temperature to be suited to the patient's condition. A pail of warm water for the feet should be placed in front of this tub, unless the patient is small enough to require only the tub. A woolen blanket should envelop patient, tub, and all, and a towel wet in cold water wrapped about the head. If the patient does not begin to perspire soon, some of the water can be dipped out and more hot water added. This treatment usually gives great relief.

Upon taking the patient out of the sweat, put him into a sheet pack, which is given as follows: Spread two or three blankets on the bed, and over them spread a sheet or two, wrung as dry as possible out of cold water. From the sitz bath place the patient in the wet sheets, taking care to cover the entire body and especially the throat. Then envelop all with the blankets, pinning them closely about the throat so that no air can enter.

The effect upon the nervous system is decidedly sedative, so much so that in the majority of cases it induces sleep. If the patient falls asleep, allow the nap to continue from three to five hours. If he does not sleep, continue the pack not longer than thirty-five or forty-five minutes.

The room should be kept warm until the patient is put in the pack, when the windows may be opened, and the room thoroughly ventilated. When ready to come out of the pack, the windows must be closed, and the room well warmed. Take off the blankets slowly, one by one, until the wet sheets are removed.

Rub the flesh carefully with a dry towel, and put the patient into dry clothing and a dry, clean bed. A moist pack should be placed on the throat, using a wet cloth that will fit the neck, with several dry ones of the same size outside. Pin all closely about the throat, and let them remain until another treatment is needed. A wet cloth should be placed around the head the same as when in the sitz bath, not a small handkerchief on the forehead, but a towel wrapped around the head. Hot-water bags or a can of hot water may now be put to the feet, and the patient allowed to rest.

Spraying the throat of a small child is often much better than using a swab. An atomizer can be used for this purpose. Hydrozone or peroxide of hydrogen are good disinfectants for this disease. Hydrozone (one part to eight) as a gargle or spray, and peroxide of hydrogen (one part to four), used in the same way, give relief. Spray or gargle every hour or two, keeping up at the same time continuously the moist pack to the throat.

Do not urge food upon a patient. Going without food for three or four days is usually not injurious. Fruit-juices may be used; orange-juice is excellent. Lemonade made without much sugar is good. When food is needed, a little gruel, well-cooked and strained, is beneficial.

Diphtheria is a terrible disease, and it is always difficult for the physician in charge to tell what the outcome will be. Many cases are mitigated in the early stages by prompt and thorough treatment. Often mild cases lead to serious results, and our principal aim should be to prevent its appearance in our community.

THE HOME.

HINTS TO PARENTS ON THE CARE OF CHILDREN.

WHEN a child complains of languor and chilliness, and is inclined to hover near the heater or stove, always take his temperature. It may be the beginning of some serious acute disorder or, worse still, an indication of tubercular disease.

The day is long past when children can be kept innocent through ignorance. The innocence of virtue, the knowledge that will give them the power to

choose the pure and good, is the only fortification that can protect them from the dangers and evils of social impurity.

Rheumatism is a very common disease in childhood, though often undiscovered. Its effects are manifested in after life by heart-disease and stiffened joints and muscles. Cold, dampness, and disordered digestion favor its development. Children should be taught to change their damp shoes and stockings in the evening, instead of sitting around with cold and often wet feet and legs, courting colds, chronic catarrh, and inflamed joints.

Indoor life is inimical to health and happiness. Dress the children comfortably, and then let them go out in all kinds of weather. Teach them to love nature in all her moods. Never speak of the weather as disagreeable. Why should we complain of that which God gives?

The diet of children should be simple. Time spent in making cookies and pie and cake would better be given to teaching the little ones the precious truths of God's word, and sharing their hours of recreation. Fresh and stewed fruits should be freely used in every home. They are nature's best medicines.

Have the children's teeth examined by a dentist at regular intervals. See that each child is provided with a good tooth-brush not too stiff, and that he uses it faithfully. Excessively hot or cold food is injurious to the teeth. Hard foods, such as zwieback, graham crackers, and rolls, are greatly preferable to soft ones. Meats of all kinds are injurious to the teeth.

Cleanliness is of the utmost importance in preserving the health of the children as well as of older people. Some children seem to have a natural aversion to the wash-basin. The cause of this in many cases lies in the hurried, needlessly vigorous and unsympathetic manner in which the operation is performed. The child does not want a lot of soap in his eyes, for it makes them smart. He likes to have his ears tenderly dealt with, not pulled this way and that, jerked about with a coarse towel, and perhaps explored with a hair pin. Deal gently with him, and he will soon learn to enjoy the bath.

The child needs an abundance of sleep. His bedroom should be thoroughly ventilated, and not uncomfortably cold. The bed should be hard rather than soft. Feather-beds are entirely unfit to be used by children, and, in fact, by any one who values his health. Blankets are a better covering than quilts, or comfortables, because more porous, and more easily washed. It is a bad plan to leave the light burning in a sleeping-room overnight.

A LITTLE CHILD SHALL LEAD THEM.

"MAMA!" said a little yellow-haired fellow of four summers, "mama! I wish God had n't made yions, and tigers, and bears."

"Why, my boy?"

"Because," continued this young reasoner of the golden curls, "because they are kuel, and kill yams and sheep, and yittle childyen yike Fiora and me—I don't yike animals that kill and eat each other, and I do wish that God had not made them."

"But," replied the mother, "little Harry must remember that the time will come when 'the wolf shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.' The time is coming when the wild animals will no longer hunt flesh and blood for their prey, for the Scriptures say that 'the lion shall eat straw like the ox.'"

Then, at these words, up stood Flora, a little girl of six. The word had evidently been spoken which opened the fountain of her heart, and her tongue was unloosed. The sense of justice and right often seems stronger in children than in grown men and women.

"Mama!" she said, "if the time is coming when wild animals will not kill and eat, but will feed like cows and sheep on corn and grass, then mama! *we ought not to eat beef and mutton.*"

The child said no more, but the mother was struck with her little girl's words.

How dense some of us are! She had not, herself, noticed the drift the argument was taking. She saw not till now that when we pray, "Thy kingdom come," that prayer includes man's conversion to a bloodless diet, quite as much as it includes the wolf's conversion from its ferocious habits and life of cruelty to a life of gentleness and peace.

What a pity it would be if the wolf should lose its taste for blood before man loses his! — *Sel.*

OUR CORRESPONDENTS.

"WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP."

C. O. TAYLOR.

I HAVE been interested in hygienic living for fifty years or more, and owe much to this light and knowledge. I am reaping at the age of eighty-one what I have sown. Had I lived as I began life, and as the most of my companions did, eating and drinking what I *liked*, I should now be reaping pains and aches, and have a broken-down system, just ready for the grave, if it were not there already. As it is, however, I am hale and strong, working some each day, rising with the sun the longest day of summer and with daylight the rest of the year, sleeping well each night, on two meals a day.

I have received a copy of GOSPEL OF HEALTH, and find it excellent. The paper occupies a new field. I think you are bringing out some bright gold. We have had some of it all along, but it seems to me you are bringing it out still plainer and clearer, showing not only what nature does and says, but what God has decreed in this matter. Dr. Kellogg's first article in the August number, telling of the rise and progress of the Sanitarium work, pleased me very much. God was in it first, and last, and all through it.

RATIONAL REFORM GAINING RECOGNITION.

F. D. STARR.

THAT health principles are becoming more widely known and acknowledged by the people in general, and that Seventh-day Adventists are not the only persons who advocate those principles, is very evident. In fact, some of us might learn some very profitable lessons from those who are supposed to have less light than we have.

The pernicious habit of late suppers is tolerated by some who certainly should be more enlightened. The writer well remembers the statement of one of the leaders in health reform among us about twenty-five or thirty years ago, that to him, among all the benefits of the reform principles, that received from the adoption of the two-meal system was the greatest. But now that practise is quite extensively abandoned.

I was pleasantly surprised the other day to come across an article in a family paper which pointed out

in a lucid and consistent manner the evils of late suppers. This shows the educating effect of the literature that has been scattered by the friends of this movement the last thirty years.

Let me give another instance of the same thing. Recently at the bedside of a sick boy, what was my surprise to hear a neighbor woman, a stranger to our people, say to the family, "I do not believe you will ever break up that fever until you sponge him off with water every half-hour, or at least every hour." Supposing that she was going to advocate some drug, I was very much gratified to hear this sound sense expressed. O, for more appreciation of the light given us as a people on these subjects.

AN INCIDENT IN PORK-EATING.

J. P. HENDERSON.

It is not supposed that any of the readers of *GOSPEL OF HEALTH* ever indulge in the use of pork, but the following incident may be of interest:—

Some years ago a young man in Indiana, yet in his school-days, refused to reason upon the non-use of swine's flesh, insisting that it did not injure him, although his parents had accepted health reform, and were endeavoring to change their table menu. One cold winter morning, after making a breakfast of an extra amount of his favorite dish, he proceeded to school, where he soon found himself suffering with one of his frequent attacks of heartburn, and was unable to study. The teacher in diagnosing his case asked him to breathe against the frosty window pane for a few moments. He did so and a thick coating of foul matter adhered to the glass. The teacher then asked him to remove a portion of it with his pocket-knife, and spread it on the hot stove. Much to the young man's surprise, he had a fricassee the odor of which plainly revealed the fact that his system was so full of the indigestible stuff that he exhaled it in liberal quantities.

The lesson was more forcible than days of lecturing would have been. The young man's common sense led him to see that he had filled his system with impurities from the hog to such an extent that even his breath was redolent with the odors of the pig-pen, thus illustrating most forcibly a favorite saying of Bronson Alcott, the Concord philosopher and life-long vegetarian, "If a man eats pig, he becomes pigified."

From that moment the young man determined that he would no longer pollute his body with the food that God cursed under the law, and that Christ never blessed under the gospel.

SCHOOL OF HEALTH

PHYSICAL CULTURE.—II.

LENNA E. WHITNEY.

UNLESS otherwise mentioned, the position of the feet throughout all the exercises which will be given will be: heels together, feet at an angle of sixty degrees. Let the arms hang easily at the sides.

Many have become so accustomed to standing with the hips forward that they hardly know how to get them back in the proper position, or perhaps are not sure that they are back. For such the following exercise will be helpful:—

1. Placing the hands on the hips, slowly bend the body forward to an angle of forty-five degrees. Notice that as you bend forward, the hips are gradually going back. Holding the hips as firmly as possible in this position, slowly raise the trunk, raising the chest high as you bring the trunk up to position.

If you have been standing with the hips forward, you will find that at first this position will seem strained and tiresome, and may even cause backache. This does not mean that you are taking the position incorrectly; it means that you are using muscles that have not been accustomed to work, and perhaps object a little to being brought into service. This will pass away after a short time.

You will remember that one of the requirements of the correct standing position is that the weight be carried well over the balls of the feet. The three following exercises will help greatly in acquiring this position:—

2. Stand with the heels six inches apart, maintaining the angle of sixty degrees, the weight equally divided between the two feet, chest raised, and hips back. Imagine that you have but one movable joint in the body, and that at the ankles. Being very careful not to bend at the hips or waist, slowly transfer the weight to the right foot, keeping the left foot on the floor. Now slowly, on eight counts, transfer the weight to the left foot. Be sure that during the exercise neither heel is raised from the floor. Repeat the exercise twelve times.

3. Place the heels together. Carry the right foot straight forward, keeping the same angle. Stand with the weight on the back foot. On eight counts transfer the weight to the ball of the front foot, at the same time raising the chest strongly. Transfer the weight to the back foot again. Take this twelve

times with each foot. Be sure to end the exercise with the weight on the front foot.

4. Heels together, stand with the weight on the heels. Slowly on eight counts sway the weight forward until it is entirely over the balls of the feet, keep the chest well raised, sway the weight back upon the heels. Repeat twelve times. Remember *always* to end the exercise with the weight forward. This should leave one in the normal poise or correct standing position. At first the position will seem strained, and you will feel that you are about to fall forward. You will also feel a decided strain in the muscles of the calves of the legs. You may ask, How shall I know when my weight is over the balls of the feet? The following exercise, while not infallible, is quite a good test:—

5. After you have swayed the weight well over the balls of the feet, slowly raise the heels, rising high on the balls of the feet, keeping the chest well raised; hold while you count ten. Slowly let the heels sink, taking pains not to sway back on the heels. If you can raise high on the toes without first having to sway forward, and then let the heels sink without allowing the weight to go back, you may be quite sure that the poise of the body is correct.

Now that we have the hips in the correct position, and the weight properly placed, let us turn our attention to the raising of the chest. We find that ordinarily the chest walls are not flexible, and do not readily respond to the invitation, "Chest up!" A large chest is desirable, but more desirable still is one that is flexible. It is the ability of the chest walls to contract and expand quickly when required that is essential. For instance, in running, a person with a large chest may not be able to run as long without getting out of breath as a person with a smaller chest, from the fact that the muscles, being stiff and set, will not contract and expand easily and quickly enough to allow him to get the necessary amount of oxygen.

The following exercise will be found most helpful in producing flexibility and expansion of the chest. Repeatedly I have known persons to increase their chest measurement and chest expansion one inch in two weeks by the daily practise of this and one other exercise which will be given later. Every one may not be able to accomplish as much, but the cases were not exceptional:—

6. Standing with the weight well forward on the balls of the feet, raise the arms to the front horizontal, hands crossed lightly at the wrists. Lean forward a little from the waist. Now push straight down with

the palm of each hand, elbows stiff, until the arms are hanging at the sides. Imagine you are pushing a very heavy weight with the palm of the hand, not the fingers, and as you push down with the hands, push as strongly *up* with the chest. Do not push back at all, simply straight down, and be sure that your weight is kept forward.

Now a word as to practise: It may be unnecessary to say that the clothing should be perfectly loose and suspended from the shoulders. Have plenty of fresh air when you practise, and don't forget to take full, deep breaths while you are exercising. Twenty minutes of careful, thoughtful practise of these exercises every day will produce very satisfactory results. More time would be better, but if you try them at all, spend at least twenty minutes on them. Several times during the day take exercise No. 5. You will be surprised to find that most of the time you are letting the weight of the body rest on the heels. Bring it forward, and above all, remember to keep the chest up.

DRESS REFORM.—I.

ABBIE WINEGAR, M. D.

"Lo, this only have I found, that God hath made men upright; but they have sought out many inventions." Eccl. 7 : 29.

All the works of God were perfect at creation, and he pronounced everything "very good." Gen. 1 : 31. Man, the masterpiece of creation, formed in the image and for the glory of God, "came from the hand of his Creator perfect in organism and beautiful in form." (C. T., p. 7.) But we do not now see this beauty and perfection. If Adam could look upon some of the sickly, dwarfed specimens of humanity so common to this age, he would scarcely recognize them as belonging to the same race with himself. What has caused this degeneracy, this decay of the beautiful in man? The answer is given in the latter part of the first text given: He has "sought out many inventions." It has been the inventions of man, his departure from the original plan of God, that has caused decay and deformity.

"Physical loveliness consists in symmetry, the harmonious proportion of parts." (H. L., par. 537.) God made the body symmetrical throughout, and harmoniously proportioned in every part, but we see few such bodies to-day; instead, there are on every hand bodies that are more or less sickly, deformed, and ill-shaped.

Sin alone would have greatly marred the masterpiece of God, but this is not all; man himself has conspired with Satan in obliterating the image of God from his physical as well as his moral being. We sometimes hear people argue that it does not matter about their physical appearance; that if the heart is only right, that is all that is necessary. But the fact is, man is a unit, and the body and mind bear such a close relation each to the other that it is impossible to maintain inward purity with outward corruption, or to possess strength and vigor of mind if the temple of the mind is diseased.

There are many habits of man that have contributed to deface the image of God. The object of this article is to point out one of these; viz., conventional dress. The importance of the subject is shown by the following words: "Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, cancers, and other terrible diseases are among the evils resulting from fashionable dress." (H. L., par. 543.)

A writer on hygiene has said that "perfect health consists in a perfect circulation of pure blood in a sound organism." It is evident, then, that whatever disturbs the circulation of the blood interferes to the same degree with the health of the part so affected. If the circulation of the blood is cut off from the arm, the arm dies. If the circulation is interfered with at the waist line, the entire body suffers. If the needed supply of blood is cut off from the extremities, the result is cold hands and feet, and numbness. When the blood is driven from the surface, the internal organs are congested, causing headache and other symptoms. Sometimes, also, definite diseases are produced, such as cancer and tumors.

The conventional dress is a frequent cause of serious displacements. "Our Creator made no mistake in fashioning the human body. He gave appropriate space for the free action of every organ, and formed us in such a way that every muscle could come into play without trespassing upon the function of any other." (H. L., par. 541.)

The Chinese have a custom of bandaging the feet, and we are inclined to look upon it as a very healthful practise; but the feet might be amputated, and the body not suffer serious inconvenience; while lacing restricts the action of the vital organs, injuring the health of the entire body. The circulation is unbalanced, organs are crowded out of place, and the muscles of the trunk are weakened, causing round shoulders, flat chest, curved spine, and other deformities.

Respiration is the most important function of the body. We can live but a few minutes without breathing. Contact with the air purifies the blood, and if the work of respiration is imperfect, then the blood is more or less impure, and the entire system is poisoned. If by any mode of dress the space in which the organs of respiration have to work is lessened, they themselves become weakened, and are the hotbed for tubercular germs. We constantly come in contact with these germs, but if the lungs are sound and the blood pure, they are destroyed.

So we have as the results of improper dress, deformities, displacements, imperfect circulation, and imperfect respiration, and through all these, especially the last two, general tendency to disease.

A serious result of the foregoing evils wrought by conventional dress is a beclouded mind. The brain cells are bathed in the blood that circulates through the veins. It receives its food supply from that source, and if the blood lacks not only the necessary oxygen to give tone and vigor to the brain, but is filled with poisons retained from the body, the mind is necessarily dull and slow of perception.

"The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man, and affect his inmost life." (H. L., par. 823.) If, then, we destroy the sensibility of these brain nerves by any wrong habits of life, we ourselves cut off the line of communication with God, making it impossible for him to direct our lives.

QUESTIONS.

1. What was man's physical condition originally?
2. How have sickness and deformity come in?
3. Name some of the diseased conditions produced by improper dress.
4. Of how great importance is unimpeded circulation?
5. What is said of respiration?
6. How is the mind affected by diseased conditions in the body?
7. What affect does this have upon the spiritual life?

See "Healthful Living," pars. 538, 539, 545, 546, 551, for further instruction on this subject.

A LITTLE Vermont girl, whose father was a physician, wrote the following as her first essay:—

"There was a little girl, and she was very sick:
She sent for my papa, and she died very quick."

HYGIENIC COOKERY.

LAURETTA KRESS, M. D.

COOKERY is a science in itself. It breaks up the food into minute particles so that the body can assimilate or make use of it for heat, blood, and general body nourishment. If the food is properly prepared, we digest and assimilate it so that in a comparatively few hours we are strengthened by its use. On the contrary, when food is not prepared with a due amount of care, when it is thrown together as it were, with no thought of how much the body can digest, when every particle of starch is so saturated with fat that the action of the gastric juice can have little if any effect upon it,—then we have a sour, decaying mass, unfit for appropriation by the body. It lies beyond our reach, and hence is left for many hours to throw out an immense amount of poison into the circulation.

How few mothers or cooks give heed to these things! Something to please the appetite, something to please the children so they will not cry, is all their thought. How different is the wise cook, the conscientious mother, who wants everything that goes into the stomachs of the members of her family to be of such a nature that it can be used to build up tissue and make it strong to do God's will.

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” This principle, quoted from the Sacred Word, should be engraved in letters of gold upon the mind. Home is happier, all its inmates are healthier, if these principles are lived in it.

Many contend that they are too old to learn new ways, that hygienic cooking takes so long, that it is more expensive, and in short that it is a fraud. All these statements are false. No one can fail to learn if there is a desire to adopt this new way. It is not more expensive, if we change our way of living. If, on the contrary, we keep to the old way, using all the foods we had before and the new ones also, it is expensive. It does not take longer to prepare it. It is much more easily and quickly prepared; in fact, it gives the tired mother time for needful rest and more time with her family.

Healthful cookery makes food both palatable and digestible. One of the greatest advantages it has is that it is quickly and easily prepared. Even a child can learn to do it well. I am acquainted with a family where a girl fifteen years of age prepared

a meal all alone for a company of fifty people, everything being delicious and thoroughly hygienic. I also know another family where a child of thirteen years does the cooking for eighteen people.

Why can not the older ones learn? “Cooking can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats. Skill must be united with simplicity. To do this, women must read and then patiently reduce what they have read to practise. Many are suffering because they will not take the trouble to do this. It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment. What branch of the education of a young lady can be so important as this?” *Testimonies, Vol. 1, page 681.*

QUESTIONS.

1. What is the object of cooking food?
2. Can this be attained when the operation is performed in a careless, unscientific manner?
3. What is the result of partaking of improperly prepared food?
4. Is a scientific knowledge of cookery common? Is it desirable?
5. What Bible precept applies to our habits of eating and drinking?
6. Is hygienic diet more or less expensive than the diet commonly used?
7. How is it often made very expensive?
8. What must one do in order to become a good cook?
9. Why is this well worth while?

TO OUR READING CIRCLES.

WE suggest that our GOSPEL OF HEALTH reading circles use the following studies and articles for the four meetings that will be held during the month:—

“Dress Reform,” page 229.

“Hygienic Cookery,” page 231.

“Gospel of Healing,” page 223.

“Extracts from Recent Communications,” page 222, and “Thoughts on Ezekiel Forty-nine,” page 219.

If any circle has not received the circular letter and study mentioned last month, it will do us a favor by informing us. We desire to keep in close touch with all the companies studying these important principles; and while pressure of work sometimes prevents us from replying to your letters as promptly as we should like, they are always welcomed and read with interest.

PUBLISHERS' NOTES.

WE are sure you will enjoy reading the article, "Hygiene of Indian Life." Brother Munson has lately joined the Sanitarium family, and is engaged in pastoral work both among the helpers and the patients. He and his equally earnest and devoted wife were brought here by a kind Providence, after ten years' experience as missionaries in India, and are now rejoicing in the whole truth as it is in Jesus.

WE take pleasure in announcing to our readers the opening of a new department in *Good Health*, to be called the School of Health. The articles in this department will be a great help to those who are engaged in systematic study of these principles in the GOSPEL OF HEALTH reading circles, and we recommend that the circles so plan their work as to include the instruction given in both magazines. The scientific basis of healthful living will be dwelt upon more fully in *Good Health*, while GOSPEL OF HEALTH will continue to give special attention to the subject considered from a Bible standpoint.

THE opening exercises of the fall class in nursing were held in the Sanitarium chapel November 12, Dr. Abbie Winegar presiding. Appropriate remarks were made by Elders Irwin, Morrison, Jones, Dr. Kellogg, and others. A spirit of solemnity pervaded the assembly. The students remained for an after-meeting conducted by Dr. Paulson, at which the principles of the work were talked over very plainly, and much light shed upon the subject.

A FEW evenings later a general reception was given the family in order to help the new members to get acquainted. The spacious gymnasium was filled with a throng of earnest, joyous medical missionaries, and the evening passed very pleasantly with social intercourse interspersed with appropriate music and speaking. Elder McCoy related some very interesting experiences in his early life.

THE new training-class which began in November numbers over a hundred members, who have dedicated their lives to service for God and their fellow men, and have come here for a short and specific training that will fit them to do the most good. There has been a

special outpouring of the Holy Spirit in the last few days. Wrongs have been freely confessed, sin put away, and the heart consecrated anew to God. Sabbath, November 12, a meeting of the helpers began with the morning worship at 6:45 A. M., and lasted until nearly 12. It was indeed a most remarkable occasion. Many testified that they had never been in such a meeting before. Surely, some drops of the "latter rain" are falling.

CHICAGO MEDICAL MISSIONARY INSTITUTE.

A NEW course of instruction in medical missionary and evangelistic work, to last three months, will begin December 14, at the Medical Missionary Training-School, 1926 Wabash Ave., Chicago. Elder E. J. Hibbard, formerly in charge of the Bible instruction in Battle Creek College, and who has now been connected with the work in Chicago for several months, will give a course of Bible instruction in gospel principles and methods. Brother W. S. Sadler will give instruction in slum work, cottage-meeting work, street work, rescue work for boys, and in other lines. Instruction will also be given by experienced teachers in rescue work for women, Christian Help work, emergency methods, etc.

The work of the mission is now well organized in connection with the various enterprises connected with it, including the Workingmen's Home, the Star of Hope Mission, and the Life Boat Mission, and will afford ample opportunity for practical experience under most favorable conditions.

The plan is to give a short, yet practical and thoroughgoing course to fit persons for immediate work. About twenty-five students can be received in addition to those already in the school. Application should be made at once.

No charge will be made for instruction. The expense for board, etc., will be about two dollars a week. Those who desire to do so can have a chance to earn this in canvassing for small books, selling the *Life Boat*, and other papers, and in other ways; but none should come without at least a few dollars to meet current expenses, as the weekly expense for board and lodging must be promptly met to save the mission from embarrassment.

Further particulars and more extended announcements with details of instruction to be given will be sent on application.

Address *Medical Missionary*, Battle Creek, Mich.

A COPY OF

How to Live Well

On a Shilling a Day or Less

POST-PAID, FREE.

One copy of this booklet will be sent to every subscriber to *Good Health* sending in a renewal or new subscription with the regular subscription price, \$1.00 a year, on or before Jan. 1, 1899.

This little book gives information on the proper combinations of foods; menus, and tables showing the nutritive value of foods, together with other practical help on the subject of healthful and economical cookery.

GOOD HEALTH PUBLISHING COMPANY,
Battle Creek, Michigan.

Clubbing List.



- GOSPEL OF HEALTH and "Healthful Living," \$.75
- GOSPEL OF HEALTH and "Medical Missionary,"75
- GOSPEL OF HEALTH and "Life Boat,"55
- GOSPEL OF HEALTH and "Life of George Müller,"75
- GOSPEL OF HEALTH and most of the State Conference Papers,50
- GOSPEL OF HEALTH and "Good Health," 1.25

GOSPEL OF HEALTH

for December

will be an especially interesting and attractive number.

Dr. Paulson will have an article entitled "Have We Access Now to the Tree of Life?"

Dr. Stewart treats of the evils of corset-wearing.

One of our nurses gives an account of thrilling experiences in her missionary nursing.

The School of Health department will be unusually full and interesting.

This number will be illustrated, and well adapted to send to your friends whom you wish to get to subscribe.

We
Originate

Not
Imitate

WE ARE the sole manufacturers of the original

Bromose, Nuttose, Nut Butter, Ambrosia,
Malted Nuts, Nuttolene, Maltol,
and Almond Meal.

By the use of special machinery our foods are kept free from every impurity. The nuts are most carefully sorted by hand, and every imperfect meat is removed.

We positively guarantee every package bearing our label.

Our art booklet and full information furnished on receipt of request.

SANITAS NUT FOOD CO., Ltd.,
Battle Creek, Mich.

A Special
Offer.

Gospel
of
Health
for
One
Year
Free.

The publishers of GOSPEL OF HEALTH have secured a number of copies of the life of George Müller, the modern apostle of faith, by F. G. Warne, which gives a full and exceedingly interesting account of the life and career of this remarkable man and the wonderful providences of God in connection with his work. All who have read the book are enthusiastic in its praise. It should be in the hands of every Christian Help Band, Gospel of Health Reading Circle and Life Boat Crew, and carefully studied by all who are engaged in Christian Help Work. The price of the book is 75 cents. We will send it to any person, post-paid, for this amount, and in addition *one year's subscription to Gospel of Health.*

This book would make an excellent gift to a friend. Nothing would more effectively strengthen the faith of the Christian or awaken the interest of the unbeliever than to read this account of the career of a man who started out to work for the Lord penniless, with no visible means of support, and received \$8,000,000 in direct answer to prayer.

Strongly bound in cloth, *adorned with several beautiful half-tone engravings*, including one of Mr. Müller himself on his 90th birthday.