

The Gospel of Health

The title 'The Gospel of Health' is rendered in a large, ornate, blackletter-style font. The word 'The' is smaller and positioned above 'Gospel'. The word 'of' is written in a smaller, cursive script between 'Gospel' and 'Health'. The background of the title is a detailed illustration of a hand holding an open book, with rays of light emanating from the pages. The entire title is set against a dark, textured background.

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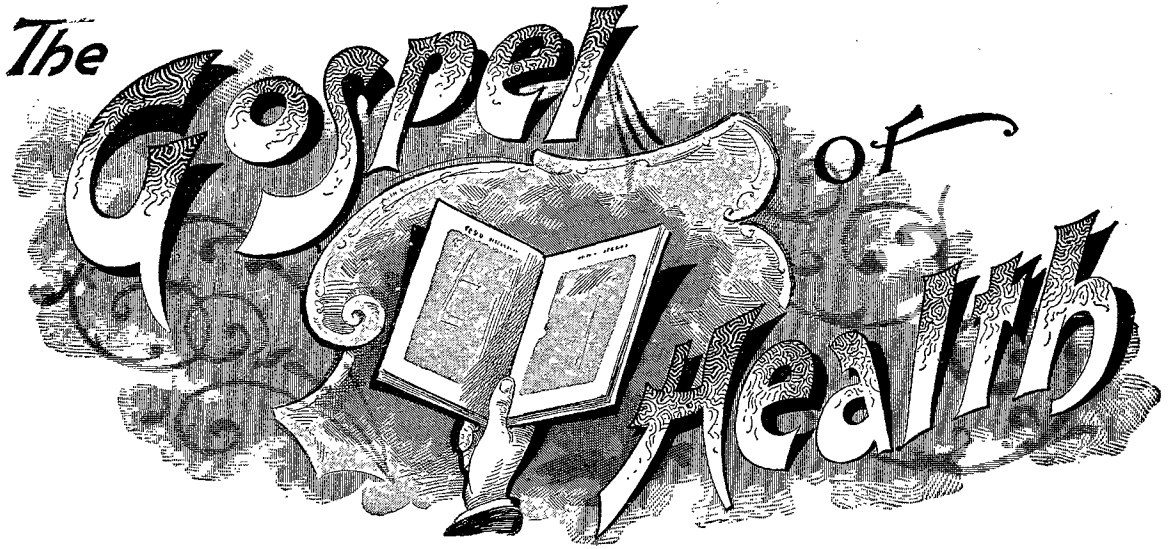
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VOL. II.

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

No. 12.

HAVE WE ACCESS NOW TO THE TREE OF LIFE?

BY DAVID PAULSON, M. D.

“Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof.” We have reached the time when this scripture has a special application. The people here represented as receiving the mark of God had a realization of the solemnity of the times in which they were living, for they were sighing and crying for the abominations that were done in the land. They had taken a definite position in reference to the things that were carrying the tide of humanity downward. With this thought before us, note the following words from a recent testimony: “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.”

Bear in mind that the man with the slaughter-weapon follows the man that is impressing the mark of God. Those who are receiving the mark of God are changed in words, in spirit, in character, and in their worship of God. The man with the slaughter-weapon began his work at the sanctuary with the ancient men,—those, in other words, who had led out in the work of God and had had great light, but had received the truth as a matter of theory so that their

words, spirit, character, and honor of God had not really been changed. The sentence following the one quoted reads, “Instead of hovering about the mystery of faith and godliness, they could have solved the matter by proclaiming, ‘I know that Christ is my portion forever. His mercy, his gentleness, hath made me great.’” These are remarkable words; there must be a depth of meaning in them that will carry us to heights of experience both spiritually and physically, which, so far, we have seen only “through a glass darkly.”

The prophet Isaiah, speaking of the time when the way of the Lord was to be prepared (Isa. 40:3), and continuing the same thought in the ninth verse, says: “Get thee up into the high mountain.” This is the privilege of every Christian. It is possible for the people of God to stand on Mount Zion here below, and have their Father’s name in their foreheads. The same company in a redeemed state follow the Lamb whithersoever he goeth. But they follow him there in precisely the same way that they began to follow him here. The following extract from a recent article by Mrs. E. G. White makes this very clear:—

“The Lord has a people on the earth who follow the Lamb whithersoever he goeth. He has his thousands who have not bowed the knee to Baal. Such will stand with him on Mount Zion. But they must stand on this earth girded with the whole armor, ready to engage in the work of saving those who are ready to perish. Heavenly angels conduct this

search, and spiritual activity is demanded of all who believe present truth, that they may join the angels in their work.

“We need not wait till we are translated to follow Christ. God’s people may do this here below. We shall follow the Lamb of God in the courts above only if we follow him here. Following him in heaven depends on our keeping his commandments now.”

This was Enoch’s experience. He walked with God here below, and went right into heaven and continued that walk. Thus it will be also with the remnant people. At Christ’s second appearing they will be found blameless in spirit, soul, and body before the throne of God. 1 Thess. 5:23.

We are told in Rev. 22:2 that the leaves of the tree of life are for the healing of the nations; but will not the remnant people need identically this healing process to fit them to stand here when a thousand fall on one side and ten thousand on the other? Can they not feel the life-giving power here where they need it so much? We have been told that Christ is to his believing children the real tree of life. If we can understand this fully, there is a great blessing in it for us. How may we get the leaves? “The Bible is a leaf from the tree of life, and by eating it, by receiving it into our minds, we shall grow strong to know the will of God.” (H. L., par. 178.) Is there not a depth of meaning in this quotation that we have only dimly comprehended?

Taken in connection with the following statement written Aug. 11, 1898, the subject seems still clearer in our minds: “The living principles are leaves from the tree of life for the healing of human woe.” Then the principles that God gives us in his Word in reference to both spiritual and physical health, when they are not merely admired, but eaten, have precisely the same power in them as the real leaves in the next life. “The words that I speak unto you, they are spirit, and they are life.” The same thought is brought out clearly in Mal. 4:2: “Unto you that fear my name shall the Sun of Righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.”

We have reached a time in the history of this message when God’s people need to lay hold of every ray of light, and study the Bible on bended knees. When these principles are taken into the life, then God works a miracle in the transformation of mind and body even as he day by day transforms the very food we eat into living tissues. If we are to stand here upon earth without spot or wrinkle, it will be

necessary for us to throw open the chambers of our mind, both spiritually and physically, to every ray of light that God sends us, and to submit ourselves wholly to the Lord; “then ten men will take hold of the skirt of him that is a Jew, saying, We will go with you, for we have heard that God is with you.” Zech. 8:23.

STARCH FOODS AND STARCH DIGESTION.¹

BY J. H. KELLOGG, M. D.

THE eating of imperfectly cooked starches is the chief cause of that widely prevalent disease, farinaceous dyspepsia, or amylaceous dyspepsia, as it is sometimes called. Starch, before it can be utilized by the body, must pass through several stages, or changes. First, it must be converted into soluble starch, or amyloextrin; then this must be converted into erythroextrin; this again into acroextrin, the acroextrin into maltose, and finally, the maltose into levulose, which is then directly absorbed into the system.

These five digestive changes of starch take place in fruit in the natural process of ripening. There is a quantity of starch in green fruit. It is the indigestible raw starch in green apples that produces those “peristaltic woes” so well known to the small boy whose apple hunger refuses to wait till his favorite fruit is fully ripe. Levulose is the sweetest of all sugars; it is the sugar of fruits and flowers, and gives to honey its sweetness.

The cooking of starch is for the purpose of rendering it digestible. The natural diet of man is fruits and nuts, which are free from starch, and nearly ready for absorption. So if one subsisted upon perfectly natural food, there would be little demand upon the stomach for starch digestion. The power of starch digestion is comparatively weak in man when contrasted with that of other animals. In the horse, the cow, the sheep, and other herbivorous animals, starch digestion is vigorous. The ruminants are provided with four stomachs; the food is first macerated in one of these stomachs, then sent up to the mouth to be chewed again, after which it returns to the first stomach and goes through it to the three others. In this way the digestive fluids are poured out in great quantities, and the food is well digested. But in man we have a natural adaptation to the diges-

¹ Abstract of a lecture before the patients in the Sanitarium parlor.

tion of fruits and nuts, and a smaller capacity for the digestion of grains, starches, and cereals; hence it is desirable for us to bring our starchy foods as nearly as possible to the condition of ripened fruits.

The evil effects of eating starchy foods as usually prepared, are coming to be widely recognized, and as a result many invalids have given up their use entirely.

Thousands of people in the United States are subsisting almost exclusively upon a flesh diet,—the so-called Salisbury diet. This diet is popular because it gives relief to the stomach when it is burdened with gases that cause hours of griping and severe pains of all sorts. When such a person changes his diet and eats beef and almost no bread, these symptoms almost entirely disappear, and he says, "What a splendid remedy this is! What a smart doctor to prescribe it for me!" This is a most delusive cure. The patient is relieved of these discomforts by a flesh diet, but only at the expense of becoming, in a few months, a chronic invalid, a premature old man, a rheumatic, or the victim of Bright's disease, or a neurasthenic, suffering from systemic poisoning, because he is accumulating in his body uric acid, leucomains, ptomains, and other poisonous substances.

Now the remedy for the production of gases in the stomach is not to be found in eating beefsteak, scraped beef, and other dead things, but in cooking starchy foods thoroughly and eating them dry. By cooking starch thoroughly we mean carrying it through the process of digestion as far as cooking can do so. Granose, granola, and zwieback are prepared in this way. Crystal wheat might be added, but it is improved by further cooking before eating.

The value of this method of cooking starch has been recognized by others besides civilized people; it is not a new discovery. The Canary islanders prepare their corn by roasting it in a big pot until it is parched, then grinding it up into corn-meal, which they mix with a little water, and it is ready for use. They maintain excellent health on this food, notwithstanding the fact that they do not chew it. To be sure, this is not the best way for them to eat their *gofio*, as they call it; but the Canary islander has already partially digested his corn by parching it in a large earthen pot; so he can swallow it without mastication much more easily than the American can digest his soda biscuit, the starch of which is scarcely cooked at all, washing it down with tea and coffee which almost annihilate the digestion of starch. Dr. Roberts pointed out, many years ago, that tea and coffee prevent the action of the saliva upon the starch.

Food does no good unless it is digested; it is not the amount of food eaten that benefits us, but that which we digest and assimilate. Oatmeal should be cooked three or four hours at least, and then is not really done; for the starch should be exposed to a higher temperature than one can get by boiling; in other words, the *baking* of starch is necessary for its proper digestion. The temperature may be as high as 300° in the oven, whereas 212° is the highest temperature one can get by boiling in a kettle. It would be well for some people to dispense with boiling altogether. I have known many to cure all their disorders by eating their food dry, and masticating everything thoroughly. This is a good rule for all to follow who have difficulty in digestion. It is also good for those whose digestive powers are intact, because such a diet will help to keep them so.

THE CORSET A CAUSE OF DISEASE.

BY C. E. STEWART, M. D.

If women could realize what an immense amount of harm they are inflicting upon themselves by this mode of dress, they would surely abandon it. It is a sin against God to distort and disarrange the organs of the body as must be done when the waist is constricted by corsets. God always does his work well; we can not improve it; but we can co-operate with him to maintain it in the condition in which he intended it should be.

We hail with joy every effort put forth to free woman from this objectionable and unnecessary article of clothing.

Perhaps many who read this are enjoying the blessings that result from the discontinuance of the use of the corset; and if such be the case, we hope that they are doing all they can to present the evil effects produced by it to others who are still slaves to this health-destroying article of dress.

It is the duty of physicians and others who have an intelligent understanding of this subject to give instruction concerning the evil effects produced by wearing any constriction about the waist. Where there is such constriction, the normal position of the abdominal and pelvic organs is altered. This alteration produces abnormal changes in their functions. Tight lacing is nothing more or less than suicide. It is not the most rapid way, perhaps, but it is sure; in fact, it is dying "by inches."

A short time ago a prominent physician tried the experiment of placing a corset on a young man, and

then asked him to exercise vigorously. The result was that the young man became blue in the face because of the inability of the lungs and heart to do their duty, and was almost dead before the corset could be removed. The physician was very much alarmed, and decided that the experiment should not be repeated.

The young lady is not satisfied until she has so constricted her waist that her liver is almost cut in two, and the action of the lungs so interfered with that natural breathing is impossible.

As a result of this interference with the respiratory movements, the whole system suffers from a lack of oxygen. There is a lowering of the vital resistance, and disease-producing germs are given an opportunity to prey upon the abnormal tissues and create disease. The disease most liable to result from the interference with the normal activity of the lungs is tuberculosis, or consumption, as it is more frequently called.

The corset is a very common cause of displacement of the pelvic organs, giving rise to disorders so serious that the person's life is often rendered almost unendurable. Frequently it is necessary to resort to surgical measures for the relief of the disorders which arise from these displacements.

We learn from the *Scientific American* that the new Russian minister of public instruction, Bagoljewow, has begun the duties of his new office by issuing a positive order to the effect that corsets must not be worn by young women attending high schools, universities, and music and art schools. During his visits among the girls' schools, he observed that the corset as an article of dress is distinctly prejudicial to the health and the physical development of the wearer; hence the order.

If those who have dispensed with the corset will make known to others the comfort they have experienced since so doing, it would serve as a strong incentive for others to do likewise.

EXERCISE is the best of all tonics, and is worth even more than a schoolmaster as a means of sharpening the wits.

SICKNESS is a result of separation from God. Get close to the side of your Heavenly Father, where you can feel his warm sympathy, hear the still small voice speaking in accents so tender and full of love, and receive the healing virtue continually flowing out from his presence.

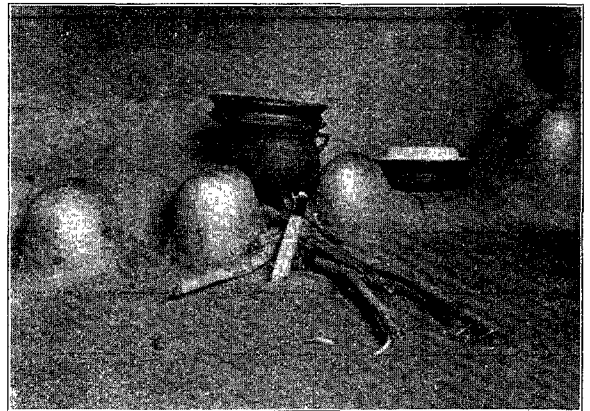
THE HYGIENE OF INDIAN LIFE.

BY R. W. MUNSON.

(Concluded.)

ANOTHER important factor that contributes largely to their general health is their cleanliness of person. They bathe frequently, usually twice a day. They are exceedingly particular about the water they drink, and they are very good judges of what good water is. The first religious act of the day is to go to the well or hydrant or spring and spend a half hour in cleansing the mouth and scouring the teeth. They think they have to do it, I was told, in order to expel any devils or evil spirits that may have found their way into their mouths during the night, intent upon entering their bodies. I have seen them scrub and dig, gargle and gag, for an amazing length of time. The result is that the Hindus have the finest teeth of any race of people I ever saw. One would almost think that divine Providence had overruled their mistaken religious ideas to their physical advantage. If they succeed in expelling no real devils from their mouths and throats, they rid themselves of germs that have almost satanic instincts and proclivities.

One of the most interesting peculiarities of India, to the newcomer, and one that soon becomes annoying, also, is the astonishing prevalence and audacity of the common crow. Together with the buzzards and vultures they render an economic service to the public that in their absence would cost the Indian civil and municipal governments millions of pounds annually.



HINDU COOKING OUTFIT.

The crows are thicker than flies in sugar season. They are everywhere, they waken the dawn with their incessant, saucy "Caw-caw," and they put you to sleep with the same tune. Their boldness and impudence becomes the burden of the nervous housewife's

life during the first year of her sojourn in the land. For a little while she wages an unrelenting warfare upon them, threatens deeds which result in nothing but the death of a crow or two and a fine in the police court ; for the lives of these precious birds are protected by law. Annoying as they are, they render too valuable public service to be permitted to die at the hands of an irate housekeeper. The houses are built open, and the dining-table often stands within easy reach of these aerial sneak thieves. One will alight on the top of

into the schoolroom, and alighting upon the desks, pull the children's papers out and scatter them on the floor. Our Christian cook used to hang the remains of a dead crow outside the kitchen window to frighten them away. At another time, he trapped one of these ebony rogues, and with a wire fastened a big cork on the top of his beak and then released him. The results were most laughable. A rowdy horde of his companions crowded round him, and appeared to be scolding and rebuking him in truly fishwife fashion,



BATHING IN THE GANGES.

the screen or window shutter, and saucily caw at you ; but the instant your back is turned, monkey-like, he darts down, grabs something edible, and flies away to enjoy his plunder in the branches of some shady tree. Bright objects attract their attention, and the careless possessor of jewels or thimbles or such like articles often mourns their loss, and charges the theft to the light-fingered servants.

The crow is as full of the spirit of pure mischief as any member of the monkey tribe. We lived near one of our schools, and during the morning or noon hours, when the children were out at play, they would fly

until he fled away to escape the humiliation of such manifest disgrace.

Notwithstanding all his faults, the long resident in India becomes attached to the crow with no sham affection, because he forms so conspicuous a part of that fascinating life which has peculiar charms for the dweller in the land of the Moguls.

There are no flies in that empire, but the reason is found in the many species of ants whose myriad hosts possess the fat of the land. They are everywhere and in everything, and the vegetarian in India must have a charmed life if he would remain true to his princi-

ples; for voluntarily, with the connivance of a lazy cook, they find their way into the soup, the porridge, and the gravy. The sugar barrel, if left exposed, soon becomes as busy as a beehive; for the ant apparently can digest any amount of sugar without setting up fermentation in his gastric region. Fleas bound and abound everywhere during the hot, dry season. They are such vexatious torments that nobody short of a faithful Hindu feels any scruples about cutting short their carnivorous career. He reminds one who has had painful experience of his sanguinary proclivities, of Longfellow's "Psalm of Life," the only difference being that he leaves tracks behind him upon sensitive human flesh, instead of the sands of time.

In spite of these apparent drawbacks, India is in very many respects a charming country to live in, and the man who has once left that clime ever longs to return, and is never quite contented until that longing has been satisfied.

DRESS FOR COMFORT, NOT FOR FASHION.

BY D. H. KRESS, M. D.

MUCH disease and suffering are undoubtedly due to improper clothing. We have reached a season when errors of this kind are especially apt to produce serious results. I desire in this article simply to call attention to some of the principles that underlie proper dress. The apostle tells us (1 Cor. 3:16) that our bodies are the temples of God, and that his Spirit dwells in us. It is by the active presence of God's Spirit in man that the functions of the various organs are carried on. Breathing, the action of the heart, digestion, assimilation,—all these are under the direct control of the Spirit of God, for he "giveth to all life and breath and all things," and "he is all and in all."

The Lord is constantly at work in the human body, as in all living things, repairing and building up tissue, eliminating wastes, and keeping the body in health. Any form of dress that interferes with the free and equal circulation of the blood, and thus hinders any organ from doing its work, must be destructive to the body, and the Lord has said that if any man destroy the temple of God, him shall God destroy. As we are to eat to the glory of God, so we are also to dress with the same object in view. We can glorify God in eating healthful, nourishing food in proper quantities,

thus building up the health of the body. We can glorify him also by clothing the body neatly and simply, with due regard to use and comfort, and wholly ignoring the demands of fickle, changing fashion. In other words, to dress to the glory of God, we must study the human body and its needs, instead of studying fashion plates.

Tight lacing is a most serious evil. It compresses the chest and lungs, so that only about one half the normal amount of air can be taken in at a breath. It also interferes with the elimination of carbonic acid gas and organic wastes through the lungs. The pressure brought to bear upon this part of the body also affects the action of the stomach, liver, intestines, and other organs, forcing them downward out of their normal position, and causing chronic constipation, female diseases, and the various symptoms due to disturbances of the sympathetic nervous system, and the retention and absorption of poisons from the alimentary canal.

The dress should be so arranged that all parts of the body may be equally protected and the circulation equalized. Parts the farthest removed from the center of circulation need special attention. As a rule, this order is reversed among women. Five or six thicknesses of cloth are worn over the chest, besides a heavy fur cloak, while the feet and legs have scarcely any protection from the cold. Thus the blood is driven back from the extremities to the internal organs, causing congestion of these. There is no reason why women should not clothe the feet as warmly as men. Probably the best covering for the feet in winter is a heavy felt shoe. This keeps the feet both warm and dry. In wet weather such shoes must be protected by rubbers. Pride may prevent some from adopting this form of foot wear.

Among men the custom of wearing shirts with starched bosoms is not the most healthful. I believe this has something to do with catarrh, sore throat, and lung ailments. The starched shirt-bosom does not allow evaporation to take place when the wearer perspires. Thus the chest becomes very moist, and the cold air, coming in direct contact with the shirt-bosom, quickly cools it and chills the lungs, often laying the foundation for consumption. There seems to be no good reason why the chest and lungs should not be protected from the cold as well as other parts of the body, but the popular style of clothing does not permit this. While there are four or five thicknesses, including the overcoat, covering the sides and the back, there are only two thicknesses over the upper

part of the chest in front; namely, the thin white shirt and the undershirt. If the vest were made to button up close to the collar, we could do away with the stiff shirt-bosom altogether; and instead, wear a suitable, well-fitting shirt that would afford proper protection from the cold.

Parents need to take special care to clothe their children well when they go out doors in cold weather. Our little ones get so interested in their play that they do not think much about anything else, and therefore need to be looked after. When there is snow on the ground, they should be provided with overshoes, and when the weather is wet or slushy, with rubbers. And if they have been exposed to wet and cold, the shoes and stockings should be changed at once, and the feet vigorously rubbed until warm and glowing. Such precautions will save the children from severe colds as well as from more serious sickness. Special care should be taken to clothe the feet and legs warmly. Underwear, stockings, and leggings or tights, making three thicknesses, are not too much. Girls have a very sensible and comfortable protection for the head in the hood so commonly worn, but boys are often clothed with only a small cap that is scarcely any protection to the head and ears. When properly clothed, the cold winter days will not do harm either to children or to grown-up people; instead, the cold air will do a great deal of good. Cold air is a tonic; it quickens the appetite, renews the vital energies, and paints roses on the cheek.

CLEANLINESS A PART OF GODLINESS.

BY M. E. OLSEN.

WE have come to the time of the year, when, owing partly to cold rooms and lack of proper facilities, but more especially to ignorance of its importance to health, bathing is almost universally neglected. Different excuses are offered, fear of taking cold being a common one. Some one took a hot bath, and going directly out into the open air without proper protection, took a severe cold. No one wishes to repeat the experiment, and not knowing how to bathe in such a way as to avoid ill after-effects, many wait for warm weather before doing anything really thoroughgoing in the way of removing the gross impurities that the body is continually eliminating through the skin.

But cleanliness is essential to health in the winter as well as in the summer. A skin clogged by the accumulated filth of weeks is in a diseased condition, and can not properly do the work that is required of

it. Thus the whole body suffers from the retention of the poisonous matter which has its natural outlet through the pores of a healthy skin. The important part played by the skin as an eliminative organ was demonstrated by the death in less than twenty-four hours of a lad whom the ignorant managers of a show covered with a thin coat of varnish in order to have him represent a certain part in the play. The varnish effectually closed the pores of his skin, thus cutting off all action and causing death by self-poisoning.

Bathing guards against colds, especially the cold bath taken on rising. Many persons have not a sufficiently robust constitution to stand the shock of getting into a tub of cold water, even though only for a few seconds; but such can get very satisfactory results by applying the water to a part of the body at a time, and then rubbing quickly with a crash towel. Thus the whole body can be gone over thoroughly in a few moments, and the skin given a healthy glow. If the room is not warm, it may be well to expose only a part of the body at a time. The reaction will be most satisfactory if the water is rubbed well into the skin by the hand before drying with the towel. Such a bath can be taken in the bedroom, and calls for only an ordinary wash-bowl, a good crash towel, and a vigorous use of the hands and arms in applying the same. If done in a listless, half-hearted manner, the benefit will not be nearly so great.

In addition to the cold bath, which is excellent as a daily tonic, a warm bath should be taken once a week, when it is well to use a little soap.

The moral phase of this subject is important. Reverence for the body as the temple of the Holy Ghost is utterly incompatible with neglect of strict personal cleanliness. The kind of sanctity that delighted in unwashed bodies, unkempt hair and beard, and filthy garments belongs to the dark ages. The Bible not only gives it no countenance, but plainly exhorts us to maintain perfect cleanliness, both physical and spiritual. It is a significant fact, too, that God has supplied us liberally with the only requisite to cleanliness — water, which is almost as free as the air we breathe.

The following general rules for bathing were given by a Sanitarium physician to one of his classes:—

1. Do not bathe for an hour two or after a meal.
2. Exercise after a cold bath, and rest after a warm one.
3. Do not take a cold bath when exhausted or perspiring.

4. Always follow the hot bath with a cold spray, or cool off the water in the tub so as to close the pores. Otherwise you will be liable to take cold.

5. The best time for a cold bath in the majority of cases is immediately on rising in the morning. The ideal time for a warm bath is just before retiring.

The reasons for these precautions are obvious. If a bath is taken in close connection with a meal, the blood is called from the stomach to the surface, and digestion is apt to be imperfect.

A person exercises after a short cold bath to aid the reaction. One rests after a warm bath because it is relaxing.

If a cold bath is taken when one is tired, the system has less power to resist the cold, and serious injury may result. It should be said that reference is here made to the full cold bath or spray. A sponge bath, using cool water, may sometimes be taken to advantage when one is heated or tired; it acts as a mild tonic.

The early morning hour is a good time for the cold bath, because the vitality is then at its highest, hence the reaction is the most thorough.

SLAUGHTER-HOUSE INCIDENTS.

MR. F. E. BELDEN, who has recently visited the slaughter-houses in Chicago, gave us the following interesting points in a conversation we had with him a few days ago:—

“I had been using meat occasionally, and had made free use of milk and eggs until I began my investigations; since then I have not touched meat or butter, and only a little cream after it has been thoroughly sterilized. I saw cows almost dead with consumption and scarcely able to stand, brought in from the country. I asked the inspector, ‘Have we been drinking the milk from those cows?’ He said, ‘Doubtless you have.’ I said, ‘What do you do with them here?’ He replied, ‘The parts of the animal that are most badly diseased we throw into the tank to make into a fertilizer.’ He told me that the rest of the meat was passed upon by the inspector, rather leniently I suppose, then prepared as canned beef. The meat of old animals, being very tough, is also used in this way.

PORK EXAMINED ONLY FOR EXPORT.

“Presently the chief inspector took me to a room where a hundred young ladies with microscopes were examining the flesh of hogs for trichina. I was con-

gratulating myself on the care taken by the government to prevent people from taking this disease from pork, when the inspector incidentally remarked that this meat was all for export, and said that Germany, France, Spain, and Denmark required all the pork imported from America to be examined in this way. I asked if the pork consumed in this country was not examined, and he answered in the negative. ‘What per cent. of animals are found to have this disease?’ I next inquired. He said, ‘Two per cent.’ ‘What disposition is made of these diseased animals?’ The chief inspector replied that they were boiled down and made into fertilizer; but another government inspector, whom I met the following day, said, when I told him of the information I had received: ‘That is a mistake. I have been in the employ of the government for five years and have handled these animals myself. They are positively sent out with the others, and used in the interstate trade.’ He said, moreover, that this was not to be criticized, because the pork used in this country was not examined anyway. Then why be so particular about a few of the animals that are found to have the disease, and therefore can not be sent to foreign countries?

“On inquiring of the chief inspector what precautions are taken to prevent the eating of hogs having tuberculosis and other diseases, I learned that no special effort is made to detect such. If the animal is able to stand on his legs, he is usually accepted, unless there are some very prominent outward marks of the disease.

JEWISH SLAUGHTER-HOUSES.

“I also visited a Jewish slaughter-house, and found that the rabbis appointed to examine the animals are very particular in their way. They will take the lung of every animal in their hands and carefully scrutinize it. If there is any question as to its soundness, they inflate it, and if it does not hold air, the animal is rejected. The men who kill the animals for the Jewish market do not stun them by a blow in the head. They use a large knife, a foot and a half in length, with an edge as keen as a razor, and the animal is held by two men while the throat is cut and the blood drained from the body by a method peculiar to them. However, they can not get all the blood from the hind quarter, so that part is not used by the Jews. The Jewish inspectors do not have a technical knowledge of the diseases that afflict animals, therefore they will sometimes pass animals that are not entirely healthy. Still, they are very strict

and actually reject about nineteen out of every twenty. This may seem a large proportion, but probably if these Jewish inspectors were better instructed, they would reject all. It is well known that a large number of diseased animals are permitted to pass unchallenged by the inspector, and go to make up the bulk of the meat eaten.

MEAT A DOLLAR A POUND.

“A friend of mine, who is well acquainted with the inspectors, visited the slaughter-houses about the same time that I did. One of the inspectors told him that if they should reject every animal that was not healthy, meat would cost one dollar a pound in Chicago. He said, ‘You need not give my name, but that is an absolute fact.’

“This reminds me of another incident. One of the sisters in our church was visiting in the country with a friend who had a large dairy, and was enjoying the milk, I suppose. One morning as she was lying on the couch, she heard the proprietor of the farm speaking with a stranger. This man, who turned out to be a veterinary surgeon, said, ‘Almost every animal in your herd is diseased.’ The sister did not drink any more milk on that farm. A few weeks later the whole herd was sold, and of course we know where the animals went.

“Besides visiting the slaughter-houses in Chicago, I have corresponded with officials in charge of this department in a number of States, and have received much information from them. I have learned that the juice of the meat of tuberculous animals, though taken from parts of the animal apparently entirely free from the disease, will produce tuberculosis in rabbits and other animals inoculated with it. So also with milk, while disease-germs may not be present in such numbers as to be detected by the microscope, the milk may communicate the disease to other animals when they are inoculated with it. Often cows having tuberculosis will look as healthy and plump as any in the herd. The only way to make sure whether they have the disease or not is to apply the tuberculin test.

“When I had seen these things and had received this information, I thought if people only knew the numerous dangers attendant upon meat eating, they would not feel it a sacrifice to give up the use of flesh.”

We are glad to give our readers the benefit of these investigations. We hope Brother Belden will carry out his purpose to write a tract on the subject,

setting forth in full the results of his investigations. Aside from the danger to health in partaking of flesh-meats, there is another most excellent reason why we should be vegetarians. It is found in the twenty-ninth verse of the first chapter of Genesis, which plainly tells us God’s original plan for man as related to food. If we desire to be in harmony with God, and to promote his kingdom here upon earth, we shall, for that reason alone, choose a bloodless diet.

WATCH YOUR CANDLE.

If it burns dimly these long winter evenings, there is something wrong about the atmosphere of your room. There is not enough oxygen to give a bright flame. Let in some fresh air, and see if the light will not improve.

When your candle or lamp or gas-jet is burning low for lack of oxygen, that is also the condition of your own system, which is simply a larger light. Do you wonder why the children are so stupid, or why you yourself can not keep awake? The lights are burning low,—that is all. There is not enough oxygen to aerate your blood and keep the fires burning brightly in your tissues. Waste matters are accumulating, and clogging the processes of life.

Throw up the windows. Let in the free gift of Heaven,—the life-giving oxygen. Teach the children to love it, and to avoid every place where the air is foul. The lungs are just as much entitled to have clean, nutritious food as is the stomach. The most important of all needs of the system is pure air in abundance, and we need not suffer for want of it, for it is lavished upon us most freely by our kind Heavenly Father.

THE weakness of our Christian experience is wholly due to the perversity of the human heart. The Lord has prepared great things for those who will partake of him. He is longing to represent himself in the individual members of the church, if they will walk, not after the flesh, but after the Spirit. But he can not bless and strengthen a people who are full of self, and who have no room for him. There are many who will not comply with the conditions of salvation because they desire to keep the world and its advantages first; and those things which are of greater importance than any worldly consideration are treated with indifference. This constant slipping down into a worldly current, while bearing the name of Christian, is dishonoring to God.—*Mrs. E. G. White.*

NEW YEAR'S DINNERS.

No doubt many of our readers will want to provide an especially good dinner on New Year's day. Some, we hope, will invite in the poor, and the maimed, and the otherwise unfortunate, in harmony with the Saviour's instruction. Others will invite relatives and friends, and this is also well. In either case the dinner may be a means not only of giving joy and drawing closer the ties of friendship, but of educating people in the principles of correct living.

Alarming ignorance prevails in regard to the diet of vegetarians. A great many people think we live on bran and water or something equally unpalatable, and wonder that we are able to subsist at all.

In view of this condition of things, what excellent missionary work to invite some of these people to take dinner with us, and demonstrate to them in a practical way that we can live well and cheaply without using a particle of meat. The guests may get valuable hints from such a meal, and go home to prepare some of the same dishes for their families.

The following menu will at least be suggestive. The variety of foods offered is larger than needed by any one person, but the guests will have different tastes, and it is well on such occasions to have the meal sufficiently varied so that every one will find something to his liking. Some of the recipes call for cream, but nut butter, if it can be obtained, is preferable.

We would have our readers understand that this menu is not offered as ideal, but rather as well adapted to convince the uninitiated that one may dine liberally without the use of meat.

An ideal meal would be different, we imagine somewhat as follows: A large dish of the rosiest, mellowest apples, another of golden pears, also canned peaches, granose cakes freshly toasted, and spread with a layer of nuttolene, a pitcher of malted nuts dissolved in hot water, and some nut rolls. If a larger variety of dishes is desired, add zwieback, oranges, mixed nuts, and raisins.

Such a meal would be ideal in many ways. Every article is easy of digestion, hence there would be no large drain upon the nervous energy. Fruits, grains, and nuts being used exclusively, the combination would be good. The foods need little cooking, so there is a saving in labor and fuel. The food is not of a liquid nature, and hence encourages thorough mastication.

No doubt the objection will be raised that such a

meal would be too expensive. It might in some localities; but if we figure the time and the strength of mothers worth something, we shall doubtless discover that the pies, cakes, cookies, and other luxuries freely indulged in on holidays, cost a good deal. Add to this the precious supplies of energy called from the brain to the stomach to labor with such indigestible things, and the consequent increased susceptibility to disease, and we must decide that they are more expensive in the end than the health foods.

The following menu gives a hint of what may be done without meat:—

SOUPS.		
Corn		Sago Fruit
VEGETABLES.		
Lentil Roast	Peas Purée	Stuffed Potato
Steamed Sweet Potato with Brown Gravy		
GRAINS.		
Raspberry Farina Mold		
Browned Rice with Blackberry Sauce		
BREADS.		
Fruit Bread		Graham Rolls
DESSERTS.		
Orange Pie		Mixed Nuts
Apples and Oranges		

RECIPES.

Sago Fruit Soup.—Cook one cup of sago in a quart of water in a double boiler until transparent. Then add one cup of California prunes and one-half cup of thoroughly cooked raisins. Add one-half cup of cranberry-juice and one-half cup of sugar. This will make three pints of soup. Serve hot.

Lentil Roast.—Two cups of strained lentils, one cup of strained tomato, three-fourths cup of chopped nuttose, one egg, one-third cup of granola, one-third cup of gluten, two cups of chopped English walnuts, salt and onions to taste. Bake in a moderate oven forty-five minutes.

Peas Purée.—Rub through a colander one quart of cooked Scotch peas. Have the peas as dry as possible before putting through the colander. Then add one cup of cream and salt to taste. Make in little cakes and bake until of a light brown.

Stuffed Potato.—Bake large potatoes of equal size. When done, cut each one three fourths of an inch from the end. Scrape out the inside, taking care not to break the skins. Season with thick cream and salt; whip with a fork until light, refill. Fit the broken portions together. When reheated, wrap in squares of tissue-paper, serve.

Brown Gravy.—Proceed as in cream gravy, only nave the flour browned before using.

Raspberry Farina Mold.—Boil six cups of sweetened raspberry-juice. Add one cup of farina slowly, stirring constantly so as to avoid lumps. Set in a double boiler and cook one hour. When done, put in molds. Serve with lemon sauce made the same as for pie, omitting eggs.

Browned Rice.—Bake the rice in an oven until light brown in color; steam.

Blackberry Sauce.—Three pints of blackberry-juice, sweeten to taste, thicken with corn-starch to the consistency of thick cream.

Orange Pie with Granola Crust.—Three-fourths cup of granola, three-fourths cup of cream; mix well. Pour into a pie-tin, and mold with the bowl of a spoon until the shape of the tin.

Filling.—Eight tablespoonfuls of orange-juice, rind of one orange, one cup of sugar, one-third cup of corn-starch, add all to one pint of boiling water. Boil up once, then allow it to cool. Beat the yolks of four eggs and the whites of two until light, and add to the filling when cool. Pour all into the crust, bake twenty minutes. Beat the remaining whites until light, and add two tablespoonfuls of sugar, and spread on the top.

HOW TO MAKE CHILDREN LOVELY.

THERE is just one way, and that is to surround them day and night with an atmosphere of love. Restraint and reproof may be mingled with the love, but love must be a constant element.

“I found my little girl growing unamiable and plain,” said a mother to me the other day, “and reflecting on this sadly, I could but accuse myself as the cause thereof. So I changed my management, and improved every opportunity to praise and encourage her, to assure her of my unbounded affection for her and my earnest desire that she should grow up to a lovely and harmonious womanhood. As a rose opens to the sunshine, so the child’s heart opened in the warmth of the constant affection and caresses I showered upon her; her peevishness passed away, her face grew beautiful, and now one look from me brings her to my side, obedient to my will, and happiest when she is nearest me.”

Is there not in this a lesson for all parents? Not all the plowing or weeding or cultivation of every sort we can give our growing crops will do for them

what the steady shining of the sun can effect. Love is the sunshine of the family; without it neither character, morality, nor virtue can be brought to perfection.—*Sel.*

CONSTIPATION OF FORTY YEARS STANDING CURED BY A VEGETARIAN DIET.

AN interesting letter has come to us recently from Brother C. E. Moser, of Elmhurst, Cal. He says he has found something of great value to him, and wishes to share it with others. Brother Moser then goes on to tell how he suffered for about forty years with obstinate constipation. He says: “I was so bad off while in the army in 1862 that I had to take cathartic medicine every few days. At one time I got out of medicine, and went seven days without a movement of the bowels, and was in great distress.” After his discharge from the army the difficulty grew worse rather than better, and medicine had to be resorted to continually, but it did not produce any permanent results. So it continued for nearly thirty years, and then he made a discovery which he relates in the following words:—

“One day, while reading the first chapter of Genesis, I particularly noticed the bill of fare that God gave to Adam and Eve. It was fruits and seeds. Comparing my bill of fare with this, I saw a great difference; for I had flesh-meats of different kinds, lard, the oil of fish, tea and coffee for drink, and the finest white flour for bread; in fact, I ate everything that tasted good. But I never used stronger drinks than tea and coffee. It became very clear to me that I was not living as God wanted his people to live, so I resolved to change my diet, and adopt the original bill of fare. I immediately gave up tea and coffee, flesh-meats, and grease, except a little butter, and now my diet is, and has been for the past two years, water for drink (hot or cold), bread made of equal parts of whole-wheat and rye flour, and fruits of all kinds. I also use some garden vegetables.

“The result has been a complete cure of my constipation, so that I have not taken a pill or anything of the kind for nearly a year, and my bowels have been in perfect working order. Some may think it a hard task to drop so many good (?) things, and adopt a plain diet, but such is not the case. When we do a thing from principle, because the Lord has said we should, then it becomes a pleasure, and the result will always be a blessing and a healing.”

WHAT SHALL WE GET FOR BREAKFAST?

BY LAURETTA KRESS, M. D.

THIS puzzling question is asked and answered by every housewife. A good breakfast is the best capital upon which men and women who have work to do in the world can begin the day. If the food is of proper quality, tastily prepared, and free from grease, it furnishes the brain, nerves, muscles, and other tissues with strength and tone to perform the day's tasks.

What is there more fitting, after a good night's rest, when the body is refreshed and all is in harmony with God's great plan, than to sit down to a simple, wholesome meal prepared of nourishing, easily digested foods?

The custom of using fried potatoes or mushes, salted fish or meats, and other indigestible foods is certainly a pernicious one. These foods are very difficult of digestion, besides causing an intense thirst which often leads men and boys into the saloon on their way to work. A temperance writer once said:—

“It very often happens that women who send out their loved ones with an agony of prayer that they may be kept from drink for the day, also send them with a breakfast that will make them almost frantic with thirst before they get to the first saloon.”

After an indigestible breakfast the children are difficult to control. The wife and mother, who has labored hard to live a pure, Christian life before her family, fails, and gives way to spasms of temper because of the breakfast of indigestibles which lies still in the stomach. The children, in like manner, follow her example, and the home which was intended to be a “little heaven upon earth” is spoiled by a bad breakfast.

The father comes home for his second meal with an irritable temper. His breakfast has kept him cross all day, and now there is a craving in the epigastric region for something, and this feeling is so intense that he demands his food at once. The poor wife again meets failure in her endeavor to have the family life smooth and unruffled.

A simple breakfast of grains properly prepared with plenty of fruit would have changed this day's experience into sunshine. The meal should be begun with something which needs thorough mastication. A piece of light, stale bread, toasted in the oven with slow heat for two or three hours, so that the moisture is dried out, is an excellent thing to start the flow of saliva. The baking process changes much of the

starch to dextrin, thus completing one of the first processes of digestion in the mouth. The teeth, mouth, and stomach profit by this method of eating. The toasted bread becomes sweeter and more palatable the longer we chew it, and in this way a much larger proportion of it is carried into the circulation as nourishment than could be if the bread were used before re-baking. In the first place the soft yeast bread can be swallowed with very little mastication. The starch in it is not changed in the mouth; it contains yeast germs that have not been killed in the baking process, and they cause fermentation in the stomach. Such food furnishes little nourishment or strength.

For a second course some nicely prepared grain—corn-meal, wheaten grits, oatmeal, rolled oats, rice, and numerous others—can be served. These grains made into a thick mush the day before, allowed to cool and then sliced in the morning, rolled in browned bread crumbs, laid upon oiled tins, and placed in the oven to bake until brown, are very nice indeed.

Grains should be cooked a long time in a double boiler; two or three hours is none too long. The grain should be cooked in these proportions: corn meal, one part to four parts of boiling water; wheaten grits, one part to four parts boiling water,—cook three or four hours; oatmeal, one part grain to three and one-half cups of boiling water; rolled wheat or rolled oats, one part grain to two and one-half of water, cook two hours; rice, one part grain to two and one-half of water, cook one hour.

These grains can be served with a browned flour gravy made by stirring browned flour, rubbed smooth with a little water, into boiling, salted water. When boiled, a tablespoonful of nut butter rubbed smooth in water can be added, or a half cup of cream if one desires. Fruit-juices or canned fruits make a nice covering for the grains. Fresh or canned fruit to close the meal completes a very wholesome and easily digested breakfast.

PHYSICAL CULTURE.—III.

BY LENNA WHITNEY.

LET the first exercise in your practise always be the swaying from heel to toe—exercise 4 in the November number. Follow this by rising on the toes to test your position, letting the heels lower very slowly. It will not be necessary to practise the other swaying exercises that were given, when you are sure that you are taking the last one correctly, as they are really intro-

ductory to it. Take next exercise 6 in lesson II at least ten times. There will be a tendency to lean back while taking this exercise, therefore do not forget to lean forward slightly before you begin. For the next exercise take the following :—

1. Begin with the arms hanging easily at the sides. Turn the palms out slowly; reaching strongly out all the time, raise the arms high over the head, palms facing. Hold the position a moment, and see if you are still in the correct poise. Turn the palms front, and push strongly straight down until the arms are hanging straight at the sides again. As in the preceding exercise, push up with the chest as you push down with the palms. Always take these two exercises together and in this order.

2. Place the hands on the hips, the weight on both feet. Transfer the weight to the left foot, and touch the right toe straight back a good foot's length. Stand very tall on your left foot. On count one, swing the right leg straight forward from the hip; on two, swing back, not allowing the toe to touch anywhere. Repeat four times, counting eight. On the seventh and eighth counts, pointing the toe slightly out, place the ball of the right foot on the floor, transferring the weight to the right foot, letting the heel sink. The left toe is now touching straight back, and you are all ready to take the exercise with the foot. Take four times with each foot. This exercise will do much to give steadiness and balance. After you can take it with the hands on the hips and without moving the shoulders and keeping the chest raised high, take it with the arms raised straight at the side, shoulder high. As you take the exercise, see that the arms are kept perfectly still, and that the finger tips do not move a particle. Keep the eyes fixed on some point a little higher than your head.

In the last number I spoke of instances of marked increase of chest measurement by the daily practise of certain exercises. Since the last article was written, a lady who had been practising these exercises came to me delighted with the fact that her practise had resulted in a gain of one and three-fourths inches in expansion. The following exercise is one of the most important :—

3. Stand with your toes from three to five inches from the wall—the distance should be such that when you are in the correct poise the chest will be one and one-half inches from the wall. Now slowly inhaling, try to expand the chest until it will touch

the wall. Be careful not to allow the shoulders to move. It will require practise to take the exercise and keep the shoulders perfectly still, but it can be done after a short time. Probably the first time you make the attempt, you will think you are accomplishing nothing, but continue the practise twice a day until you are successful. It may be a month, it may be two; but remember that success in everything is gained only by hard work.

PRACTICAL HYDROTHERAPY.

THE WET-SHEET PACK AND THE HOT-BLANKET PACK.

WHEN properly administered, the wet-sheet pack is one of the most powerful of all water applications. Skill is needed, however, to apply it with a uniform degree of success.

Two or three comfortables or heavy blankets, one woolen blanket, and a large linen or cotton sheet are

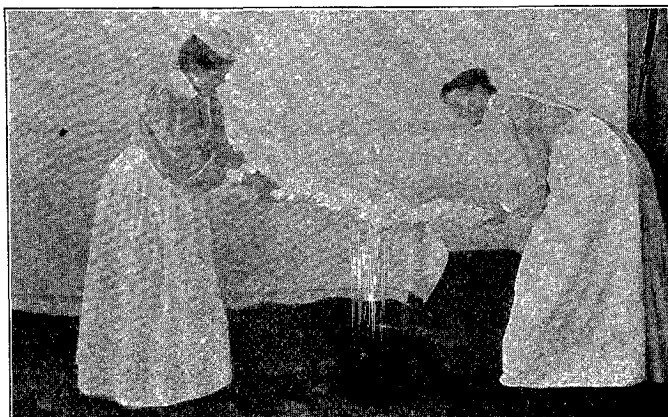


FIG. 1.—WRINGING THE HOT BLANKET.

the articles necessary. More blankets are required in cool weather and by weak patients. It is important to be certain that the sheet is large enough to extend twice around the patient's body. Spread the comfortables upon a bed or a straight lounge, making them even at the top. Over them spread the woolen blanket, allowing its upper edge to fall an inch or two below that of the comfortables.

With the bed and the patient all ready, gather one end of the sheet in the hand and dip it in water at 100° F. Wring it so that it will not drip much, place its upper edge even with the woolen blanket, and spread it out quickly each side of the middle sufficiently to let the patient lie down upon his back, letting the ears come just above the upper border of the sheet, and extending the limbs near together.

The sheet will now be about 90° F., and the process of wrapping should be done rapidly. The patient should raise his arms while the attendant draws over him one side of the wet sheet, taking care to bring it in contact with as much of the body as possible.

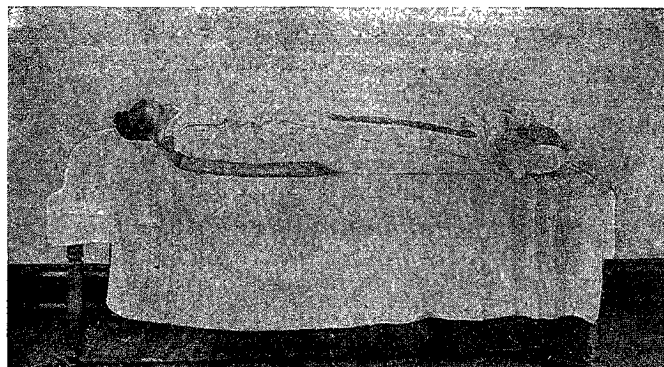


FIG. 2.—PATIENT PARTIALLY FOLDED IN THE HOT-BLANKET PACK, SHOWING HOT-WATER BAGS.

Tuck the edge tightly under the patient on the opposite side. Now let the patient clasp his hands across his chest, and bring up the other side of the sheet. Grasp it by its upper corner with one hand, and draw it down over the shoulder, lengthwise of the body; then, placing the other hand upon the covered shoulder and holding the sheet firmly in place, carry the corner upward upon the opposite side and tuck it under the shoulder, thus drawing the edge of the sheet well up under the chin. Tuck the edge of the sheet well under the body along the side, carefully enveloping the feet.

Now bring up the blanket, tucking in one side at a time, and also the comfortables, being careful to exclude all air at the neck, and allowing the blankets to extend below the feet so that they can be folded under.

It is not desirable that the patient be bound very tightly; all that is necessary is the exclusion of air, and as the back and feet are the points at which it is most likely to enter, these parts should receive particular attention, as directed. If too tightly bound, the patient will be more likely to be nervous than if allowed some freedom.

If the feet are not warm, a hot foot bath should be taken before the pack. If they become cool in the pack, hot-water bags, jugs, bricks, or stones should be applied to them. If the patient does not become comfortably warm in a few minutes,—ten or fifteen at the most,—more blankets should be added, and, if

necessary, dry heat applied to the sides. If he still remains chilly, he should be promptly removed, and placed in a warm bath, or vigorously rubbed with a dry sheet and placed in a dry-blanket pack until warmth returns.

The head should be kept cool by frequent wetting while the patient is in the pack. If a compress is applied, it should be often renewed.

The duration of the pack is usually twenty minutes, but the length of time varies with the condition of the patient, the effects desired, and the immediate effects produced. If the patient becomes very nervous, or sweats excessively, or becomes faint, or has other seriously unpleasant or dangerous symptoms, he should be removed from the pack at once, if he has not been more than ten minutes in it; but if he sleeps naturally, he may remain in the pack a full hour, if strong, or even longer in many cases. In

fevers, short packs frequently repeated are more beneficial than long ones fewer in number.

The hot-blanket pack is administered in the same way as the wet-sheet pack, except that a blanket is used instead of the sheet, and is wrung as dry as possible from boiling water. The patient is wrapped in the blanket as soon as it is cool enough. The manner of wringing the hot blanket is shown in Fig. 1.

This pack is usually administered for the purpose of inducing perspiration, and for this it is a most pow-

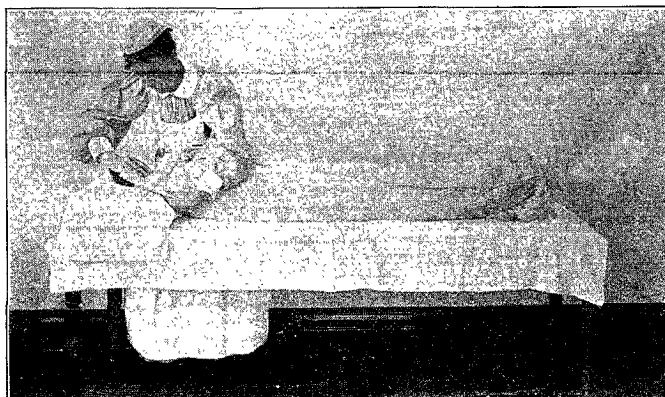


FIG. 3.—PATIENT IN PACK, SHOWING MANNER OF TUCKING BLANKET IN AT NECK AND FEET.

erful application. Hot-water bags should be placed around the patient as shown in Fig. 2. This pack is especially useful in chronic rheumatism, obesity, jaundice, etc., and is one of the best means of curing a cold.

This pack should be followed by the spray, the sponge bath, the douche, or the wet-sheet rub. It is a powerful remedy, and should not be used to excess

in chronic diseases. Its depurating effects are really wonderful. The increased action of the skin, together with determination of blood to the surface, is so great that poisons long hidden in the system are brought out and eliminated. The odor of a sheet used in packing a person whose system is in a gross condition is often intolerable. If the patient be a tobacco user, the sheet will be reeking with the odor of nicotine. Many times the sheet will actually be discolored with the impurities drawn from the body.

The cases in which the pack is useful in treating disease are very numerous. In almost all acute diseases accompanied by general febrile disturbance, and in nearly all chronic diseases, it is a most helpful remedy if rightly managed. It is an admirable measure for nervousness, skin diseases accompanied by thickening of the skin and scaling of the epidermis, and irritations of the mucous membrane. The warm pack is an invaluable remedy in the treatment of children's diseases, and in convulsions.

TO THE READING CIRCLES.

BY M. E. OLSEN.

WE recommend the following articles as suitable to form chief topics at the meetings held in January:—

1. "Have We Access Now to the Tree of Life?" by Dr. Paulson. There is food for careful thought in this article. Let each member solemnly ask himself, "Am I now receiving the mark of God, or am I identifying myself with the power that is working against God and his truth?" We all exert an influence one way or the other.

2. "Dress for Comfort, not for Fashion," by Dr. Kress. This article is both timely and practical. Study the subject broadly. Find out what the Lord has said about the matter of dress, and then inquire into the state of your own life with reference to the same. Only as we apply these truths personally can we realize their true power and efficacy.

In connection with Dr. Kress's article on this subject, read carefully the one by Dr. Stewart on "The Corset as a Cause of Disease." We shall have further definite instruction in this line in future numbers.

3. "What Shall We Get for Breakfast?" is a timely subject. Study in connection with Dr. Kress's article the recipes in "Science in the Kitchen" and "Every-Day Dishes." Remember that cooking is a sacred work. The kitchen should, of all rooms in the house, be carefully guarded from everything that pollutes or defiles, and blessed with the divine presence.

It is not enough to ask God's blessing upon the food after it is placed on the table. Should we not also ask his help in preparing it so that it will be worthy of his blessing when placed on the table?

4. The article on hydrotherapy may be studied in connection with the "Home Hand-Book," by Dr. J. H. Kellogg. Notice how many diseases may be treated successfully by the various uses of water. Careful study of this subject will save large doctors' bills, and what is more, precious human lives.

THE TIME FOR THE MEETING.

We find that quite a number of our circles meet on the Sabbath. This puts them at some disadvantage. While it is perfectly proper to study any branch of present truth on the Sabbath, yet we all feel that the day in a special sense belongs to God and the things that directly concern the spiritual life. Therefore many interesting facts and experiences which have grown out of our efforts to adopt these principles and which would be perfectly proper to talk over on a week day, we should not feel free to speak of on the Sabbath. They seem to us to refer too much to things that are common and secular. Some of the studies given would be hardly appropriate for Sabbath study, and yet are very essential to a thorough knowledge of health reform. To this class belong the third and fourth given in this number.

On the other hand, it is true that some of the circles are so situated that they can not meet on any other day, and the best thing for them to do is to go right on, arranging their programs in such a way as to dwell mainly on the Bible principles involved, and the relation of health reform to the spiritual life. Most of the studies we have given in the past are well adapted to such use. Then the members can devote time during the week to mastering the details. When the studies suggested are unsuitable for Sabbath use, others may be substituted, or a study prepared from the Bible and "Healthful Living."

Let us not forget that health reform, rightly regarded, is a deeply spiritual thing, and the health principles can be studied in such a way as to furnish rich spiritual food for all the churches. The Bible is a sacred book, and the things it speaks of are certainly not unworthy of consideration on the Sabbath day. Yet the Bible devotes considerable space to diet, dress, and other matters pertaining to the body.

Let us seek the guidance of that Spirit that has promised to lead us into all truth. Then we shall be all of one mind and one heart, and God can bless us.

OUR SANITARIUMS.

PORTLAND.

THE Sanitarium family is enjoying a rich religious experience. At our last Friday-evening meeting, after the Sabbath-opening services, we enjoyed a Bible reading on the subject of "Faith in the Lord," given by Dr. Hubbard. After the reading, in which all took part, an opportunity was given for those who wished to do so to speak of God's goodness to them. Every one responded most heartily. Many personal experiences were given which showed what faith in the Lord will do for those who wholly submit themselves to him.

There never was a time in the history of the Portland Sanitarium when all the nurses and helpers were in such perfect harmony as at the present time. Surely the Lord is working in the hearts of the family. But the devil is not asleep, and we hope the brethren and sisters will continue to pray for the success of this young institution. The Sanitarium family are all of one accord on the diet question, and, so far as we know, stand up firmly for true health-reform principles. We have had no meat of any kind in the house for over two months, even for our patients.

Our work is small, but we believe the Lord will bless the effort if we stand firm for principles and do not waver.

W. F. HUBBARD, M. D.

BATTLE CREEK.

The last month has been a blessed one for the Sanitarium family. Daily evidences have appeared of God's hand at work. Patients have been healed spiritually and physically, and have gone home rejoicing. In some cases it has pleased the Lord to make short work, and in others equally remarkable but slower gains have been made healthwise.

The local work in the city is increasing. The Christian Help bands and Life Boat crews, which embrace in their membership a large number of the most faithful and active workers, are having interesting experiences in many different lines. Some of the members devote their attention especially to cottage meetings, mothers' meetings, and classes for children. Most of these meetings are held Friday evening and Sabbath afternoon, as the workers have classes the other evenings of the week, and are busy putting in their ten hours of work during the day. Singing for the sick is an especial feature of one of the bands. This is a

blessed work, and one that could be taken up to advantage in other communities as well. Gospel singing is very effective in leading souls to Christ.

Regular visits are made by some of the workers to the county jail at Marshall, where several men have been soundly converted, and others led to make some reforms. Both officers and prisoners receive the workers with greatest cordiality and feel much disappointed when they are for any reason kept away.

One of our gospel wagons started south the first week in November. Brethren Clarence Patch, C. A. Brandstater, Thomas Egan, and John Hunter are with it, and we hear encouraging reports of their work. They are well supplied with gospel literature of various kinds, but will devote special attention to sounding the gospel invitation in the highways and byways of our Southern cities, as well as in the country towns through which they may pass.

The Bible classes are thoroughly enjoying their work. Elder A. T. Jones is conducting studies in the books of Hebrews and Daniel, in the Life of Christ, and in mental science. The instruction he is giving is very helpful and practical. The following is an extract from one of his talks on Hebrews:—

"He who apologizes for sin can never be saved from it. We are to abhor sin, and not to excuse it in any form. It is common for people to excuse sin in themselves, but not in other people. They will pass by their own faults, saying, 'Well, it is not expected that human nature can be perfect.' This is all wrong. We are not to look for anything else but perfection in ourselves. We must make allowance for other people, but none for ourselves. To be a real Christian you must grind yourself down under your heel, and hold yourself there. Then, as I told you the other night, you will find all heaven enlisted to keep you from sinning, and to carry you on to perfection. But just as certainly as you think, 'Well, it can not be expected that I will be perfect,' you excuse yourself in sin, and then you have no one to help you but Satan."

Other subjects recently taken up in the classes are "The Third Angel's Message in its Relation to the Health Principles," "The Word of God," and "Methods of Home and Foreign Missionary Work." Quite a number of the helpers are writing articles for their home papers, and many others are writing weekly letters to their friends and relatives, endeavoring to bring out clearly and plainly the principles of healthful living.

December 3 we opened a gospel mission right in the

heart of the city. Brethren Mackey, Wills, Furbay, Hanna, and Dr. Kress have assisted in these meetings at different times. The Spirit of God has worked upon souls. The attendance is good, and the interest growing.

THE INSTITUTE.

Two workers' institutes have recently been held in the Sanitarium at Battle Creek within the past two months, in order to give a speedy preparation to those who felt a burden to go out and give the gospel of good health to the world. The meetings were attended with the blessing of God in a marked degree. Dr. Paulson did much of the teaching, but Drs. Kress, Rand, Winegar, and others conducted a number of interesting classes, and Dr. J. H. Kellogg laid aside important work in order to meet the students and impart essential instruction. Much time was spent in earnest, prayerful study of the recent communications from Sister White calling so urgently for workers to go out into the highways and byways, and carry the water of life to thirsty souls.

No arbitrary rules were made with reference to line of work or field; but all together sought the divine guidance. Little groups of workers met in private rooms to seek the Lord for his Spirit. These little gatherings were seasons of great refreshing. One by one the companies departed, some going to neighboring cities, others to more distant points. They went to new fields without fixed salaries, but full of faith in the love and care of a Heavenly Father. They went "in the fulness of the blessing of the gospel of Christ," and they will be cared for as surely as were the apostles.

Some of the companies have not gone yet, but are beginning their work right here in Battle Creek, canvassing the place thoroughly for *Good Health*. In these efforts God is greatly blessing them. They find so many people who have heard of these things, but desire to be more fully instructed. Surely the world is ready for the message; but where are the willing bearers of it? Every town where there is a Seventh-day Adventist church should be canvassed for *Good Health*, and have an opportunity to learn the saving truths of health reform.

We shall in a future number tell our readers something more about the institute work, and the success that may attend the companies that are already in the field.

WHAT HATH GOD WROUGHT?

A NURSE'S EXPERIENCE.

LAST Sabbath afternoon one of the brethren came over and told me there was a woman at the tent who seemed to be in need of help. So a sister and I went down to see her. We found her lying on the matting in front of the pulpit, a wreck of what was once a woman. She was unconscious from the effects of morphine. We looked at her a while, bewildered and shocked at what confronted us, then offering a prayer for wisdom to know what to do and how to do it, we began making an examination. As it was near time for services, we made a pallet outside of the tent, and I staid with her until the meeting was over. We succeeded in arousing her sufficiently to find she had no place to go, and had been staying in the streets nights. She was a mass of filth, rags, and corruption, sick and crazy, and a most wretched cripple, going on crutches and dragging her limbs after her.

We had no place to put her except in our own narrow quarters where patients took their treatments, and I feared that if I took her there, the patients would be frightened, and yet I dared not turn such a sufferer away uncared for: Jesus had died for her. As nothing is impossible with him, it might be that he could yet save her, so I said to the worker, "It may be the Lord Jesus in disguise. We'll take her in, and she can have my bed; she will require so much care I shall not be able to sleep for a good while anyway."

So we brought her up, and thoroughly cleaned her and her rags, burning what could not be otherwise disinfected. She raved a good deal at times, during the after part of the night, and at other times seemed bewildered, and thought she was in heaven, and yet seemed to realize she was unfit to be there. Finally we found that to sing to her had a more quieting effect than anything else, so we sang louder, I'm sure, than did Paul and Silas in the Philippian jail. But soon the awful paroxysms came on so hard and so frequently that to all appearances death was inevitable,—the only relief. But we worked and sang, for the singing came to be indispensable.

All day Sunday and the following night it seemed as if all the demons in hell were centering their forces there. She wailed and screamed; she pleaded for and demanded morphine or cocaine, or both; but I would not let her have a particle of either. She had used morphine for eighteen years and cocaine for three years. Many thought the drug should be diminished

by degrees; but I told them that the Lord had the case in hand, and he did n't need any assistance from Satan.

At first, when the fits came on, we put her in the bath-tub, and turned on a tepid spray or shower for a few seconds, following this with other treatments. Later she had cold rigors with the fits, at which times we put her in a full warm bath, several assistants being required to hold her, so great were her struggles in each paroxysm.

We learned by Monday that she was "the most noted hag, the worst morphine and cocaine fiend, and the vilest outcast in the city;" that she had once possessed influence and affluence here, but that through a chain of circumstances she had fallen to her present low condition; that as she gradually descended the scale, she had been treated by the most skilled physicians in the city, and also at different hospitals here and elsewhere, but by every one and on every occasion she had been pronounced incurable. The people told us that it was no use to try. "Besides," they said, "she is not fit to live nor to receive care." Those who came for treatment cheerfully relinquished their claim "till the crisis should pass," declaring that it was the noblest deed that had been done in the city; but they turned with a moan from the sad scene.

The patient grew more desperate in her demand for drugs, and refused to submit to treatment, or to be "dictated to," as she termed it. I felt that I could not give up the case until the Lord gave evidence that it was his will I should; for it was evident to my mind that the devil would not be so interested and work so hard if the Lord had not something at stake. Thinking it was time to seek the Lord more earnestly in prayer than we had done, at my request the workers all came together and prayed to him for wisdom, and, if it should be for his glory, to heal the sufferer.

Now, praise to his name, the patient's mind is restored. She has been quiet and comparatively easy since Monday night (it is now Friday morning). But best of all, when reason returned, and she realized where she was and what was being done for her, the Lord manifested his power still further, gave her the spirit of repentance, so that Elder _____, who stopped with us Wednesday night, said he had never witnessed a more thorough conversion. Thursday morning, before leaving, at her urgent request, he baptized her, declaring that since the Lord had done so much for her, he felt perfectly clear to do so.

We have since learned that the groups of people,

before mentioned, were crazed, as it were, with the shrieks, but, being "moved to much sympathy" for us, were giving only commendation to a cause that could inspire such unselfish zeal in its adherents. So the Lord has gained the entire victory.

The patient rests well now, and declares that every desire for either drug is entirely gone. She is certainly a "new creature," and rejoices exceedingly and continually in her new life in Christ, and anxiously awaits returning strength to enable her to carry the message of redeeming love to those still in the slough from which she was rescued.

PUBLISHERS' NOTES.

READ our prospectus carefully. Then consider whether it would not be good missionary work to subscribe for one of your friends.

WE trust our readers are making use of the articles on physical culture which Miss Whitney is furnishing us. They will help us to "straighten up." An erect, graceful carriage is highly to be desired, and can be acquired by all able-bodied men and women who are willing to work for it.

WE call special attention to the missionary training-school of correspondence. Every leader of a Christian Help band or GOSPEL OF HEALTH reading circle should, if possible, take this course. It would lend variety to the meetings of the bands and circles, and make the leader better qualified in every way to fill the position acceptably. Full particulars will be furnished on request. Address Correspondence Department, Medical Missionary Training-School, Battle Creek, Mich.

It is a custom with some to make resolutions on New Year's day. Here are some good ones: 1. I will not slay any more of my fellow creatures to gratify a perverted appetite. 2. I will guard my health as sacredly as my character. 3. I will deny inclination and be governed by principle in eating and drinking as well as in other things.

EVERY subscriber to this paper is looked upon in the light of a friend and helper in the work of health reform. It matters not how humble your station, you

exert an influence which will tell on one side or the other.

Multitudes are hungering for a knowledge of these life-saving truths. Perhaps some of your own neighbors would like to be told something about them. Why be selfish, and keep them to yourself? Rather, extend the knowledge of these principles as far as you can. It may prevent the digging of a little grave over on that hillside. If you love your own children, think of others just as dear to their parents as yours are to you. Perhaps these parents have not had an opportunity to learn how to care for the health of their children. You can help them. Don't put it off.

EVERY church should have a live Christian Help band in operation, and organized in connection with this band a Gospel of Health reading circle could be conducted. The members of this circle, meeting at stated times for prayer and study of the principles, could invite in their neighbors, and have a pleasant, profitable time together, talking over things that are of real interest to every one, especially mothers.

HAVE you arranged for a club of GOSPEL OF HEALTHS for your missionary society? The paper will contain especially valuable matter during the coming year. Clear, pointed articles on the care of the sick, healthful cookery, and physical culture will be interspersed with others dealing especially with the subject of health from a Bible standpoint.

We will furnish you a club of ten copies for a year sent to one address, for only three dollars, or thirty cents per copy.

USERS of cow's milk may be interested in the following item from a late number of the *Medical Record*:—

“H. Weller found positive evidences of alcohol to the extent of 0.96 per cent., in the milk from a large dairy attached to an important distillery, where the cows were fed on distillery slops, containing 5.9 per cent. of alcohol. This milk was stronger in alcohol than most beers, but in what quantities it was given was not stated. The milk examined was perfectly fresh, free from acidity, and in other respects normal, having a specific gravity of 1.0335, with total solids of 3.37 per cent.”

THE mother is God's agent to Christianize her family. All heaven is watching the efforts of the Christian parent.—*Mrs. E. G. White.*

RETROSPECTIVE AND PROSPECTIVE.

THE mission of GOSPEL OF HEALTH is well expressed by its name. Gospel means “good news.” The paper has for its object the preaching to all the world, but especially to “them which are of the household of faith,” the glad news of perfect health both physical and spiritual in the Saviour Jesus Christ.

We have tried to tell this news to the best of our ability, and to point out the beauty of a life in harmony with God, with appetite and passions under absolute control and the rich aroma of health breathing forth its sweetness and beauty in every movement. We have endeavored to show that man can fully glorify God only by a pure mind in a pure body, and that this will be the condition of God's waiting people when he sets the seal of his approval upon them. We have held that the only way to pray consistently for God's kingdom to come is to conform our lives while we are yet in this world to the principles which all admit rule in heaven, and will rule in the earth made new.

We have called attention to the recent instruction that has come to God's people with reference to all these things, and have urged upon those who love the truth to heed the solemn warnings given, to come up on the high and holy ground that God wishes them to occupy. Then they would not only differ from other men in holding a pure faith uncorrupted by traditions of men and the encroachments of science falsely so called, but would also present to the world the spectacle of a people living so near to God and following so perfectly the divine laws governing their bodies as to enjoy perfect physical health, and thus glorify their Maker equally in mind and in body.

How well we have succeeded in these efforts our readers must decide. For ourselves, we are conscious of many failures and shortcomings. With Paul, we must confess that we have been “with you in weakness, and in fear, and in much trembling.” But though the minister be weak, the truths advocated are weighty and powerful. We have tried to give them to you “not with excellency of speech or of knowledge,” but in their native simplicity, relying on God to accompany the word written with the convincing and ennobling power of his Spirit.

These great truths can not be adequately told. We can express them feebly and in part, but human language comes far short of setting them forth in their true power and beauty. They can, however, be lived. We can weave them one by one into our daily lives,

and through doing so become partakers of the divine nature, and share in the glory of God's perfect character.

We wish to thank our readers for the loyal support they have given the journal. Your kind, encouraging letters have often cheered us in our work, and inspired us to new efforts to reflect clearly the light of those great principles the Lord is giving us. Your efforts to increase the circulation have been appreciated, and also highly successful. The journal is going to nearly twice as many homes as it was a year ago. But there is still a great work to do, and so we ask a continuance of your prayers, and your active support for the journal during 1899. God has a plan for this paper; he has truths which should be communicated through it, a message for it to sound throughout the length and breadth of the land. Pray that the truths may be made plain, that the trumpet may give a certain sound, that the convicting power of God's Spirit may accompany this little sheet into thousands of homes, and make it a joyful light bearer, a faithful reprover of sins, and a blessed comforter with healing balm for every wound that sin has made.

Our plans for 1899 contemplate a number of valuable features which you will find outlined in the prospectus. Our watchword is *progress*—rapid progress at that, for God's work is going forward, and we must advance with it. If we had time we might call your attention to the advancement that has been made the past year, to the wonderful rapidity with which these truths are being spread everywhere, and the almost universal interest to learn and practise them; but there is yet so much to be done, the work seems only fairly begun. Great fields stretch out before us, white unto the harvest, and we are constrained to hasten on, forgetful of the past, mindful only of the ever-living present, resolved to give the message of life to perishing souls, and to hold up a complete and perfect Saviour with power to heal both mind and body.

THE JANUARY GOSPEL OF HEALTH will be out soon. It will contain the first number of Dr. Paulson's series of articles on "The Divine Harmony of Truth," Dr. Olsen's first article on "Home Sanitation," a very timely contribution from Dr. Kress, and many other interesting things.

Gospel of Health

.. and ..

Healthful Living,



Both for only 75 cents.

TO put the book, "Healthful Living," and its companion, GOSPEL OF HEALTH, within the reach of all, and especially to favor those who are organizing reading circles for the systematic study of the health principles, and who invariably want both the book and the paper, this special offer is made:—

We will send to any address, post-paid, a cloth-bound copy of "Healthful Living," latest edition, and GOSPEL OF HEALTH for one year, all for the small sum of seventy-five cents.

Here is an opportunity to get just the thing that you need,—**the most important book and the most important paper** for those who are *seeking for light* on the health principles.

If you have a copy of "Healthful Living" already, accept this offer anyway, and send the new copy to your friend.

Everybody is interested in this unique little book. It is so terse, so helpful, so accessible, a veritable mine of truth.

As for GOSPEL OF HEALTH, we need only to say that it is the inseparable companion of "Healthful Living." **The book lays down principles. The paper shows how to apply these principles in the every-day life,—how to keep the house and surroundings in a healthful condition, how to prepare nourishing food, how to train the children to reverence their bodies, how to bring ourselves into complete harmony with physical law, and enjoy as a result perfect health.**

In ordering from foreign countries, add twelve cents for postage.

GOSPEL OF HEALTH,
BATTLE CREEK,
MICH.

GOSPEL OF HEALTH

FOR 1899.



GENERAL PLAN OF THE PAPER.

IMPROVEMENT in every department will be eagerly sought. No pains will be spared to make the paper all that it should be as the exponent of the gospel of right physical living. Christ will be set forth as the Saviour alike of soul and body, and harmony with his revealed will as the first essential to health.

The writers who have favored the paper with their contributions the past year will continue to write for it, and some new ones will be added.

DR. J. H. KELLOGG will discuss health topics of timely interest, and will conduct the Question Box.

Bible Temperance, the Relation of Health to Spirituality, and kindred topics, will be taken up by DR. D. H. KRESS.

DR. DAVID PAULSON'S deeply spiritual articles will occupy a prominent place in the paper.

DR. H. F. RAND will contribute a series of articles on "Accidents and Emergencies," for the School of Health Department.

"Healthful Dress," will be treated by DR. ABBIE WINEGAR.

DR. LAURETTA KRESS will continue to write on Hygienic Cookery, and other matters pertaining to the home.

Other prominent contributors for 1899 are DR. G. H. HEALD, DR. C. E. STEWART, DR. F. M. ROSSITER, DR. W. H. RILEY, DR. A. J. SANDERSON, DR. A. N. LOPER, DR. MARY PAULSON, DR. HUNTER, DR. DRYDEN, DR. WHITNEY, MRS. S. M. I. HENRY, and MRS. L. E. ALLISON.

Among the subjects soon to be considered we might mention the following: "Mind-Cure, True and False;" "Health Rules for Brain Workers;" "Health Rules for the Laboring Man;" "Social Purity;" "Bible Teaching with Reference to Prayer for the Sick."

The SCHOOL OF HEALTH department will be continued, special emphasis being laid upon the spiritual side of the question. Studies will also be furnished for use in the GOSPEL OF HEALTH Reading Circles, organized in many different churches all over the land.

In addition to the foregoing general outline of plans for the journal during 1899, we would mention the following:—



SPECIAL FEATURES.

The Divine Harmony of Truth.

DR. DAVID PAULSON will begin in the January number a series of articles showing the perfect harmony that exists between the principles of healthful living given this people thirty years ago as a part of the third angel's message, and the results of modern scientific research. Our workers have often felt the need of scientific authority with which to back the statements found in "Healthful Living." This series of

articles will perfectly meet the want, giving the reader, in the exact words of the authors, statements of truth culled at great expense of time and labor, from the highest sources. It is gratifying to know that the foremost men in the medical profession have come, after years of patient research and investigation, to the same conclusions that we were given to start with. This series of articles will continue throughout the year. Ministers, Bible workers, nurses, canvassers, tract society officers, leaders of Christian Help Bands,—all classes of active workers who wish to be able to give intelligent

answers and quote the best scientific authorities for the truths we hold with reference to diet, dress, and the general care of the body, will find these articles simply indispensable.

Customs and Habits of People in Bible Times.

A series of illustrated articles prepared by Dr. J. H. Kellogg. Work on these articles was begun a year ago, but owing to pressing engagements in other lines had to be laid aside for a time. Nevertheless much interesting material has been gathered, and the result will be a fund of knowledge and important principles drawn from the same, which will be both instructive and entertaining.

The Evils of Drug-Using Exposed.

The people of this country spend millions of dollars every year for patent medicines, and about the same sum for medicines regularly put up in a drug store. The cause is ignorance. Few people realize the harm done by these poisons in the human body, and still fewer know how utterly they fail to cure disease.

DR. GEORGE, who has given this subject special study, and is also an expert chemist, will furnish a series of articles that alone will be worth far more than the subscription price of the paper for the entire year.

Home Sanitation.

Under the above head, DR. A. B. OLSEN will continue the series begun last year under the title "Healthy Homes." Valuable instruction will be given in simple and effectual methods of ventilation, heating, and lighting; the hygiene of the kitchen and living rooms; care of the cellar, closet, and outhouses; the importance of pure water, and how to obtain it; also simple tests for impure water. These subjects will be presented in a simple, practical way, so that the directions can be followed in the large majority of homes.

Health Principles and the Holy Spirit.

"Receive ye the Holy Ghost" is the message now going to God's people. But the human body is the temple in which the Spirit is to live and do its work. Hence the need just now of cleansing that body from defilement of every kind by conscientiously obeying every physical law. Elder A. F. Ballenger, whose labors have been blessed of God to the awakening of hundreds of souls, will furnish several articles on this subject which will contain rich spiritual food.

How to Keep Well While in School

Is a practical question with hundreds of young people of both sexes. Prof. E. A. SUTHERLAND, president of Battle Creek College, will treat it in several interesting articles to appear in forthcoming numbers of GOSPEL OF HEALTH.

The Inner Life of Our Missionary Sanitariums.

"How I wish I could visit the Sanitarium and get acquainted with the work it is doing," is a wish often expressed. The object of this department will be to give the reader as vivid a picture as possible of the real life of nurse and patient and physician, at one of our medical institutions. Lights and shadows will be truthfully drawn, and the hardships as well as the joy and satisfaction of such service, fairly set forth.

Progress of Hygienic Reforms in Other Countries.

The principles of healthful living have been widely disseminated. Public opinion is awakening to a sense of the importance of these truths, great reforms have been inaugurated, whole countries are being awakened. Our sanitariums springing up in widely separated lands, are sending out rays of light in every direction.

Under the above head we propose to tell our readers what has been done in these lines, and what remains to be done. ELDER D. T. JONES will write of the progress of health principles in Mexico; DR. PLACE will take up India in the same way; DR. OTTOSEN, Scandinavia; DR. DE FORREST, Switzerland; DR. BRAUCHT, the Samoan Islands, etc. These articles will be prepared with great care so as to give a well-rounded view of the medical missionary work done in each of these countries. They will also be illustrated.

A Proper Wardrobe and the Care of the Same.

We are promised a series of articles on this subject by Mrs. Eva Anderson. These articles will embrace suitable material to be used for different persons and upon different occasions, the harmonious blending of colors, how to make old dresses new, and how to change a conventional dress to one of health and comfort. Mrs. Anderson has given much thought to this line of work, and her articles, together with a series on the Principles of Healthful Dress, promised by Dr. Winegar, will fill a long-felt want of our readers.

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.

We
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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.

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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.

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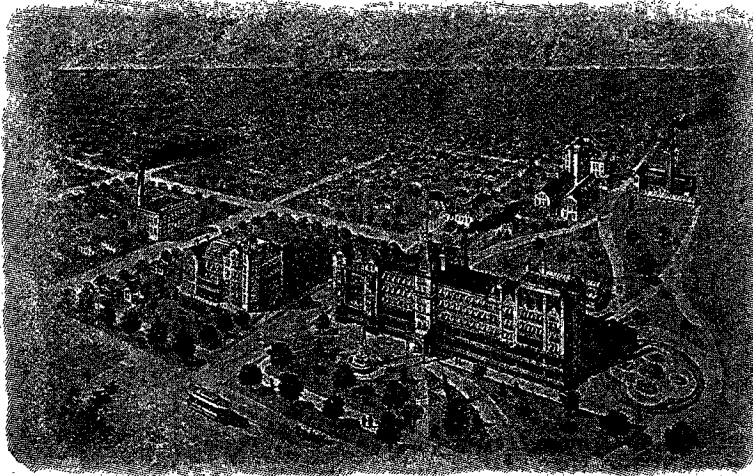
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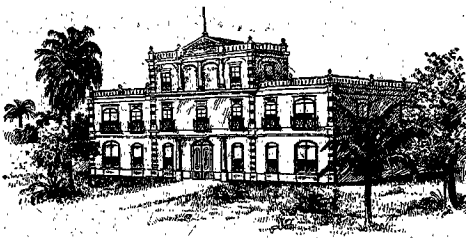
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