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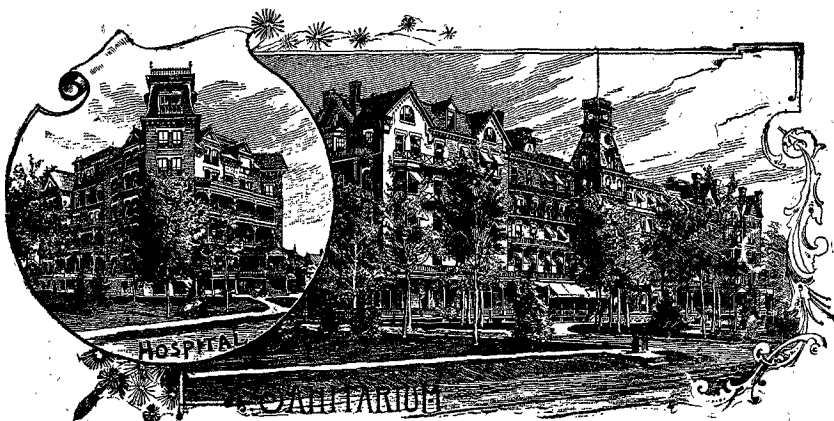
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THE BEAUTY OF THE LORD.

BY J. H. KELLOGG, M. D.

DAVID prayed, "May the beauty of the Lord be upon us." So it is right to desire to be beautiful, truly beautiful. The beauty of the Lord is the "beauty of holiness," which means wholeness, or healthfulness. The beauty of the Lord, then, is a condition which results from health of soul, mind, and body.

The one absolute condition of health of soul is obedience, entire obedience to God in all that pertains to soul welfare. The condition of health of body, upon which real beauty of body depends, is physical obedience, or the practical recognition of all laws that relate to the welfare of the body. For a person to expect health of body while violating the laws of bodily hygiene is as absurd as to expect moral beauty, or health of character, in a person guilty of theft and other crimes.

All beauty lies in the divine order of things. All divine things are beautiful. The peerless glory of a rising sun, the matchless iridescence of the rainbow, the chromatic harmony of the flowers and leaves, of lichen, fern, and stem, the sweetness of the bird's carol, the grace of motion in the squirrel's play, the nodding twigs, the swaying boughs, the curve of the waterfall,—all are a part of the beauty of God. Man is ugly only when sin covers him with scars and smut and disfigurement.

To be beautiful in body we must cultivate beauty by seeking to know and follow the way of life. We

must eat beautiful food; that is, pure, life-filled food. Death is always horrible, and carries with it ugliness and deformity. Food that has death in it must breed death and ugliness. In the beginning God gave to man pure food, substances bearing only life stored up in precious bundles expressly for man's use. This food is still comparatively perfect, in spite of all the years that have elapsed since man's fall and wandering from God. It has no death in it even now, if it may have less life than in the olden time, when all was in pristine perfection. Animal food necessarily has in it death, not only real, actual death, but potential death in the form of disease-germs. One can not eat the flesh of a dead brute without taking death into his body. In eating wholesome fruits and grains and nuts, however, one is taking only life. This fact is so patent that it is difficult to understand how any intelligent person whose attention has been called to the matter can longer persist in the use of corpses as food.

The beauty of the Lord also requires cleanliness. Dirt is always disgusting. Cleanliness of body must be more than skin cleanliness; it must be tissue cleanliness; that is, the muscles, the brain, the liver, the stomach, the bowels, the whole inside of the body as well as the outside, must be clean. For this sort of cleanliness not only wholesome food but wholesome daily bodily exercise and an abundance of pure air are needed. "God made man upright." For him to maintain his uprightness he must cultivate a correct attitude of body as well as of mind and character.

He must sit upright and stand and walk upright. To be round-shouldered or stooped over means to be flat chested, to have imperfectly expanded lungs, to have a prolapsed stomach, resulting sooner or later in indigestion and a multitude of ills.

“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” Diet alone, be it ever so scrupulously pure and in all respects correct, can not insure good health; for there are other laws relative to the bodily health which sustain almost if not quite as important relations to health as does diet. All the laws of health are laws of God, and must be respected. Every “Thus saith the Lord,” whether engraved on stone or written on the living tables of the bodily organs, must be obeyed. “The soul that sinneth, it shall die,” whether the transgression be physical or moral. As we come to understand better man’s nature and God’s mode of dealing with him, we are able to appreciate more and more the fact that man is *one*, not *two*; that God is *one*, and that nature and God are *one*, and that God’s laws for the regulation of man’s conduct are *one*. There is one decalogue for the whole man, and every precept is an expression of a divine principle which exists in the very nature of things, and not as an arbitrary enactment.

KEEPING UNDER THE BODY.

BY M. E. OLSEN.

PAUL wrote to the Corinthians: “I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

The process of discipline here referred to must be an important one, else the failure to submit to it would not involve such serious consequences. In what did it consist? and is it of equal importance to-day? These are the questions which we, as Paul’s successors in the work of spreading the gospel, may well consider.

In the first place the apostle certainly does not mean by these words to teach the humbling of the body by submitting it to torture, neglect, or unnecessary exposure: since it must become evident on a moment’s consideration that such a course would defeat the very end he had in view. Neglect or abuse of the body enfeebles its powers and induces disease, which involves a corresponding weakening of the mental and moral faculties. Hence the absurdity of undergoing penances of various kinds with a view of bring-

ing the body into subjection. Long periods of fasting, self-inflicted scourging, subjecting the body to painful postures, wearing of sackcloth, neglect of bathing, and similar practises resorted to by the monks of the Middle Ages and by the heathen devotee to-day have proved wholly ineffectual as means of curbing the animal passions. They simply weaken the physical organism, and render it less capable of acceptably serving the mind.

Then how shall the body be kept under, and brought into subjection? — By training every organ, every muscle, every nerve, to its highest capacity, so that it can best serve the mind, and enable it to keep the lower appetites and passions under control. Such a course of training necessitates the laying aside of every article of food which is not healthful, and every injurious habit in eating and drinking. It means that the muscles of the body are to be developed by exercise, that the dress must allow perfect freedom of movement to every part, that our rooms must be supplied with an abundance of fresh air and sunshine, — in short, that we must sacredly observe the physical laws governing bodily health, and thus induce in the body that condition of harmony which is most favorable to both intellectual and spiritual growth.

How often is the very opposite the case? By flagrant violations of the physical law, the body is thrown into a state of disease, where it not only fails to carry out effectively the dictates of the will and mind, but exerts an exceedingly harmful reflex influence upon both. The nervous dyspeptic can not enjoy hearing the word of God read and expounded. Even if he were able to go to the house of worship, he could not endure the strain of sitting still and paying attention to a sermon of average length, because he does not control his body any longer; it is not in subjection to him.

Again, when the physical organism is out of order, it is liable to influence the character. We say of a man, “He has a hot temper; he can not control himself.” Almost without exception, investigation of such a case will show that the individual is putting into his stomach poisonous substances which irritate the delicate nerves, and produce an abnormal state of excitability. He probably has an uncontrolled appetite, and the natural result is uncontrollable passions.

The world is full of wickedness of this kind, but appetite and passion must not govern God’s people. They are developing characters that must stand the test of the judgment. They are to overcome by the

blood of the Lamb and the word of his covenant, "that they may have right to the tree of life, and may enter in through the gates into the city."

The body, as well as the mind, has been redeemed by the blood of Christ, and belongs to God by creation and redemption. Its health is to be guarded as sacredly as the character. It is to be the pure, holy temple in which the Spirit of God will love to abide. Yet the temple must not rule the Spirit, but submit itself to be occupied and directed by its heavenly guest. The body, with all its members and organs, is to be trained for effective service, that it may glorify God and benefit man. "Strength and beauty" must be in the sanctuary where God is worshiped in spirit and in truth.

Let us look with new love and interest upon these bodies of ours, created in the image and glory of God, and let us seek to train their faculties for the highest uses here upon earth and for an eternity of glorious activity hereafter.

THE DIVINE HARMONY OF TRUTH.

V. *Divine Healing.*

BY DAVID PAULSON, M. D.

THE idea has become prevalent that the doctor's shadow and his drugs contain in themselves inherent curative powers, and that disease is a thing that takes possession of a man, and in some way must be driven out. Modern scientific research, however, is establishing clearly that nature is at work in disease the same as in health, fighting bravely for existence, and the cause of this battle is the abuses that have been heaped upon her. No curative agent is of value except as it tends to remove the obstructions that nature is herself toiling against. The symptoms which appear in disease are not in themselves the things to be fought; they are an effort of nature to help the man, and are, from a general standpoint, beneficial. On this point I shall make several quotations from recent editorials in the *Medical and Surgical Bulletin*, of which Dr. Eccles and Dr. Horatio C. Wood were editors at the time (1898). As these men stand at the very forefront of the medical profession, their words upon this subject are certainly worthy of due consideration.

"All diseases are but parts of the body's method of reacting against forces that interfere with its normal adjustment within itself and to its environment."

This is almost an echo of the following words in "Healthful Living," paragraph 954: "Nature bears abuse as long as she can without resisting, then she arouses, and makes a mighty effort to rid herself of the incumbrances and evil treatment she has suffered."

Here are two other quotations from the *Bulletin*, on the curative powers of nature: "To cure a patient never means to repair the damages of injury or disease. That, nature alone can do. The doctor can only prevent the continuance of the cause of the damage. All successful medication is preventive medication." "The one law running through all cure is the law of prevention. To prevent is to cure, and conversely, to cure is to prevent."

This is directly in harmony with paragraph 1130, "Healthful Living:" "The practising physician will instruct those who do not understand, how to preserve the strength and health they already have, and how to prevent disease by the wise use of Heaven's remedies."

How prone we are to give the doctor the credit for curing the patients. On this point, the authority before mentioned says, "In the majority of such cases, we leave the matter to nature, and then take to ourselves the credit of doing the work."

"All the credit should be ascribed to nature's restorative power."—"*Healthful Living*," par. 958.

On this same subject, Dr. Potter, the author of one of the leading text-books on drugs and therapeutics, published by P. Blakiston, Son & Co., edition 1895, says on page 17, "There is no more completely established dogma in science than that *the living organism is in itself adequate to the cure of all its curable disorders.*"

"Healthful Living," paragraph 956, has these words, "Give nature a chance, and she will rally again, and perform her part nobly and well."

Dr. Musser, who is chairman of the department of drugs, at the meeting of the American Medical Association held at Denver last summer, stated in his address: "A critical analysis of a modern work on therapeutics reveals the fact that the certainties are few. The number of drugs that are scientifically curative can be counted with the fingers of the two hands."

But the recognition of these principles and the practical application of them in daily life are two different things: while we do not recognize that drugs are curative in the *true* sense, yet marvelous results do follow their use. With chloroform a man can be

put to sleep in a few minutes; morphine eases pain; strychnin will make a man feel young when he is old; but these effects are all temporary, and produced at the expense of nature's reserve power. To substitute for these drugs natural agencies and receive true results instead of the false, requires patient and careful study, but God's blessing will rest upon all those who seek to qualify themselves in this line.

"Healthful Living," paragraph 1107, says: "When physicians understand physiology in its truest sense, their use of them [drugs] will be very much less, and finally they will cease to use them at all. The physician who depends upon drug medication in his practise shows that he does not understand the delicate machinery of the human organism."

THE HOLY GHOST AND PHYSICAL HEALING.

BY ELDER A. F. BALLENGER.

MANY are perplexed over the absence of healing power in the church of God. They read of how Christ went about "preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people;" how "they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those which had the palsy, and he healed them." (Matt. 4: 23, 24.) See also Matt. 8: 16, 17; 9: 3; 12: 15; Mark 6: 55, 56; Luke 4: 40; 6: 17-19; 9: 10, 11.

They read also the promises to those who believe, of a continuation of these miracles of healing. "These signs shall follow them that believe; . . . they shall lay hands on the sick, and they shall recover." (Mark 16: 17, 18.) "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also, and greater works than these shall he do, because I go unto my Father." John 14: 12.

They read, too, of the wonderful healings which followed those that believed, as recorded in the Acts of the Apostles. "And by the hands of the apostles were many signs and wonders wrought among the people. . . . There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one." (Acts 5: 12-16.) These miracles of healing were not confined to the twelve apostles. Philip, one of the seven, performed

the same cures as did Peter and the other apostles. Acts 9: 5-7.

When one reads the promises made to the church concerning healing, and the wonderful miracles which were performed in the early days of the Christian church, and then contemplates the absence of these "mighty works" from the church of to-day, unless there is a clear understanding of the reason for it there will come forth Gideon's cry of struggling faith, "Where be all his miracles which our fathers told us of?" (Judges 6: 13.) If not this, then unbelief attempts to confine the miraculous to the time of Christ or his apostles, followed quickly by the denial of all miracles, and the midnight of infidelity.

The sorrowful cry of Gideon, "Where be all his miracles which our fathers told us of?" was answered by the command, "Throw down the altar of Baal that thy father hath, and cut down the grove that is by it; and build an altar unto the Lord thy God." Judges 6: 25, 26.

In this answer is the true explanation of the absence of "mighty works" from the church. A mighty work in destroying the idols from the inner sanctuary of the hearts of God's people would be followed, and will be followed, by the promised mighty works of healing.

God can not furnish power to his church to do wonderful works while it is lukewarm. To do it would bring his truth and his name into disgrace. Should one born blind receive his sight through the ministration of a member of the Seventh-day Adventist church, the fact would be published to all the world; and this church would be brought into great prominence. The eyes of the world would be turned upon its members; every act of their lives would be scrutinized, and the God who gave power to perform the miracles would be measured and judged by the people of the church in which these miracles took place. For the sake of his own honor and the saving truth which he longs for the world to receive, he must withhold his mighty miracle-working power from the church until it is fit to be gazed upon,—until it has put on Christ, so that the scrutinizing gaze will again be followed with the testimony, "They have been with Christ."

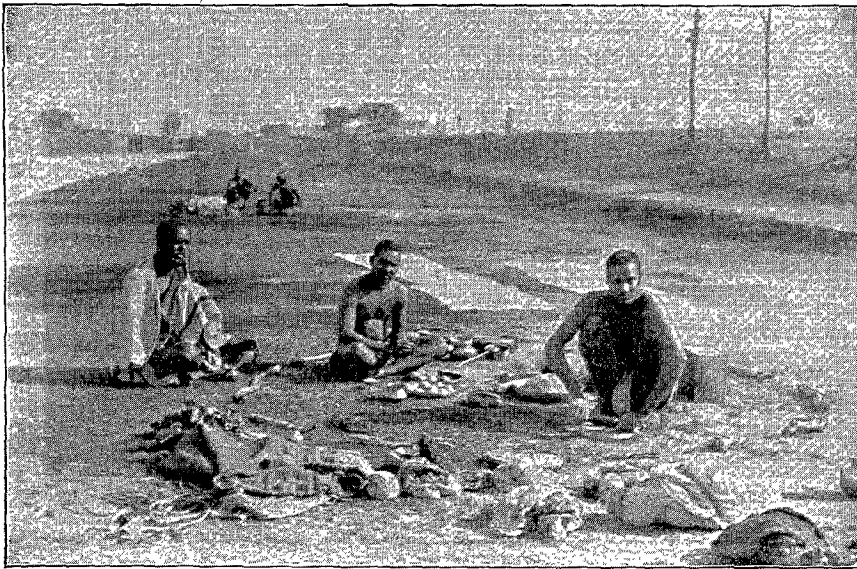
Should the Lord permit one of his servants to go on ahead of the church in this wonder working, in order to save his own name from dishonor, he would have to denounce publicly the sins of his own church through that same servant, and publish that denunciation as widely as the report of the miracles had gone.

The Lord loves his church ; and he does not want her denounced before all the world ; therefore he is keeping her hidden in obscurity until she is clothed with the garments of his righteousness.

The Holy Spirit furnishes the miracle-working power, but that power is "given to them that obey him," and to no others. (Acts 5 :32.) But praise the Lord ! he is cleansing his people from disobedience, and has even now begun to manifest his power. Reader, are you walking in all the light the Lord has given you ? Are you preparing to stand with the little flock when the Pentecostal power shall again be realized, and apostolic miracles shall appear, when "miracles are wrought, the sick are healed, and signs and wonders follow the believers" ?

topmost line, and the lowest still shorter than the middle; or, in honor of Vishnu, the simple sign Kuri, represented by a circle surmounted by a cross. A Brahman is easily recognized by these signs.

They have two rules of life: The exterior contains five duties: Always to speak the truth; not to take the life of any creature; never to steal; to observe the most rigorous chastity; not to marry after the death of their wife. The inner rule also enjoins five duties: To preserve the utmost inward purity; to aim at inward peace; to live in continual penitence and contemplation of the divinity; to acquire the most perfect knowledge of the laws of God, and to make use of that knowledge; and continually to think of Siva as the highest god.



BRAHMANS AT MEAL-TIME.

THE HABITS OF THE BRAHMANS OF INDIA.

BY R. W. MUNSON.

BRAHMANS, sons of Brahma, are the priests of India; that is, the priests are always Brahmans. They are considered as having sprung from the head of Brahma, and as such are considered holy, inviolable, and the only ones worthy of filling the priestly office. Their distinctive marks are the *punal*, or shoulder girdle, composed of nine threads of specified length; and the *kudumi*, a small bunch of hair which is left at the back of the head when shaving it. They wear on their forehead, breast, and arms the holy sign of Siva, composed of three parallel horizontal lines, the middle one being shorter than the

Their occupations consist in reading and teaching the Vedas, in officiating in the temples, particularly in offering sacrifices, giving alms, sitting in judgment, and acting as physicians.

They are excessively punctilious and scrupulous about their ablutions and their eating. The number of ablutions the Brahman considers necessary is immense. Near every temple is a pond or tank provided for this purpose. But the most sanctifying ablutions are those performed in the Ganges, particularly at the five points where it unites with other streams. The holiest of all,

according to popular belief, is Allahabad (the city of God), where, besides the Jumna, the Sarasvati unites with the Ganges.

I visited Allahabad in January, 1891, and witnessed a great *mela* that was held on the sand-flats in the bed of the Ganges, for the river is very low at that season of the year. Scores of thousands of Hindus had come long distances to attend this gigantic Hindu camp-meeting, and to bathe in this sacred river.

The devout Brahman always rouses his wife very early in the morning, in the cold season as well as the hot, and sends her to the stream, the pond, or the well, to bathe before the male sex are abroad to behold her face. If she comes back shivering in her wet garment, which she must always wash after she

bathes, and reports the morning cold and the water chilly, he piously orders a servant to go and bathe for him, while he snoozes in his warm bed. The Hindus are very cleanly in person and in habits compared with the Chinese, who are exceedingly filthy. They keep their teeth and mouths scrubbed and washed very clean, and when they can get it, they use good water. In many places the only water to be had is in the tank where clothes are washed, bathing done, and cattle watered. Two young people, newly wed, and just entering upon their work as missionaries near Calcutta, drank some milk which the servant had diluted with water from one of these tanks, and in twenty-four hours both died of cholera.

Their custom in drinking is to throw the head back, and pour the water from the vessel into their mouths, and so avoid contamination from contact with the dish. An educated Brahman was shown a microscope. He went into raptures over a fly's wing and a spider's foot, but when he saw the wriggling animal life in a drop of water, he raved like a mad man. He inquired if all water was like that when examined under the microscope. Being assured that it was, even the purest water, he asked for the microscope as a gift, then demanded it for a price, and finally secured it. He seized it, rushed from the missionary's door, smashed it into fragments on a rock in the yard, and thus abolished the microbes in the water, which as a Brahman he could not drink if it contained life.

They exercise the most elaborate care in the preparation of their food, seldom permitting any hand but their own to cook or serve it. If even the shadow of an outcaste or low caste man, not even excepting a European, were to fall on his food, he would throw it away, and scour his dishes thoroughly before using them again.

Brahmans eat nothing but fruits, grains, vegetables, and nuts, animal fat or flesh *never* entering into their diet. We have much to learn from the Brahman in the matter of right living. The heathen can undoubtedly teach us very much that it would be to our advantage as a people to observe.

God had only one son, and he was a missionary.—
David Livingstone.

UNTIL a people can furnish martyrs, it can furnish nothing else worth furnishing. It must have something, some ideas worth more than real life, or its life is worthless.—*Bishop Fowler.*

HEALTH.

BY E. A. SUTHERLAND.

THERE are many things which, in our present state of sinfulness and degradation, we view from an entirely wrong standpoint. We think God is greatly glorified when some frail piece of humanity who has been long in the grasp of disease, is, through the power of prayer, restored to health. And this is truly a sign of the greatness of our God and his tender love for us. But is it not more to his glory to find men and women in his vineyard who are strong and well, persons upon whose cheeks there is the glow of health? I fear that years of acquaintance with weariness and disease have so accustomed us to the tired expression, sallow skin, and hollow, dark-circled eyes that we reckon them a necessary accompaniment of work; in fact, it seems to me that some of us even court weakness. This may appear radical at first, but if on closing your shop in the evening after a busy day, you find yourself possessed of a calm and restful spirit, do you not begin to wonder if you have worked as hard as you should, if you have done your whole duty?

If you are a teacher, and the close of the spring term fails to find you exhausted and a fit inmate for some hospital or in sad need of three months' recreation, are you not in doubt as to your faithful performance of every duty, for is not your assistant teacher in the condition just described? If you are a mother with an unlimited number of household duties, of course you must have nervous prostration; for it is not to be expected of a woman that she should bear the cares and toils of a family without breaking down.

Painfully true is this condition everywhere among the human race. It is the exception to hear one person greet another with, "I'm in excellent health; I never enjoyed work so well in my life." The older members of the family recount their ills; so it is quite natural for the boys and girls to do likewise, and we have a nation tottering on the edge of the grave. It is true that the race is enfeebled, but to the Christian is offered eternal life, and that life begins on this earth; begins to-day if you so wish it. Look up into God's face, for the expression there will impart health to your countenance. (Ps. 42:5; 43:5.) The display of life in fulness and abundance is the very best way for a Christian to glorify God. Disease in one way or another is the result of sin, either in you or in your ancestors. The Father wishes above all

things that we should "prosper and be in health." 3 John 2.

The principles of health reform in diet, dress, exercise, sleep, breathing, etc., have been given that we may show to the world that our God is a God of life. Is it not time that the study of physiology be given more prominence in our schools and homes? not that physiology which studies a text-book to ascertain the number of bones and muscles, glands and organs, but which studies the science of health. This is especially the work of the church schools. Our children should talk health, work for health. Consult physicians, not to be restored to health, but to learn how to preserve it. Doubtless it would be a great relief to them to talk with more persons in health about the ways and means of preserving health, and have to meet fewer Christians who were in need of new stomachs, mended backs, and healed organs of various sorts. When conducted on godly principles, teaching the proper subjects in the proper way, our schools will turn out healthy students.

Let us as a people claim the promise of God that our health shall *spring forth!* Let us study to be well; talk health, believe in the God of health, and thus show to the world the beauty and efficacy of the principles we hold.

SIMPLE TREATMENTS VERSUS DRUGS FOR FEVER.

BY W. A. GEORGE, M. D.

THERE are few acute diseases which are not accompanied by a rise of temperature, ordinarily called fever. The practise of giving drugs to reduce fever has become so common among physicians that we have drugs put up as fever drops, antipyretics, etc., on account of their known properties of checking fever. Let us briefly consider, first, what fever is, and secondly, what is the best method of reducing it.

Fever, as we ordinarily consider it, is characterized simply by a rise of temperature above the normal body temperature, which is about 98.5°. The increase in temperature may be slight, perhaps .5°, or it may be from five to eight degrees above the normal. A temperature of 105° F. is usually considered quite dangerous in older people. In children this is not uncommon. Whenever the temperature rises to 103°, or more, it is considered as high fever. But knowing the mere fact that the temperature is above normal does not tell us what the fever is. We must get at the cause to understand it.

Fever of any kind is an evidence of the accumulation of poisons of some kind in the body, usually of the normal waste products which have not been properly eliminated, but have remained in the system and broken down into other more poisonous substances. This rise of temperature is an evidence that nature is making an effort to eliminate them. In cases of high fever, there is also increased action of the heart and lungs, respiration being two or three times as fast as when normal, and the pulse-rate nearly doubled. Thus the blood circulates with abnormal rapidity, waste products are carried much more rapidly to the lungs and skin, and all the processes of the body are intensified.

Shall we then work against the processes which nature has set up, and attempt to stop the fever directly? or shall we assist nature in eliminating the poisons from the body, thus allowing the fever to subside? The answer is self-evident, — the proper method of treatment for fever of any kind is to assist nature in destroying and eliminating the poisons, and never to attempt to check the fever, as such, but simply to remove the cause so that the fever will burn itself out.

Some drugs have the effect of stopping the action of the tissues, slowing the heart's action, lessening the respiration, and by thus checking the functions of the body causing its temperature to return to normal. It will be noticed that this leaves in the body all the poisons which nature was attempting to remove, and although the patient seems better and the fever is gone, his condition is much worse than when his temperature was at the highest; for his body now contains not only all the poisons which nature was attempting to remove, but also the added poison given in the form of a drug. This accounts for the occurrence of relapse in cases in which the fever has been suddenly checked by means of drugs.

Other drugs which are used for fever have a tendency to make nature work much harder, removing the waste products by causing profuse sweating. These drugs are also injurious on account of the increased action of the tissues which is produced, and may go so far in their action as to injure the different organs of the body permanently; and although the patient apparently recovers from the fever, he is never well again.

The application of simple remedies, if applied according to the light God has given us, will aid nature in eliminating tissue poisons without leaving any other poisons in the body. These simple treat-

ments have been ably presented again and again by different writers, in *GOSPEL OF HEALTH*, but perhaps a few hints will not be out of order in this connection.

As fever almost invariably indicates that the system is clogged with poison, the first thing to do is to see that the different organs of the body which can be treated by simple remedies, are encouraged to perform their functions thoroughly. For instance, in many acute cases where there is marked rise of temperature, the cause will be found to be a constipated condition of the bowels, and the temperature may be very quickly reduced by means of a copious enema. Thus the poisons which should be eliminated by the bowels are reabsorbed into the system, causing the rise of temperature. The enema is therefore one of the first treatments to be resorted to in case of acute rise of temperature, and may with advantage be repeated several times, so as to produce thorough elimination. This alone will sometimes reduce the temperature, and in a day or two the patient will be well.

Accompanying this, however, a warm pack or warm full bath, or even a warm sponge bath, to insure vigorous action of the skin, will be found very beneficial. All these warm treatments should be accompanied by cold applications to the head, in order to regulate the circulation of the blood in the head. Such treatment should always be accompanied by a hot foot bath, or at least by the application of hot bags or bottles to the feet. If the skin is hot and dry, and the patient enjoys cool treatments, a cool sponge bath may be given. Warm treatment is always safe, but cool treatment is safe only as suggested,—when the skin is hot and dry, and the cool sponge bath feels refreshing. If there is a tendency to chill, or if the skin is cool and clammy, or if the patient is sweating, cool treatment should never be applied.

The kidneys should also be remembered in fever, and the patient allowed to drink freely of either hot or cold water, or water containing the juice of a lemon unsweetened. By drinking large quantities of water, the elimination of poisons through the kidneys and skin will be encouraged, and the action of the bowels stimulated.

It will be noticed that the principle underlying these few simple suggestions in regard to the treatment of fever is the same principle which we always naturally employ in the use of water under any condition,—a washing out and cleansing. Water is the great cleansing agent, and when properly applied, will cleanse the accumulated poisons from the system, and start nature on the right road again quicker than

any other treatments. Rather than give poisonous drugs in simple fever, it is much better to give the patient all the water he wishes to drink, to restrict the diet to fruit or fruit-juice for a few days, and to have the patient rest in bed. Nature is the great restorer, and if allowed to do her work, she will accomplish it much more readily by herself than when hindered by some drug intruder.

HAUNTED HOUSES.

BY M. E. OLSEN.

SPRING is a favorite moving time. All people, renters especially, are liable to be placed under the necessity at sometime or other of hunting for a house. To those who are about to do so this spring the following suggestions are offered:—

That there is danger in moving into a strange house is not to be ignored. There may have been contagious diseases in the family that occupied the house before, and most probably it was not thoroughly disinfected. Do not on any account rent or buy a house until you know all that can be known about it from a health standpoint. Consider its location: is the ground well drained, or is the house in a low, damp place? Is the cellar dry and clean? Is the water in the well pure? The only way to be perfectly sure of the purity of the water-supply is to have a sample analyzed, for water may look perfectly clear and be quite tasteless, and yet contain deadly disease germs. Notice also whether the house is easily accessible to the sunlight. This is of the highest importance. Germs, like all evil-doers, thrive in the dark. They have no affinity for sunlight. It is well also to inquire into the history of the house. Has anybody died there? If so, of what disease? If you can not get all the information desired from the owner of the property, call on the proper health officer.

After you have done all this and the place seems to be healthful and desirable from these different standpoints, to make assurance doubly sure, thoroughly disinfect the house from cellar to attic with sulphur. The expense will not be great; it will simply be a little trouble, and none at all compared with the security it affords.

Many authentic cases are on record of so-called haunted houses' being occupied by one family after another only to have the members, perhaps all of them, sicken and die. By and by the house comes to be regarded with horror by the inhabitants of the

place, and it is impossible to rent it to any one.

The following is a case recorded in the *Medical Standard*: "This house was constructed about 1830, and was occupied by a family by the name of F. It is related that a young man who lived with the family was always ailing and in delicate health, but the only death was that of a baby, caused by bowel trouble. The family resided on the premises until about 1846, when the house was occupied by another family. They were an unusually strong and healthy family when they first came to the place, with no previous tubercular history. The first one connected with the family to pass away was a lady boarder, but information does not reveal the cause of her death. It was quickly followed, however, by the *death of two sons, two daughters, and father and mother, from tuberculosis*, leaving only one son, who had previously gone to Illinois on account of his health, and who still survives. From 1879 until now, the house has been held by the present occupants. There is no history whatever of consumption in the family prior to their coming to this house. The daughter who died recently was born there. Her death was the *seventh in the family in as many years, from pulmonary tuberculosis*. A sister, two brothers, and a mother survive, but the characteristic traces of the disease are plainly visible in the faces of one brother and the surviving sister. The building is a story and a half high, and is surrounded by dense foliage."

Consumption is not the only disease that may be contracted in this way. In the same article the writer, Dr. J. F. Kennedy, mentions the following case: "Only a few weeks ago I received a letter from Cumberland, Cass county, informing me of a severe outbreak of scarlet fever in a certain house. Some months before, a party who had resided in the house had in his family several cases of scarlet fever. Soon after he removed to Colorado, perhaps without properly disinfecting the house, if at all. Within ten days or two weeks after, another family had moved in, and several members also came down with the disease in a malignant form."

Facts like this should have due weight with us. It is useless to talk in this connection of living so healthfully that the system will be proof against all germs. That we should do also, and must do if we are to be well, for germs in some number and some kind we find everywhere; but to move into a veritable nest of them would be as foolhardy as to think we could take possession of a lion's den, and not be challenged by the owner.

It is interesting to know that the Lord considered this matter of germ-infested houses of sufficient importance to give the children of Israel careful instruction in reference to the same. See Lev. 14:33-57.

CLEANLINESS OF MIND AND BODY.

BY D. H. KRESS, M. D.

"Be ye clean, that bear the vessels of the Lord." (Isa: 52:11.) It is especially important for those who stand before the world as reformers to be clean. The soundest arguments in favor of health principles, coming from the lips of a man who has foul breath, lose much of their weight and force. Food, however well prepared and wholesome, is not relished when served in an unclean dish. The most precious truths are often marred because carried by one who is careless in his dress, deportment, or habits. Men naturally and rightly value the truth by the transforming effect it has had on the one who carries it. If we pose before the world as sons of God, the world has a right to expect a life in harmony with such a profession. "Beloved, now are we the sons of God. . . . Every man that has this hope in him purifieth himself even as he [Christ] is pure." (1 John 3:13.) "Having therefore, these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7:1.

Cleanliness consists not only in outward washing of the body, but in purification of the blood, which means a sweet breath, clean tissues, and a pure brain, and as a result, pure thoughts. Therefore the promise is given, "I will cleanse their blood that I have not cleansed: for the Lord dwelleth in Zion." (Joel 3:21.) The blood is made impure by improper food or bad food combinations; also by impure air, lack of exercise, a dress which interferes with the functions of the internal organs. Impure blood means an impure brain and impure thoughts; for, "who can bring a clean thing out of an unclean?" — "Not one." (Job 14:4.) As a man eateth, so he thinketh.

The people at the time of the flood were given to appetite and licentiousness. They ate to tickle the palate, not for strength. As a result, every imagination of their hearts was only evil continually (Genesis 7). Their evil thoughts proceeded from their evil habits.

There is but one way of purifying the blood, and that is by coming into harmony with and obeying all the laws of health. The cleansing of body and mind go together. When we are entirely submitted to God, the soul and body will be preserved blameless unto

his "coming" (1 Thess. 5:23). Living above the power of sin, the Christian will be also above the power of disease and disease-germs. He will have dominion over everything, and be more than conqueror through Him that loved him, and a proper representative to bear the sacred truths of the gospel to others.

SCHOOL OF HEALTH

PHYSICAL CULTURE.

General Exercises.

BY LENNA WHITNEY SALISBURY.

IN our previous lessons we have specialized in the exercises to quite an extent, as in breathing exercises, movements to raise the chest, etc. This month we take up a few general exercises which have proved very helpful.

It is taken for granted that by this time we are not only able to assume the correct standing position, but also to keep it while exercising; that we can maintain an active, leading chest; and that our breathing is deep and full.

1. Stand with the arms hanging easily. Rise high on the toes; raise the arms shoulder-high at the sides, palms down; clench the fist strongly, inhale slowly, at the same time rotate the arms rapidly in small circles, up, back, down, and up. Keep the palms down throughout the movement. When you have inhaled to the fullest extent, slowly exhale, arms and heels sinking.

The general effect of this exercise is greatly to stimulate the circulation, and a few moments' practise will suffice to start a good glow. It will be felt especially in the arms and trunk. Try it some cool morning, and you will be gratified with the results. It also increases the lung capacity, and expands and widens the chest. It should be taken from four to eight times.

2. Stand as for the previous exercise. Slowly raise the arms forward and upward till they are high over the head, palms facing. Inhale deeply, and reach forward as you raise the arms. Hold the position over the head, stretching up higher all the time as you count six. Stretch so high and so hard that you fairly lift yourself on to the toes. Still standing on tiptoe, quickly turn the palms out, and reaching out at the sides, lower the arms till they are shoulder high, then slowly let the arms and heels sink while

you breathe out. As you lower the arms from high over head to shoulder high, be careful not to lean backward from the waist. When you reach out, do not reach back at all; let the arms be in a straight line. It requires about twenty seconds to take this exercise properly. Repeat six times.

If you have time for but one exercise a day (and you can surely find time for that), let this just given be the one, for when correctly taken, it will do more good, stretch more muscles, and give a better position, than any other one exercise. To hold the position on the toes while you stretch up and then reach out at the sides, will require practise, but when you are able to hold the position steadily, you have gained good control of the body.

3. With the feet at an angle of 90° place the hands on the hips, and carry the right foot out in the direction in which it is pointed, two and one half foot lengths from heel to heel (be sure that you do not measure from heel to toe). Throw the weight over the front foot and bend the front knee strongly, keeping the back knee straight and the heel on the floor. The body from the waist up should be held erect. Next, straighten the front knee and bend the back knee strongly. Take eight times on either side. As you carry the weight over the front knee make a special effort to raise the chest high. You will need to guard against bending forward at the waist as the front knee bends, and leaning back as you bend the back one.

The leg muscles will be brought into play in this exercise, and besides strengthening these, it will help in gaining poise and control of the body.

The following exercises are suggested for daily practise, in the order given:—

Exercises 4, 5, 6, November number of GOSPEL OF HEALTH.

Exercises 1, 3, December number.

Exercises 1, 2, February number.

Exercises 1, 2, 3, April number.

THE SOURCE OF LIFE.

BY C. E. STEWART, M. D.

BIOLOGISTS, in their study of animals, have discovered that each and every body is developed from a single cell, which is formed by the fusion of two cells into one. From this wonderful little cell the whole human body is eventually developed.

The process of development is a most wonderful one, but few people ever realize what a marvelously

constructed piece of mechanism they possess and have to care for. If they did, it is safe to say that there would be many more people enjoying that richest of all blessings—good health.

In order that a body may be developed, the cell from which it originates must possess life; and wherever there is life, there must be food to sustain it. This statement will probably seem strange when we learn that many of these cells are so small that the naked eye can not detect them. We know that they possess life, for they grow, and in so doing form other cells similar to themselves. It is by this process of continual growth and the formation of countless cells that the animal body is built up.

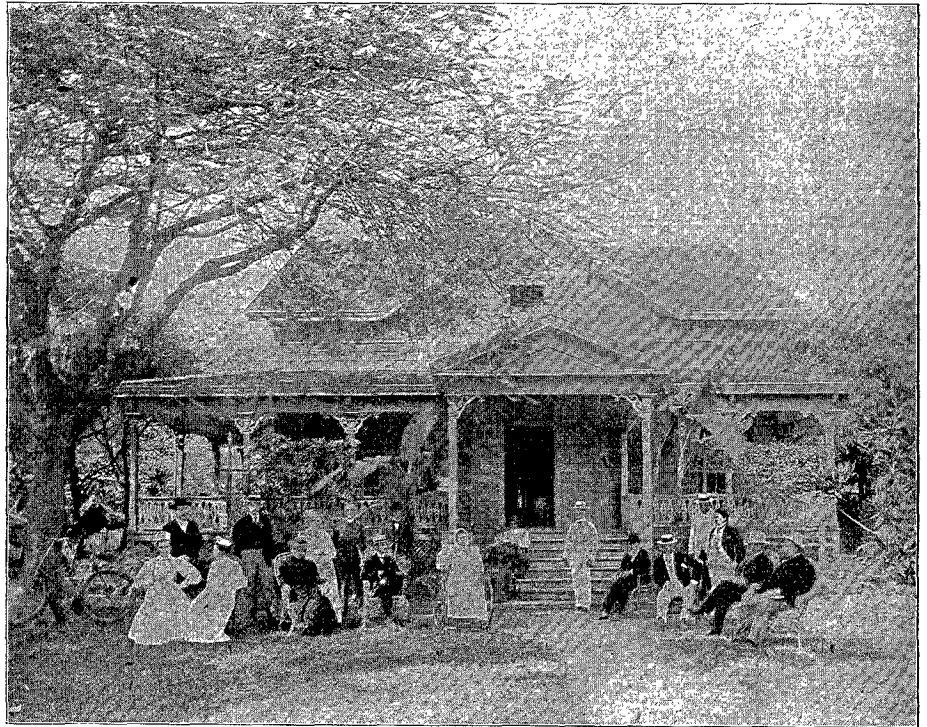
If a hen's egg (which represents a single cell), after it has been kept at a temperature of 100° F. for two days, be carefully opened, a wonderfully interesting object will be disclosed. In the surface of the yolk will be seen a small, light-colored object, with radiating filaments, or branches. Upon close inspection it will be noticed that there is a rhythmical pulsation in this center. This pulsating body is the heart of the embryo, and the branches are the blood-vessels. At this early stage the growth has been

so rapid that a circulation has been established to carry food material to the rapidly developing chick. By using a strong reading-glass one can see streams of blood passing to and from the heart.

If the embryo chick is watched as it develops from day to day, some idea can be formed as to the rapidity with which it grows. The more one studies into the development of the body, the more marvelous and mysterious it becomes. Scientists have become so familiar with cells and their development that they can explain and describe many of the intricate and complex changes through which the cell passes in the

formation of other cells. There is one thing, however, which they have never been able to define or describe, and that is *life*. Scientists in all ages have endeavored to find this life which all cells have at some time or other possessed, but none have succeeded. The manifestations of life are there,—the cell moves, digests, absorbs,—but the life itself is still a mystery.

The query will naturally arise in the mind of the reader, What is this life which these cells possess,



THE HONOLULU SANITARIUM.

The health principles are fast spanning the world. This sanitarium, located on the principal street of Honolulu, about three fourths of a mile from the center of the city, has been in successful operation for several years. The building is 65x43 ft., with a wide hall through the center, and a veranda twelve feet wide on three sides. It contains fourteen rooms, and complete facilities for treatment, including an electric-thermal bath. Dr. Lou Cleveland is the present medical superintendent. Other leading workers are Brother and Sister Merrill and Brother Charles Johnson and his wife.

and which enables them to do the wonderful things they do, and that seemingly without any intelligence? This is a question which every one should carefully consider, for it is a vital one with every human being. Ps. 36 : 9 answers this query. The psalmist says of Christ, "With thee is the fountain of life." Recognizing that Christ is the fountain of life, and that it is from him that these cells derive life, can we wonder that they possess such remarkable intelligence? It is a divine intelligence that they obey, and one that can manifest itself in innumerable ways, because of the obedience of the medium through which it works.

The human body, when carefully analyzed, is found to be made up of various organs, such as the skin, lungs, bones, liver, kidneys, etc. These organs are composed of various kinds of tissue, such as epithelial, muscular, connective, and nerve. If these tissues be further analyzed, they will be found to be made up of cells. From this we learn that the body is not a single being but a collection of innumerable little beings, each of which possesses life. The life possessed by these minute cells is the same as that possessed by the body as a whole, but is manifested in different ways in the various tissues and organs.

As has been previously stated, where there is life there is necessity for food. We know that there is life only because of its various manifestations, and we know that we are in a condition of health only when what we may call the normal manifestations of life are present. Now, because life demands food, it will be readily understood that these manifestations can be modified by the kind of food that is used. Every one, sometime during his life, has had this point illustrated. Perhaps some article of food has been taken which has caused vomiting, this being nothing more or less than an abnormal manifestation of life. Nevertheless it is the very best thing that could happen under the circumstances, for it is the life of one part of the body putting forth vigorous efforts to protect itself and the other portions of the body from the offending material.

So it is with other abnormal manifestations of life; it is the life fighting against things which have a tendency to produce death by the separation of the life from the body.

In view of these facts, every one must acknowledge it to be his duty to select those foods which will best enable the body to perform the numerous functions in a proper manner.

FOODS FOR THE SICK.

BY LULU TEACHOUT.

LANGUISHING on their beds of pain, the sick are oftentimes sighing for a delicate morsel to tempt their appetite back again. There is satisfaction in a tray that has been daintily arranged. But the question comes, "What may I put on it that will arouse the appetite of the sick one and still not cause him trouble?" This depends largely on the condition of the patient and the season of the year. Is it for a

fever patient, or one suffering from some other malady? Is it a hot, sultry day in July, or a cold December day? All these points will aid us in deciding. The hot foods would be most appropriate for a cold day, and the cold foods for a very warm day.

For a cooling drink we should likely turn to some luscious fruit beverages, as mixed lemonade, grape-



apple-, or cranberry-juice; for hot drinks, coconut caramel-cereal, malted nuts, or fruit-coco. A broth or vegetable bouillon is also an excellent food both for its nutritive value and its palatableness. Eaten with some dry breads, such as fresh toasted zwieback, granose cakes, whole-wheat wafers, or graham rolls, these liquid foods are indeed appetizing.

In severe cases the doctor will often prescribe a gruel of some kind. Be sure that the grain is thoroughly cooked. Let us dismiss the idea that grains can be cooked in fifteen or twenty minutes. It requires time to break up the tiny cells in which the starch granules are encased. A tapioca gruel might be appropriate for a patient whose condition is such that the grains in the other gruels would irritate the digestive tract.

Now a few suggestions in regard to the tray. It should be covered with clean damask. Every dish should be scrupulously clean, and arranged in as dainty a fashion as possible. Knife, fork, and spoon, a dish each of salt and sugar, and a little bundle of toothpicks tied with a ribbon should be supplied. If orange is the predominating color, the ribbon should correspond. Purple is also an attractive color. The napkin may be folded in the shape of an envelope; a yellow rosebud laid upon it will add to the pretty effect. An orange and a banana, or some stewed peaches would be appropriat  fruits. Mixed lemonade, a dainty little dish of grains of gold, served with a fruit sauce and a few nut sticks, would make an appetizing tray

We must always avoid burdening an invalid with large quantities of food. Nothing will more quickly take away his appetite. It is also highly essential that hot dishes should be served hot, not lukewarm, and cold dishes should be cold,—if possible, right from the refrigerator.

A well-arranged tray should be beautiful to look upon, and its contents should be perfectly wholesome, and adapted to the wants of the patient. It should be served with a cheery smile and a kind, encouraging word.

The following are recipes for some of the dishes mentioned:—

Mixed Lemonade.—Squeeze into a glass equal parts of lemon- and orange-juice, being careful to keep out the pulp. Strain, and add a little sugar. Fruit lemonade may be made by adding a little stewed cranberry-juice to clear lemonade.

Apple Beverage.—In a small amount of water stew very slowly until tender some juicy apples, and then drain off the juice, being careful not to get in any of the pulp, as that makes it cloudy.

Coconut Caramel-Cereal.—In one cup of boiling water steep four rounded tablespoonfuls of caramel-cereal and one tablespoonful of shredded coconut, until it begins to boil up; remove immediately and strain. This may be served with nut cream, made by diluting nut butter with water or with dairy cream.

Malted Nuts and Fruit Coco.—Steep these the same as caramel-cereal, using four tablespoonfuls to each cup of water. A little salt may be added to the malted nuts.

Vegetable Bouillon.—This is made by taking equal parts of bean broth and the broth of nuttose that has been stewed for four or five hours in the inner cup of a double boiler, and seasoning it with a little salt, and perhaps a little sage or celery-salt.

Graham Gruel.—Slowly introduce fine graham flour into boiling, salted water until it becomes of the consistency of gruel. Strain, and season mildly. Some find the gruel more palatable when a little lemon-juice is added.

I THINK a great deal of GOSPEL OF HEALTH, and would like to see it in every home in the land, for it is a powerful educator. It will prolong life and bring happiness to all who will follow its instruction. The Lord is with it, and it will live to prove a blessing to thousands.—*B. F. Richards, Helping Hand Mission, San Francisco, Cal.*

THE CARE OF THE SICK.

Lifting a Patient.

BY MAUD B. CUMMINS.

It is very essential that those having to do with the sick, should know how to lift. Many a woman has injured herself for life, not because of what or how much she lifted, but simply because she did it in the wrong way.

One should never attempt to lift anything with the spine bent forward. In such a position some muscles are completely relaxed, while others are over-taxed, and a backache is the inevitable result. Often



a permanent weakness is brought on. The picture shows the correct position to assume in lifting a patient. Notice that the back is firmly arched, and the shoulders held well back. Many times it requires not a little ingenuity on the part of a nurse to lift or move her patient from one bed to another without injury either to herself or to her patient. The following plan is used successfully by many nurses:—

Place the head of the bed or couch upon which the patient is to be lifted, at the foot of the bed from which she is taken, so that the attendants will not have to wheel around with their load, but may by moving a few paces forward bear the patient, feet foremost, and deposit her in the desired position. Two attendants can lift any person of ordinary size.

The patient should fold her hands across the chest. Then both attendants, standing on one side of the bed, should slip their arms underneath the patient, one taking the head and upper part of the back; the other placing one arm under the small of the back, and the other beneath the knees.

In the case of children or emaciated subjects, one person may be sufficiently strong to lift and carry the patient. In such case the nurse should place one arm below the shoulder-blades, the other under the knees, and lift steadily.

Should it be necessary to keep the patient perfectly straight and recumbent, as in the case of a broken limb or thigh, take two long broom-handles, lay one on each side of the bed, and roll the under sheet and blanket firmly around them. Four persons, two at each side, should grasp the ends of the poles with one hand, and the centers with the other. In this way a patient may be moved with perfect comfort and safety.

Should the sick one be able to assume a sitting position, and yet be unable to walk, he may be carried in "sedan-chair" fashion, as follows: Two persons grasp firmly their own right wrist with the left hand, the backs of both hands being uppermost. Then they pass these locked hands under the patient, each grasping the other's left wrist with his right hand, thus forming a square seat.

It is very restful to a patient to be moved from one position to another, and if carefully done, one need have no fears as to the results.

STUDIES FOR THE READING CIRCLES.

The following studies are prepared for the use of the GOSPEL OF HEALTH Reading Circles. Every number of this journal will contain four such studies, one for each week in the month. Any reader desiring further information with a view to organizing a circle in his church or community is invited to write us with reference to the matter. The health principles are of vital importance to every believer in present truth, and rich spiritual blessings attend their study in concert by God's people.

1. "The Beauty of the Lord." The article on page 69, which is the basis of this study, is not lengthy, but it contains much truth of a timely nature. What could be more fitting than that the people who are preparing themselves for translation should cultivate the beauty of the Lord? How clearly this is taught by the first verse of Isaiah 60: "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee." Another text right to the point is 2 Thess. 5:3. It might be well to read in connection with this article that on "Keeping under the Body," page 70. The way to keep the body under is to cultivate the health and beauty of every part of it, just

as to have a machine under perfect control it must be properly oiled and every part kept in perfect repair. The thought should always be kept in mind that the Christian is now undergoing a course of training; the Lord himself is the trainer; eternal life is the prize. In order to inherit it, we must fight a real battle, and gain the victory.

2. "The Holy Ghost and Physical Healing." This study, on page 72, is the first of a series of contributions on this timely subject by Elder A. F. Ballenger, with whose richly blessed labors in giving the message, "Receive ye the Holy Spirit," many of our readers are familiar. Be careful to read all the Scriptures referred to, as well as others that may have a bearing on the subject. Let each member make the question with which the article closes an individual matter. Remember the truth, many times reiterated, that the Holy Spirit in its glorious fulness belongs to every child of God (Acts 2:39), and that it is the one chief blessing for which we are invited to ask (Luke 11:13), and which brings all other blessings in its train. Read in connection with this article the one by Dr. Paulson on "Divine Healing."

3. "The Source of Life." See article on page 78. The following are some of the questions answered or suggested in this article: (1) From what is every living body developed? (2) Of what is it composed? (3) Describe the changes that take place in an egg in the first two days of incubation. (4) What thing has never been defined? (5) Whence does all life come? (6) How may we co-operate with God in building up the life within us? For other helpful thoughts along this line see "Healthful Living," paragraphs 5, 6, 7, 8, 9, 12, 24, 26, 27, 29, 31.

4. "Cleanliness of Mind and Body." For basis of study see article on page 77. Viewed from a broad standpoint, cleanliness includes the whole question of healthful living; for if we breathe clean (pure) air, drink clean water (that is, water free from organic impurities of all kinds), and eat clean food (that is, food which is originally clean, and prepared in a clean, wholesome form), we shall doubtless do well. Perhaps one more essential should be mentioned, and that is to take a sufficient amount of exercise to stimulate the oxygenation of tissue and the elimination of waste matter, and thus keep the body from being poisoned by its own waste products. Some articles used as food can never be clean. The oyster, for instance, is a collection of filth. It is as impossible to wash an oyster clean of the thousands of germs that feed on the filth in its tissues as to wash the spots

from a leper's skin. The oyster is good in his appointed business of scavenger, and so is the pig. What is true of these animals is largely true of any kind of meat. It is the blood and excrementitious matter in meat that gives it its flavor. Extract these, wash the meat till it is really clean, and it is as tasteless as the white of an egg. There are other foods, again, which are naturally clean and wholesome, but are rendered unclean by the process of preparation. It is well to remember in this connection that grease defiles every article of food cooked in it. Fried foods of all kinds are unfit for the human stomach. Clean back yards, kitchens, woodsheds, and outhouses are also fit subjects to consider in this study. It is impossible for us correctly to represent the high and holy character of the work entrusted to us while we remain careless and indifferent in regard to any of these things.

QUESTION BOX.

Fruit Canning — Starch in Potato — Salt — Foods for Constipation.—Mrs. M. E. H., of Maine, asks the following questions: "1. Can apples, peaches, and other fruits be canned without sugar? 2. What is the percentage of starch in the potato? 3. I have suffered much with cold this winter, and have on that account eaten more salt than I otherwise would; was that right? 4. Are foods rich in fats necessary in constipation? 5. I can not digest nut foods very well, and butter also disagrees with me, seeming to cause catarrh. What kind of oily foods should I use?"

Ans.—1. Yes, all kinds of fruit may be canned without sugar, and are most wholesome in this form. Care should be taken to select fruit that is sound and ripe. The cans should be thoroughly scalded with hot water, and sterilized by baking in the oven. Full directions for fruit canning are given in Mrs. Kellogg's cook-book, "Every-Day Dishes."

2. The potato contains about twenty per cent. of starch.

3. No; salt is not a food, and hence is not a heat producer. Used in very small quantities, it may not be harmful, but it certainly does not do the system any particular good.

4. A certain amount of oily matter is required by the body under all circumstances, but constipated patients usually stand most in need of fruits and coarse grains. Granose, stewed prunes, steamed figs, and oranges are very helpful in such cases.

5. There is so great a variety of nut preparations that some at least will doubtless be found adapted to every case. Nuttolene and protose agree very well with many persons who are not able to use ordinary nut butter, nuttose, etc. Of the grains, oats and corn are most rich in fats.

The Meat Question.—Mrs. E. G., Wisconsin, asks the following question: "Objectors to the vegetarian diet have asked me how it would apply to people living in the far North, where all they can get is animal food, and fat is necessary on account of the cold."

Ans.—The Esquimau should migrate to a better climate. There is plenty of room farther south. It is hardly necessary to say that the Creator never intended human beings to live under the circumstances in which the Esquimau is placed. So far as the cold is concerned, however, it has been amply demonstrated that vegetarians stand it much better than meat eaters. The starches, as well as the fats, furnish heat, and both abound in grains, while nuts supply the fatty elements in ideal form.

Is Butter Unhealthful?—S. D. L., Iowa, asks, "Is butter unhealthful, and why?"

Ans.—Cow's butter in its ordinary form is more or less tainted, and swarms with microbes and other impurities. Moreover, being a free fat, its presence in the alimentary canal is a hindrance to the proper digestion of starches and albumins. Another objection to butter is that it presents a very concentrated form of fat, and is liable to be taken in such quantities as to overburden the system with a material of which it needs but a very small supply.

If there must be a cellar beneath the house, it should be large, light, and well ventilated. A good way by which to ventilate the cellar is to extend from it a pipe to the kitchen chimney, which will thus carry off all foul gases.

THERE is healing power in the Word of God for the body as well as the soul. The Christian, after conforming himself to the physical laws which govern health, has the right to believe that it is God's will to heal him, — has a right to ask for health the same as he would ask for any other blessing, in harmony with the promise, "If ye shall ask anything in my name, I will do it."

OUR WORKERS.

THIS department is maintained in the interests of those who are actively engaged in one way or another in spreading the gospel (good news) of health. We invite all such to contribute freely. Tell us where you are, what you are doing, and relate interesting experiences in connection with your work. Give us also the benefit of the discoveries you may make in reference to the best methods of conducting the various lines of health work. Thus we can have an exchange of thought which will be mutually beneficial.

Address all communications to GOSPEL OF HEALTH, Battle Creek, Mich.

NOTES AND PERSONALS.

SISTER GRACE BISHOP, who has spent three months at Owosso, Mich., returned to the Sanitarium recently. She gives an encouraging report of the work there, and says that Sister Hattie Bogue will continue it during the summer.

Brother R. Varhaug, who has been cooking at the Sanitarium for the past two years, left for Indianapolis, Ind., a week ago to cook in the mission during the summer.

A large number of industrial students have arrived during the past few days. They certainly are superior looking young people, and we hope their coming among us may prove a blessing both to them and to the Sanitarium.

Sister Hilma Johnson, who has spent the winter at Chicago and at home, returned to the Sanitarium a few days ago, feeling well, and prepared to do hard work here during the summer.

Brother Charles Rosewall, who has spent a year and a half at the Sanitarium, sailed for Europe May 3, in company with Elder O. A. Olsen and others. Brother Rosewall is to connect with the work at the Sanitarium at Skodsborg, Denmark.

Sisters Emma Wedin and Dora Karlström sailed at the same time, the former to connect with work at Skodsborg, the latter to take up work probably in one of the city medical missions.

The nurses' committee reported eleven new arrivals in one day, from Graysville, Tenn. These young people entered the nurses' class beginning the first of May.

Brother Joe Johnson, one of the old nurses at the Sanitarium, is at home in South Dakota, visiting friends. He was connected with the Peoria, Ill., Mission as cook during the winter.

Brother Chris Wilfang, cook at the Omaha Mission last winter, has lately returned to the Sanitarium. He is recovering from a severe attack of illness.

Sisters Anna Bradt and Ida Lindstrom are both at Duluth, Minn., and will remain there for several months.

Dr. Dryden is spending several months in Illinois, visiting and taking a vacation.

Sisters Janie Harrison and Stella Tefft left this week for Chattanooga, to connect with the work in Mrs. Steele's Home.

Brother F. J. Wilbur and Brother Chas. G. States have gone to Chicago to work in the Training-School.

Brother Payne is traveling with a patient in New York.

Dr. Rand, who left us a few weeks ago to take a much-needed and richly deserved vacation, writes from Faribault, Minn., that his usual strength and spirits are rapidly returning.

Among the distinguished patients at the Sanitarium just now are Dr. and Mrs. Charles Kendall Adams. Dr. Adams is president of the Wisconsin State University, and ex-president of Cornell University.

Michigan weather has been ideal for two weeks. The warm, sunny days and cool nights, assuring good sleep, and the occasional showers, making everything green and beautiful, have had a most enlivening effect on the family of patients.

The committee in charge of the Training-School by Correspondence report a very lively interest on the part of the students in the course, and many letters of appreciation. This course affords a rare opportunity for getting a large amount of valuable instruction in medical missionary lines at minimum cost.

Nothing truly belongs to us till we have given it to somebody else. No one can understand the health principles, and grasp their beauty and significance, until he has entered in earnest upon the work of giving them to others.

Wherever there is a Sanitarium nurse, there should be a walking cyclopedia on health subjects, tons of energy, physical and spiritual, the meekness of Moses, and the patience of Job. But these things come only in one way, and that is by receiving the fulness of Christ.

The nurses' class that graduates in the fall of 1899 is studying true Christian science in contradistinction to the errors commonly known under this head. The result of these investigations will be printed in later numbers of this journal. The works of Mrs. Mary Baker Eddy, the founder of so-called Christian Science, are obtaining world-wide celebrity, and are making thousands of converts. Where are the faithful watchmen?

Dr. Kellogg writes back that the voyage across the Atlantic was very stormy. Even some of the old sailors were sick, and the doctor found small rations and a reclining position the most satisfactory for a few days. He disclaims suffering, however, and says that he does not believe vegetarians should have a hard time at sea. Probably the doctor's enforced rest for a few days was beneficial rather than otherwise. Had the voyage been pleasant, he would no doubt have followed his usual habit of incessant work in one line or another, and would have obtained no rest whatever.

Dr. C. E. Stewart, lately returned from a trip to the State Experimental Farm at Wooster, O., reports that some very interesting experiments have been made there recently. Some months ago it was found that about forty per cent. of the large herd of cattle on the farm reacted to Koch's tuberculin test. About half of the diseased cattle were at once killed and carefully examined. The examination showed that tuberculosis was present in every case. The remainder of the herd was permitted to live, and the milk was fed to a certain number of healthy pigs and calves carefully isolated from the other animals. Some of them were fed on the milk after it had been sterilized, and to others it was given unsterilized.

These pigs and calves have just been killed, and subjected to a careful examination, which showed that all the pigs that had been fed on the milk had taken the disease. The calves fed on the milk after sterilization seemed to be healthy. Those that were fed on the unsterilized milk were tuberculous.

Some other experiments were made along this line which we shall be glad to report to our readers later on. It was also found that a large percentage of the sheep on the farm are affected with some kind of parasite, the exact nature of which has not been determined.

Some of the patients are very apt learners in the school of health, and soon come to understand the relation which diet bears to health of both body and mind. A new arrival remarked to one of the lady patients who had been here a few days: "Why is it that these nurses are so kind and accommodating?" "I think it is because they are Christians, and do not eat meat," was the rejoinder, spoken in all seriousness.

It is very gratifying, too, to notice the deep interest in Bible study that is shown by many of the guests. Elder McCoy, the chaplain, is kept very busy conducting studies in the parlors, and also in meeting patients in their own rooms and opening the word of God to them. There is a good attendance at the services in the chapel, where the various phases of truth are presented with clearness and power.

Do not feel any especial alarm if your appetite goes a little below par with the return of warm weather. You need less food than in the winter. If you go on eating as you did then, you will be liable to come down with an attack of spring fever.

A very interesting cooking-class, composed of the senior medical students, has just come to a close. It is certainly to the credit of these young men and women that they have found time to complete the regular studies in their course, doing extra work in several lines, and at the same time take a thorough course in the art of hygienic cookery. If this subject is of sufficient importance to engage the earnest attention of medical students about to receive their diplomas as physicians, is it not high time that our other young people, most of whom have far more leisure, should give it some consideration?

The opening exercises of the spring nurses' class passed off pleasantly the evening of May 4. The new class numbers about seventy-five.

Brethren Chas. Andrews and L. H. Manion left us May 5, for Peoria, Ill., where they are to work in connection with the mission. Brother Manion, who was baptized and joined the church shortly before leaving, is a fruit of our Chicago mission work.

A sister who has been carefully reading the recent issues of GOSPEL OF HEALTH and studying from the Bible and "Healthful Living," asks the following question: "If, as has been brought out by the talks of Dr. Waggoner and Professor Prescott, the very life of Christ is in the grain we make into bread, and the bread is to be accepted as his body, is it right for us by the process of making grain into bread to destroy part of the life and nutriment in it, as we do when we make it light with yeast? Would it not be better to discard the use of yeast entirely, and get the good of the grain ourselves?" This question is certainly worthy of consideration. Unleavened breads can be made in a variety of ways, of material that is within the reach of all, and are certainly more wholesome than yeast breads.

Sister W. H. Goodwin, Santa Cruz, Neb., sent us some time ago a very interesting account of a case of restoration to health through hygienic remedies. It was that of a boy eight years of age, whose parents had been attending some Bible readings held by Brother Goodwin. The child had a very bad throat, and could scarcely breathe when asleep. He had been sick for four years; his stomach was all out of order, and his skin yellow. The parents had given him a large amount of patent medicine, and tried many doctors; but the child grew worse, and was about given up to die. Sister Goodwin suggested a complete change of diet, and recommended fresh and stewed fruits, nuts, and zwieback in the place of what the child had been eating. The result was a remarkable change for the better at once. She says she also gave him a gargle of borax water, and let him snuff pulverized borax. The parents have become interested in the health principles through seeing the child make such a recovery, and are now anxious to learn all there is in it. Sister Goodwin mentions other interesting experiences of this kind.

ENCOURAGING WORDS FROM THE READING CIRCLES.

REPORT blanks have been received from a number of the circles during the past month, while others have not yet responded.

Brother Thomas Lord, writing for the circle at Slocumville, R. I., says: "The problem which confronts us is how to get together. The members live from three to six miles apart. When we do get together, it is hard to break up, the meetings often lasting three hours or more." Brother Lord also writes that the members of the circle are individually applying these truths to themselves, and stepping out in the light as they receive it.

Sisters Chase and Emma Rollins report encouragingly for the circle at Hart, Mich. They say: "Our program is not a fixed one, but the reading is usually conducted in the form of questions with the answers taken from the Bible, 'Healthful Living,' and GOSPEL OF HEALTH." The circle at Hart is carried on in connection with the Christian Help band there. These two lines of work—study of the health principles, and caring for the poor and needy—go well together.

Sister M. E. Young, Hastings, Mich., sends an interesting report of the circle at that place, which has twelve members. She says: "Our program is never twice alike, except that we always commence with a song, followed by prayer, in which each individual is free to take part. Then we usually read a short passage of Scripture before taking up the lesson for the day, which we read carefully together, each member noting the points of interest, and explaining them as he reads. Our text-books are the Bible, 'Healthful Living,' and GOSPEL OF HEALTH. Sometimes we read something from the *Review*, *Signs*, or other papers showing what the Lord is doing for those earnestly engaged in his work."

Sister Young also writes that the neighbors are getting quite interested in the health foods through the efforts put forth to bring them to their attention. This is certainly an excellent thing for all our circles to do.

Sister Mary Sanders writes from Short Falls, N. H., that the circle there enjoys the readings very much. The members, ten in number, meet on Sabbath afternoons. They take the article to be studied, and read by turns, each member reading one sentence, and opportunity being given all to ask questions and make remarks. They are doing what they can to spread a knowledge of the truth by loaning their copies of GOSPEL OF HEALTH.

Mrs. R. E. Brasier, Loyal, Wis., sends an encouraging report. The meetings of the circle there are increasing in interest every week. The membership is eighteen, and from six to sixteen visitors are present at every meeting. The program, Sister Brasier writes, is about as follows: Opening exercises; singing; a short selection by the leader from the Bible or "Testimonies" as a leading thought for the season of prayer; lesson for the evening; handing in of questions and answering of questions brought in the week before.

Brother F. L. Shaul writes from Anderson, Ind., that a circle was organized there, numbering six charter members. Since then two new ones have been added. Quite a number of outsiders are attending the meetings of this circle, and we have no doubt that it will grow both in interest and in numbers.

The circle at Albert Lea, Minn., holds meetings but once a month, is taking a club of ten copies of GOSPEL OF HEALTH for the members and to use in missionary work. Miss Fritz, the secretary, writes that the meetings begin with song and prayer, after which a short chapter in the Bible is read, followed by the study in GOSPEL OF HEALTH.

Brother Mark Perdue, leader of the circle at Tarsney, Mo., writes encouragingly with reference to the health work there. The meetings are held weekly, at 7:30 o'clock, after the Sabbath. The members of the circle number thirteen, but the average attendance at the meetings is about thirty, so we are left to suppose that some new members will soon be added.

We take pleasure also in referring briefly to the circle at Fontanelle, Ia., one of the very first to be organized. Brother S. D. Law, the secretary, has written us many encouraging letters. At Conneaut, O., there is another of the old circles whose progress has been watched with interest.

Nellie E. Knapp, leader of the circle at Davenport, Ia., reports among other work done during the past month, fifteen subscriptions to *Good Health*. There are ten members in the circle.

At Pueblo, Colo., we have a circle which has not reported very recently, and at College View, Neb., there has been in regular operation a large and flourishing circle having an attendance of over a hundred.

We have referred to only a few of the circles that have been organized. Some do not keep us as well posted with reference to their progress as we desire, both for their benefit and ours. Prompt reporting to GOSPEL OF HEALTH will put every circle in a way to obtain helpful instruction.

PUBLISHERS' NOTES.

THE series of articles by Dr. Kellogg, on "Simple Methods of Treating the Sick," will be resumed in the June number.

DR. PAULSON'S article, "Divine Healing," will repay careful study. The quotations from scientific authorities are right to the point, and valuable.

THE subject of how to treat fevers successfully is of such importance that we are glad to present our readers with the additional instruction afforded by Dr. George's article. Fever is present in almost all forms of disease. Children are especially susceptible to it, and a clear knowledge of the underlying principles will be of inestimable value to every parent as well as nurse.

WE cordially thank our friends for their efforts in behalf of this journal. Some are sending us in addition to their own renewal several new subscriptions. If others will take hold of this work, their efforts will be appreciated. The special offer of "Every-day Dishes" clubbed with GOSPEL OF HEALTH, at only fifty-five cents for both, meets with general favor. Sample copies of GOSPEL OF HEALTH to use in introducing the journal will be cheerfully furnished on application.

WE are beginning in this number a series of articles by Elder A. F. Ballenger, entitled "The Holy Ghost and Physical Healing." There will be much valuable instruction for our people in these articles, and it is desirable that as many new subscribers as possible be added to the list in time to receive the benefit of them. No Seventh-day Adventist can afford to be in ignorance of the vital truths that underlie this phase of the message.

SEVERAL of our subscribers have asked for a binder in which to keep their files of GOSPEL OF HEALTH, for reference. We have arranged for a supply of a very superior kind, easily accommodating three volumes of the journal. This binder has string-board covers on both sides, and opens like a book. We will send it postpaid to any one who will send us in the next few weeks two new subscribers to GOSPEL OF HEALTH at the regular price, 40 cents each.

MISSIONARY GARDENING.

WE hope that all GOSPEL OF HEALTH readers will do something in the line of missionary farming and gardening. It will be a blessing to you and to your little ones to set apart a piece of ground, and cultivate it for God. The poor unfortunates living in the slums of our large cities need the help that you can thus give them. There never was a time when the calls for help from this quarter were louder. The Medical Missionary Board see on every hand the most inviting openings, but for lack of means only a few can be entered.

Read the *Life Boat* to your children, and then ask them if they do not want to do something to help in this great work. They will respond nobly every time, and in doing so will learn valuable lessons of self-denial. Some most excellent instruction in regard to the planting and care of missionary gardens is being given in the current issues of the *Youth's Instructor*.

 WILL YOU HELP US?

THIS question is directed to every believer in the divine principles of health as advocated in this journal.

We want your co-operation in giving this light to the multitudes who know it not. Christian Scientists are flooding the country with their literature. *What are you doing to offset it?* Our tract societies are circulating a large amount of reading-matter on other subjects; is it not high time that we were doing something to set before people the true Bible doctrine with reference to the healing of the sick? Are there not thousands of eager, longing souls now feeding on the husks because no one is ministering the bread of life to them?

This subject will receive special attention during the next five or six months. Dr. E. J. Waggoner and Prof. W. W. Prescott will furnish some excellent studies on life and health as related to the gospel, and Elder A. F. Ballenger's series, "The Holy Ghost and Physical Healing," will also be of great interest. Drs. Kellogg, Paulson, Kress, Rand, Riley, and others will furnish able contributions, giving practical instruction in healthful living.

We need your help in making these matters known. *First, we desire to have one or more special workers in every church.* It may be the elder or the librarian, the leader of the Christian Help band, missionary society, or GOSPEL OF HEALTH Reading Circle, or all

these together. Write and tell us that you wish to help, and we will send you full instructions.

We also want your help as leaders or members of the local missionary societies. You have been sending out a number of *Signs, Sentinels*, etc. Thus you have found some souls who are more or less interested in and familiar with the special message for to-day. Do you not feel a burden to send these people some copies of GOSPEL OF HEALTH, thus sharing with them the light you have received in reference to an intensely practical and timely subject to all, — that of maintaining health in the midst of so much disease and death?

Five hundred tract societies are wanted at once to take up this work in earnest. It will give variety to your meetings, add interest to your missionary correspondence, and scatter this much-needed light into thousands of homes.

Moreover, it will simply be carrying out the plain and definite instruction that the Lord has given us: "A responsibility to spread the knowledge of hygienic principles rests upon all who have enjoyed the benefits of health reform. This responsibility should be felt by every man and woman who claims to be a Seventh-day Adventist."

Special rates given on papers used in this way. Write at once for particulars.

Address GOSPEL OF HEALTH, Battle Creek, Mich.

 IF YOUR SUBSCRIPTION HAS EXPIRED.

IF your subscription to GOSPEL OF HEALTH expires with this month, as it will with some, you will be interested, we are sure, in the following specially-low clubbing offers, which we make only for a limited time: —

GOSPEL OF HEALTH for six months and "Every-day Dishes," forty cents.

GOSPEL OF HEALTH for six months and "Shall We Slay to Eat?" forty cents.

GOSPEL OF HEALTH for one year and either of the above books, fifty-five cents.

GOSPEL OF HEALTH for one year and the *Life Boat* for one year, fifty cents.

... A ...

Complete Vegetarian Cook-Book

... AND ...

“Gospel of Health”

One Year for Only

55 Cents

SPECIAL OFFER.

IN order to increase the circulation of GOSPEL OF HEALTH, and provide our readers with an authoritative guide to hygienic cookery, we make, for a limited time, the following extraordinary offer:—

We will send to any address, GOSPEL OF HEALTH for one year and a copy of MRS. KELLOGG'S hygienic cook-book, **Every-Day Dishes**, paper bound, for only 55 cents.

Cheap cook-books, prepared by persons of little or no experience, are to be had at all prices. The market is overstocked with them.

This Book is a Reliable,

Up-to-date, and Thor-

oughly Practical Work. .

The author is well known as an authority on hygienic cookery. *The recipes it contains are the result of hundreds of ex-*

periments made in the Sanitarium Food Laboratory and Kitchen. It shows how to use the health foods, and also contains instruction which will enable those who have not access to these foods to prepare hygienic meals from the ordinary products of the farm and garden.

The book is marked by great simplicity of treatment. It tells just the thing that every housewife wants to know in order to set the table every day with food prepared at moderate cost, easy of digestion, yet so palatable and satisfying that meat will not be missed.

This Offer Applies Both to Renewals and New Subscriptions

If you wish to profit by it, send in your name at once, together with 55 cents, and we will send you the book prepaid, and put your name on the subscription list of GOSPEL OF HEALTH for one year.

Address “GOOD HEALTH,” Battle Creek, Mich.

Attention! Attention!

"GOSPEL ... OF ... HEALTH"

For June will be
A SPECIAL
CAMP=
MEETING
...NUMBER...

And will contain a large and pleasing variety of reading matter on health topics of interest to every one.

The first leading feature will be a symposium of brief, spicy talks on

The Hygiene of Life on the Camp-ground, and in General Throughout the Warm Season.

The preparation of proper food will receive much attention, and recipes will be given for a number of NEW AND APPETIZING DISHES that can be prepared with the smallest expenditure of heat and energy.

"Emergencies on the Camp-ground," Summer Dress, the Care of Small Children, Camp-ground Sanitation,

Are other subjects that will be ably discussed in this part of the journal by such writers as Dr. J. H. Kellogg, Dr. David Paulson, Dr. A. B. Olsen, Dr. C. E. Stewart, and others.

The SECOND special feature will be three or four strong articles on

BIBLE HEALING.

DR. E. J. WAGGONER will furnish a very valuable study, entitled "LIFE FROM THE WORD"

PROF. W. W. PRESCOTT will write on "The Message for To-day," showing the timeliness and importance of health principles, and their bearing on the Christian's practical life.

ELDER A. F. BALENGER takes up the subject, "THE HOLY GHOST AND PHYSICAL HEALING."

These articles, with others along the same line, will admirably set forth the teaching of the Scriptures with reference to ONE OF THE MOST TIMELY QUESTIONS OF THE DAY.

NOW FOR OUR PROPOSITION.

In view of the urgent demand for literature along this line, and in order to enable this copy of GOSPEL OF HEALTH to be circulated as widely as possible, both among our own people and those who are in danger of being misled by the sophistries of Christian Science, "Faith-cure" healers, and similar delusions, we have decided to furnish this number at the following special prices:—

Single Copies,	2 cents apiece.
In lots of fifty or more,	1½ cents per copy.
In lots of one hundred or more,	One cent per copy.

We hope that our brethren and sisters will take hold of this work in earnest. Here is an opportunity to circulate PRESENT TRUTH in regard to matters of the most vital consequence. Thousands are anxiously looking for health and healing. This number of GOSPEL OF HEALTH will tell them where to find it.

Let us hear from all our tract societies, as well as isolated brethren who wish to help circulate these papers.

Address **GOSPEL OF HEALTH,** - - - **Battle Creek, Mich.**