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The Gospel of Health

VOL. III.

BATTLE CREEK, MICH., U. S. A., SEPTEMBER, 1899.

NO. 9.

THE SOURCE OF POWER.¹

BY J. H. KELLOGG, M. D.

THIS earth is a vast amphitheater for the display of power. Consider the forests alone. Who can estimate the weight of the millions of trees, some of which weigh a hundred tons? Where does the force come from that lifted such a ponderous weight of matter into the air?

Think of the power that lifts the waters which form the clouds, and which, descending upon the earth, fill the mountain torrents and the rivers and lakes. We do not half realize how much power there is about us. There is enough force expended in the production of the snow that goes to form a single snowball to send it over a hundred miles. Then think of the enormous power that must be called into play in the production of all the icebergs and fields of snow. Think of the power in an ordinary breeze, then of that manifested in a cyclone, and in the trade-winds that push the ships along. When we see a man at work, we call that life, and when we see a stone roll down hill, we call that gravitation. Where does all this power come from? There is but one answer, It comes from God, the sole source of power and energy and intelligence.

If you ask me to explain or describe this great Source of energy, I confess I know little about it. I can only say that it exists — it *is*. We read in the Scriptures that the Lord said to Moses, "Thus shalt thou say unto the children of Israel, I AM hath sent me unto you." It is this great "I AM" that has existed through all ages, and that is the source of all the force and energy manifested in nature; it is this great being which the Bible calls God, whom Christians worship.

Another thought deserving attention is the fact that life was not simply set going in ages past to con-

tinue self-existent, independent of its source; that the force of gravitation was not created and left to itself; but that the Being who created all things is upholding them to-day by the power of his word. We see God manifested in the ocean wave, the rain-storm, and the tornado, as well as in the acts of living creatures. Animals and plants are not sustained simply by the life principle put into them at their creation, but are dependent for their continued existence upon fresh inflowings of the divine life. A little kernel of corn has some life in it; I plant it, and I get three or four hundred kernels of corn, each one of which contains as much life as the original seed. I sow a kernel of wheat, and I get a hundred kernels, each one of which has as much life as the original. Whence all this life? It did not come from the first kernel. Water and air and soil have been converted into wheat, but where did the life come from?—God supplied it. The same thing is true of flowers, plants, trees, and animals. In all processes of development there is a multiplication of life. There is a stream of life and energy pouring into the world all the time, pouring into plants, trees, flowers, animals, and human beings, and it is this stream of life upon which we depend every day for existence. How do we get our life?—We eat, and if in the food we eat there is energy and life, we can live on it: but we can not live on a thing that has not life. We breathe fresh, pure air, and from it receive life. Every process of growth is one of life storing.

While in Palestine recently I visited what is said to be the place where our Lord changed the water into wine. That was a great miracle. What astonishment there must have been when it was found that the water that had been poured into the vessels had been converted into wine. But the same miracle occurs in the vineyards upon the hillsides. The plant takes root in the soil, and under the influence of light and moisture it changes the water it receives from the soil into

¹ Extracts from a lecture in the Sanitarium parlor.

wine. We see the same thing in the formation of food. When the Saviour fed the five thousand, he multiplied a few loaves and fishes until the multitude was fed, and there were twelve basketfuls of fragments remaining. The miracle of the vineyard is greater than that of Cana, and the miracle of the Western cornfield more marvelous than that of feeding the five thousand, and yet it is all the same thing.

Eating and breathing are divine ministrations; they are processes by which we take life into ourselves. When we are exhausted, we take food, and are strengthened. Why?—Because we have taken life into ourselves. When we eat, we should thank God for what he has given us, because it is God himself who is storing up energy for us in our food; it is God who has thus put life into a form in which it is available. We can not reach out and draw it in with our hands, but we can take it in food, and it is utilized by water and air, the oxygen of the air transforming it into a great variety of forms of energy. Knowing this much, we recognize our dependence, and realize also that it is a benevolent and thoughtful Intelligence who thus feeds and supports us.

We have the best of evidence that this Intelligence is interested in us as individuals. A lady once said to me, "Doctor, do you really believe that God has any interest in me? Do you think God cares for me? I am of no account; I am only a little speck of humanity, and do you think that God cares for me?" I answered, "Your heart keeps beating; now explain to me how this could be if God did not give you the required energy; how could your heart keep beating if there was no intelligent control of it?" She replied, "I can't explain it." We think that we are independent, and obey our own wills, and can control ourselves; but when we lie down at night, can we make ourselves go to sleep? and when we go to sleep, can we awaken ourselves? The prophet said of God, "He wakeneth [me] morning by morning," and that is equally true of you and me to-day. God has an individual care for each one of us. The same Power that guides the planets in their course, that lifts the water into the clouds and causes it to descend in refreshing showers, that rears the mighty oak, that utters its thunder-tones in Niagara, that condescends to paint the petals of roses, lilies, and pinks, and give them their sweet fragrance,—this same power controls the life and walk of man. Every moment of our existence this Power is at work in us, and for us, and through us, and every manifestation of

it is clothed in love, for the Bible says that God himself is love, and "like as a father pitieth his children, so the Lord pitieth them that fear him." And again, "Can a woman forget her sucking child? . . . Yea, they may forget, yet will I not forget thee." Then why need we have any misgivings as to the result? Let us rather put our whole trust in our Heavenly Father, and conform our lives to his laws, rejoicing every day in the assurance that he doeth all things well.

HOW DISEASE IS CURED.

BY G. H. HEALD, M. D.

IN every individual two antagonistic processes are going on,—one of regeneration, or repair; the other of degeneration, or decay. One tends to life, the other to death. One is the remnant of that eternal life which was planted in man at creation; the other is the working out of the sentence, "Dust thou art, and unto dust shalt thou return."

We know nothing of the physiological processes before the fall; but evidently there was no such thing as degeneration as we understand it. Decay and death are the result of the fall, and are the inheritance of every son and daughter of Adam (Rom. 5:12); but despite this, the principle of life and repair is still quite strong,—is, in fact, the only curative agent we possess. It is to impress this thought that this article is written.

An egg is apparently a lifeless thing, but it contains a life which has been handed down from creation through a succession of birds and eggs, and may still be handed down until the end of the world. We may not be able to trace the pedigree of an egg, yet it goes back in an unbroken line to the first bird of that species, created on the fifth day.

Under the influence of moderate warmth that life may be made to manifest itself in transformation and development until a young bird escapes from the shell. The warmth does not give life to the egg, for the life is already there, but it is the external stimulus needed to start the process of development. Shake the egg violently, break it, or put it into boiling water for a few moments, and no influence can cause it to develop; the life of the egg has been destroyed.

It is the same life principle which causes the body to develop, and which in case of accident or disease brings about the necessary repairs. Any healing measure we may employ can at best have only the same relation to the process of repair that warmth

has to the development of the egg; indeed, the process of repair often goes on without any assistance. In case of a cut finger, for instance, if let alone, it frequently heals without any further notice. Extensive injuries are often healed in the same way. The only thing to do in such an emergency is to stop the bleeding, which nature, as we often term the repair process, can not always do unassisted, cleanse the wound, bring the parts together, and keep out germs. With this assistance, and sometimes even without it, nature sets in motion one of the most beautiful, one of the grandest operations conceivable; and the more one studies the work done under such circumstances, the more is he led to reverence the Creator.

The cure for disease is found within the body. The almost universal practise of using drugs in the treatment of disease does not cure, but simply deadens the nerves, and always has a depressing influence on the reparative powers.

God's healing measures are at the command of all — sunlight, fresh air, pure food, pure water, proper exercise and sleep, and a good conscience. They are not yet in the clutches of some trust. See that the sick have plenty of these, and then watch the process of repair, remembering that it is not the surroundings which effect the cure, but the curative powers within.

TALKS ON DIET IN HEALTH AND DISEASE.

1. *The Best Eating-House.*

BY DAVID PAULSON, M. D.

I WAS talking the other day with one of my patients who travels a great deal. He remarked that whenever he got off a train, the first question he asked was, "Where is the best eating-house in the city?" To most people the best eating-house is the one that is most successful in catering to a pampered appetite, not the one that puts on the table food capable of producing the best brain, bone, and muscle. If we were to ask a man where such food could be had, he would be likely to consider us as being a little "loony" or something of a "mental." How inconsistent! If we were buying a suit of clothes, we would not hesitate to ask the clerk, "Will this suit of clothes wear well?" That would be considered a proper question. But in regard to the question of what food is best adapted to build up brains capable of thinking God's thoughts after him, then — "Oh, it's all right for some people to pay a little attention

to that subject, of course; but I eat what tastes good."

If a man has an extensive business, and his stenographer makes him say, in his correspondence, that he will fill a certain order for a hundred dollars which is worth a thousand, he would be ruined. When we go to church, we wish the minister to present truth in a clear-cut, concise, and logical manner; but when it comes to preparing food to make brain, nerve, and muscle, and enable us to exercise them, any one who can put things together in such a way as to tickle the palate is called a good cook.

There is something wrong in our education, and it reaches clear back to our childhood. In the village school we learned the height of Pike's Peak, something about specific gravity, and a hundred and one other things that it is well to know; we learned enough about physiology and other things to "pass" our grades. But after we had finished these studies, and entered upon the duties of life, more than half of us could not put our knowledge into practise. How many young ladies, when they leave school, can cook as well as their mothers? How many young men, for all their knowledge of physics and chemistry, can turn it to immediate use in gaining a livelihood? By this I do not mean to disparage education, but to call attention to the fact that so little is done toward our physical education. Were more time and thought given to the study of proper food substances, and the intelligent care of our bodies, I am sure we would not have such a vast army of invalids.

Many persons reason thus: "Well, on this food question we are all at sea, and each of these health institutions has its fad about it." That is true. Show me a disease for which twenty-five different remedies are recommended, and I will show you one that is very poorly understood. So when we come to this subject of diet, and find such a great diversity of opinion, we may conclude that it is a subject not perfectly understood.

But there are some things pertaining to diet that are just as absolute as the law of Sinai or the laws of creation. While out West a few years ago, I was talking with a farmer, and among other things he said he never planted his potatoes by the moon; that some farmers thought it made a difference whether they planted their potatoes in the old of the moon or not, but he didn't; he planted his potatoes deep in the ground. It is not many years since, when an eclipse or a comet was considered as the forerunner of war or plague, but these things are better understood now,

and we know that the moon and potatoes have not much affinity for each other, and that eclipses are based upon the great laws of nature. In other words, we are beginning to know that there are certain well-established truths in the physical world. It is just so in regard to the diet question,—some things are well settled, and there are other things which seem obscure. We shall consider some of these in our next talk.

(To be continued.)

THE SCIENCE OF REFORM.

BY B. W. MARSH.

REFORM is that which tends to elevate the moral, mental, and physical abilities of those who apply its principles. If it does not do this, it is not reform. It matters not what its name; if it does not improve the conditions to which it is applied, it should be avoided.

The world is filled with so-called reformers whose only aim, it would seem, is to bind men in cruel chains of selfish bondage. All humanity is sick; therefore we hear a universal call for a reform that will benefit health, and in response to this call the author of all sickness and suffering is ready to set forth some new-fangled idea of reform that will only serve to add to the misery already caused.

True reform is that which will reveal in man all the power and all the glory of the first man, Adam. It centers in Christ Jesus the Lord, in whom all fulness dwells; and his promise is that he will not hold his peace nor rest until the righteousness of Zion goeth forth as brightness, and her salvation as a lamp that burneth. Isa. 6:1. Perfection is the city of the pilgrim's attainment; Victory is the mountain on which it rests, and self-denial paves the path that leads thereto.

Just as the author of misery has invented spurious reforms to aggravate the misery he has created, so has he invented self-denials to prolong the suffering of his unhappy subjects. Therefore we see many denying themselves the glorious hope of eternal life to indulge in the pleasureless enchantments of sin. By far the majority of earth's suffering millions deny themselves health, happiness, rest, and peace that they may have sickness, misery, weariness, and trouble.

We also find a large number struggling at the base of the mountain of victory, trying to get into the path of self-denial, but they are unable to do so because of the great load of self-righteousness they

carry. They have gone around the valley of humility that lies just before the gate opening into the path of self-denial, but have not learned that they must be wholly free from their load of self-righteous works before they can walk in the narrow path that leads to the city of Perfection. These look up, and behold towering above them the mountain of Victory; they may even catch some few gleams of the hallowed light that shines from the city. As its gentle rays are cast about them, an unseen hand spurs them on to try more earnestly to enter the narrow path, and we see others crucifying to themselves every pleasure, every smile, and every gleam of joy. Others deny themselves food until the face becomes pinched and drawn, the looks gloomy and downcast. Their load grows heavier, and they are almost in despair. They make no progress, and by and by they fall to rise no more.

A few are on the pathway. Self-denial to them has become a pleasure. They look back upon the load of sin and lust which they have left. Now it would be self-denial to yield to that load. They are on the Saviour's side of self-denial now, and his yoke is easy, and his burden light. All his life he denied himself to do the things that make human nature miserable not to do. His truest happiness and most celestial peace were found in not doing the things that humanity does. He suffered the sins of human nature that he might separate us as far from the sufferings of disobedience as the East is from the West.

The children of Israel lusted for the flesh-pots of Egypt. Had they been on the Lord's side, to have eaten such stuff would have made them miserable. But alas! they were on the wrong side of the difficulty, and the self-denial was exercised in the wrong way.

It is the steady adherence to a righteous principle that makes a man a man. It is painful to think that a man who has given himself body, soul, and spirit to the Lord, has to deny himself whisky, tobacco, tea, coffee, flesh-meats, etc. Can we conceive of the Lord's having to deny himself these things?—No! But we can readily understand how he would have to deny himself to partake of such things. As we hope to be saved, let us stand on the Lord's side.

DR. A. N. LÖPER writes from College View, Neb.: "I am glad to see the line of work GOSPEL OF HEALTH is taking up. I believe it gives just the instruction that the people need. The paper certainly meets a great want in the homes of our Seventh-day Adventist families."

REPORT OF THE SECOND ANNUAL
MEETING OF THE SCANDINAVIAN
PHILANTHROPIC SOCIETY.

BY O. A. OLSEN.

THIS meeting was held in connection with the Danish Conference assembled in Copenhagen, Denmark, June 29 to July 9, 1899. The society operates in three countries,—Denmark, Norway, and Sweden. Its purpose, according to the by-laws, is to further the interests of health and temperance, and in every possible way relieve want, suffering, and distress. To this end the society aims (1) to publish such papers, books, pamphlets, etc., as may give enlightenment in the foregoing lines; (2) to erect and conduct sanitariums and other like institutions, schools for educating nurses, factories for the preparation of health foods, cooking-schools, etc.; (3) to organize and conduct relief missions for the poor, homes for the homeless, orphanages, old people's homes, etc.

The membership fee is fifty *kroner* (a *krona* is equal to twenty-seven cents), the same amount to be paid annually thereafter. One thousand *kroner* cash secure a life membership.

The work done by this society last year is indeed encouraging. To begin with, there is the Sanitarium at Skodsborg, about ten English miles from Copenhagen, located in a most beautiful spot, with the blue waters of Oresund in front, and back of it acres and acres of glorious Danish beech woods. No wonder a physician of world-wide reputation who recently visited the Sanitarium gave it the foremost place of all our health institutions as to location.

A short history of the growth of the enterprise may be of interest. The first of May, 1898, the Sanitarium stood ready for use. There were then two buildings, containing an aggregate of fifty-three rooms, which furnished accommodations for thirty patients. The work was done by thirty-two helpers. A month later it became evident that the place was too small. More room was furnished by buying a little villa with ten rooms. A half year later another building of about the same size was secured. The steady growth since then has made further additions necessary, until now the main buildings, rented cottages, and portable summer hotels aggregate ninety rooms.

During the year, one hundred and fifty-six patients have received treatment and full board, and two hundred treatment alone. The number of treatments

given is 16,553, or fifty-five a day. There are now fifty patients in the institution, and forty-nine helpers. The guests show a deep interest in the study of health principles, and willingly make the most radical changes in their habits of life.

The Sanitarium is fully equipped with medical appliances. Hydrotherapy is employed in all its forms, from the common bath to the hydro-electric and the most elaborate electric-light bath.

A branch of the Skodsborg Sanitarium is in operation in Copenhagen, a so-called *Klinik*, where the physician of the head institution may be found at certain times of the week for consultation. Baths and treatments are given here also. From Sept. 1, 1898, to June, this year, there have been one hundred and seventeen patients, and 2,194 treatments have been given, six helpers being employed all the time.

The society has also another health institution, the Frydenstrand Vandanstalt, at Frederickshavn, Denmark, with an outlook over the North Sea. This was originally a high school erected by Seventh-day Adventists, but not being able to meet the practical demands of an institution of that kind, it was changed into a watering-place, and as such has been conducted with success. Quite frequently, as a last resource, physicians have sent their patients to this place, and here they have nearly all been cured. Last year there were seventy-six guests, besides twenty outside patients.

The society operates a health-food factory and bakery in Copenhagen, which furnishes the health institutions with everything needed in this line. It has heretofore been run on a small scale, but arrangements have been made for enlarged facilities to meet the growing demand for health foods. A large five-story building was recently rented for this purpose.

The rapid progress of medical missionary work in Denmark is a wonder to every one. Speaking about the Skodsborg Sanitarium, one of the patients, after hearing its history, said that it seemed like a story in a book of fairy tales. Much could be said about the interest taken in this work by men and women of influence, but space does not permit it. For all, however, God shall have the praise, for to him is it all due.

From Christiania, Norway, very encouraging reports were read at the meeting. Two medical missions are being conducted there under the auspices of the society. Following is a report of the work done during the previous nine months:—

Number of patients.....	275
“ “ treatments given.....	2,828
“ “ outside treatments	739
Hours of free treatment.....	673
Visits.....	535
Meals, free.....	299
Garments given away	235
Lodgings	38
Full boarders, paying	20
Dinner boarders, paying.....	70
Pages of gospel literature loaned and given away.....	3,051

Sweden also has its medical mission, located in Gothenburg; but as no report was rendered, we can not give details here.

Everything considered, the society has accomplished much during its short existence, and plans are being formulated by which the work already started is to be widened, and put in a condition to better meet the ever-growing demands.

Dr. Kellogg's recent visit to this field was one of great encouragement to the brethren. The counsel which his large experience enabled him to give, will help us in shaping the future policy of the work.

We pray that God's blessing may rest continually over our efforts, and that he may further the medical missionary work to his own glory and the salvation of many souls.

THE DIVINE HARMONY OF TRUTH.

VIII. *Rheumatism and Gout.*

BY DAVID PAULSON, M. D.

THOSE who view merely the symptoms of disease may at first find it difficult to believe that Bright's disease, diabetes, rheumatism, and gout all belong to one family, and are attributable to the same general cause,—the overwhelming of the human system with poisonous substances, such as, liquor, tobacco, flesh-meats, condiments, tea, and coffee, or even the eating to excess of wholesome food. There is another way to bring about the same condition, and that is by sedentary habits, which cause the natural wastes of the body to stagnate, and thus poison the system.

Of rheumatism and gout, Dr. Haig writes as follows: "So long as we persist in believing that rheumatism is due to some unknown cause, . . . we shall regard these things as inevitable, much as do the jury who bring in a verdict of, 'death by the visitation of God.' But once we realize that these diseases depend solely upon the quantity and the solubility of the uric acid in the blood, and that, as I have further pointed out, the quantity of uric acid in the blood

and its solubility in that fluid are absolutely and completely within our control, we shall pass with one bound from the unknown to the well known, and shall see that these deadly diseases are not the result of the unpreventable causes, but of our own dietetic follies: and that our children need not to be crippled or decimated by them, if we allow them to live according to their own inclinations on milk and garden produce, and abstain from forcing down unwilling throats the stimulating but deadly products of the animal metabolism [flesh-foods].

"For some years past, I have been in the habit of asking all rheumatic children that I have seen this question: If I offered you a plate of fruit and a plate of meat, which would you take? I have never seen a child that would take the meat."

This eminent physician believes that the only way in which the children of rheumatic or gouty families inherit these diseases is by inheriting the appetites of their parents, therefore reaping the same harvest. This is no doubt true as far as actual disease is concerned, but there are other causes which help to fan the disease into life. This explains why it is that some who live upon a nearly correct diet for years, occasionally suffer with rheumatism.

"Healthful Living," paragraph 615, tells us that damp beds and unhygienic surroundings pave the way for rheumatism; paragraph 946 shows how vicious practises tend to lower the vitality of the body, so that very little of the poison which is the cause of rheumatism, is sufficient to bring on a severe attack of this malady.

May God help us, in view of the crisis that is just before us, to plan our habits of life, both spiritual and physical, so in harmony with the Divine Mind that we may be filled with all the fulness of God.

ADVICE TO CONSUMPTIVES.

SUMMER furnishes the golden opportunity for consumptive invalids in temperate climates. When the disease does not rapidly progress toward a fatal issue, the patient usually gains a little each summer, although he loses what he has gained, and more, each winter. It is in the colder months that the foundation of the disease is generally laid, and in the same portion of the year the disease makes greatest headway, and extends its ravages most rapidly. Hence, the summer and early fall are the favorable months for the patient whose hacking cough, slight morning chills, evening fever, and occasional night sweats

indicate that consumption is already making serious advances upon his respiratory organs. During the months of June, July, August, September, and the early part of October, the consumptive should live out of doors almost entirely. If he can spend his days in roving about among the woods and streams of some pleasant country place, sleeping in a tent at night, and eating good, wholesome food, he will be doing a great deal to fortify himself against the disease and stay its progress. If, in addition to this, appropriate treatment can be applied, all is being done that can be done for the patient.—*Sel.*

THE RELATION OF DIET TO MORALS.¹

BY MRS. A. I. LOVELL.

A GREAT cry has gone and is going out against intemperance and immorality; hundreds are sighing and crying for the abominations done in the land. Organizations are formed, societies spring up here and there, lecturers go forth endeavoring to stay the tide of evil; but Satan's work still goes on. Saloons and brothels thickly dot the country, the drunkard still reels about the streets, and wickedness and crime of every description are increasing.

I wish to-day to call your attention to the cause, one cause at least, of this, and also a remedy. It is said, Let us work for prohibition; let us remove the saloons and all places of infamy, that our sons and daughters may be free from contamination. I maintain that while it is all right to work for the extermination of these, there is a better way to work for reform. The work must begin in the heart, in the very life of the individual. Were all the saloons in the land removed and the evil still remained in the hearts of men, how long would it be before it would sprout up and grow again? We might illustrate this in this way: A tree with great, spreading branches and thick foliage stands in the midst of a garden, shading a spot where it is much desired the sun should shine. The owner wishes to remedy the evil done by the tree, so he climbs to the top and cuts off all the branches. For a time all goes well, but ere long the branches grow again, and the same evil exists. This time the owner takes his ax and cuts away the roots; the tree dies, and never grows again. So in this great problem; removing the temptation only does not make the individual nor society one whit better. . . .

Our divine Master in his prayer to the Father for

¹ Extracts from a paper read before the W. C. T. U. of West Superior, Wis.

his disciples in all ages said, "I pray not that thou shouldst take them out of the world, but that thou shouldst keep them from the evil." Jesus never prayed in vain,—the Father always heard and answered: so here is a promise that God will keep us even while in the very midst of sin and degradation; but it is only by getting right principles inculcated into our lives that God can keep us. . . .

There are several stepping-stones to a drunkard's grave. The downfall does not come at one leap; it has a small beginning. The seed has been sown in childhood, perhaps in a Christian home, and later in life has borne fruit. How often we hear from the lips of fallen ones the statement, "I was reared by respectable, God-fearing parents." If these parents had taught their children the principles of right living, their sons and daughters would have been spared the bitter experiences of a criminal life, and would have been a crown of glory to their old age.

The question now comes, How can this be done? How can we bring up our children to noble manhood and womanhood amid all this evil?—Begin by correcting your own habits of living. It is a well-known scientific fact that prenatal influences have much to do in forming the character of the man. God recognized this fact when he gave instruction to the mother of Samson, "Beware, I pray thee, and drink not wine or strong drink, and eat not any unclean thing" (Judges 13:4); and when the father asked, "How shall we order the child, and how shall we do unto him?" the angel of the Lord replied, "Of all that I said unto the woman, let her beware." Vs. 12, 13. This was to fit her child for the great work which God designed that he should do. . . .

The Persians recognized the relation that exists between a simple, non-stimulating diet and morals. Rollin states that "by them the education of children was looked upon as the most important duty and the most essential part of the government; it was not left to the care of fathers and mothers whose blind affection often rendered them incapable of that office, but the state took it upon itself. Everything was regulated—the place and length of their exercise, the times of eating, and the quality of their food and drink. The only food allowed either the children or the young men was bread, fruits, and grains, and their drink was water. They considered that a plain, frugal diet would strengthen the body, and lay a good foundation for health to enable them to undergo the hardships and fatigue of war to a good old age. The design of the Persians in all these wise regulations

was to prevent evil; being convinced that it is much better to prevent faults than to punish them; and whereas, in other States the legislators are satisfied with enacting punishment for criminals, the Persians endeavored so to order it as to have no criminals at all. They recognized that by keeping their young men on a simple diet, excluding entirely the use of flesh-foods, they could prevent evil and the formation of criminals in the State.

Dr. Shepard, of Brooklyn, says: "Undoubtedly many of the vices that injure society and eventually result in crime have their beginning at our own tables. It is what we eat that makes or mars our condition. If we partake only of the pure, we shall be pure and clean throughout. If, on the contrary, we handle the unclean, and attempt to build up with gross material, it will result in uncleanliness, disease, and death."

"If ever there was a time when the diet should be of the most simple kind, it is now. Meat, eggs, pastry, and highly seasoned foods should not be placed before children, for their influence is to strengthen and excite the lower passions and deaden the moral powers." These highly stimulating foods produce a feverish condition of the stomach, and as they are indulged in more and more, create a thirst which nothing but intoxicating liquor will satisfy. Thus the home table is made the kindergarten of the saloon.

Many wonder why their children are so slow to accept the gospel of salvation, why it seems so natural for them to take the wrong course and go into sin. The cause lies principally in this very question of diet. Mothers, while praying for the conversion of their children, and that they may be kept untainted and pure, are hindering their own prayers by their works. Solomon says, "Train up a child in the way he should go: and when he is old, he will not depart from it." O, let us arouse to a sense of our duty. Let us raise the voice of warning, and thus set in motion a wave which will not cease rolling until it has reached the uttermost bounds of the earth. . . .

What mother does not rejoice to see her children walking in the path of virtue? What wife does not take pride in knowing that her husband is an honorable man? Work for it, and you will be amply rewarded. Let us in this way strike intemperance and immorality at its root, and it will die of itself. "That our sons may be as plants grown up in their youth; that our daughters may be as corner-stones, polished after the similitude of a palace."

THE VALUE OF SANITARIUM METHODS IN THE TREATMENT OF PULMO- NARY TUBERCULOSIS.

BY W. H. RILEY, M. D.,

Supt. of the Colorado Sanitarium, Boulder, Colo.

AT the International Congress held in Berlin, Germany, for the purpose of studying tuberculosis and devising means for preventing its spread, much attention was directed to the planning of sanitariums for the treatment of tuberculosis of the lungs. In fact, this subject received fully as much attention as any other feature of the question. At this international meeting, which was a gathering of prominent physicians from all parts of the world, the sanitarium methods of treating this disease received the most hearty approval and the strongest recommendations of all those assembled. Such topics as the proper location of these institutions, arrangement of rooms, ventilation, care of patients, etc., were thoroughly discussed.

In Germany during the last few years there have sprung up a great many small sanitariums for the sole purpose of treating patients afflicted with tuberculosis, or consumption. The rapid increase of these institutions in Germany is due to the success which attended the first sanitarium for poor consumptives, established in Falkenstein in 1892.

In the United States there are a few such institutions, and they have had fairly good results.

At the Colorado Sanitarium, since its recent establishment at Boulder, hundreds of cases of consumption have been treated successfully. A goodly percentage of those who have applied for treatment have been entirely cured of the disease, and others have had their lives greatly prolonged, while, of course, there have been some who remained at home in bad climatic conditions until the disease had undermined their health to such an extent that they had no resistance. This last class could not obtain the benefit they might have received had they come earlier.

The Colorado Sanitarium, however, is not an institution for the treatment of pulmonary consumptives only. More patients suffering from other chronic diseases have been treated than those afflicted with pulmonary tuberculosis, but a sufficient number of the latter class have been benefited at this place to prove the value of its methods in this particular line. Only the very best modes of treatment are employed.

Experience has shown that consumptives can best be treated in buildings especially constructed for them. The Colorado Sanitarium has now reached a point in its history where it needs another special building for this class,—one for the indigent poor. Plans are already on foot for the construction of a building for this purpose. If such good results can be obtained in Germany, where the climatic conditions are far less favorable, certainly much better and greater results may be expected from a properly conducted sanitarium in the Rocky Mountain regions of Colorado, where there is every facility for the treatment of this class of sufferers.

We hope all friends will take an interest in this work. There are many ways in which you can help us: You can speak favorably of the advantages we are offering; you can send us the dollar or more for which we have already asked; and last, but not least, you can aid us by your prayers.

SOME REASONS WHY FLESH-FOODS ARE NOT A PROPER ARTICLE OF DIET.¹

THE lower animals have no intellect; their passions are gross and of a brutal character. Therefore their bodies taken as food nourish in us the same characteristics.

It was not God's plan when he created man in his own image that he should eat flesh, for we read that out of the ground made he to grow every tree that was good for food. Man, in common with the other animals, was placed upon a vegetable diet.

Animals are subject to disease. Healthy meat it is almost impossible to obtain. Disease is readily communicated to the human system by partaking of the flesh of diseased animals.

Flesh-foods are stimulants; they do not supply the kind of strength which is needed by human beings. The lion, which lives on flesh, can make a great spring or utter a mighty roar; but if one were to work him beside a hay-eating ox, the fact would soon be demonstrated that flesh-foods are not suitable for a working animal. Carnivorous animals are almost always savage, and die young. Herbivorous animals are in the main docile, and often attain a great age.

The flesh even of healthy animals is full of poisons. Those who partake of it get impure blood,

which shows itself in tumors, scrofulous eruptions, etc. Poisons in the human system also have a direct effect upon the mind, benumbing the mental powers, and blunting the finer sensibilities.

Meat eating necessitates the wholesale butchering of animals which have as good a right to live as we. The occupation is a most revolting one, and not without evil effects upon those who engage in it, and upon society in general.

PATENT MEDICINES.

BY WM. A. GEORGE, M. D.

"THE endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which claim to do wonderful cures, kill hundreds where they benefit one."—*Healthful Living*, page 245.

This is a good commentary on patent medicines.

"We are not excusable if, through ignorance, we destroy God's building by taking into the stomach poisonous drugs under a variety of names we do not understand. It is our duty to refuse all such prescriptions."—*Ibid.*, page 246.

Here our duty is plainly stated—to refuse all such prescriptions, discard them entirely.

There is no more pitiful sight than to see an invalid taking dose after dose of some drug mixture of the contents of which he knows nothing, and yet, because he imagines he feels better, continuing to take it, although he is getting worse every day.

It is appalling, though sometimes amusing, to read the testimonials sent to those who are selling these mixtures. The following is a fair sample of a testimonial which states the truth most plainly:—

— *Drug Co.*

GENTLEMEN: Ten years ago I bought a bottle of your medicine, and since that time I have not been able to do without it. I consider it the best medicine I ever saw, and I always take pleasure in recommending it to my neighbors.

Yours gratefully,

Like the drunkard or the tobacco devotee, the patent-medicine taker becomes a slave to— he knows not what. Most of these medicines contain alcohol, and many of them contain opium, morphine, strychnin, or some other poison which is sure to leave its injurious effects upon the delicate human system.

Even if these mixtures were not injurious, it is a great waste of money to use them, for while they do no good, they are usually sold for from ten to twenty

¹ Culled from papers written by members of the Medical Missionary Training-School.

times as much as they really cost. How much better to spend this money in buying good books, and learning to care for the body in health and disease without drugs of any kind.

HIS OWN COOK.

A PATIENT now stopping at the Sanitarium gives us a bit of his experience, which is interesting not only as showing the beneficial results following obedience to natural law, but also as suggesting one way of securing a healthful diet under difficult circumstances. It illustrates the saying, "Where there's a will there's a way." If others are eating unhealthful food because nothing better is provided at their boarding places, we hope they will imitate the example of this young man, and become their own cooks.

He tells his story as follows:—

"After suffering for a number of years with stomach trouble, it came to my mind recently that I was not receiving the proper nourishment. Being a butcher, I had the finest porter-house steak, lamb chops, meat-juice, and beef teas, which, according to the popular verdict, are very strengthening; but with all these I was failing. It was told me by some one that wheat was the best all-round food provided by nature. I determined to find a place where I could obtain the pure wheat flour. It was not long before I became acquainted with a gentleman who had an old grist-mill in the country, and from him I obtained the genuine article. I then started to experiment in baking bread. After business hours, which was never earlier than eight or nine in the evening, I would fix up my dough, and set it to rise until morning. At four or five I was up again, preparing the dough for baking before I went to the office. In that way, after a great deal of patient labor, I was able to make a good loaf of the real staff of life. Since that time I have not tasted a piece of flesh-food of any description, and find the strict vegetarian diet of great benefit to me."

Looking at this young man to-day, no one would suppose for a moment that he had ever been troubled with dyspepsia. Had he lived a few years longer on poisonous, stimulating foods, it might have been too late to help him.

"If it is desired that children become quarrelsome, brutal, and ferocious, feed them on flesh. If it is desired to create or perpetuate the murder spirit, continue to feed your households on flesh."

THE HOME.

CARE AND USE OF LEFT-OVER FOODS.

BY MRS. E. E. KELLOGG.

ECONOMY, one of the cardinal principles of success in housekeeping, as in all other occupations of life, consists not alone in making advantageous use of fresh material, but in carefully preserving and utilizing the "left-overs," the bits and fragments which accrue in every household. Few cooks can make such perfect calculation respecting the desires and needs of their families as to provide just enough and no more, and the improvident waste of the surplus thus prepared is, in many homes, fully equal to one half the first cost of the meal. Nothing which is at first well cooked need ever be wasted. There are ways of utilizing almost every kind of cooked food so that it will be quite as appetizing and nutritious as when first prepared.

All left-over foods, as grains, vegetables, or others of a moist character should be removed to clean dishes before putting away. Unless this precaution is observed, the thin smears and tiny bits about the edges of the dish, which become sour or moldy much sooner than does the larger mass, are apt to spoil the whole. All moist left-over foods should be kept on ice or in as cool a place as possible until needed, for the germs which cause food to become moldy do not thrive so well in a low temperature. It must be borne in mind that left-over foods of any kind, to be suitable for future use, must be well preserved. Sour or moldy fragments are not fit for food. We have known of housekeepers' making puddings of bits of moldy stale bread, with the result of causing serious illness in those partaking of the dessert.

If properly made from wholesome and nutritious material and well preserved, there are few other foods which can be combined into more varied and palatable dishes than left-over bread. To insure the perfect preservation of the fragments, the bread itself should receive good care. Perfectly sweet, light, well-baked bread has not the same propensity to mold as has a poorer article, but the best of bread is likely to become musty if its surroundings are not wholesome. The receptacle used for keeping bread should be frequently washed, scalded, and well dried. Crumbs and fragments should be kept in a separate receptacle, and just as thoroughly cared for.

Whole or half slices of left-over loaf bread may be utilized for making zwieback. Broken pieces not suitable for zwieback make excellent croutons, a most palatable accompaniment for soups, gruels, hot malted nuts, etc. To prepare the croutons, cut the fragments into as nearly uniform size as possible,—half-inch cubes are convenient,—and place them on tins in the oven to brown. Let them become crispy dry, slightly brown, but not scorched. The crumbs and still smaller fragments may be utilized for various dressings, puddings, and scalloped dishes. If such pieces accumulate more rapidly than they can be used, they may be carefully dried (and for many dishes are preferable if lightly browned), after which fold them in a clean cloth upon a bread board, and roll them with a rolling-pin until fine. Prepared thus, stored in glass fruit-cans, and kept in a dry place, they are ready for use as needed, and for many dishes are preferable to fresh crumbs—because of their fine nutty flavor.

Left-over grains, if well kept, may be reheated in a double boiler, without the addition of water, so as to be quite as palatable as when freshly cooked. Small quantities of left-over rice and other whole grains can be made into appetizing dishes in connection with nuttose and other nut preparations. The finer grains may be made into gruels and gravies. Nearly all may be combined with fruits and nuts into wholesome foods.

Left-over vegetables make excellent soups and scallops. The recipes given will be suggestive of some of the many ways in which these and other left-overs may be utilized:—

Broiled Protose with Rice.—Slice the protose rather thin, and parboil. Serve hot on small plates with a large spoonful of rice, freshly cooked or left over, and a gravy made by cooking together two ounces of nuttolene which has been pressed through a colander, and one-half cup of strained stewed tomato in one cup of water. Season with a little celery and salt, and thicken with a spoonful of browned flour. Left-over barley or browned rice may also be used.

Oatmeal Crisps.—Make a dough with one cupful of oatmeal porridge and graham flour enough to knead. Knead thoroughly, roll to the thinness of a knife blade, cut in shapes as desired, and bake, after pricking well with a fork, until nicely browned on both sides.

Scalloped Tomato.—Take a pint of stewed tomato, previously rubbed through a colander, thicken with one and one-fourth cups of bread-crumbs, or a suffi-

cient quantity to make it quite thick, add salt to season, and a half cup of rather thick nut cream. Mix well, and bake for twenty minutes.

Vegetable Soup.—Take three and one-half cups of left-over mashed peas, one cup each of cooked rice, oatmeal, and hominy, and two cups of stewed tomato. Rub the material through a colander, add boiling water to thin to the proper consistency, season with salt, reheat, and serve with croutons.

Celery and Potato.—To three cups of cold boiled or baked potato chopped rather fine, add one cup of stewed celery, minced. Put into a shallow saucepan with just enough nuttolene cream to moisten well, and salt to season. Heat to boiling, tossing and stirring so that the whole will be heated throughout, and serve hot.

Potato Cakes.—Make nicely seasoned, mashed cold potato into small round cakes about one-half inch thick. Put them on a baking tin, brush lightly with nuttolene cream, and bake in a hot oven until a golden brown. Equal parts of potato and minced nuttose or protose if seasoned and made into cakes and browned are also excellent. Cold mashed peas, beans, or lentils may be utilized in a similar manner, and when not enough peas or beans are left over, one half nicely browned bread-crumbs may be used with the legumes. These cakes are excellent served hot with a tomato sauce.

Oatmeal with Fruit.—Cold oatmeal which has been left over may be made into an appetizing dish by molding in alternate layers with slices of nicely baked or steamed tart apples sprinkled lightly with sugar. Ripe yellow peaches and plums sliced together and used in place of apples may be relished. Cold steamed rice or boiled wheat or barley may be used in a similar manner. Sliced cold corn-meal mush and apple is also liked, served with hot malted nuts, hot nut cream, or fruit sauce.

WASH AND BE CLEAN.

BY M. E. OLSEN.

CIVILIZATION requires a man to keep his face and hands reasonably clean, but the laws of health and purity go farther, demanding that equal attention be given the rest of the body. Frequent bathing is highly essential at all times of the year, but especially so in the summer, when perspiration is the greatest. A daily bath should be enjoyed by every member of the family. Morning is perhaps the best time to take

it, but the evening will do. If the working man coming home from his day's labor at six o'clock in the evening would immediately remove his clothing and hang it up to dry, and take a bath either in the tub or under a spray, or by means of a sponge and a large wash-dish full of water, he would find it very refreshing, and, dressed in clean, dry clothes, would thoroughly enjoy himself the rest of the evening.

Children sometimes have an aversion for water, but this objection may easily be removed if the parents take pains to explain the reason for the daily bath. If possible, make a large blackboard drawing of the skin, pointing out the wonderful sweat-glands and the many layers of epidermis, explaining the office of each, and the children will be quickly interested, and will soon come to enjoy their bath. Childhood is the best time in which to instil the habit of cleanliness, which is of the greatest importance, considered from a health standpoint, since a large majority of the most deadly diseases are really the result of unclean habits.

FOREIGN BODIES IN THE EAR AND NOSE.

BY H. F. RAND, M. D.

In removing an insect or foreign body from the ear, great care should be taken not to injure the organ in any way. Remember there is a delicate membrane about three fourths of an inch from the external orifice, called the tympanum. If this is torn, it is apt to cause deafness; so never attempt to remove an insect by means of a toothpick or a pin. Put a bright light up to the patient's ear. The insect will always travel toward the light, so this will bring him out if he is alive. If he is dead, pour in a little olive-oil or sweet-oil. This will probably dislodge the intruder, and the patient can turn his head to one side and usually wash the insect out. If not, have a doctor remove it.

If a small child pokes common peas or beans into his ear, this is a different thing. The foreign body at once begins to swell, thus wedging itself in place. Bearing in mind what we know about the tympanum, we may slip the loop of a hairpin down on one side of the obstruction, then over it, and draw it out. But this must be done very carefully. If these efforts are unsuccessful, send for a doctor at once, and keep the child still, with the affected ear downward.

If children get foreign bodies into the nose, first use air powerfully expelled from the lungs, through the nose. If this fails, use a hair-pin as for obstruc-

tions in the ear. When this fails, consult a physician. If alcohol is at hand, pour in a few drops; this will cause the bean or pea to shrivel up, and in this condition one may be able to wash it out with a syringe; but if water is applied before pouring in the alcohol, the bean will swell, and become still more firmly lodged.

A SIGNIFICANT QUESTION.

THE *Herald of the Golden Age*, an English vegetarian journal, asks clergymen this rather significant question: "If the object of your life is to win men and women from carnality and sin to a godlike life, would it not be wise for you to take some trouble to ascertain what is the chief cause of their carnality, and to give some consideration to the evidence which food reformers are prepared to furnish, both from personal experience and scientific testimony, in support of the contention that a diet of flesh and blood strengthens human passions and promotes carnal-mindedness?"

THE CARE OF THE SCALP.

SALT and water is a very good application to the scalp. Its effect is to stimulate the circulation of the part. The reason the scalp becomes unhealthy is that it is not groomed enough. A horse that is not properly cared for becomes unhealthy, and as we say, hidebound: this is precisely the condition of the human scalp when it does not have proper care. In order for the scalp to be healthy, it must be manipulated so that it can be easily moved upon the skull; otherwise waste matter accumulates, the tissue spaces become filled, and the little pockets in which the hair is produced become diseased, and thus the hair itself becomes diseased, dies, and falls out.

When rubbing the scalp for the benefit of the hair, and making applications of cold water, there must be two movements: First, friction of the scalp itself, to bring the blood to the surface, and second, movement of the scalp upon the bones made by firm pressure with the fingers. If the patient is much troubled with the headache, the scalp will sometimes be found to be bound fast to the skull bones; but after a few weeks' manipulation it will be possible to move the scalp freely, and then the condition of the hair will change for the better, as these movements cause the blood to flow freely, stimulate the lymphatic circulation, and thus supply nutrition to the roots of the hair.

Warm soft water and a little fine castile soap are the best cleansing agents. Hair oils and hair tonics of all sorts are best dispensed with. They affect the scalp mainly by the friction which accompanies the application, and this may be had just as well without them. Some of these preparations are decidedly injurious.

GET OUT!

I MEAN it. Get out into the open air these glorious summer days, every housewife in the land, especially in the country.

"Oh! yes," responds some overworked woman, "it's easy enough to advise us to get out into the open air; but after having been on my feet all the forenoon and half the afternoon, I'm too tired to go out anywhere, even if I didn't have to sit down and sew every minute till time to get supper!"

Very true; and the sewing you have to do is no pretty fancy work, but coarse trousers to patch, little garments to mend, and endless stocking darning. But don't sit down in the kitchen to do it. It is the bounden duty of every housewife to stay out of that apartment all she can. You need a change from the atmosphere of the work which must inhere even in the most well-ordered kitchen. Take your mending-basket and sewing-chair and go out in the yard somewhere under God's blue heaven, and let the fresh air and sunshine and all the soothing influences of nature charm and rest you, and make you forget for awhile the indoor cares. Outdoor air is at once a tonic and a nervine. It acts on both mind and body."—*Good Housekeeping*.

QUESTION BOX.

"BOVININE."—F. E. R., New York, asks if we recommend "Bovine."

Ans.—No.

SMALLPOX — VACCINATION.—E. G. H., Kansas, says there is a smallpox scare in his neighborhood, and asks if we believe in vaccination.

Ans.—Statistics show without doubt that vaccination is a protection against smallpox, and that it has reduced its mortality to a minimum. Great care should be taken to have a pure vaccine. That prepared by Parke, Davis & Co., of Detroit, Mich., is very good. A person in perfect health, with all the

natural resistive powers at their highest, is doubtless proof against smallpox as well as other diseases.

SCROFULA — CATARRH — NOISE IN EARS.—M. E. W., Ohio, says she is troubled with scrofula and catarrh, and also has noises in both ears, with poor general health. She asks for suggestions with reference to diet and treatment.

Ans.—Our correspondent should take a course of treatment in some sanitarium. The diet should be very simple, consisting entirely of fruits, grains, and nuts. Zwieback, granose, granola, and unleavened breads are well adapted to such a case, also an abundance of fresh and canned fruit, as apples, pears, peaches, grapes, and oranges. Stewed prunes are excellent. It would be well for the patient to take a tepid sponge bath every morning followed by vigorous friction, a warm bath once a week, and plenty of light exercise out of doors.

BOILS AND HEAT ERUPTIONS.—W. D. C., Florida, is troubled with boils, and heat eruptions which burn severely, and asks: "1. Is it true that there is a similar condition of the skin inside my body? 2. What result would follow if the pimples were all driven in? 3. Can not the poison coming through the skin be eliminated in some other less troublesome and more speedy way?"

Ans.—1. The heat rash is probably due to a local irritation. Copious perspiration, combined with constant friction of the clothing, leads to a slight inflammation of the skin. Frequent bathing with tepid or cold water and a daily change of underclothing will soon relieve heat rash. It is often well to add a little common soda to the water used for the bath.

2. Pimples are due to local inflammation, often brought on by scratching. The system is depleted, and so unable to resist the germs which find entrance at the abrasion, this leading to the formation of a pimple or boil. Pimples or boils are never "driven in."

3. The eliminative organs are probably in a sluggish condition. It must be borne in mind that the skin is an important eliminative organ, and contains millions of glands which should always be in a state of activity. The elimination of waste matters will never be troublesome as long as the other eliminative organs, such as the liver, kidneys, and lungs, are doing their duty. The diet is always an important factor in skin diseases, and should have special attention.

An article on skin diseases will appear in a subsequent number of GOSPEL OF HEALTH.

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. 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.

AMONG the recent guests at the Sanitarium were Dr. H. W. Swartz and wife, returned missionaries from Japan, and Prof. and Mrs. P. P. Bilhorn. Professor Bilhorn is probably known to many of our readers as the author of "Soul-Winning Songs."

Brother T. F. Mackey recently spent a few days in Battle Creek, and gave some interesting talks to the family. Brother Mackey was in good health, and, as usual, full of the blessed gospel. He is at present conducting a gospel-wagon campaign, assisted by Mrs. Mackey and Miss Albertson.

We were also pleased to have a short visit with Brother W. S. Sadler, who brought good news from the mission work in Chicago. Brother Sadler's talks were much appreciated by the members of the Summer School.

Dr. J. H. Kellogg, having recently visited the Sanitariums at Boulder, Colo., and College View, Neb., reports the work as going forward very encouragingly at both of these important points. We also hear good words of the new institution at South Lancaster, Mass.

Dr. Ottosen writes that the Skodsborg Sanitarium is enjoying a most excellent patronage. The work there will be re-enforced by the arrival of Dr. Mortenson, who sailed from New York, August 9. On the same ship were Dr. Hoenes and family, their destination being the German field, where Dr. Hoenes will take charge of the medical missionary work. GOSPEL OF HEALTH wishes these friends a safe and pleasant voyage, and the best of success in their new fields of labor.

Several interesting reports have come in recently from Gospel of Health Reading Circles. The circle at Juniata, Ala., is perhaps the smallest, con-

taining but three members, with an average attendance of four; but this circle recently sent in three subscriptions to *Good Health*. Its secretary, Miss Nellie Patchen, writes: "I introduced an anti-snuff and-tobacco pledge in my school one day, and to my surprise nearly every pupil signed it. Large crops of peanuts have been planted by several so they can have nut butter another year."

Brother Herman Menkel writes from Galveston, Texas: "I made arrangements last week to begin holding meetings at the jail. Not having any of our own people to help me, I am going to call on some young people from the other churches. Besides my regular work, I am holding five or six meetings each week."

Brother Joseph S. Johnson, who connected rather recently with our mission in New York, writes: "We hold meetings every night, and have the lunch-counter open all day, but business is a little dull at this season. I have had several opportunities to speak with those who were without money and friends, and entirely discouraged. I have been spending my time mostly in cleaning, painting, and repairing the mission."

The Sanitarium Summer School, now drawing to a close, has been liberally patronized, and has doubtless been productive of much good. Among the students we notice Elder C. W. Stone, of the Colorado Conference, one doctor, several public-school teachers, and some old patients. The Bible study has been in charge of Elder E. J. Hibbard. Instruction in physiology, hygiene, sanitation, etc., has been given by Drs. David Paulson, W. B. Holden, C. E. Stewart, Abbie Winegar, and others. We hope that those who have received this instruction will consider themselves under obligation to put forth earnest efforts in the direction of sharing with others the truths which have become dear to them. Christ said to his disciples, "Freely ye have received, freely give."

Doubtless many would-be students at the Summer School were debarred by circumstances. Possibly some of these would like to take a course in health principles and the care of the sick right in their own homes. Our Medical Missionary Correspondence Course offers just such instruction. The lessons in this course are carefully prepared by regular members of the faculty of the Medical Missionary Train-

ing-School, and are sent out to the students at the rate of two each week. Each subject is treated thoroughly, the papers which the students send in being carefully looked over, and corrections indicated in a personal letter. Students who afterward decide to connect with one of our sanitariums receive full credit for all work satisfactorily performed in this course, and are thus enabled sooner to take their final examinations as nurses. Those who are not able to come to the Sanitarium at all, and yet desire to fit themselves for medical missionary work in a humble way, and act the part of the Good Samaritan in their own neighborhoods, will find the course just what they have been looking for. The tuition is nominal, and the books needed are furnished students at cost price. Full particulars sent to any one on request. Address Correspondence Department, Sanitarium Training-School, Battle Creek, Mich.

Dr. M. G. Kellogg writes from Tonga: "I have been here one year and nine months. During this time I have treated many hundreds of patients, and given a total of 4,118 treatments. From my experience, I am convinced that medical work is the stepping-stone by which to reach these natives with the gospel."

Dr. W. B. Holden, Dr. Evelene Helman, and Miss Lulu Teachout conducted a course of instruction in the health principles at the Chautauqua Assembly at Havana, Ill. From there Drs. Holden and Helman went on to Lithia Springs, Ill., to give some lectures on health in connection with the Chautauqua Assembly there.

Miss Osborne is conducting a reading circle in Vicksburg, Miss., which contains thirteen members, and is taking eleven copies of GOSPEL OF HEALTH. Sister Osborne frequently sends subscriptions to our periodicals. There is a circle also at Rush, Ill., from which we have not heard very recently.

Dr. Sanford Edwards attends the camp-meeting in Virginia, following which he will spend a few days at his old home. Dr. Amelia Zipf is at present laboring in Wisconsin.

The newly graduated physicians who encamped at Gull Lake a month following commencement, spent a very profitable time studying home and foreign missions, and the principles underlying our health work.

Dr. H. W. Schwartz spoke from an experience of ten years in missionary work in Japan. Elder R. W. Munson, who has spent an equal length of time in Malaysia, related the needs of that field; and with the use of a good library of missionary books, and numerous letters from our missionaries already in the field, interesting studies of several other fields were conducted by the doctors themselves. Elder A. T. Jones gave four excellent talks on Organization, and Dr. Kellogg conducted a course in the science of hydrotherapy. The proceedings of this Medical Missionary Conference, for such it really was, are fully reported, and will appear in the near future in the form of a bulletin.

"I have traveled all over this country," said a patient to us the other day, "but the Sanitarium is for me the best place in the world." What is there about the Sanitarium that makes it such a dear spot to this man? Surely not the buildings, nor yet the physicians and nurses, for they are but ordinary men and women. No, it is the great principles that make the Sanitarium what it is. Let any other institution adopt these divine principles, and it will have like success. Let churches and individuals adopt them, and similar results will follow. Love for humanity, true philanthropy, if you please to call it so, and reverent obedience to the physical as well as the moral laws of God,—these are the foundation principles upon which this mighty fabric rests. The Sanitarium is simply a great tangible expression of divine principles, "truths which wake to perish never."

A GOOD WORD FOR "GOSPEL OF HEALTH."

BY MRS. KATE KINGSLEY.

I LOVE this dear journal, the GOSPEL OF HEALTH.
'T is a storehouse of knowledge, a mine of rare wealth.
May friends to support it be many and true.
Many evils in living may it undo.

Dear GOSPEL OF HEALTH, on your mission go forth
From the East to the West, from the South to the North
We look for your visits each month with great pleasure;
Already we esteem you a valuable treasure.

To my friends I'll introduce you as far as I can,
Your teachings are needful and are all in God's plan;
And those who will welcome you just for one year
Will ne'er wish to part with the friend that proved dear.

Yes, tell us our failings, our ways how to mend,
Then the rest of our lives without sickness we'll spend,
Yes, come, and instruct us in much that we need;
Speed on, little journal, we bid you Godspeed.

STUDIES FOR THE READING CIRCLES.

1. "THE Relation of Diet to Morals," page 151, is a subject of vital importance. Intemperance is fearfully prevalent. Our growing boys and girls are sure to be placed under temptation. If there is any way by which we can so build up their physical and moral natures in childhood that they will be proof against the severest temptations, how earnestly should we apply ourselves to the task. Then study the means (1) of securing your own household against the attacks of intemperance and vice; (2) of enlightening your friends and neighbors with reference to these vital matters. Notice in your study Bible examples of temperance, and the opposite. Samson failed through intemperance. Solomon, the wisest of men, first fell a prey to luxurious appetite, as we may infer from the description of his court life, and then gave loose reign to his passions, and was by his numerous wives easily led into the outward form of that idolatry which he had already long harbored in his heart. Daniel, on the other hand, is a bright example of perfect temperance.

2. "The Science of Reform," page 148. This article presents many helpful thoughts to those who wish to get at the heart of things. Humility is indeed very essential to a proper understanding of health reform. See Ps. 25:9. The Christian is called to self-denial (Luke 9:23); but perfect trust and submission make it easy. Matt. 11:28-30.

3. "Care and Use of Left-over Foods," p. 154. Hygienic cookery is a science deserving careful study. If there is any place where right principles most of all need to prevail, and where truly divine wisdom is needed, it is in the kitchen. Consult "Every-day Dishes" or "Science in the Kitchen" for other recipes. Read also what "Healthful Living" has to say on this subject.

4. "The Source of Power," page 145. Look up in a concordance the words "life" and "power," and select scriptures to read in connection with the study of this article. For further light on the subject review the article by Dr. Waggoner in the June number of GOSPEL OF HEALTH. There is no doubt as to the presence in the earth of divine healing power. That which hinders its further manifestation is want of faith and obedience on the part of God's people. Let us gather up the rays of light, and strive to walk in the path of perfect obedience. Then we can safely trust God to keep us physically as well as spiritually from all the power of the enemy.

PUBLISHERS' NOTES.

AN interesting article by Dr. D. H. Kress, on "The Ministry of Life," came a little too late to appear in this number of the journal. As many of our readers know, Dr. Kress and his family are now located in England, where they find most encouraging openings for medical missionary work, and are kept very busy giving light and truth to those who are anxiously seeking for it.

DR. A. J. SANDERSON promises an article on "Sick-headache," which will be both interesting and profitable, we are sure. We also have the promise of something from the pen of Dr. R. S. Anthony, superintendent of the Claremont Sanitarium, Cape Colony, South Africa.

GOSPEL OF HEALTH for October will be another special number, well adapted for general circulation. See last cover page for a full description, terms, etc.

THE special camp-meeting number met with a hearty reception; in fact, orders kept coming in after the entire edition of 11,000 was exhausted. We invite our friends to order early this time so as to make sure of getting a supply.

THE October number of GOSPEL OF HEALTH will deal with matters of lively interest to every lover of health. It will be attractively illustrated with original half-tones, and with its numerous short, spicy articles by our best medical writers, will present a concise yet comprehensive statement of our health principles viewed from the standpoint of the Holy Scriptures.

HERE is an excellent opportunity to circulate truth of a most timely nature. On every hand we see God's physical laws trodden underfoot, and as a result, widely prevailing disease and untimely deaths. Woful ignorance beclouds the minds of thousands who would gladly change their habits of life if they knew how. Let us make an earnest effort to scatter this copy of GOSPEL OF HEALTH as widely as possible. Send your orders in soon.

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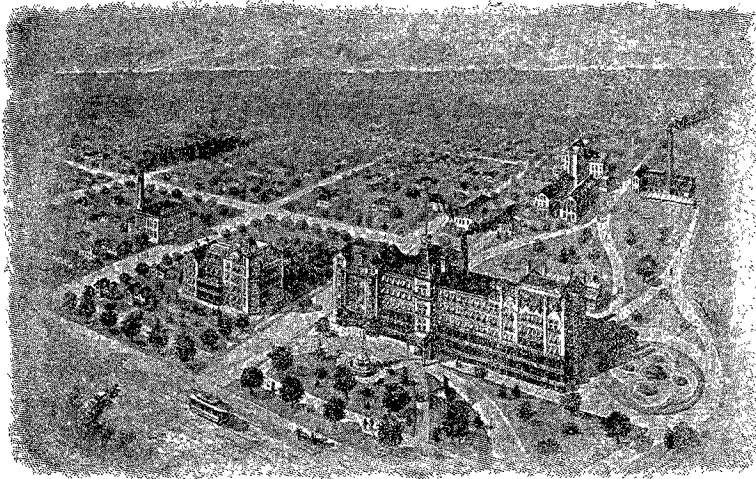
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Special Announcement

GOSPEL OF HEALTH for October, 1899, will be a **Special Missionary Number**, well adapted for a wide circulation. Several of the articles will be *Attractively Illustrated by Original Half-tone Engravings*. It will be

An Extra Large Number Containing twenty-four pages of bright, interesting, timely reading-matter on the universally popular subject of *Good Health, How to Obtain It, and How to Keep It*. Special attention will be given to the consideration of health as viewed from a religious standpoint, and the divine promises with reference to the same. The paper will thus contain a large amount of what may be emphatically called *present truth*.

The following well-known writers will be among the contributors: Dr. J. H. Kellogg, Dr. E. J. Waggoner, Prof. W. W. Prescott, Dr. D. H. Kress, Dr. David Paulson, Dr. W. H. Riley, Dr. A. J. Sanderson, Mrs. E. E. Kellogg, Dr. Abbie Winegar.

The following are a few of the leading subjects that will be considered in this number:—

"Health Principles in the Light of the Gospel." A symposium of brief, pointed articles, setting forth in a simple, forcible manner the Scripture teaching with reference to this important subject. In these articles Jesus will be held up as the Great Physician who healeth the sicknesses alike of mind and body. There will be articles fraught with blessed comfort to the sick, light and knowledge for the unlearned, cheer for the disheartened, gospel truth for all in these days when sickness and its accompanying sorrows are so rife in the world.

Excellent to circulate among those who have been led astray by the errors of Christian Science, or who are in doubt as to the Bible teaching with reference to the care of the body.

"Sick-Headache: Its Cause and Cure." Widely prevalent throughout the world and exceedingly common in America, this disease, it is safe to say, renders miserable the existence of many thousands. Dr. Sanderson, superintendent of the St. Helena (Cal.) Sanitarium, will explain in a simple way the causes underlying sick-headache, and suggest lines of treatment which can be given in the ordinary home.

"What to Do for the Sick Child," by Dr. Abbie Winegar. An informal talk with mothers, taking up, first, the observation of symptoms; secondly, the giving of the simple treatments indicated; and thirdly, some general advice with reference to the diet and general surroundings of the sick child. Many a beautiful child has been laid in its grave because of the mother's ignorance of the simple facts which will be clearly set forth in this article. Dr. Winegar's long experience in connection with the Battle Creek Sanitarium makes her well qualified to give parents just the advice that will be most helpful.

"Life in the Early Days," the first of a series of excellent articles by Elder J. N. Loughborough, showing the erroneous opinions in matters of hygiene which prevailed fifty years ago, and how the light of gospel health reform gradually appeared, shedding its influence far and wide. In his first contribution, Elder Loughborough tells how fever patients were treated in those days.

Other features equally interesting, but which we have space only to mention, are:—

A Collection of Seasonable Recipes, from the pen of Mrs. E. E. Kellogg.

The first instalment of our six months' **School of Health**, to be conducted in the columns of the journal from October, 1899, to March, 1900, inclusive.

"Autumn Hygiene, or Getting Ready for Winter," an article by one of our physicians, giving practical advice respecting diet, exercise, clothing, and the general habits of life, to be observed in the fall of the year.

"Strength and Beauty," a study in physical culture, by Mrs. Lenna Whitney-Salisbury.

There will be short, spicy articles on still other subjects; in short, the paper will aim to present **a Brilliant Constellation of Principles** drawn from the books of nature and Revelation, and meeting the real wants of every-day life.

Such is the paper we ask you to circulate. The world is hungry for these truths. The Lord has given us principles of life which meet the wants of all classes. Let us embrace this opportunity to send these principles, put in attractive form and alive with the blessed gospel, to the thousands who are waiting for them.

In order to enable our friends to scatter as many copies of this number as possible, we make the following special rates:—

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.

Think of it, twenty-four solid pages of the best and newest literature on health subjects for only one cent! Surely this is an opportunity which every one should embrace. Let us hear from churches and companies of believers and from the isolated friends of health reform everywhere. Postage stamps accepted in small amounts.

Order as quickly as possible, if you would make sure of having your order filled.

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