

"GOOD HEALTH" SPECIAL.

THE

Missionary Worker.

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EXTRA.

Faint Not.

BE not weary in well doing!
Vast th' unfurrowed fields and steep;
If thou faint not, then the harvest
Thou shalt one day surely reap.

Be not weary in well doing!
Has thy work long seemed in vain?
'Tis like "bread cast on the waters,"
It must all be found again.

Be not weary in well doing!
Daily tasks may trivial seem:
Humblest toil shall be rewarded
In that day, if done to Him

Be not weary in well doing!
Darkest night precedes the dawn;
Soon the saints shall hail the rising
Day-star, herald of the morn.

—Selected.

Our Holiday "Good Health."

IN this issue of the *WORKER* we are calling special attention to the Christmas number of **GOOD HEALTH**. We have been greatly encouraged by the manner in which our brethren and sisters have taken hold in the past, and for the interest they have shown. We have also been encouraged by the good words that have come to us from week to week from the readers of **GOOD HEALTH**; and as I have visited from place to place many have mentioned to me the benefits received from the paper and from the instruction given, and the manner in which it has opened the way for them to become acquainted with the truths of God for this time. This is the way it should be, and that is what the editors and publishers are labouring for.

In past years we have circulated a very large number of the holiday edition of **GOOD HEALTH**, and it has been greatly appreciated and made a blessing to those who have received it. But we are desirous of doing more this year than ever before. It may appear to some of us that we are being urged altogether too much. But if we could all fully realise the real situation in our work, that everything is rapidly hastening to the final close of time, I am sure that every one would greatly increase his efforts. May the Spirit of the Lord work mightily upon our hearts and stir our souls within us to put forth an effort that the conditions of our time call for.

Brethren and sisters, pray over the matter; ask God what He wants you to do, and as His Spirit works upon your heart, move out. The Lord's instruction is that when we seek first His kingdom and His righteousness, all other things will be added to us.

The holiday number of **GOOD HEALTH** is very attractive, and will sell readily; the people who receive it will receive a blessing. Our purpose is that the whole edition should be got out this month so that the way will be open for us to concentrate our efforts on *Present Truth*.

So we would urgently invite our brethren and sisters one and all to take up the **GOOD HEALTH** at once, and order and dispose of them, and then when that is done, go on to *Present Truth*, and as we go forward seeking the Lord's blessing and praying for His assistance day by day, we shall realise the showers of God's blessings coming down upon us.

Be of good courage. The Lord is in His work and His name will be glorified. By-and-by the work will be done and the harvest gathered. Then how precious it will be to enter the kingdom of God with many sheaves in our arms, and to hear the blessed Master say, "Well done, good and faithful servant"! May this be the portion of every reader, is my earnest desire. Yours in the Master's service,

O. A. OLSEN.

Will It Pay?

WHENEVER a person is called to engage in an enterprise or to undertake a special work, the first thought that comes to his mind is, Will it pay? This must be settled in the affirmative before he can expect success.

Dear reader, we are asking you to engage heartily in the circulation of the holiday number of **GOOD HEALTH**; you must decide whether it will pay you to do so. We earnestly desire that you will give this question your most careful and prayerful consideration. Think how graciously God has bestowed upon us the precious light of health reform, and what a great blessing it has been to you. Think of how the millions of earth are suffering for want

of this light, and how they would be benefited by **GOOD HEALTH**, full as it is of most helpful instruction.

Call to mind that through the influence of **GOOD HEALTH** our work of health reform is constantly before the public. It is doing a great and good work in moulding public opinion in favour of temperance and social reform. The good work should go rapidly forward, for we are told by the Spirit of Prophecy that the time is not far off when we shall be classed with publicans and disturbers of the peace. As far as possible we should make the world acquainted with our principles, so that such charges will have no force with honest, intelligent people.

Do not forget that **GOOD HEALTH** is almost the only means we have of advertising our sanitariums. Through its means our institutions of health are becoming widely known, and most of those who have gone to them had their attention first called by our health paper.

GOOD HEALTH is also doing an excellent work for our food business. Through it this branch of the work has been greatly benefited; in fact it could not go on well without it.

Besides, **GOOD HEALTH** is exerting a powerful influence in preparing the way for the rapid advancement of the Third Angel's Message in its entirety. It is truly an entering wedge, making ready for the introduction of our religious literature.

There is much more that could be said in favour of an earnest effort to increase the circulation of **GOOD HEALTH**. It is not necessary; no one will entertain the thought that there is less importance attached to this work than to the circulation of *Present Truth* and our other evangelical literature.

We trust that every one who reads this special number of the *WORKER* will decide that it will pay him to circulate as many copies of **GOOD HEALTH** as possible, and then set about the work at once, also doing his best to secure the hearty co-operation of all within his reach.

W. C. SISLEY.

"IT is rightly named, and is a real blessing to humanity, and may it continue to be and prosper as such."

"I AM quite a new reader of your excellent magazine, and I am very much pleased with the matter it contains."

"I ACCIDENTALLY came across a copy of your paper the other day, and was delighted to find it just the sort of paper I wanted."

The Holiday Campaign.

THE holiday season is rapidly approaching; but the time of the year that ought to be marked by good cheer and real enjoyment is too often marked by sickness and distress through excesses in eating and drinking and pernicious amusements. It is the mission of **GOOD HEALTH** to warn the people against harmful habits of living and show them a new and better way.

Our Christmas number is replete with articles dealing with subjects that will be of special interest, and it is the earnest desire of all to bring this special number before a large number of new readers. The oft repeated adage that "prevention is better than cure" can be worked out to proper advantage by giving **GOOD HEALTH** a wide circulation before the Christmas holidays come.

It is very evident that many people indulge in wrong habits simply because of ignorance. In a spirit of friendliness and brotherly kindness let us call their attention to these evils, and show them that the real spirit of the holiday season should be to visit those who are in want of both food and raiment, and scatter among them the sunshine of good cheer and relieve them of their pressing wants. We heard a gentleman recently give this definition of happiness: "Happiness consists in giving pleasure." It is true enough, and must have been the experience of all our readers.

So let us one and all, young and old, with the spirit of brotherly love, seek to diffuse the light and knowledge that God has given us so freely, and make a special effort at this time of the year to carry this light to all the people who are in darkness.

We feel very thankful to our people for the hearty and cordial support they have always given to **GOOD HEALTH**. It has been a source of encouragement and inspiration, and we still rely upon your continued support, and pray that God's richest blessings may rest upon all those who take an interest in circulating **GOOD HEALTH** among their neighbours and friends.

We might add that the publishers have gone to considerable extra expense in making this Christmas number the most beautiful, the most attractive, and, we believe, the most helpful number that has yet been printed. There is an entirely new cover design, which is truly a thing of beauty and simplicity, and we trust that these efforts will be the means, through the co-operation of our friends, of giving the magazine the widest circulation that any number has yet enjoyed.

A. B. OLSEN.

The Right Hand of the Message.

SISTER White says of our medical work,—

"Medical missionary work is the right hand of the Gospel. It is necessary to the advancement of the cause of God. As men and women are led to see the importance of right habits of living, the saving power of the truth will be made known.

"Every city is to be entered by workers trained to do medical missionary work. As the right hand of the Third Angel's Message, God's methods of treating disease will open doors for the entrance of present truth.

"Health literature must be circulated in many lands. Our physicians in Europe and other countries should awake to the necessity of having health works prepared by men who are on the ground, and who can meet the people where they are with the most essential instruction."—*Testimonies, Vol. 7, p. 59.*

As you are all aware, our physicians in harmony with the foregoing instruction have been supplying us monthly with "the most essential instruction" on healthful living by means of **GOOD HEALTH**. Five of them have prepared articles on subjects of great importance for the holiday number, and there are also several articles from persons well qualified to impart light on the care of the body. So they have done their part in obeying the Word of the Lord.

What follows?—"Fathers and mothers obtain all the help you can from the study of our books and publications. Read the **GOOD HEALTH**, for it is full of valuable information. Take time to read to your children from the health books as well as from the books treating more particularly on religious subjects. Teach them the importance of caring for the body, the house we live in."—*Id., p. 64.*

And again, on page 136, *id.*, we find the following instruction:—

"Hold up the principles of health reform, and let the Lord lead the honest in heart. Present the principles of temperance in their most attractive form. Circulate the books that give instruction in regard to healthful living. The people are in sad need of the light shining from the pages of our health books and journals. God desires to use these books and journals as mediums through which flashes of light shall arrest the attention of the people, and cause them to heed the warning message of the third angel. Our health journals are instrumentalities in the field to do a special work in disseminating the light that the inhabitants of the world must have in this day of God's preparation. They wield an untold influence in the interests of health and temperance and social purity reform, and will accomplish great good in presenting these subjects in a proper manner, and in their true light to the people."

So work is provided for all. The physicians have done their part, and now it is for us to secure what they have prepared, and read it with our families so as to rightly understand its saving power upon our bodies. Then put it on the shelf?—Oh, no. Secure a large supply and go out to be used of God in enlightening the

people for whom Christ has died. This is what God says must be done for the present generation. Are you not willing to be used in this capacity?

The above quotations should be a source of encouragement to those who have been selling **GOOD HEALTH** during the past months, and should impress upon the minds of the on-lookers the importance of getting into the harness immediately.

We are preparing work for every believer in this kingdom from now till Christmas, with 70,000 copies of this special number of **GOOD HEALTH** to be used as an entering wedge in preparing for the great and mighty lever of *Present Truth*.

GOOD HEALTH will be ready for delivery the 15th inst.—a week earlier than usual. We desire all regular agents to double their orders, so as to take advantage of the desire to buy Christmas papers. Already we have received several orders of over a thousand copies each. Brother Read, of Newport, Mon., ordered 1,500 for Sunday, the 13th inst. We also have an order from Leicester for 1,500; and the Caterham Sanitarium workers have agreed to take 1,200, although they are very busy, some of them working almost night and day. I might mention other orders that have come in, but I must not trespass on too much space. What we want is that all shall take hold at once, and continue working until all the **GOOD HEALTHS** are sold. This should be done by the end of this month, in order that we may all be free to take hold of holiday *Present Truth* on the very first of December.

I have been thinking that the present is an opportune time for those of our brethren who are in financial difficulties. People are willing to buy at this season just such literature as we have prepared, but after Christmas there sometimes comes a lull, and unless we have foreseen this evil, and made preparation, it will hurt us and our families.

It may be that some know of families who are at present in distress through lack of employment. Why not suggest to the heads of such families that they join you in your work. There is plenty of room for all whom we can interest in our work, and the sooner it is finished, the sooner Christ will come to take us home. Then we shall enter into the joy of our Lord.

The price of this issue is the same as usual. Orders will be filled in the order in which we receive them, as rapidly as possible after the 15th inst. In some cases we may send the order in two lots, so as to keep all going.

SAMUEL JOYCE, *General Agent.*

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The Worker, 451 Holloway Road, London, N.

A United Effort.

OUR message is one message. We do not publish two papers because we have two messages, but that we may reach a wider circle. The **GOOD HEALTH** and *Present Truth* are partners, and the success of one is the success of the other.

In this one message we should unite as one man. Wherever **GOOD HEALTH** is sold *Present Truth* should be introduced as far as possible. Wherever *Present Truth* is read **GOOD HEALTH** should be read also. The truths committed to us form one grand whole, and the people must hear a full Gospel for body, soul and spirit.

The more closely our two papers work together, the more God can bless the united effort. The sanitariums are already converting their patients into workers in the message. Let us labour to turn a steady stream of patients through the institutions, and pray that many may come out from them, "every whit whole," to join us in the good work.

Shall we not, during the next few weeks, lay aside every weight, and present to heaven the pleasing spectacle of a united people, going forth with light in our faces, prayer in our hearts, and precious truth in our hands, to prepare the way of the Lord? Heaven will not be slow to co-operate with such an effort.

EDITOR, PRESENT TRUTH.

Knock at Every Door.

THE holiday number of **GOOD HEALTH** should sell at every door. There is something in it that is sure to fit.

With such a paper you can suit everybody.

Catarrh, bronchitis, or influenza is in every third home.

Doctors Olsen and Bell give good help to all who are suffering that way.

Many parents are anxious for someone to assist them in convincing their boys that smoking is a serious sin. Dr. Kellogg comes to their rescue in a sympathetic, yet forcible way.

Then Dr. Richards writes tenderly to the weary ones who are caring for the sick in their homes.

The pictures of Mrs. Salisbury, showing how to improve the circulation, will interest a great many people.

Mothers will value what Dr. Sisley-Richards has to say on "When the Baby Is Ill," and the photos of **GOOD HEALTH** children will give a great deal of pleasure.

Then all who are inclined to dine too heartily (and all are tempted that way sometimes), will appreciate M. E. Olsen's article on "Holiday Dining Without Indigestion."

This is not the whole of the contents, for there is a photograph of a man said to be "Young and Happy at 106," which is a good illustration of Mrs. White's excellent article, "Temperance in All Things."

Surely all who want to do the most good possible in the shortest time by the quickest way at the cheapest rate will take up the circulation of **GOOD HEALTH** with a will.

Knock at every door so as to give every home a chance.

G. VALLANCE.

The Christmas "Good Health."

IN a few days the Christmas number of **GOOD HEALTH** will be ready. This will take the place of the usual December issue. We expect to print 70,000 copies.

The **WORKER** readers doubtless have noticed from the leaflet inserted in the November **GOOD HEALTH** the interesting array of contents that the holiday number will contain. It will also have a new cover design of a smiling child's face wreathed in holly.

We believe this will be a very saleable number, and hope that all our workers will send in liberal orders. Through some cause or other some may not be able to distribute copies themselves. Perhaps these would like to do as some did last year—pay for a certain number of copies for free distribution, or to be given to students who are finding the struggle to get through school a little harder than others.

We are sure that all will find a blessing in helping to give this number a wide circulation, and as "many hands make light work," we shall be glad to have all take part as far as they are able in this effort. Please send your orders in early. The price is the same as usual, one penny.

THE "GOOD HEALTH" OFFICE,
Per Edith E. Howarth.

BLANK order slips have been sent out to our churches and companies, and we presume that before this they have been handed out to the members. You will please fill these out and hand to your librarian, who will order from us. Regular agents will order in the usual way.