Sanitarium Medical Missionary School

This School includes three departments, as follows:

A Preparatory School for Medical Students, in which young men and women who dedicate themselves to missionary work under the auspices of the institution, are assisted by instruction, and, when necessary, in special cases, by financial aid, to prepare themselves to enter some field as missionary physicians. The course of study consists of class instruction and practical work at the Sanitarium and in the Sanitarium Hospital, and additional studies at approved medical schools.

A Missionary Nurses’ Training School. In this department young men and women who are willing to devote themselves to missionary work, are received for training as missionary nurses. The course of training is more extensive and complete than that afforded by any other similar school in the world. The number of students in this department at the present time numbers more than 100.

A Health Missionary School. This department affords an opportunity for the education and training of suitable persons who are willing to devote themselves to health missionary work in the capacity of teachers of physiology and hygiene in seminaries and colleges, teachers of classes in physical culture, kindergartens, Sloyd, cooking schools, and other similar lines of philanthropic work.

The facilities afforded by the Sanitarium and Sanitarium Hospital are more varied and extensive than are offered in any other school for the training of missionary nurses. Several thousand patients are treated at the Sanitarium annually, and several hundred surgical cases are cared for in the Sanitarium Hospital each year. The Hospital facilities are unexcelled by any hospital in the world.

A full account of the educational work carried on in the different departments of this school will be found in the Medical Missionary for December, 1892.

For further particulars, address,

J. H. KELLOGG, M. D., Sup’r,
BATTLE CREEK, MICHIGAN.
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SANITARIUM HEALTH FOOD COMPANY, BATTLE CREEK, MICH.

To Our Subscribers.

Please notice that the subscription price of the MEDICAL MISSIONARY has been changed from 25 cts. to 50 cts. a year, beginning with the January number. It was not discovered until too late to rectify the error, that the change in the price had not been made in the plates from which the journal was printed; hence this special notice.

NEW YEAR THOUGHTS.

I asked the New Year for some motto sweet, some rule with which to guide my feet. I asked and passed; he answered soft and low, "God's Will to Know!"

"Will knowledge suffice, New Year?" I asked. And are the questionings into silence died, The answer came, "Nay, but remember, too, God's Will to Do." One more I asked, "Is there no more to tell?" And again the answer softly fell, "Yes! this one thing all other things above, God's Will to Love!"

It came to my desk with a gathering lip, "Dear teacher, I want a new leaf," he said. "I have spoiled this one."

Address, MEDICAL MISSIONARY, DETROIT, MICH.

MEXICO is one of the most interesting countries of the world. We hear comparatively little about it in the United States; one can hardly imagine why. It seems singular that so remarkable a country, lying so near our borders, and full of so many relics of a past civilization, should be so little noted. People who travel to another continent to visit Egypt, but we have an Egypt, so to speak, near us, for Mexico is a very old country, and has much that is closely allied to Egypt.

The country of Mexico is about 900 miles long and 300 miles broad. The mountain chains that form the backbone of the Western Continent rise from the low coast line on either side by gradations to an immense central plateau guarded by great mountain ranges, and support some of the highest peaks upon the continent. The seaward slope of the country from the base of the mountain ranges is hot and not altogether healthful. Through the dry sea-
This Library is designed especially for use in daily personal correspondence. Each number will contain from four to eight pages; of a size convenient to go into a number six envelope without folding. It is printed on this super-calendered paper, and two or more numbers can be put in with an ordinary letter without increasing the postage.

The leading themes of the gospel will be presented in such a way as to arrest the attention and be helpful to all. These little leaflets should be circulated by thousands.

The numbers now issued bear the following titles:

**Apples of Gold Library**

**ENVELOPE SERIES.**

Published monthly. Subscription price, copies of each number for one year, postpaid, 15 cents.

In place of the leaf so stained and blotted, I gave him a new one all unstained. And into his sad eyes smiled, "Do better now, my child." I went to the Throne with a quivering soul. The old leave was done.

"Dear Father, beat down a new leaf for me?"

He took the old leaf, stained and blotted, and gave me a new one all unstained, and into my sad heart smiled, "Do better now, my child." -- Ad.

**NEW YEAR THOUGHTS.**

Last New Year, in some remote street, some one with whom to guide his feet:

"Told and passed; be unsordid soft and low,

"God's will to know."

"Will knowledge suffice, New Year?" I cried; And the question into silence died.

The answer came, "Nay, but remember, too, God's will to do."

Once more I asked, "Is there no more to tell?"

"Yes! this one thing all other things above, God's will to live."

He came to my desk with a quivering lip.

"Dear teacher, I want a new leaf," he said.

"I have spilled this one."

**UNFERMENTED WINE.**

We are prepared to furnish a Fine Quality of unfermented wines, for

**SACRAMENTAL OR MEDICINAL PURPOSES.**

Characterizing the same to be made from fine table grapes, to be entirely unfermented, and free from any chemical preservatives. This wine is fit up in bottles hermetically sealed, and will keep unchanged.

**THE MEDICAL MISSIONARY.**

**MEXICO, ANCIENT AND MODERN.**

By J. H. Kellogg, M. D.

Mexico is one of the most interesting countries of the world. We hear comparatively little about it in the United States; one can hardly imagine why. It seems singular that so remarkable a country, lying so near our borders, and full of so many riches of a past civilization, should be so little noted. People travel to another continent to visit Egypt, but we have an Egypt, so to speak, near us, for Mexico is a very old country, and has much that is closely allied to Egypt.

The country of Mexico is about 900 miles long and 500 miles broad. The mountain chains that form the backbone of the Western Continent, rise from the low coast line on either side by gradations to an immense central plateau guarded by great mountain ranges, and support some of the highest peaks upon the continent. The southward slope of the country from the base of the mountain ranges is hot and not altogether healthful. Through the dry sea-
son the country is arid and during the rains the lowlands are submerged. The plains in the north are clothed with coarse grass, upon which the cattle feed; but about the lakes and streams, trees and tropical plants make oases in the arid country, even during the dry season. In these lower belt lands the vegetation is tropical, and the fruits of the hot zone are produced in abundance. These plains are called by the natives the *tierra caliente*, or hot country. They rise gradually from the seaboard to about 2000 feet, where the hills set their feet upon them, and vegetation radically changes. Here the climate is cooler, and the vegetation more productive, mingling that of the tropics with the productions of the temperate zone. The natives call this the *tierra templada*, or temperate region. A traveler, speaking of this region, says, "Paradise, if it can be located on this earth, will occupy a position in the *tierra templada*, in some belt half way up a tropic mountain, whether in Mexico or South America, in the West Indies or the Himalayas, where altitude confers all the favors resulting from change of country in other lands." Insects are less annoying, the diseases of the coast are not present, fever seldom molest the inhabitants except from local causes, and nature is lavish in her gifts.

At about 7000 feet, the great plains are reached which lie between the eastern and western Cordilleras, and cover an area of some 1500 miles in length by 300 in breadth. Here cactus and cypress and cedar, proclaim another zone, the *tierra fria*, or "cold country," where not a trace of tropical vegetation exists except in the equatorial cacti and maguay. Shooting above the plateau, the great volcanic chasms Orizaba, Ixtaccihuatl, and Popocatapetl lift their hoary heads high into the clouds; and if we ascend their sides to their summits, we shall have traced vegetation to its last limit,—from the palms, cacti, and sugar-cane of the hot coast, through the oranges, apples, and peaches of the temperate belt, the wheat, barley, aloe, oak, pines, and hemlocks of the *tierra fria*, to the last starchy cryptogam that one knows. I have said that Mexico is very old; how old no one knows. One writer calls her "the mother of western civilization," and another says in like manner, "Greece is the daughter of the mother of the world." I cannot decide which is the case. Mexico has had a long history of changes of climate and the seasons. The vegetation is delightful, always cool, but never too cool; the air is exhilarating, pure, and dry, but not too dry. The nights, however, are always cool, even in the hottest portions of the year.

In an account of one of the expeditions of Cortes, it is said that some of the native Mexicans brought to him the pictures of a ship which they had found upon the shore. For ages the sea-shore had been guarded, watching for the return of a priest with a god called "The Plumed Serpent." When the Spaniards landed, these runners thought their priest had come, and they ran and carried the painting to their king. These runners were able to travel at the rate of 300 miles a day. That is a good deal faster than our long-distance runners can travel at the present day. Some of our "ocean hounds" can travel faster than that, but 300 miles a day is not slow time for an ocean steamer. Over the route where these runners passed, there were towers planted six miles apart, one near each of these towers; one runner would run to the first tower, and give his message to the one at that tower, then the latter would run to the next, and so on until the emperor was reached.

The Mexica had some knowledge of astronomy. The great Calendar Stone in the National Museum in Mexico City is covered all over with symbols which are not fully understood by moderns, although many of them have been deciphered. By means of this great stone, they were able to predict eclipses. They understood, to some extent, the changes of the moon, and the seasons. The Mexican year consisted of eighteen months, each month having twenty days, making 360 days in all, which is the same as the Egyptian year, and the same as ours, within five or six days. They had intercalary days, so they were able to keep up with the precession of the equinoxes, and to keep their year from getting out of joint with the moon. Much of this kind, astronomers tell us, must have required a profound knowledge of astronomy. Some of their kings, it is said, gave themselves up wholly to study this.

In our next we will speak of some of our observations of the places and customs of modern Mexico, in a visit to that country, a few months ago.

(To be continued.)
ANNUAL EXERCISES OF THE SANITARIUM MISSIONARY NURSES’ CLASS.

BY E. H. WHITNEY.

Every year, for the last seven, as each successive class has completed the prescribed course of study, the Sanitarium Training School for Nurses has given its friends a public greeting. The latter meetings of the kind have taxed the capacity of the Sanitarium gymnasium to its utmost, and this year it was decided that in order to meet the deepening interest in the work of the school on the part of the public, the latter meetings of the kind must be held in the Tabernacle, which seats over three thousand people. The house was well filled by the company from the Sanitarium, who had completed the studies of the second year, and were now entitled to the insignia of the missionary nurse. Following these were the missionary nurses of previous classes, also in full uniform of striped blue and white with white caps and aprons, and wearing the cross, the men in gray uniform. Then came the nurses of the second year. Next were the students of the first year. Dr. Kellogg then gave an outline of the present work of the school, reverting to its early history and the circumstances under which it started. A sketch of which the Doctor’s address formed the basis, is found in another column, as a “Review of Our Work.” In order to give the audience some idea of the nature of the work into which the nurses were to enter, Dr. Kellogg threw upon the screen a number of views relating to the work in Chicago and elsewhere. Several scenes were taken from the immediate vicinity of the Chicago Mission,—wretched shanties, the homes of still more wretched human beings in which the city missionary finds him or herself, that we give them under another title. Sister Louisa then gave some of her experience in district nursing, which we give in another department. The next feature of the program was a presentation of Christian Help work in the person of ten nurses, who are to go out as instructors and organizers of Christian Help Bands. Following this was an illustration by these nurses of the manner of applying bandages.

The group shown on page 4 illustrates the many uses to which a person who knows how may put a single piece of cloth known as the “triangular bandage.” The bandage is made by simply dividing diagonally a square piece of muslin. The first figure at the left exhibits the bandage unfolded, and also in its application to the hand. The second figure shows how, by the application of three of these bandages, a broken collar bone may be held in position. The third figure shows the mode of applying the bandage to retain in place a compress applied to the chest.
The fourth figure shows its application as a sling, and also as a bandage for the eye.

In the sitting figure is shown the bandage to the whole head. As the group of bandaged nurses left the platform, another phase of work was shown, to illustrate the importance of knowing what to do in an emergency and just how to do it. A group of men in gray uniform and wearing crosses came in, and went through the motions necessary to check hemorrhages in various parts of the body, Dr. Kellogg meantime explaining the modes operandi. "The first aid for the injured," said the Doctor, "is a matter of the greatest consequence, and all should be educated in this respect, and the object of this exhibition is to show how our students are trained. Very often, through neglect of aid within the first half hour after an accident, death results; if proper aid could be given within the first half hour after the injury, it would very often save life, whereas neglect in furnishing aid for two or three hours while waiting for the doctor who has been called, may result in the sacrifice of a limb, or even of life." More than one in the large audience doubtless learned for the first time just where the presence of the thumb or finger would check a dangerous hemorrhage. The cut shows one man with his thumb upon the large artery in the neck, to check the flow of blood from a supposed injury to this artery. In the group at the right a man is supposed to be in danger of bleeding to death from a wound in the arm, and an attendant has, so to speak, his life under his thumb. In other words, he is compressing the large artery which supplies the right arm with blood just at the point where it passes under the collar bone and over the first rib. At this point the artery can be so compressed that the pulse in the wrist is obliterated, thus completely controlling any possible hemorrhage in any part of the arm. Other illustrations showed how to control hemorrhages in other portions of the body, though these two are all that are shown in the cut.

An interesting feature of the program was the illustrated instruction given about how to lift and carry persons who have fallen, or who are helpless from any cause. The cut shows three men of small weight and stature lifting a man weighing 230 lbs. with perfect ease to themselves and the injured man. It is called a three-handed chair. Other methods of lifting and carrying were given, much to the amusement of the audience, to whom

the idea of 150 lbs. carrying 200 lbs. was somewhat ludicrous, though the design of the illustration was most practical.

While the next number of the program was being arranged, a nurse was called to the front of the platform to exhibit the costume adopted by our missionary nurses in their outdoor work. The cross, which has been adopted for our missionary nurses, is of red on a white ground with a narrow blue border. It was suggested that some might object to such a badge, but both the uniform and the badge are found to be necessary in city work. A nurse thus protected is respected even by those who are utterly reckless of the life of others. Many a time the recognition of these signs of their calling has changed an insulting and threatening crowd into a respectful and quiet company.

When the curtain rose again, it was upon a group of a dozen little girls who with tiny brooms were vigorously sweeping the room, keeping time to the song which they were singing about the little girls who

"Went sweeping
To make their room neat."

This was one of the kitchen-garden plays which is served as spice to the practical instruction given them in the art of housekeeping. A still prettier scene was the same group marching in to the sound of music, armed with tiny wash tubs and boards, and took their places at a low table, where they sorted and rubbed the garments while they sang merrily the story of their work:

"In the tub so clearly
Our little hands must go,
Washing all so cheerily,
And washing white as snow:

Up and down we rub the clothes With all our might and main, Washing spots away, And spins, spins, goes the stain."

Apparantly perfectly unconscious of the hundreds of eyes upon them, the little laundresses scrubbed and sang and rinsed and hung up their linen, and when they marched off again, each with her implements, the enthusiastic interest of the audience bubbled over in spite of everything.

A pretty number of the program was one designed to show the cosmopolitan character of the Training School and the wide spread of the principles it insi-
cases. Sixteen representatives of many different countries appeared in the nurses' costume, as shown in the cut,—Australia, South Africa, Tasmania, Sweden, Norway, Spain, Mexico, Canada, Denmark, Switzerland, United States, South America, Ireland, Germany, New Zealand, and France.

The class of the evening, which had finished the two years' course of study, then entered upon the platform, to listen to the reading of the missionary year's course of study, then entered upon the program, and receive their badges as missionary nurses. Then they raised the old missionary hymn, "From Greenland's Icy Mountains." The third-year students marched upon the platform in time to take up the second stanza, as their younger comrades finished the first, and all together united in singing the third verse.

Near the close of the program the nurses who were about to leave for foreign fields were called upon the platform. The group on the page opposite shows these nurses in uniform. Brother and Sister Semmens stand at the right of the group, Brother and Sister Replogle at their left. Behind Mrs. Semmens stands Sister Eva Stone, and at her left Lord, and asking his blessing upon them in all their future labors.

The last number of the program was the "Missionary's Farewell," beautifully rendered by a quartette of trained voices in the background. As the exercises drew to a close, the beautiful views of "the changed cross" were thrown upon the screen, lingering through the benediction. The program was somewhat long, but each number was so full of interest and instruction that no one seemed weary, and to all who were present we believe it will be a pleasant memory.

A REVIEW OF OUR WORK.

In connection with the Report of the Annual Exercise of the Sanitarium Medical Missionary School, it seems fitting to look over the various phases of educational and philanthropic work carried on under its direction the past year, with a backward glance at their origin and early growth. We begin with the oldest and strongest of these educational forces.

THE TRAINING SCHOOL FOR NURSES.

When the Training School was started, ten years ago, a course of three months was all that was required, and there were only one or two nurses who took the course. The next course extended over six months' time and two pupils took the training. As the work opened, the preparation thus afforded seemed insufficient, and the time of the next class, which was much larger, was lengthened to a year. A year later a two years' course was established. The number of students has gradually grown until there are at present two hundred and forty-five students in training in the nurses' course. Thirty-seven of these have graduated in the regular course, and are taking post-graduate studies.

Three years ago the Training School for Nurses was converted into a Missionary Training School for Nurses. Up to that time any one of good moral character and good health was received into the school, and the required course of study was only two years. When the school was limited to those who wished to use their knowledge for missionary work alone, the required time of connection with the school was placed at five years. In spite of this lengthened term the class filled up even more rapidly than before. At present none enter the school but those who expect to give their lives to the work, and still there are more applications than there is room for.

The course of study required for all, has up to the present covered two years, the studies after that being elective or optional. With the present year the course is somewhat changed, having been added to and rearranged to extend over three years, and the optional studies can be taken up at any time later. These latter studies include courses in the laboratory, such as practical chemistry, microscopy, bacteriology, biology, urinary analysis, and lessons in theoretical chemistry, advanced physiology, symptomatology of various diseases, and in the case of the lady nurses, a special course in obstetric nursing and midwifery.

THE SPECIAL CLASS.

Last July there was a class formed which combined the technical instruction of two years in one. This arrangement was made for the benefit of those whose field of labor was already appointed, and their time of preparation too limited to admit of a longer course. It is needless to say that none could carry this course but those whose education and mental training would enable them to do double work. This class now numbers twenty-six. Several who began with the course have left for their fields of labor.

THE HEALTH MISSIONARY CLASS.

began its fifth session last November. It was first organized in December, 1889. It was begun to meet the needs of a class of workers who could not for various reasons take the nurses' training, but who desired to fit themselves for more public labor, as teachers of dietetics and various sanitary reforms, and in a large number of cases the study has proved preliminary to a more extended course. The studies pursued are the Bible, Bible hygiene, anatomy, physiology, hygiene, sanitation, food and diet, dress, ex-
practical work in chemistry, biology, bacteriology, and its organization. There are forty-three members at present under instruction. Quite a proportion of the students of former years have decided to carry their studies farther, and have joined the nurses' class, intending to devote their lives to medical missionary work.

The medical class proper is gaining steadily in numbers as our young people realize that a medical education is the best equipment, after a spiritual preparation, for missionary work. Eleven students are now in their senior year in the University of Michigan, two in Chicago, and two in New York. Those in Chicago are connected also with our medical mission there. Those in New York are doing their scientific preparation. There are twenty students at the others which their missionary training may keep pace with their other classes, fourteen having entered upon their University course the present year.

So much for the more directly medical lines. The other lines of work which have been opened under the Sanitarium Medical Mission, are all pushing forward with a steady growth, and some of them so rapidly as to more than meet all our expectations.

THE COOKING SCHO0L

All our readers are more or less familiar with the work of the Cooking School, which, besides being connected to the other courses, has been conducted also as an independent work. The capacity of the school has been taxed to its utmost during the fall and winter. The experimental kitchen, arranged for practice classes of twelve, has been occupied from five in the morning till late in the evening most of the time, to meet the demands made upon it by the Training school, the Health Missionary Class, the patients' classes, and those from the city. At present there are more than one hundred pupils. The training in the school is both theoretical and practical. Lessons are given on food elements and nutritive science; how to cook them in various ways; the digestion of food; the preparation of the food elements in proper proportion are prepared by the pupils, and much time is spent in practical work to illustrate and fix the principles in mind.

THE MOTHERS' MISSIONARY CLASS.

A comparatively recent but very important branch of the work is the Missionary Mothers' Training Class. The object of this course is to meet the demand for instruction in the care of children—physically, intellectually, morally, and spiritually. There is no more important work than that of the mother, to whom is committed the moulding of character for time and eternity, and it is acknowledged by all who have given thought to the subject, that in the hands of mothers of every nation, rests the future of that nation. There is no work so varied and taxing as the mother's work, and so far reaching in its results for good or evil. There is no other class of workers in any trade or profession who do not feel it necessary to spend some time in qualifying themselves for their work before they undertake it. Yet for no work is there so little preparation made as for the work of the mother.

The object of this course of instruction is to prepare those who intend to give themselves to missionary work to aid the large class of mothers who find themselves thus burdened with a responsibility for which they are unprepared. They are taken in all ranks and circumstances, but especially, perhaps, among those with whom the workers in city missions will come in contact.

The true mother will never feel herself too well qualified for her work to be willing to learn from any source that which she can use for her children's good. Indeed, the more fully she appreciates her responsibility, the more willing and anxious she will be to gain from any and every source anything that may help her in her work.

The course of study includes lessons on mothers' meetings—how to conduct them; how to conduct children's meetings; how to work for the conversion of children; motherhood; its privileges and responsibilities; the care of infants, food, dress, etc.; the moral training of children; the development of child character; kindergarten principles; school work and kitchen garden, adapted to both home and school, and little hands which have a bearing upon child training. It will be readily seen that much of the work lies directly within the province of young women, as well as mothers,—and young women who have tact with children are often the most successful members of the Mothers' Missionary Class. Those who have taken this training have highly appreciated it, and have found it one of the most helpful of resources in their missionary work.

CHRISTIAN HELP WORK.

The growth of this branch of the work within the past year has been such as to cause those who were interested in its rise and advancement to feel the most profound gratitude. Starting with a single band of nine Sanitarium nurses, a little more than a year ago, it has quietly but steadily grown in extent and interest till it has become a recognized feature of missionary work in several Conferences, and a most efficient factor in that work. It is coming to be more and more fully recognized as a fact that if we would help a man spiritually, we must not ignore the physical, and we are learning, though we have been slow to accept it, that we have more ready access to the spiritual nature if we help the physical man.Repeatedly have we been told by one in whose word we have all confidence, that physical transgression or weakness dulls the moral as well as the intellectual perceptions, and that we can help men best to appreciate spiritual truths by beginning with their physical needs. This has been found over and over again in our medical missionary work in Chicago, which is but another phase of Christian Help work.

As was stated in our last issue, bands of Christian Helpers more or less fully organized have sprung up all over the country in different Conferences, and in several Conferences, and in some of these, and are reaching in its results for good or evil. There is no other class of workers in any trade or profession who do not feel it necessary to spend some time in qualifying themselves for their work before they undertake it. Yet for no work is there so little preparation made as for the work of the mother.

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outgrown the mother that the latter hides behind
the ample proportions of the former, and no one
would suspect their original relationship.

The Institution has its own laundry and bakery,
two separate brick buildings, from the latter of
which a hundred tons of hygienic foods are sent
out every year, not only for home consumption, but
to supply the growing demands for hygienic foods
in other States.

A large greenhouse supplies the rooms of the pa-
tients and the public rooms with cut flowers or potted
plants, and two outlying farms contribute to the
tables.

later by Dr. Kellogg, who accompanied the
mission ship "Pacific" on her last trip, and who
had been Missionary of the old Health
Reform Institute, and with others organized the
Retreat. Several of the physicians now at the
Retreat have been at the Sanitarium as students and
physicians.

A movement is on foot for starting a sanitarium in
Boulder, Colo., which may open the way for a sanitarium
later.

Steps are being taken to establish a sanitarium in
Denmark. Several nurses trained here at the
mother Institution have recently returned to the
Scandinavian countries, and others are in training for
these fields.

An order has recently been received from South
Africa for a whole sanitarium to be shipped from here.

Everything about the building except the brick and
mortar is to go from here, and the corps of nurses
and doctors are included in the order. We hope
another year may witness the completion and equip-
ment of the Institution.

Earnest calls for sanitariums based upon the same
principles as the parent Institution, come from other
places. An urgent invitation has recently re-
cived to establish a sanitarium in India, which we
may yet be able to do. The plan adopted three
years ago of enlisting for life all who combine with
the school here, either as physicians or nurses, has
resulted in the gradual increase of the number of
reliable workers, so that there is good promise of
being able to extend our work.

The trained workers, and those in training, consti-
tute quite a little army of Christian laborers, who
are prepared and preparing to go out, not to do
their own work, but to engage in an earnest
warfare along many different lines against the forces
of evil which drag men down to moral destruction
and physical death.

THE CHICAGO MEDICO-MISSION IS
another outgrowth of the work. In 1892 a trained
nurse from the Sanitarium was sent to that city to
work in connection with the visiting Nurses' Asso-
ciation. Soon there were nurses from the Sanita-
rium who volunteered to give several weeks' time
to the work of visiting among the poor of Chicago, the
Sanitarium giving them their actual support, and
their fellow-nurses aiding them to meet other ex-
enses. Thus for nearly two years we have been
represented by at least one visiting nurse in Chicago.

The work thus begun in sacrifice has been abun-
dantly blessed of God. In June last, arrangements
were completed for rooms in the same building with
the Pacific Reform Institute, and Custom House Place,
and a dispensary, free bath, and laundry were opened.

We have so recently written of this work in detail that we will not dwell upon its
results. We will give later some interest-
ing reminiscences of the opening of the Medical Mis-
sion from one of those who aided in its first work.

Like every enterprise, it had to gain the confidence of those whom it intended to benefit, but this
was the work of but a few weeks. From a dozen
patrons at the first opening, the number rose rapidly
to hundreds every week.

The penny dinners are a much-appreciated feature of the Mission, especially during these hard times,
and the distribution of old clothes has been a god-
send to thousands of families.

From the one visiting nurse, who represented the
work at the first appearance, we have now ten regu-
larly trained nurses and physicians constantly en-
gaged in the work, besides half a dozen persons who
have been rescued by the Mission from lives of mis-
fery and degradation, who are helping in the various
departments.

All our nurses who are to go out as foreign mis-
sionaries, are expected to spend more or less time in
the Mission as a part of their preparatory training.

A medical mission has just been established in the
city of Guadalajara, Mexico. Elder D. T. Jones,
who was assigned to that field at the last session of
the General Conference, is already on the ground to
select the site and prepare the way for the work.

A physician and trained nurse from the Sanitarium
have been sent to connect with this mission, for
which the way is opening very providentially. Much
satisfaction is expressed by residents at the medical
phase of the work, and we trust that the encourag-
ing omens may be the precursors of a good work in
that needy country.

Call comes from every hand for medical mission-
ary work based on the principles of the work already
established. In San Francisco, New York, and Phila-
delphia there are openings, and the need is great in
all large cities, especially in the South.

We have spoken of the increasing number of
trained workers and the larger facilities for extend-
ing the work; but the openings keep ahead of the
facilities, and though we are thankful to be able to
enter some of the open doors, we do not expect to be
able to accept all the calls. God has gone out
before us, as he always does go out before his people
when they set themselves earnestly to work, and is
preparing the way. His Spirit is abroad, leading the
people to seek the double regeneration — physical
and spiritual — of men. Troubles times are upon
us, and the calls will come louder and stronger for
those who can help by a full consecration of them-
selves and all that they have to God's work.

E. H. W.

Glimpses of Mission Work.
Remarks of Dr. Kellogg at the annual exercises. Illustrated
by stereoptic views.

I want to give you an idea of the sort of places in
which the poor people of Chicago live. Here is a
view taken within one or two blocks of our Mission
at 100 Van Buren St. In these miserable shanties
people are huddled together as closely as possible; in
some instances we find people sleeping, half a dozen
in a bed, and sometimes we find a dozen living in a
room where the size would not consider more than
large enough for one.

Let us get a glimpse of the quarter just back of
Sherman St., between Sherman and Clark.

The stores on Clark St. are fine-looking buildings,
and you would suppose that there was nothing but
wealth in that vicinity, but near these fine-looking
establishments you will find a spectacle of the great-
est wretchedness. Here large numbers of children
congregate, and are allowed to associate together
under conditions which are calculated to cultivate
vice to an extreme degree. They frequent the
streets, the gutters, and the back yards, and the

Another little girl, a cousin of Mary's, is known as "Roxie." She stood up to have her picture taken while walking along these streets.
taken, and the expression which the camera caught is a perfectly natural one; she was not posing as a model. She has been in the city some time longer than her cousin, and there is no crime with which she is not perfectly familiar, and no horrible language which she has not command of. She is very bright and amiable, however. When she saw me coming, she knew that I was going to take her photograph, and said to Sister Louise, "I am going to go and wash my face." She thought she would make a better appearance with a clean face. A month before she would not have thought of her face; she had improved to that extent, at least.

Here is another little girl. Just look at her face! It is a terrible one. You see what vice and crime and viciousness are pictured in it. That girl was born in a house of shame. She has always lived among the lowest of the low; you can see the evidence upon her face that she was born a criminal.

A rod or two farther away I took the photograph of a group of boys. Look at their faces; they are not very happy ones. They are laughing, but as you look at them, you see that they are hard faces, already hardened in vice and crime. One of these little boys, the very next day after I took his picture, was arrested for stealing and taken to jail. His little sister, Roxie, came over to the mission to report that her brother had been arrested and taken to jail; she thought it would be something interesting to her.

Little Mary and Roxie come to Sabbath-school, and they pay the strictest attention. I have never been in a Sabbath-school in which there was more order and quiet, and in which the children seemed better to appreciate what was being done for them. A couple of weeks ago, I carried down some flowers for the children of the Sabbath-school, and you can hardly imagine how interested they were in the flowers. They appreciated them, and each one carried a flower home with him.

Here is a lady who gentleman told me that one day he was walking behind a couple of men who had obtained bowls of soup at our place. It seemed that they had been to some other place where they were paid a dollar for tax, and that wouldn't last long. He was anxious to have his picture taken.

Now a few words about our institution there. Here is a view of the room in which our Sabbath-schools for the poor are held, and every Sabbath from thirty to fifty of these poor children from the street gather there. Our nurses go out and find them and invite them in, and sometimes they come in without a special invitation. I have seen some of the very worst of the children there. Little Mary and Roxie come to Sabbath-school, and they pay the strictest attention. I have never been in a Sabbath-school in which there was more order and quiet.

In the room in which our large meetings are held, we have as many as six or seven hundred people in for dinners. We find our dinners are very popular, because we make the best soup in Chicago, and it is made without meat. A gentleman told me that one day he was walking behind a couple of men who had obtained bowls of soup at our place. It seemed that they had been to some other place where they were paid a dollar for tax, and that wouldn't last long. He was anxious to have his picture taken.

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Another morning while walking in this very place, four large, strong negro women ran out and seized the nurse himself and dragged him into their den. He did not know what was going to happen to him next, he expected to be robbed and to have his throat cut, or some other terrible thing done to him. After they got him in they paused a moment, and he said, "I presume you don’t know who I am; I am one of the nurses who belong to the Mission around the corner." And they said, "Oh! are you one of those nurses? We wouldn’t do you any harm for the world." And they opened the door and he walked out. They treated him very politely as soon as they knew who he was. So you see that even these people who are intent upon the worst crimes have an appreciation of kindness. The fact that the workers are engaged in labor for the lowest, most debased, and most degraded of human beings, wins friends. They do not consider it beneath them to go down to these wretched people and consider their condition and aid them, and this gives them the respect of those who have lost all self-respect, for even they appreciate love for their fellow-men.

I might mention another illustration of the same thing. About a week ago, a man drove round to our Mission in a fine carriage. He was dressed in a very flashy manner,—a diamond pin and studs upon his shirt, a silk hat, etc. He asked for five of our "dinner books," and when they were given to him, one of our friends recognized him as being the proprietor of one of the worst and lowest gambling dens in Chicago.

I do not know as you will like to have me tell this story, but I ought to say a word in reference to this alley. People are frequently "alleged" here. One of our nurses once thought he would take a look through it (it is only about twenty rods long), and he found two men who had been knocked down; and in one case the scalp had been cut open, and in the other the skull had been crushed in. He took them around to the Mission and revived them. The next morning he took the same walk, to see if he could find any more who had been "alleged," and he found one poor fellow who had been knocked down and robbed; his hat, coat, shoes, and stockings were gone, and even his shirt had been taken away. He was still alive, but he was stiff with cold. The nurse picked him up and carried him to the Mission, gave him a bath and some clothes, and he went on his way rejoicing—as well as he could under the circumstances.

Here is a snapshot of a group of children that I took one morning, as one of the nurses was starting for work on Sherman St., one of the worst streets in the city. As she got around the corner, little Mary discovered her, and she shouted at the top of her voice, "Here comes Sister Louise!" and at once the whole street was full of children clamoring for "Sister Louise." As I saw them coming, they were almost trembling over one another, and they just seized the nurse and swept her down the street. It seemed to me like a triumphal march,—I thought there was no room for me. When she went in, the hat was soon full of people. I mention these incidents to show you how the people appreciate those who treat them kindly. This is the only sunlight that ever comes into the lives of some of them.

One day in a little garret I found a sick girl lying on a pallet of straw. And you can see here just what kind of a house it is; notice the rough board partitions and rude furnishings. This corner does not look as bad as the rest of the room. It was the only place where the light could shine in, so I took my picture there. And it is among these little garrets, some of which are almost inaccessible, that our nurses go to find and help the poor. And it is not in Chicago alone, but in other cities of our country, that we find those who know nothing of the luxuries and few of the comforts of life—and not only in our own, but in other countries as well, do we find this state of things existing.
HOW THE WORK GOES AT CHICAGO.

We feel sure our readers have not lost their interest in our medical missionary work at Chicago, and while we have not room this month for an extended report of the work there, a few items will certainly be interesting.

The workers connected with the Mission now number thirty-five, the franks having been recently increased by twenty-five nurses who have come to the city to do self-supporting missionary work for a few weeks, having been granted a vacation for this purpose. These workers will spend a part of the time in canvassing in the city for Good Health, introducing health foods and sanitary supplies, and, best of all, in every home promoting interest in our medical missionary work at Chicago, increased by twenty-five nurses who have gone to the poor of Chicago since the opening of our Mission, many thousands of thanks have been received from distant places indicate that the good work done is not in vain. We have faith that the Lord will follow many of these poor souls wherever they go, and that the impressions which they have received will be the means of aiding them to a higher and better life.

"Uncle Joe" is taking a month's vacation at the Sanitarium. He is still a competent carpenter, and will help about the work of finishing off the ladies' new dormitory, which is intended to furnish a suitable home for the members of our Missionary Nurses' Training School.

A BRAND PLUCKED FROM THE BURNING.

As an illustration of the opportunities which are constantly presented in our great cities, to save a human being from degradation and death, let us mention a single instance culled from our personal experience. Not many months ago, on the occasion of our weekly visit to the Mission at Chicago, one of the nurses brought in a young woman just twenty years of age, whom she had found in the streets in a most distressed and suffering condition. She had been struck by the police, and driven out of the city. Many of those who receive tickets for meals at the city eating houses are dealt with in this manner, and are thrown upon the charity of the public to care for them. The nurse considered the case so serious that she determined to give the young woman some food and lodging, and after a few moments' deliberation, we felt this was the thing to be done, and accordingly drew out our purse for the money to buy food or fuel, and there seemed to be no other way but to send her to Battery Creek. But this would involve an expense of nearly $5 for car-fare. A half hour afterward, we found ourselves at the Branch, but we had no sooner arrived at our office than we were followed by a boy who laid a sealed envelope on the table which he said was at that moment handed him by a lady who stepped in and gave him the envelope, asking him to hand it to us. The lady immediately went away. Opening the envelope we found twenty-five dollars in bank bills, just the amount we had expended for the poor girl. We immediately recalled our experience at the Mission, and felt that God had approved of our decision and had abundantly supplied our need.

The next day our little patient arrived at the Sanitarium at Battery Creek, and found a place in the home of Mr. and Mrs. Tyskiewicz. A more thorough investigation of the case disclosed the presence of two large abscesses within the body, which made it necessary to open the abdomen and remove great masses of diseased tissue, including the abscesses. A most horrible state of things was encountered. The next day our little patient arrived at the Sanitarium at Battery Creek, and found a place in the home of Mr. and Mrs. Tyskiewicz. A more thorough investigation of the case disclosed the presence of two large abscesses within the body, which made it necessary to open the abdomen and remove great masses of diseased tissue, including the abscesses. A most horrible state of things was encountered. The next day our little patient arrived at the Sanitarium at Battery Creek, and found a place in the home of Mr. and Mrs. Tyskiewicz. A more thorough investigation of the case disclosed the presence of two large abscesses within the body, which made it necessary to open the abdomen and remove great masses of diseased tissue, including the abscesses. A most horrible state of things was encountered. The next day our little patient arrived at the Sanitarium at Battery Creek, and found a place in the home of Mr. and Mrs. Tyskiewicz. A more thorough investigation of the case disclosed the presence of two large abscesses within the body, which made it necessary to open the abdomen and remove great masses of diseased tissue, including the abscesses.
two be discharged from the ward, and will soon be able to engage in work to earn her living. A few days ago we received a grateful note from her mother, who is a Christian woman. The rescued daughter has given her heart to the Lord, and we believe is thoroughly converted, and will lead a good, pure, and useful life. Cases are constantly occurring in our large cities, in which such friendless ones are driven by hunger, distress, and despair, either to death or to degradation; and need no argument to convince us, and we trust none to convince the reader, that in this case at least we have an excellent illustration of a brand plucked from the burning. There are at this moment hundreds in our great cities who are in impenetrable peril, who are perhaps already advanced some steps in the downward road, but who might easily be rescued if a kind hand were reached out at the right time and place. Are there not many readers of this journal who would be glad to dedicate their lives to the work of rescuing these poor souls for whom Christ died, and whom God loves as much as the most favored human being on earth?

HE FED A THOUSAND MEN.

Not long ago we had the pleasure of opening a letter which read as follows: "I desire to give ten dollars to the mission work in Chicago to buy one thousand penny meal tickets to be kept on hand to give to men who come and have no cent with which to get their dinner. Men who have a cent to get their dinner, are far quite well off. It is the poor fellow who cannot raise a cent that I want to help. Please use this money this way, and when it is gone, let me know, and if in some manner I could keep it between you and me only." "Are you Dr. Kellogg?" I wrote to him, "I have seen you up at the Mission. I am awfully hungry, and I have not a cent in my pocket." It was a great satisfaction to be able to say to him, "Come to the Medical Mission at 100 Van Buren Street, and you shall have a nice warm dinner free of charge." As we hurried off down the crowded street, we heard a man shouting at the top of his voice, "Hurrah!" The prospect of a warm meal and the poor fellow seemed very happy.

There are thousands of men, women, and children, not only in Chicago, but in every large city in this country, and in most of the large cities in the world, at the present time who are suffering from hunger and want and cold. When one considers that one cent will buy a meal for one of these hungry ones, what an indemnity this fact should be to every one who is acquainted with these facts to practice wise economy in the use of money, and avoid expenditures for luxuries and in other unnecessary ways, and to look about for those who are suffering for the barest necessities of life. There is scarcely a town or community at the present time in which one would need to look far to find some sad case of poverty and distress. Not all the want and woe is centered in Chicago; it is everywhere.

Our friends write us from Australia that great want and destitution prevail among the masses in that country. We hear the same report from India. The greatest possible misery and destitution is experienced by the masses in India at the present time. A missionary who recently came from that country stated to the writer a few days ago that a man must work hard from daylight to dark in India to earn the small sum of five cents. In Mexico day laborers must work from ten to twelve hours a day for their daily work, while the necessities of life are more expensive than in this country. Great want is all about us.

CHRISTIAN HELP WORK IN DETROIT.

We have recently had the pleasure of spending another Sabbath at the Mission in Detroit. We found a most excellent interest in the Christian Help work in which sisters Baker and Wood have been engaged for several weeks. We found five active and efficient Christian Help Bands, all the members of which were engaged in work in the city, and having most interesting experiences. The work in Detroit has been very much more successful than we had anticipated. Missionary kitchen gardens will be organized at once, in connection with other work, and from the beginning which has been made, we have no doubt a large and most interesting work will be developed in Detroit. There are opened for a similar work in every large city. Preliminary steps for the organization of Christian Help Bands have been taken in the following places: Pratts ville, Coldwater, and Hillsdale, Michigan; Wameg a, Kansas; Salem, Oregon; and Boulder and Denver, Colorado. We hope soon to be able to send one or more organizers to each of these companies, so as to get the work started on an organized basis. The spirit of the work, we feel, seems to be contagious.

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DEPARTURE OF MISSIONARIES.

The past few weeks have witnessed the departure of several of our family and others who have gone either to reinforce our work in other lands, or to establish new enterprises. One company sailed from New York on the "Tentonic," Dec. 29, 1883, for Africa. Of this company Sister Grace Amador and Brother H. S. Salisbury were destined for the College at Claremont, South Africa, Brother and Sister J. C. Rogers for another school in South Africa, and Brethren G. K. Randolph and E. L. Sanford to open up work on the Gold Coast. Brother and Sister Rogers and Brother Randolph had spent some time at the Sanitarium to gain what instruction they could in medical lines. Brother Randolph had spent a year or more here. On reaching England, the party rearranged itself, the West Africa missionaries taking one line, and the South Africa party another, sailing in the steamship "Gothic" for Cape Town. These latter were joined by Brother and Sister Gaskell, who are also to connect with the school at Claremont, the latter as matron.

Dr. L. A. Wood, of the Sanitarium, left Battle Creek Dec. 19, 1883, for India, in connection with the mission just started at Guadalajara, Sister Ida Crawford, a trained nurse from the Sanitarium, and Sister O. A. Osborne had already left the city, and were to join Dr. Wood later. Elder Jones had already been on the ground for some time, preparing for the coming of the party. Sister D. T. Jones and Bro. J. H. Wood, and all of them have reached their destination in safety.
THE NOONDAY PRAYER MEETING.

The blessed influences of the week of prayer have extended themselves in more lasting form to the noonday prayer meeting. During that week the meetings of the Sanitarium family were held in the gymnasium from 1 to 2 o'clock, as the attendance was too large for the usual place of meeting, the Hospital parlor. The presence of God's Spirit was very marked. The interest was such that it was thought best to continue the meetings during the following week, and the Hospital parlor was filled to overflowing each day. The meetings are now held from 1 to 2 o'clock, with an attendance of from one to two hundred. The Hospital patients enjoy them greatly, some of them coming down every day in wheel chairs. With so many present, there is no time for long prayers or testimonies, but short, earnest petitions, framed in two or three sentences, follow one another in rapid succession. When opportunity for testimony is given, six or eight are on their feet at once, each ready with the one thought that most impresses him, or the text that has especially helped. It is good to hear the words of the Bible from the lips of these young people (for most of them are young); to know that it is because they are becoming acquainted with God's word and it is connected with their most precious experiences that they find its language the best expression of their thoughts.

WORDS OF ENCOURAGEMENT.

We are often cheered by words of encouragement which come from those who are interested in the work with which the Medical Missionary is connected. The following letters are so full of heartfelt sympathy that we share them with our readers:-

"I have just laid down the December number of the Medical Missionary so full of good things that my heart is stirred to its very depths, and I feel moved to write a word of appreciation. I do not know how many other readers from the very first number of this bright little magazine I fell in love with it and its works, and its monthly visits are hailed with delight and its pages read with tears and thanksgiving.—learn to know that there is so much suffering in our land; thanksgiving that so many are doing their best and strength to help the poor and needy and are striving to bring them to Jesus. As I read 'Uncle Joe,' a 'God bless Uncle Joe,' fell from my lips, and an earnest prayer went from my heart that the rich blessings of God may rest upon him and all connected with the Satherian Mission."

Another friend says:—

"For a long time I have wanted to write you in regard to this precious little monthly journal. If it came twice as often, its visits would be just as highly appreciated and enjoyed. There is always something in it that stirs my heart to its deepest depths, and calls for thanksgiving and praise. I cannot read a single prayer without tears. My gratitude knows no bounds, for I see in the work undertaken the answer to my prayers."

"Many times have I imagined the divine power to open channels of help and saving to poor ignorant souls by instruction from competent Christian workers. How I have longed in past years for such a place as the Sanitarium affords for training missionary nurses. It was my dream by day and by night that such a place might be afforded those who desired to fit themselves for the Master's service. Years ago, if I am not mistaken, such facilities were unknown. This work so grandly embodies my idea of Christianity by practical application."

E. E. W.

We begin this month a series of articles on Mexico by the editor of the Medical Missionary. The number of illustrations used in connection with other subjects has made it necessary to omit those designed for this article. The opening of the new mission in Mexico will give an added interest to anything upon the country or people.

The space given to the report of the annual exercises of the Training School in this number has compelled us to leave over among other interesting articles the usual one from Dr. M. G. Kellogg. It will appear later, however, with original illustrations and will lose none of its interest by waiting.

The next issue will also be of special interest, as it will contain a report of the dedication services and other features connected with the Haskell Home.

HOME NOTES.

The last few weeks have been very busy ones at both the new Home building and the cottage which has so long sheltered the children. At the new building, furniture is going in, windows are being washed and cleaned, then a little more work by the carpenters which will necessitate cleaning over again. Carpets are being made, though these are very few, curtains put up, etc. The date set for the dedication is the 26th. We will give a report of this interesting and important event in our next number. At the cottage there is packing up of such things as are to be moved and children training for their part in the dedicatory services.

Quite a little epidemic of influenza has gone through the family, but no one has been seriously ill. One efficacious remedy has been found to be the removal of the invalids to the bright and airy hospital room in the new building, with a nurse to look after them. The cottage seemed a contrast to the new quarters, though it was not so bad a place as it might have been. At any rate the little faces brightened up at once, appetites came back, and convalescence was rapid in every case. The removal has been connected with the hospital, room has no doubt been an important factor in their recovery, and has at least made the nurse's work much easier.

Three new children have been added to the Home. To take them in we have had to put cots in the sitting room by night and remove them by day.

December to join the Missionary Nurses' Training Class.

The nursery mother is having a much-needed vacation of a few weeks, and will be ready to begin her duties afresh in her new quarters.

MEANMEANWHILE the nursery has lost its youngest member, little Harry. When we took him and Donald, it was only on condition that they were temporarily admitted. So when the new openings were found, they went to fill them. We missed them both so much, and especially when Harry was left the only wee baby, he grew to fill a large place with us. But the dear little fellow has found a good home, and the word comes back, "We all love him dearly, and he is truly welcome to our home. Pray for me," adds the new mother, "that I may do just right by him." Surely our prayers will follow our little ones as they leave us, and asood both for them and those who have taken them to their homes and hearts.

Little Donald's mother writes that he is a big rosy fellow and has two teeth. She says he is a nice baby. Death has robbed this dear mother of her own little boy quite lately, and her heart was very sore when she wrote. May the dear Lord comfort her as only he can.

A nice pair of children, brother and sister, went to the Home quite lately. They had not been in the Home, for there was not room for them, but were cared for by kind friends outside. They are on a farm, and write letters full of enthusiasm of their surroundings. "We have 29 horses and cattle, 1 cow, 2 heifers and 2 calves, 19 chickens and a little wagon. Mama and papa were at the depot waiting for us. They are all glad that we came. I have a cot and a shelf." So writes the little girl. Her brother's enthusiasm bubbled all over two pages filled with the story of colts and calves and chickens. God bless the dear father and mother that gave these little ones so warm a welcome, and gave them from the first a father's and mother's love.

The number of the Medical Missionary will reach most of its readers so late that Christmas will have become a thing quite of the past. Perhaps some would be glad to know, even at this late hour, how the children celebrated it.

They met on Christmas Eve in one of their school rooms at the Hospital, all in holiday attire and with
faces bright with anticipation. Eld. McCoy gave a nice little talk on the first advent of the Saviour and his mission on earth. Then came a Christmas carol by the children. An appropriate recitation by one of the girls, and a scripture recitation, consisting of a number of texts, prophecies of Christ, was given by the children.

The folding doors in front of the children were then opened, and long drawn "o-o-hs" greeted the tree as it appeared to their view, laden with its peculiar fruit. They were then formed in line of march, and made a circuit of the tree, pausing to admire and exclaim as they passed. When they were seated, Eld. McCoy gathered the harvest, and, aided by several of the children, distributed it. Books, napkin rings, brushes, combs, and various useful and ornamental articles, pin cushions, etc., were gathered for the older ones; soft white flannel rabbits and funny dogs and cats of print for the babies; linen worked pockets made by the children for the little ones. Nearly all of the children except the babies; linen worked pockets made by the children

The building erected by Mrs. Haskell for the accommodation of orphan boys and girls is equipped, but not yet so provisory whatever has been made for the accommodation of friendship aged persons, the few who have already been received here cared for in a building which has been gratuitously formed for the purpose. The need of further contributions to the erection of the house and the James White Memorial Home is very great. Several thousand dollars more shall be contributed before the trustees will be justified in undertaking the work of erecting.

In order to give those who contribute largely to this and similar enterprises a leading voice in their management, the association has been so organized that all those who contribute one thousand dollars or upwards shall be known as founders and as such permanent members of the association. Sums of any amount may be contributed to this worthy enterprise and will be gratefully appreciated. On another page you will find a convenient form of receipt. The amount received to date is $20,834.29.

O. A. H. R.  
W. C. W.  
N. J. L.  
K. E. W.  
L. McC.  
P. T. V.  
J. H. K.  
K. E. W.  

Kate Lindsay, M. D. .......... $100  
J. F. Kishner ... $100  
S. B. Bostley  .............  

Under One Hundred Dollars—Mrs. E. J. Love, $1; Alice E. Robinson, $7.50; G. M. Chamberlain, 85; T. M. Clark, 85.

Maintenance Fund for Haskell Orphans’ Home and Home for Aged Persons—Audrey, $125.00; E. E. F. Harper, $1.00; P. F. Auger, $1; Amelia Bryant, 50c; J. Johnson Byer, 85; Mrs. Mary Boyd, 35c; M. P. Cres, 65c; G. M. Covert, 10c; Sarah Crawford, $1.00; T. M. Clark, 85; We. A. D. L. Brown, 35c; W. J. Trotter, 35c; $1.50; Mrs. Kate Dean, 10c; Daniel Edwards, 10c; W. M. Fortas, $1.00; Mrs. L. H. Gees, 11; Tor A. Grand, 100; W. H. Goldsworthy, $1.25; G. E. Herston, 85c; W. E. Hotter, 45c; C. S. Holman; 85c; Linton & Sam; Holford, 10c; Mrs. S. M. Ingalls, 10c; Mrs. Kevork, 30c; H. W. Kizer, 35c; Mrs. Mattie Morgan, 10c; Mrs. Marie Meech, 75c; W. J. Moore, $1.00; M. W. Morris; 35c; W. C. P. Conference, 10.00; N. Nelson, 85; My Ragus, 45c; Laura Rea, 100c; Louise Tardiff, 65c; unknown, 1.50; Mrs. C. D. Wolf, 10c; Laura Waters, 85c.

Risier Ash, clothing; Renzie Elms, clothing; Rialt Conway, clothing; Mrs. Darwin Mapes, 35c; Mrs. E. L. Ebble, 2.00; Mrs. L. E. F. Eagles, 35c; Mrs. T. J. F. Flowers, 35c; Mrs. B. Ferguson, dresses, shoes, etc.; Granton Bond, per Erricta Hallow, clothing; Martha J. Hill, rock of goods; Herbert S. B. Mrs. Elmo Elma, 35c; Mrs. Gertrude, 35c; Mrs. J. Hill, a hood; Mrs. B. Hill, yr., pretty tidy; Laura, Zella, and Zella per Mrs. J. S. Ball, a quilt, Aesilo S. S., clothing and toys.

Amanda Levengood, a quilt; Mrs. E. Lander, a comfortable; Mrs. Sarah C. Monroe, towels; H. L. Morrill, quilts; Belle Morrill, quilt and teapot; Mrs. E. O. Mitchell, Baby’s hood; Mrs. Annad Marshall, a quilt; no name, 2 quilts, 2 rugs, towels, etc.; no name, quilt, 3 pairs shoes and 1 rug; Mrs. S. K. Negley, a quilt; Mrs. L. L. Nelson, a quilt; Edith Rice, a quilt; Mrs. John Rowe, a large picture; Mrs. B. S. Sprague, a turban; Mrs. A. H. Taft, blanket, package of Shocking Effie, Stated State of box, quilts, bulbs, and toys; Mrs. Harris, Stated State of Smith, stockings; Betty C. Sandy, 2 quilts; Mary Simpson, 2 towels and 1 quilt; Mrs. M. D. S. Smith, a quilt; Mrs. B. S. Smith, a quilt; Mrs. J. B. Smith, a quilt; Mrs. B. S. Smith, some; Mrs. J. B. Smith (Nor.), a quilt; Sylvia F. Thompson, a quilt; Sister Thayer, clothing; unknown, by mail, pair of stockings, Mrs. W. A. Turner, a church, per Mrs. Osborne, a quilt, Sister Place, Arbela, Mich., clothing, Frank C. Williams, package of corsets; Amanda Wur, 2 quilts, a blanket, a pair of stockings, Mrs. B. C. W. Wood, hood, etc.; children of Avera, Grandal S., a quilt.

S. D. A. MEDICAL MISSIONARY AND BENEVOLENT ASSOCIATION GENERAL FUND.

Tun development of medical missionary enterprises in various parts of the world requires a general fund which may be used for other purposes specifically indicated by the donors. An almost unlimited amount of means might be advantageously used in various directions in which assistance in the work of the association is badly needed. It is hoped that persons of means will remember this fact and that this beneficent program will be well known and appreciated by the friends of the work of medicine.

Donations are solicited. Each number of the Medical Missionary will contain a report of the work done. We know of no place where any sum of money, great or small, is more needed or will be more appreciated than in this enterprise.

S. D. A. MEDICAL MISSIONARY AND BENEVOLENT ASSOCIATION.

The Chicago Medical Mission Fund was laid by the donation of $40,000 by brethren Francis H. and Henry S. F. Wessels. It is understood, however, that this sum is not to be expended, but to be invested in permanent buildings and enterprises.

From $50 to $500 a work will be required to keep this mission in operation. Donations are solicited. Each number of the Medical Missionary will contain a report of the work done. We know of no place where any sum of money, great or small, is more needed or will be more appreciated than in this enterprise.

Forms of Bequests of Real Estate and Personal Property to the S. D. A. MEDICAL MISSIONARY AND BENEVOLENT ASSOCIATION.

For Personal Property. — I give and bequeath to the Seventh-day Adventist Medical Missionary and Benevolent Association of the city of Battle Creek, Mich., a body corporate under the laws of Michigan, dollars, to be paid in days after my decease to the Treasurer of said Association, to be applied to the general purposes and uses of said Association. The James White Memorial Home, the Haskell Orphans’ Home, or any other benevolent enterprise under the supervision of the Association, may be named if it is desired that the sum bequested should be devoted to some special object.

For Real Estate. — I give and devise to the Seventh-day Adventist Medical Missionary and Benevolent Association of the city of Battle Creek, Mich., a body corporate under the laws of Michigan, to its successors and assigns forever, all that certain (here insert description of the real estate), with the appurtenances, to be applied to the general purposes and uses of said corporation. The James White Memorial Home, the Haskell Orphans’ Home, or any other benevolent enterprise under the supervision of the Seventh-day Adventist Medical Missionary and Benevolent Association, may be named, if it is desired that the property bequested should be devoted to a special object.
The little boy seemed to be quite well when he left, at least he was the picture of health, and the children who were reported in this bed have since bed at last report, left early in this month, somewhat improved in general health.

After the mother just getting up from a surgical operation, went away improved, and hopeful of steady progress he alth wise. Occupants are expected for these beds the Lord has done for her.

The young lady occupying this bed was filled three days later by the interesting case of a patient who has been out of health for some time. She had been very feeble, but making a remarkably good recovery from the serious abdominal section, and others abscesses, repair of injuries, etc. The report of recovery is excellent.

One case of special interest was that of a boy about twelve years of age who came to be treated for disease of the bone of the leg. He had already been operated on, but when he came the wound was in a condition of sore neglect. The diseased bone was removed, the wound properly cared for, and in a few days the little fellow was singing and whistling as he rolled himself about the halls in a chair. He was not long getting on crutches, and since he left, writes to his nurse that his leg is doing nicely. E. H. W.
CHICAGO MISSION.

MONTHLY REPORT.

Baths given.
Other treatments.
Dressings applied.
No. of persons using laundry.
" " taking baths.
" " given treatment.
" " prescribed for at dispensary.
Visits by nurses.
Prescriptions filled.
Packaged food supplied.
Laundry given.
Gummed given away.
Trays given away.
Treatments given.
Gospel conversations.
Penny dinners.

DISTRICT NURSES.

[Remarks of Sister Lorraine at the Annual Exercises of the Missionary Nurse class.]

The scenes presented to you this evening are familiar to me, and they have very pleasantly recalled my experiences in this station. We have many interesting cases each day in our rounds. I will give a few instances. While on Sherman St. one day, I was called to see a colored girl who was sick with typhoid fever. There was a very small room, and there were other children in the room. They all slept in one bed—if it could be called a bed—a matress to lie on and an old piece of carpet for a cover. The father was dead. The child was sick and had been suffering a great deal. I told her that I thought it would be best for her to go to the hospital, but she begged to stay at home; so I gave her some treatment, and did as well as I could under the circumstances. I reasoned with the child, and finally got her to consent to go to the hospital, where she recovered. The clothing of these children was in a terrible condition, covered with vermin of every description.

My next call was upon a woman whose husband had deserted her. She had been sick for a long time, and had nothing to eat, and not a cent of money. I found her that morning in a chill. The room was cold, and there was not a bit of fuel of any kind. So I went out and picked up some chips, cooked her breakfast, and gave her some treatment.

The next case I went to see was a very sick child that had been given up to die. As I went into the room, the sister said I need not do anything for the child, as they thought it was even then dying. They already had burial clothes prepared for it. The mother, however, was very anxious that I should give the child some treatment. I did so, and then gave the mother some directions, and under this treatment the child gained every day, and to-day is strong and well. She is now able to do work, and is satisfied with the results.

As I was passing a tenement house, some Assyrian women came out and asked me to go in and see a sick woman. I gave her some treatment. Just as I left the house, a woman came out and said they were just getting ready for dinner, and she asked me if the arm was all right. I replied that I was sorry that I could not stay to dinner. I tried to excuse myself, for I was in a hurry to attend to other cases, but nothing would do but I must stay to dinner. Her food was all in one dish, and as they had no furniture, the dish was placed on the floor, the family all gathering around it, and eating from it. They had some large round cakes which were baked on hot stones, and some sort of syrup made of grapes. The mother broke these cakes in pieces, and put them in the dish, and the family ate them, each helping himself. The dinner tasted very well; the cakes were better than the fermented bread that we often get.

Then I was called into a house to see a sick boy about fifteen years of age, who had been consumptive for a number of years, and who had lately taken a heavy cold and was evidently in a very serious condition. Upon the advice of the physician, the boy was taken to the hospital, where he died three days afterward.

Going over to the West Side among the Russian Jews, I was called into one place to see a sick woman, the mother of nine children. This family was very destitute. They had nothing to eat, and scarcely anything to wear. I sent the oldest child over to the dispensary to get some bean soup, giving her a nickel to get it (they could buy a pintful of soup for five cents), then I made arrangements for the children to get some clothing the next day, as they greatly needed it.

Then I went back to Sherman St. to see a lady who had been under our care for some time. She had been leading a life of sin, and was trying to reform. I found her very much changed. She told me that she had been dying for a long time, and was expecting to die soon. She had been walking with her son for the last few weeks, and was very weak. She said there was no hope for her, that she would have to die, and she thought she would certainly be lost. She could not believe that God would forgive her sins. As soon as I came in, she said, "I wish you would speak some comforting words to me." This passage of Scripture came into my mind, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish but have everlasting life." At her request I repeated these words to her over and over again, and she seemed to be comforted.

The house she was living in was a terrible place; the inmates were all fighting and cursing and swearing, and it annoyed her very much. I spoke to them several times about her condition, requesting them to keep as quiet as possible. They would quiet down for a little, but in a few minutes they would be quarreling and fighting again, and the language to which she had to listen was terrible. She asked me if I would sing something for her, and I sang, "There's no other Name like Jesus." She asked me for the first verse a number of times. The singing seemed to quiet her and make her forget her terrible surroundings. I gave her some treatment, and she felt better, and said she hoped that God would permit her to live long enough to do something for some one else; that she had lived a life of sin so long that her one desire was to live long enough to do some good for others.

Under the treatment I gave her she has been gaining steadily, and the last I heard of her she was up and about and seemed to make a recovery.

We find such cases almost every day. There is a great deal that needs to be done for these poor people; they need help in many different ways. These poor mothers, for instance, do not know how to bring up their children, and they need to be taught in this particular. There is certainly a wide field for missionary work of this kind also.

CHRISTIAN HELP WORK.

MONTHLY REPORT.

We have reports from sixteen bands for the month of December. The Sanitarium bands give the following summary:

<table>
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<tr>
<th>Band No.</th>
<th>Visits</th>
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<tr>
<td>Band No. 1</td>
<td>37 Visits</td>
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<td>Band No. 2</td>
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<td>Band No. 10</td>
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<td>Band No. 11</td>
<td>47 Visits</td>
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<tr>
<td>Band No. 12</td>
<td>48 Visits</td>
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<tr>
<td>Total</td>
<td>507 Visits</td>
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Letters have come from two other bands in Colorado, though neither of them gives a tabulated report. The Hillboro Band, of which we had such an interesting account from the pen of Sister Cornel last month, has been doing active work.

Want of space compels us to defer till another issue the interesting details of their work, given by the several bands.
Relief Department.

(This department has been organized in the interest of two classes:—

1. Young orphan children.
2. The weary and sick poor.

The purposes of this department, as regards these two classes, are as follows:—

1. To obtain intelligence respecting young and friendless orphan children, and to find suitable homes for them.
2. To obtain letters respecting persons in indigent or very limited circumstances who are suffering from serious, though curable, maladies, but masterless to obtain the skilled medical attention which their cases may require, and to secure for them an opportunity to obtain relief by visiting the Sanitarium Hospital.

The general policy of the managers of the Medical and Surgical Sanitarium has provided in the Hospital connected with this institution that no charge for the medical services rendered. Hundreds have already enjoyed the advantages of this beneficent work, and it is hoped that many thousands more may participate in these advantages. Cases belonging to either class may be reported in writing to the editor of this journal. The following list contains the names and addresses of persons who have kindly consented to act as agents for us in this work, and who have been duly authorized to do so. Facts communicated to any of our local agents in persons will be duly forwarded to us.

It should be plainly stated and clearly understood that neither orphan children nor sick persons should be sent to the Sanitarium or to Battle Creek with the expectation of being received by us, unless written arrangements have been made beforehand or otherwise:—it is not infrequently the case that our accommodations are filled to the utmost capacity, and hence additional cases cannot be received until special provision has been made.

Persons desiring further information concerning cases mentioned in this department, or which may be presented to us for notice in the columns, should address their communications to the editor, Dr. E. J. Edgell, Battle Creek, Mich.

We wish especially to state that those who apply for children will be expected to accompany their applications by satisfactory letters of introduction or recommendations.)

Two little boys, eight and ten years of age (Nos. 177 and 178), are left without a home and kind care from any one. The only love they know is that of a home. He has blue eyes, light hair, and good health, and seem to be very affectionate.

No. 180 is a little boy eight years old, living in Kansas. He has been abandoned by both father and mother. He has good health, and is a bright, lively boy. He needs careful training, but Christian kindness and love will doubtless yield a rich harvest.

A Michigan boy (No. 181), seven years old, needs a home. He has blue eyes, light hair, and good health, and has been taught good manners.

A Band of Four.—Here comes a band of four boys (Nos. 188-192), to claim our attention and sympathy. Their ages are three, nine, ten, and eleven. They all have dark eyes and auburn hair. With the sad life they must have lived, they have not had the right kind of training, and hence will need careful watchcare from those who undertake their rescue. Has not some good Christian heart faith enough to take one of these lambs of the fold and bring him up for God? Surely the promise of grace and wisdom sufficient is not alone for those who minister to children who seem most promising. God alone knows what destiny awaits any one of his little ones.

Little blue-eyed Harold, only four months old (No. 192), is a bright baby boy waiting for some one to catch him up to their heart and home. He is in Michigan.

Hannah is another Michigan baby boy (No. 194), seventeen months old, with blue eyes and light hair. How dreadful it seems for such little wee men to be left out in the cold this winter weather. Surely some one's fireside would be wonderfully brightened by their childish prattle.

Two little Swedish children, aged five and six (Nos. 196 and 197), demand a share of sympathy, for their father is dead, and their mother is too poor to take care of them. She has done the best she could, but is unable to do more. They have good health, and are nice appearing.

No. 198 is an orphan boy who has lost his mother, and father, and has been living with his grandparents. They are very old, and cannot take proper care of him longer, so desire that a home be found for him. He is in nine years of age, has dark eyes and light hair, and of fine appearance. There is an opportunity for some real missionary work, for this little fellow has been quite neglected.

Two sisters (Nos. 199 and 200).—We have received the description of two little girls, ages six and eight years respectively, who have been left without a mother's care, and their father is desirous of placing them in good homes. They have dark eyes and hair, are intelligent looking, and have had good training.

Two Dakota Boys (Nos. 201 and 202).—We have received the description of two boys who are sadly in need of a home. They have not known a father's care for six years, and their mother is no longer able to support them. The older, eleven years old, has black hair and eyes; the younger, ten years age, has brown hair and blue eyes. They have had good training, and the greater part of the time they have spent in the country.

No. 203 is a boy living in Michigan, who is in need of a home. He is eight years old, has blue eyes and light hair, and is truthful, industrious, and obedient. Surely some home will be made bright by his presence.

Fannie (No. 204).—This little girl with bright blue eyes and light hair, who has been living with an aged relative, is in need of a kind mother's care. She is nine years old, and is now living in Pennsylvania.

Another Boy (No. 205).—A neglected boy twelve years of age has been left in the world without a fond mother's care. His father is out of work and wants to find a home for the child. He has dark hair and eyes, and a good intellect. Will not some one take this child and give him educational advantages, and at the same time provide him with a good home?

A Baby Girl (No. 206).—This is a healthy baby girl five months old, and knows only a nurse's care. She is living in Indiana, waiting for some one to offer her a home.

Erwin (No. 209) is a bright, pleasant looking boy only six years old. His father is dead, and the mother is very poor and living among strangers, so the child is left in the world with no friends to care for him. He is now in Michigan. What family will welcome him as one of their number?

Two Orphans (Nos. 210 and 211).—Two boys aged 13 and 11 years are sadly in need of a home. They have dark eyes and hair and are in good health. They are also in Michigan. Who will provide for these children who are left in the world with no one to care for them?

A Recent letter from the father and mother of little Donald (No. 118), who left us last October for home, tells that he is thriving finely and they think he is a nice baby. We are glad to hear of his doing so well.

Five more children have found homes recently.

No. 160 has gone to Maine; No. 163 to Virginia; No. 164 to Tennessee; No. 171 to Iowa; and No. 173 to Minnesota.

Ten children who were waiting for an opportunity to go to their homes in the West, have left Battle Creek since our last issue. Word just received tells of the arrival of Nos. 186 and 187, and states that they are very happy in their new country home.

The people who have received them write that they are greatly pleased with the children. Baby Harry (No. 188) has reached the home provided for him, and the new "mother" writes: "Baby seems quite at home, and we all love him dearly. We are well pleased with him, and he is truly welcome in our home, in that he has a work to do, to train him in the right way."

In looking over our records recently, we found that since the opening of this department, thirty children have been placed in homes through the medium of this department.

Persons making application for children advertised in this department, are requested to send with their applications the names and addresses of two or more persons as reference. If possible these should be known, either personally or by reputation, to some member of the Board of Trustees.

Clothing for the Poor.

This call for clothing of all kinds and the numerous offers to supply the same from the Clothing Department to receive and properly distribute new or partly worn clothing of all kinds for the comfort and aid of the poor. In connection with this work it is very important that a few points should be kept in mind and carefully observed:—

1. Clothing that are so badly worn that repair will cost more in money or labor than the garment is worth, will of course be of no service. Garments that are old, though faded, or which may be easily repaired by sewing up seams, or made presentable by a few stitches judiciously taken in some point in which the fabric is nearly worn through, may be utilized to most advantage. But garments so badly worn that they yield no value by use in some dirty occupation, should find their way to the rag andaventure box.

2. Freight must always be prepaid. It costs as much to send 35 pounds or so many as 100 pounds to send the full 100 pounds; consequently it would be well for those who think of sending clothes to be used in this department, to put their contributions together in one shipment, so as to get the benefit of the 100-pound rate. We are obliged to ask that freight should be prepaid as a means of preventing loss in the event of the payment of freight upon separate packages.

3. Clothes that have been worn by patients suffering from any contagious diseases such as phthisis, typhoid, erysipelas, consumption, and skin disorders of any sort, as well as scarlet fever, measles, mumps, diphtheria, and smallpox—should not be sent. Infected clothes may be rendered safe by disinfection, but we cannot trust to the proper disinfection of such garments by those sending them, who, in the majority of cases, are quite incompetent to such work; neither should those who unpack the clothes be exposed to the risk of the preliminaries for disinfection at this end of the line. Such clothes should, as a rule, be destroyed. If they are not destroyed, almost infinite pains are required to render these perfectly safe.

4. All articles received are carefully sorted and classed, and are placed as called for where they will do the most good.

Santitarian Medical Mission.
MISSIONARY NOTES.

There are 156,000,000 opium smokers in China. — Missionary Review.

The king of Siam has forbidden his subjects to sell or to use intoxicating liquor.

Sixty thousand copies of the Bible are sold annually in the Turkish Empire. — Missionary Review.

The University of Chicago conferred its first degree of Doctor of Philosophy upon a Japanese.— Golden Bells.

It is said by those who should know, that the supply of women physicians will not equal the demand for a hundred years to come.

The first woman physician arrived in Persia at Tabriz in 1889. Now Tehran, Orocham, and Hamadan all have their lady physicians.

Korea has but one missionary to every 80,000 people. There are three societies there and 177 communicants.— Missionary Review.

Japan has 100,000 japon. The Roman Catholics have established one hospital for them, and the Protestants will soon build another.

In the islands of the sea there are 211 stations occupied by missionaries. Twelve societies are represented. The converts number 100,000.— Missionary Review.

The Japanese workman averages less than twelve cents a day wage, yet the contributions last year from converted natives aggregated over $100,000.— Missionary Review.

Missionary Notes. — Missionary Review.

A woman missionary in Japan finds the accomplishment of knitting a very valuable one. She has been able to help in setting up a few hospitals and to teach nursing to the children.

Dr. D. H. Forster says that in some cities in Japan there is one doctor for every five hundred persons. Throughout the empire, in 1890, there were 596,459 hospitals, and 107,474 doctors.

There is no portion of the mission field in which its proportion to the population and territorial extent is so well supplied with medical stations as the Holy Land, and still the need is not met.

The Missionary Herald (A. B. C. P. M.) says that twenty-two children of missionaries contacted with smallpox Mission have returned to that field to take up the work of their parents.

There is at present a legion of private posts operating in China with a variable scale of prices for postage, the letter from Peking to Tientsin costs ten to sixty-five cents, from Peking to Canton, twenty to twenty-five cents.

The government now proposes to establish gradually a full postal service, and it is expected that within a few years the towns and larger villages of the empire will each have its postoffice.— Missionary Review.

One of the prominent officials of the imperial court of China, has petitioned the emperor to oblige the local officials to protect Christians in the exercise of their religion, so long as they obey the laws.

The West China Mission, Buphist, has just received a fresh accession of thirteen new missionaries, among them a medical missionary, Dr. F. B. Malcolm. His field lies in the great province of Szechwan.

A native Armenian, Dr. Horapap Reipanian, has just completed his medical course in London under the auspices of the East London Institute, and returns to labor as a medical missionary among his people at Rostov, Turkey.

Dr. Barnardo's medical mission work at Skidmore, East London, has recently passed into the hands of the East London Institute. Dr. Barnardo was compelled to relinquish it on account of the year's work. He is conducting on a large scale work for destitute children.

South America has one Protestant missionary to 100,000 people. Seventeen societies are at work there with 325 missionaries. One half of the population is not within reach of the gospel. There are no missions in Bolivia, Ecuador, or Venezuela. Romanism in its worst form prevails.

Public opinion with regard to the use of alcoholic stimulants in India has become considerably modified. Thirty years ago there was no army order prohibiting the formation of total abstinence societies among the soldiers. Now there are 20,000 total abstainers in the British army in India.

Within a few years there has been established in India a " for the Protection of the Cows." The Hindus believe that if the slaughter of the cow could be stopped, even for a single day, their god Vishnu would again be incarnated, and the Hindus be restored to temporal power. The Mohammedans ridicule this, and delight to drive their own cows for slaughter directly past the Hindu temples.

The imperial government of Turkey has recently decided that lady physicians, who heretofore have not been allowed to practice in the Ottoman Empire, may henceforth be allowed to practice the same rights and privileges as the men, by passing an examination before a jury at the Imperial School of Medicine. Dr. Mary Person Eddy is the first lady who has applied for and successfully passed this examination. She has received the necessary certificates authorizing her to practice her profession throughout the extent of the Turkish Empire.

During May last, over 6000 pilgrims left Tientsin for Mecca, and about 4000 more sailed from other ports on the coast. It is estimated that these 4000 persons came from or to the Holy City. The pilgrims tell a terrible tale of their experience. Many of these people were in the most wretched condition, and some had not eaten a loaf of bread. So frightfully did the cholera rage that it was impossible for the local authorities to approach the city. A battalion of Turkish troops was sent to bury the dead and remove any people who still lived. The battalion was 700 strong. After the work had been done, 300 men only remained to go back to the coast. Five hundred of the soldiers had died of cholera.

OATMEAL BISCUIT, MEDIUM OATMEAL CRACKERS, PLAIN OATMEAL CRACKERS, No. 1 GRAHAM CRACKERS, CARBON CRACKERS, WHEAT GRANOLA, AVENOLA, GRANOLA, WHOLE-WHEAT WAFERS, GLUTEN WAFERS, GLUTEN FOOD, No. 2, WHITE CRACKERS, INFANTS' FOOD.

Granola, the Gem of Health Foods. Our Granola, which has now been manufactured by us for nearly seventeen years, is unquestionably the finest health food ever devised, and is greatly superior to any of the numerous imitations to which its success has given rise.

TO THE PUBLIC.—This certifies that the Battle Creek Sanitarium Health Foods, manufactured by the Sanitarium under the business name of the Sanitarium Food Co., are made under my direction and supervision, and that Granola and the other special foods manufactured by this company, are not made or sold by any other firm or person except their duly authorized agents.

J. H. KELLOGG, M. D.

Our goods are shipped to every part of the world—to Australia, New Zealand, India, Persia, and other foreign countries, as well as to all parts of the United States: and in every instance they have demonstrated their wonderful keeping properties. The following are a few of the hundreds of testimonials received from persons who have for years made use of our foods:

Granola, known by Whistler, and others are the only foods that I can eat with safety.

J. B. KELLOGG, M. D.

I have for three years used the "Health Foods" sold by Whistler and others, and can heartily recommend them, both for purity and health-giving properties.

C. P. PORTER, D. D. S.

Our "Health Foods" are the wonder of the neighborhood. We have several cups and enjoy every cup. We have already converted our family from indulgence in soda and alcohol, dyspepsia and other diseases. We find the Sanitarium Food Company sell a better article than the Sanitarium Food Company. New York.

We are constantly improving our foods, and adding to our list as the result of experimental research conducted in the Sanitarium Laboratory of Hygiene and our Experiments in Kitchen. For the latest descriptive circular and price list, address—

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THE SANITARIUM,
BATTLE CREEK, MICH.

The Oldest and Most Extensive Sanitarium Conducted on Rational and Scientific Principles, in the United States.

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Baths of every description.
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All sorts of Mechanical Appliances.
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Artificial Climates created for those needing special conditions.
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Incurable and Offensive Patients not received.
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