

The Circulation of Our Health Journals

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THE circulation of our health publications is a most important work. It is a work in which all who believe the special truths for this time should have a living interest. God desires that now, as never before, the minds of the people shall be deeply stirred to investigate the great temperance question and the principles underlying true health reform.

The physical life is to be carefully educated, cultivated, and developed, that through men and women the divine nature may be revealed in its fulness. Both the physical and the mental powers, with the affections, are to be so trained that they can reach the highest efficiency.

Reform, continual reform, must be kept before the people, and by our example we must enforce our teachings. True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the

mind. Men and women must be taught to take a careful review of every habit and every practise, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.

God desires his people to be light-bearers to a world lying in midnight darkness. But if they refuse to go forward in the light which he causes to shine on their pathway, the light will finally become to them darkness; and instead of being light-bearers to the world, they themselves will be lost in the blackness that surrounds them. God desires his light-bearers ever to keep a high standard before them. By precept and example they must hold this perfect standard high above Satan's false standard, which, if followed, will lead to misery, degradation, disease, and death for both body and soul.

Those who act as teachers are to be intelligent in regard to disease and its causes, understanding that every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as his dwelling-place, and over which he desires us to be faithful stewards.

These grand truths must be given to the world. We must reach the people where they are, and by example and precept lead them to see the beauties of the better way. The world is in sad need of instruction along these

lines. The time has come when each soul must be stanch and true to every ray of light God has given, and begin in earnest to give this gospel of health to the people. We shall have strength and power to do this if we practise these truths in our own lives. If we all followed the light we have received, the blessing of God would rest on us, and we should be anxious to place these truths before those who know them not.

The people are in sad need of the light shining from the pages of our health and temperance journals. God desires to use these journals as mediums through which flashes of light shall arrest the attention of the people, and cause them to heed the warning of the message of the third angel. Our health journals are instrumentalities in the field to do a special work in disseminating the light which the inhabitants of the world must have in this day of God's preparation. They wield an untold influence in the interests of health and temperance and of social purity reform, and will accomplish great good in presenting these subjects in a proper manner and in their true light to the people.

In all our work, caution should be used that no one branch be made a specialty, while other interests are left to suffer. *There has not been that interest taken in the circulation of our health journals that there should be.* The circulation of these journals must not be neglected, or the people will suffer great loss.

Let none think that the circulation of the health journals is a minor matter. All should

take hold of this work with more interest, and make greater efforts in this direction. God will greatly bless those who take hold of it in earnest; for it is a work that should receive attention at this time.

Ministers can and should do much to urge the circulation of the health journals. Every member of the church should work as earnestly for these journals as for our other periodicals. There should be no friction between the two. Both are essential, and both should occupy the field at the same time. Each is the complement of the other, and can in no wise take its place.

The circulation of the health journals will be a powerful agency in preparing the people to accept those special truths that are to fit them for the soon coming of the Son of man.