

HEALTH, HOW TO HAVE IT

By Dr. W. A. Turner, Naturopath

(Questions relating to health matters will be answered if accompanied by a 2 cent stamp and sent to me, care of Hotel Edwards, Portland, Or.)

Cooking Fish

I am not an advocate of fish as a food, for it is totally devoid of iron and some other organic salts. It is not a good staple article. The South Sea Islanders, Japanese and others who live largely on fish and rice have much leprosy and beriberi among them. However, as fish tastes good for a change I will give you a simple and nice way to cook it that preserves all the flavor and such organic salts as it has and makes an appetizing dish.

Thoroughly grease a large piece of manilla or brown paper with olive or salad oil and wrap it around the fish and tie with string. Put in a bread pan and cover with another piece of paper as tight as possible and bake in a hot oven about twenty-five minutes. Unwrap and serve with garlic sauce or butter.

Bread

White bread in your stomach is like so much wall paper paste. When wheat is bolted and the hulls removed all the organic salts are removed and only the starch remains. Those beautiful white biscuits, hot rolls, waffles and white bread should be fed to the hogs. If you want health and strength eat good flour and whole wheat, whole rye or Roman meal, the latter a mixture of whole wheat, bran graham flour and specially prepared flaxseed. It can be purchased from your grocer. Make all your rolls, waffles and bread from these flours and you will eat no other.

Soups

Contrary to the old medical teaching that soup should be eaten before a meal to prepare the stomach for food, it should not be eaten for that purpose. The stomach throws off a certain amount of gastric juices, which do a certain amount of work in a given time. If you flood your stomach with soup or any other liquid during a meal the gastric juices become weakened and diluted so that they are unable to do their work, the food rots, makes gas and lays a foundation for diseases of the portal system. I think the Italians make the best soups, for they have very good ideas of food values and the chemistry of cooking, their "Family Soup" being particularly good and nutritious. A meal made entirely of this soup is satisfying and nothing else is needed with it.

When in Europe studying I learned the chemistry of cooking and of proper combinations and could make my living as a scientific chef if compelled to do so. I find it useful, and many of my lady friends are constantly calling on me for pointers as to how to cook and prepare foods. Try this soup for a meal without anything else—

Take fifteen cents' worth of brisket of beef and cut in small pieces. Put in a kettle with five quarts of water; put in salt and pepper. Chop up a large onion and put it in the water with a tablespoon full of unpolished rice. Boil slowly and when the meat is cooked tender add chopped cabbage, peas, carrots, tomatoes and macaroni in sufficient quantity to make a very thick soup. When ready to serve add a little whole wheat, graham or Roman meal bread cut in squares and grated dry cheese to taste. This makes a palatable, nutritious meal and you won't need anything else with it. It is a daily meal for many people in Italy.

How Vaccine Virus is Made

A calf is tied down to an operating table, the belly is shaved for twelve to fifteen inches square and about one hundred incisions are made. Into these incisions one drop of glycerinated lymph, smallpox culture and glycerine, is allowed to drop and is rubbed in. Fever sets in and the animal becomes very sick. In a few days the vesicles appear, scabs form, and the calving of impurities of various kinds from the blood of the calf begins in the form of pus and is thrown into the vesicles. At the end of six days the vesicles contain much pus, putrid cells, etc., and a scab is formed over the reservoir. The calf is again tied down to the operating table, the inoculated area washed with warm water and each vesicle clamped separately. The crust is scraped with a steel instrument and the diseased filth transferred to a small crucible. To this horrible mass of putrid filth is added an equal amount of glycerine, which is stirred and mixed with a small electric motor, run through a fine sieve to remove coarse pieces of scab, flesh, hair, etc., then put in tubes and sold throughout the country as "pure calf lymph." It is this rotten stuff that our "health" boards, school boards and family physicians insist on putting into the blood of millions of school children and others every year under the pretense of "protecting" them against smallpox.

Smallpox is a disease of internal filth and starts in the bowels and is Nature's method of house-cleaning, and not so dangerous or fatal as vaccination with this filth.

A profession which fails to see the awful corruption of vaccination, but defends it, is sadly deluded. Instead of pointing out disease and corruption into children, swatting flies, chasing lads and rats, they might more profitably devote their time to hygiene and sanitation and do the human race some good. However, as medical theories change with the moon and they grab at shadows, they will probably announce before long that it all is "mistaken" and "medical science" has "discovered" newer and better methods. The drugless doctors already have them.

Rheumatism Instead of being caused by the overworked "germ" it is the result of over eating of stimulating protein, sugar and starch foods, meat, dairy goods, pastry, pork and beans, etc. Whatever "germs" are found in rheumatic patients are the result of the toxic poisoning. Sciatic rheumatism is caused by inflammation of the stomach. The "regulars" now have a serum for rheumatism and it is dangerous. A recent lady patient of mine, a rheumatic, had been seruminized until a lump stood out all over her arm as hard as stones. In four weeks, by hard work and a careful dietary I sent her home well. When people learn to eat the right kind of food in proper quantities, at the right time there will be no more rheumatism. I have had many serious cases of a distressing nature, largely sciatica and have never yet failed to restore the patient to health, where

they followed my directions and I perform no miracles. Any good drugless doctor who understands dietetics can do the same, but look out for the doctor of any school who wants to put you on a "milk diet." I won't cure you, but it will make you worse. A milk diet is good for a calf, but not for a human. People who eat fruits, salad, vegetables and little meat are not likely to be bothered with rheumatism. If you are not in sight your trouble may be diagnosed as "gout." If you are just plain folks it is rheumatism. Either one is painful, but can be rapidly cured by proper treatment.

Swedish Movements Cure

This great system of scientific manipulation is the original method of Mechanics Therapy. Osteopathy so-called, no one knows why, is but a small fragment of the Swedish and chiropractic is based on it. The high class scientific method of massage invented by Major Thure Brandt, pupil of the Royal Gymnastic Central Institute, Stockholm, 1842, has been incorporated into the Swedish movements and is especially useful in uterine troubles. In 1860 Geo. H. Taylor, M. D. of New York published an exhaustive treatise on this system, embracing its history, theory and practice, dwelling particularly on its efficacy for the treatment of lateral curvature of the spine, paralysis, indigestion, constipation, consumption, angular curvatures, nervous diseases, etc., as cured by transmittal denery and special movements.

Professor Hjalmar Ling and Harlethus of the K. G. C. I. 1863-65; Dr. Wieland, Stockholm, 1872-73; Dr. Glatter, Vienna, 1875, and Dr. Cayan, London, all report great and instant success in acute pneumonia, diphtheria, scarlet fever, typhoid and rheumatic fevers. These cures were made many years before "osteopathy" was ever heard of. Dr. Still of Missouri had not yet got in his fine work. There are some Finns and Swedes in Portland, pupils of Helander and Ciockholm, who are excellent masseurs, but they do not know the Swedish Movements method of manipulation for disease and so far as I have been able to find out I am the only doctor in Oregon who has been educated in the system. The Ling system, which includes Mechanics Therapy in its various branches, Thure Brandt Massage, Swedish Physical Culture, Medical Hygienic Gymnastics, etc. In Europe the scientifically trained Naturopath knows the Ling system and uses it in conjunction with Kneipp's water cure, Hydro Therapy, Rest, Light, Out Door life, Fasting, Sun and Air Baths, Earth and Clay packs, vegetarian and Fruitarian diet. Knowledge of chemical value of foods and chemistry of cooking, electricity, inunction, Psycho Therapy, Suggestion, Internal Baths, the Bilz, Lasmann, Kuhne and Schroth Cures.

In this country we sometimes use Chiropractic in addition and osteopathy where the Swedish Movements are not known. You can readily see that a well equipped Naturopath ought to be a competent man for he uses the best parts of all the known schools of healing except medicine and surgery, which are out of date and unnecessary. It is the only logic school of healing broad enough to take in the best of everything and is the school to which all doctors of every kind eventually turn.—As a matter of fact the wisest medical men are now resorting to and using many of the Nature cure methods, although of course scorning to acknowledge it and poo-pooing them on the side. Some of them advise massage, also prescribe fruit juices, and even profess to be hydrotherapists—all nature cure methods. They have also discovered that hydrotherapy is a wonderful thing and have gone quite daffy over it. The medical superintendent of the insane asylum, Stockton, Cal., reports 85 per cent of the insane patients cured by the water-cure, which is an important factor in naturopathy. If the medical profession, with their narrow, obsolete and "ethical" ideas would broaden out and be willing to be told a few things by men who are their superiors as healers, they would inspire more confidence and be more competent to handle the people, but it is much easier to sit at a comfortable desk, look wise and write prescriptions in Latin, than it is to take of their coats and go to work as the drugless doctors do. They are now admitting, however, that mechano therapy has some virtue, and many leading medical journals are urging them to learn it on the ground "that they can take it out of the hands of the pseudo doctors by adopting it"—then it will at once become "scientific!"

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The Courier wants all its country correspondents (those who write neighborhood news) to send in at once their names and addresses, together with the districts they represent. We want a good, live correspondent in each district and, as some of our writers have moved away or discontinued work, we wish to revise our list and replace those who have dropped out of line. If there is no correspondent for the Courier in your district, we will not kindly write us, suggesting some one for the place? THE COURIER, 8th and Railroad Sts.

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SUBTLE ERRORS REFUTED BY THE TRUTH

(J. M. Garmire, Oregon City, Ore.)

"Test on Obedience." In the "Signs of the Times" (a Seventh Day Adventist organ, dated July 21, 1914, we read, under the above heading "Test on Obedience," that those who keep the Sabbath of the fourth commandment (Ex. 20: 8-11) are sealed with the "seal of the living God" (Rev. 7: 2-3). "A company is found in every land who rejoice in keeping the Sabbath in counterdistinction to another company who receive another mark in the forehead or in the hand—the mark, or seal, of the beast. If the former seal is found in true Sabbath keeping, the natural conclusion is that the latter consists in false Sabbath-keeping," namely Sunday-keeping.

Three seals are here briefly set forth, namely, "the seal of the law," "the seal of the living God," and "the seal, or mark, of the beast." "The Seal of the Law." Under this head Elder Bowen further writes: "God's name, His seal, is found in His law." In the Seventh commandment alone appears the name of its Author, the Creator of Heaven and earth.

"The Seal of the Living God." The term, "the seal of the living God," is defined in Rev. 7: 3 as one having authority to say "hold" or "hurl not." Moses had this authority when he liberated the children of Israel out of Egyptian bondage. When the king refused to let them depart, Moses called down ten plagues. (Ex. 5 to 14.) Joshua possessed the seal of the living God when he commanded the sun to stand still. (Josh. 10: 12, 13.) Elijah also possessed plenipotent authority when he said to the apostate king of Israel, "There shall not be a few nor rain these years, but according to MY word." (1 Kings 17: 1.) It is malinterpretation to define it to be "the Sabbath of the fourth commandment."

The Mark of the Beast. If any man "receives his mark in his forehead or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation, and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb." (Rev. 14: 9-10.) If Sunday keeping is the mark of the beast, an awful punishment awaits the Sunday keeper. "The Seal of God." "Him that overcomes I will make a pillar in the sanctuary of my God, and he shall never go out from it again. And I will write on him the name of my God, and the name of the city of my God, the new Jerusalem, which is to come down out of heaven from my God; and my name." (Rev. 3: 12; see Mark 16: 17.) "The Seal of God" constitutes the seal of God, and is the reward! Is the Sabbath of the fourth commandment in so great need of Scriptural support that the terms: "Seal of God," and "the Seal of the living God," must be wrested from their true meaning to support its validity? By defining the Sabbath as "the seal of God," they deny salvation through the atonement.

The privilege and duty of those "who were bidden" (Luke 14: 17-24), was to show by the Scriptures that they who, like Cain (Gen. 4), resist the plain declaration of the words of God, the admonition of their brethren, resist the Holy Ghost (Act. 7: 51), "shall not be forgiven, neither in this nor in the world to come" (Matt. 12: 32). They will receive the seal of the dragon (Rev. 12: 9), "the mark of his name;" (Rev. 14: 11) and that he who overcomes a vicious heart (Matt. 15: 19), and a false doctrine (vs. 9.) will receive the new name, and the seal of God, and shall partake of the great supper. (Rev. 19: 17.) Thus the Scriptures define the seal of God and the mark of the beast as given the overcomer and the blasphemer respectively.

"If Sunday keeping is 'the mark of the beast,' which has no forgiveness, then every Sunday keeper is irrevocably lost. If Sunday keeping is not yet the mark of the beast, but is to be when by civil enactment it will be enforced upon the people, as they say, then as yet there never has been an unpardonable sin. This exposition is a deception and lulls the Sabbath keeper into a false security and opens the way by which he may reject some fundamental truth and receive the seal of blasphemy as did Cain, Korah, Judas, etc., from which he prides himself, in his ignorance, in being immune."

"And in their mouth is found no guile. (i. e. no viciousness, see Matt. 15: 19), for they are without fault" in their doctrine, for without a pure doctrine there can be no perfect faith. "Be ye therefore perfect" (in your doctrine), said Jesus, "even as your Father who is in heaven is perfect" (in His doctrine). They by whom the kingdom is redeemed will "lift up the voice, with the voice together shall they sing" (Matt. 18: 19), for they shall see eye to eye, when the Lord shall bring again Zion" (Isa. 62: 8.) None others can "wash their robes and make them white in the blood of the Lamb." "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven, but he that doeth the will of my Father who is in heaven." (Matt. 7: 21-23.) Malinterpretation is not "His will."

Seventh-day Adventists Fellowship of the divorced-married, but who saith the Scriptures? Every man who divorces his wife and marries another commits adultery; and he who marries her who has been divorced from her husband commits adultery." Certainly by the literal meaning of our Lord's words, "to marry another after divorce," even though fornication has been committed, is not permissible. (Mark 5: 32; Rev. 2: 6, 15; Rev. 21: 8.) It is abomination; it is adultery, and to fellowship such is to be a partaker of their evil deeds. (Ps. 50: 18.) If fornication were an unpardonable sin, then the fornicator would be spiritually dead, and though married to another while the first companion is living, would not defile those who walk in the Way of Life. We must read Matthew 19: 9 by the aid of the other Scriptures to fully comprehend the import of the indissolubility of the bonds of one flesh. (Mark 10: 10-12; Luke 16: 17, 18; Rom. 7: 2, 3; 1 Cor. 7: 11.)

"Jesus gave no sanction to marriage after divorce" therefore "let no man put asunder either by wiles or by civil enactments, for both the seducer and the Judge on the bench must bear the guilt in the final reckoning." (Ecc. 12: 13, 14.) "Judge righteous judgement," said Jesus, for your own judgement will be dealt—and your own measure meted—unto you." Why is divorce from the repentant fornicator commanded? So none

be defiled (Haggai 2: 13, 14); so there need be no fears on the part of any. (Zech. 8: 17; see 1 Cor. 7: 12-17.) Why the command, "With such an one no not to eat?" That none may eat and drink condemnation to himself, not discerning the Lord's body. (1 Cor. 5: 11-13; 11: 27-30.) The remnant are "not defiled with women" (Rev. 14: 1-5), they are "priests of God," and "shall not take a woman, put away from her husband," or be married to another while the first companion is living. (Lev. 21: 7; Rom. 7: 2, 3.) The remnant Church will not fellowship those who marry another after divorce, for such have fallen into the mire of iniquity; they are abominable. If the pastor follows the discipline laid down by our Lord, and a brother or sister have not sinned a sin unto death, they will restore such a one in the spirit of meekness; for a righteous man who is turned from his righteousness is an "adversary to our peace and final safety." (Eze. 3: 20; Matt. 5: 23-25; 18: 15-18.) But if he is found incorrigible, "without the camp shall his habitation be" (Lev. 13: 46), for he that fellowship the open transgressor "hideth him Godspeed," condones his iniquity and is held accountable in the day of judgement. (Eze. 33: 7, 8; 2 John 11; Ps. 50: 18.) They who are eligible to the appointed ordinances are commanded to "judge them that are within," to justify them that "trembleth at my word," and to dis-fellowship the incorrigible.

If the above is a correct definition of the Scriptures, are Seventh-day Adventists the remnant people as they claim? Will not time reveal their efforts to be an ignoble failure, and that "not one of those men" who have led the people into error "shall taste of my supper?"

If God's word is misinterpreted his oath is called in question. Jehovah covenanted with Adam by a promise that the Messiah would redeem the lost possessions by the blood of the Lamb (Heb. 9: 22), and by an oath to Abraham, saying, "Thy seed shall possess the gate of thy enemies." (Gen. 22: 17; see 2 Pet. 3.) He added an oath in order that, through two unchangeable things, the covenant blood and His oath, in which it is impossible for Him to prove false without invalidating His Word. (See Heb. 3: 16-18.) But if any man add to or take "one jot or tittle" from the Law, the Word, he shall be accursed. (Matt. 5: 18; Jas. 2: 10; Rev. 22: 18.) If law doctrine are not fulfilled in all their purity, enforced in all their rigor, how can the redemption of the kingdom be accomplished? (That the Kingdom is not yet redeemed see Luke 21: 28; Eph. 1: 14.) If God's oath is not made valid by a perfect definition, and perfect fulfillment of law, doctrine or promise (through the merits of Christ, for He is the Author), then God has asked of man what he cannot do; He has not dealt with man on the basis of equity. But, he replies, "Is not my way equitable? are not your ways inequitable?" (Eze. 18: 25.) He has expressed himself, saying, "As I live" (in these words He swears by His own life) "Surely mine oath that he hath defiled, and my covenant that he hath broken, even it will I recompense upon his head;" "he shall die." (Ezekiel 17: 16-19.)

Malinterpretation of the Word by the remnant people would invalidate the Word and Oath of God, and make him a liar. Eternal justice, in law, the merits of Christ, for He is the Author), then God has asked of man what he cannot do; He has not dealt with man on the basis of equity. But, he replies, "Is not my way equitable? are not your ways inequitable?" (Eze. 18: 25.) He has expressed himself, saying, "As I live" (in these words He swears by His own life) "Surely mine oath that he hath defiled, and my covenant that he hath broken, even it will I recompense upon his head;" "he shall die." (Ezekiel 17: 16-19.)

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