

Editorial Department.

— Review and Herald

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By Henry Richards signed
and - J. S. J. Richards
and - J. S. J. Richards

Balle Creek Mich Aug 6 - 1899

Dear Brother De Ruel: —

Your letter as to Health Reform is at hand. The heads of our denomination do not interpret the teachings of Sister White at all. They have no right to. They should obey not interpret. Each one must read them for himself and apply them to ~~for~~ himself and obey them for himself.

Everybody should live wholly on health foods. But health foods grow on the farm and in the garden and can be made by yourselves at home. They do not need to be always bought at the Sanitarium.

Health Reform is simply this: —

1. Find out what the Lord says is good.
2. Find out in that, what is good for you.
3. Then thank the Lord for it and eat it.
4. And eat enough to supply the strength needed for work.

It would not be fair to deprive a stranger — a hired man — of what he is used to and likes unless you

set before him what he will like
just as well or better and what will do
him just as much or more good.

We are to apply the Testaments
to ourselves, not to other people; especially
not to outsiders.

Why not let the lived man board himself?
Health Reform is a very plain and simple,
easy and good thing. Don't turn it
into a tedious and difficult
thing. Don't live on a slim and
insufficient diet and call it
health Reform at all. That is
not health Reform at all.

Health Reform is to live on the
best that you can get of what is
good everywhere and all the time.

Dr. H. H. Jones