Battle Creek, Mich., Aug. 6, 1899

Dear Brother de Rude:

This letter as Health Reform. 

The leaders of our denomination do not interpret the teachings of Scripture at all. They have taught that they should obey not interpret. Each one must read them for himself and apply them to his own self 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 ourselves at home. They do not need to be always bought at the druggist.

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...

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Editorial Department.

Reverend J. H. Beakes
set before him what he will like just as well in body 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 third man stand 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 slim and insufficient diet and call it Health Reform at all. That's not Health Reform at all. Health Reform is to live in the best that you can get of what is good everywhere and all the time.

Toby H. Jones