

AN EPIDEMIC OF DIPHTHERIA was raging. Children were dying like flies. There was anxiety in every home. Prescribing drugs, such as arsenic, was common. The Fanners' and Miners' journal published this so-called cure: "Take Spanish flies, pound and mix with Venice turpentine, spread it on a piece of soft cloth, and bind it over the throat, which will raise a blister, and soon remove the disease from the throat." The year: 1862.

In February 1863 two of James and Ellen White's sons were struck by this dreaded disease. Call it an incredible coincidence—or a miracle—but at this very time the Whites came across an article by Dr. James C. Jackson of Dansville, New York, reporting the success he had in treating diphtheria with water treatments. Since this made more sense to them than poisonous drugs or Spanish flies, they scrupulously followed Dr. Jackson's direc-

tions, and the children recovered.

Sadly, even though the Whites had successfully used water to treat diphtheria. 10 months later they relied on common medical practice when their oldest son, Henry, got pneumonia. Eight days later he died. They had ordered Dr. Jackson's books, which described the use of rational methods, but the Whites had been too busy traveling, writing, and speaking to unwrap and read them.

In February 1864 their son, Willie, got pneumonia. He was so sick he was delirious. The Whites were faced with a dilemma that could mean life or death to their child. They decided to treat him themselves, with water—and prayer. For seven days and nights, they continued using water freely on his head and changing compresses on his lungs, and praying unceasingly. On the fifth day he coughed blood. That night the parents were so exhausted they got someone else to continue the treatments while they tried to

sleep. But Ellen was so anxious she couldn't sleep. Since she felt pressed for breath, she opened the door into a large hall and was at once relieved and went to sleep. She dreamed that an experienced physician stood by her son's bed and said, "That which gave you relief will also relieve your child. He needs air. You have kept him too warm."

After she applied this new information, Willie's fever broke; he recovered rapidly and had better health than he had had for several years.

Dear Lord, thank You for pure water and fresh air and the knowledge we have today about how to use them to fight disease.

K.AY KUZMA

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

## # 18



## Nineteenth-century Testimony

I delight to do Your will, O my God, and Your law is within my heart. Ps. 40:8, NKJV.