Chapter-41, Part 1 of 2

Flesh Foods

God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man’s wants required. God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man.

After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years. -- Counsels on Diet and Foods, 373

In choosing man’s food in Eden, the Lord showed what was the best diet; in the choice made for Israel He taught the same lesson. He brought the Israelites out of Egypt and undertook their training, that they might be a people for His own possession. Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, “the bread of heaven.” It was only because of their discontent and their murmuring for the fleshpots of Egypt that animal food was granted them, and this only for a short time. Its use brought disease and death to thousands. Yet the restriction to a non-flesh diet was never heartily accepted. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent.

Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions which tended to lessen the evil results. The use of swine’s flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the fat and the blood was strictly forbidden.

Only such animals could be used for food as were in good condition. No creature that was torn, that had died of itself, or from which the blood had not been carefully drained, could be used as food.

By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God’s ideal of character or fulfill
His purpose. The Lord “gave them their request; but sent leanness into their soul.” Psalm 106:15. They valued the earthly above the spiritual, and the sacred pre-eminence which was His purpose for them they did not attain.

Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! --The Ministry of Healing, 311-313

The Cause of Much Disease and Sickness: Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated. --The Ministry of Healing, 313

The liability to take disease is increased tenfold by meat eating. --Testimonies for the Church 2:64

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<th>The animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt; also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease.</th>
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<td>From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh. --Counsels on Diet and Foods, 386-388</td>
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In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.

The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or by others. --The Ministry of Healing, 314, 315

The Swine is Unclean Unto You: The tissues of the swine swarm with parasites. Of the swine God said, “It is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcass.” Deuteronomy 14:8. This command was given because swine’s flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element and when it feeds upon every detestable thing. --The Ministry of Healing, 313, 314
Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine’s flesh merely to show His authority, but because it was not a proper article of food for man. It would fill the system with scrofula, and especially in that warm climate produced leprosy, and disease of various kinds. Its influence upon the system in that climate was far more injurious than in a colder climate.... Swine’s flesh would not be palatable to the taste in its natural state. It is made agreeable to the appetite by high seasoning, which makes a very bad thing worse. Swine’s flesh above all other flesh meats, produces a bad state of the blood. Those who eat freely of pork can but be diseased. --Counsels on Diet and Foods, 392, 393

Especially would the fine, sensitive nerves of the brain become enfeebled and so beclouded that sacred things would not be discerned, but be placed upon the low level with common things. --Testimonies for the Church 2:96

Those who have much outdoor exercise do not realize the bad effects of pork eating, as those do whose life is mostly indoors, and whose habits are sedentary, and whose labor is mental. --Counsels on Diet and Foods, 393

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Servant of God
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