Our Firm Foundation
The 7th Day Sabbath  Immutable Law of God  The Everlasting Gospel
Non-Immortality of the Soul  Three Angels' Messages  The Sanctuary

Vol. 1, No. 7  May 1986

Special Edition—Health
Editorial

We have come to a most interesting time in the history of our world. The junk food business is big business. Billions of dollars are spent each year because we are a hurried generation who have no time to eat, and have the drive-through window accommodating our fast, hurried pace. Caffeinated cola drinks, hamburgers and potatoes prepared in grease have become a lifestyle in our hurried, crisis-packed twentieth century.

In the beginning God created a beautiful, perfect world and two perfect people to inhabit it; yes, to take care of it, and to multiply their kind until the earth was to be filled with happy, healthy, perfect people. He gave them fruits, grains, nuts and herbs of the field (vegetables) to strengthen them in body, mind and soul.

Permission was not granted to eat flesh until after the flood, and immediately the life span was remarkably shortened. Whereas Noah and many others lived till they were past 900 years, Abraham, well known in Bible history, died at 175, and David lived only his three-score and ten. Today we see that 70 years, with a few exceptions, is the time most lay down life's burdens to await a resurrection.

In a far-off country, just a little speck of geography at the foot of the great Himalayan mountains, bordering China, the Hunza people eat and practice a lifestyle that gives many added years beyond he norm. Some are still very active past their hundredth birthday.

The Bible, God's inspired Word, gives this important counsel: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." I Corinthians 10:31

An inspired writer of the nineteenth and twentieth centuries, Ellen G. White, directs our minds to the natural healing processes through proper diet, pure air, sunlight, rest, exercise, water and trust in Divine power. "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge."

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and up-building is gradual and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." Ministry of Healing, 127

Those who are looking and praying for the return of our Lord and Saviour Jesus Christ, will be willing to follow the counsel of Divine inspiration.

We must remember always that our bodies are the temple of the living God. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." I Corinthians, 3:16, 17

The reason for this special health edition of Our Firm Foundation magazine is to point the reader to the life style ordained by God to prepare His people for Heaven. May God bless you as you read.

Ron Spear—Editor

Line Upon Line Line Upon Line

God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, there would not be the necessity of running for the doctor so frequently, and people would be in much better health than they are today. Medical Ministry, 230, 231

There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life. MS. 73, 1908

It would have been better if from the first all drugs had been kept out of our sanitoriums, and use made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science, and they would leave no injurious effects in the system. MS. 115, 1903 (written September 4, 1902)

The Lord has given simple herbs of the field that at times are beneficial; and if every family understood how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick, who have died under drug medication. MS. 162, 897

The light was first given to me why institutions should be established, that is, sanitoriums were to reform the medical practices of physicians. This is God's method, the herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes one hundred fold better purposes than all the drugs hidden under mysterious names dealt out to the sick. Testimony B-69, 1898

There are simple herbs and roots that every family may use for themselves, and need not call in a physician any sooner than they would call a lawyer. Testimony C-17a, 1893

2 Our Firm Foundation May, 1986
It is the mission of Hope International and the editors of *Our Firm Foundation* to give the straight testimony and to present Christ and Him crucified. The days that yet remain of this world are few, and what we do we must do quickly. We must boldly proclaim the truths that place us on so firm a foundation in the midst of this troubled world.—The Editors

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4. Sanitarium nurse  
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Men and women should inform themselves in regard to the philosophy of health. The minds of rational beings seem shrouded in darkness in regard to their own physical structure, and how to preserve it in a healthy condition. The present generation have trusted their bodies with the doctors, and their souls with the ministers. Do they not pay the minister well for studying the Bible for them, that they need not be in trouble? and is it not his business to tell them what they must believe, and to settle all doubtful questions of theology without special investigation on their part? If they are sick, they send for the doctor—believe whatever he may tell, and swallow anything he may prescribe; for do they not pay him a liberal fee, and is it not his business to understand their physical ailments, and what to prescribe to make them well, without their being troubled with the matter?

Children are sent to school to be taught the sciences; but the science of human life is wholly neglected. That which is of the most vital importance, a true knowledge of themselves, without which all other science can be of but little advantage, is not brought to their notice. A cruel and wicked ignorance is tolerated in regard to this important question. So closely is health related to our happiness, that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance, that among the studies peculiar for childhood, physiology should occupy the first place. How few know anything about the structure and functions of their own bodies, and of Nature's laws. Many are drifting about without knowledge, like a ship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition, and prevent disease.

The indulgence of animal appetites has degraded and enslaved many. Self-denial, and a restraint upon the animal appetites, is necessary to elevate and establish an improved condition of health and morals, and purify corrupted society. Every violation of principle in eating and drinking, blunts the perceptive faculties, making it impossible for them to appreciate or place the right value upon eternal things. It is of the greatest importance that mankind should not be ignorant in regard to the consequence of excess. Temperance in all things is necessary to health, and the development and growth of a good Christian character.

Those who transgress the laws of God in their physical organism, will not be less slow to violate the law of God spoken from Sinai. Those who will not, after the light has come to them, eat and drink from principle, instead of being controlled by appetite, will not be tenacious in regard to being governed by principle in other things. The agitation of the subject of reform in eating and drinking, will develop character, and will unnervingly bring to light those who make a "god of their bellies."

Parents should arouse, and in the fear of God inquire, what is truth? A tremendous responsibility rests upon them. They should be practical physiologists, that they may know what are, and what are not, correct physical habits, and be enabled thereby to instruct their children. The great mass are as ignorant and indifferent in regard to the physical and moral education of their children as the animal creation. And yet they dare assume the responsibilities of parents. Every mother should acquaint herself with the laws that govern physical life. She should teach her children that the indulgence of animal appetites, produces a morbid action in the system, and weakens their moral sensibilities. Parents should seek for light and truth, as for hid treasures. To parents is committed the sacred charge of forming the characters of their children in childhood. They should be to their children both teacher and physician. They should understand nature's wants and nature's laws. A careful conformity to the laws God has implanted in our being, will insure health, and there will not be a breaking down of the constitution, which will tempt the afflicted to call for a physician to patch them up again.

Many seem to think they have a right to treat their own bodies as they please; but they forget that their bodies are not their own. Their Creator who formed them, has claims upon them that they cannot rightly throw off. Every needless transgression of the laws which God has established in our being, is virtually a violation of the law of God, and is as great a sin in the sight of Heaven as to break the ten commandments. Ignorance upon this important subject, is sin; the light is now beaming upon us, and we are without excuse if we do not cherish the light, and become intelligent in regard to these things, which it is our highest earthly interest to understand.

*The Health Reformer, August 1866*
Messenger Of Wholeness

Vernon Shafer, Ph.D.

"A merry heart doeth good like a medicine: but a broken spirit drieth up the bones." Proverbs 17:22

The ancient wise man who wrote the Proverbs in the Bible had an insight into human nature that only today are we beginning to appreciate. There has been a growing flood of scientific research in recent years demonstrating the close relationship between the mind and our body. It has been shown that the way we think can profoundly affect how our body functions for illness or health. It is also becoming more and more clear that the way we care for our body can have a significant influence upon how our brain works, and therefore upon the effectiveness of our thinking, and the kinds of moods or feelings we experience, as well as upon our moral and spiritual sensibilities.

Again these concepts that are relatively new to us today were remarkably anticipated over one hundred years ago by a woman known for her kindness but who spoke with the authority of a messenger of God. What is even more amazing, the ideas she taught were so revolutionary and spelled out so clearly that they are still as advanced as the latest research. Yet this pioneer of the holistic health movement of today lived in an age when there was very limited scientific knowledge of physiology and hygiene. Surrounded as she was by folk remedies and myths, patent potions and harsh and heroic medical practices, she had the uncanny insights that made it possible for her to sort through this con

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These rules are safeguards to protect and ensure our health and happiness

Ellen White took a very broad but simple view of man and his condition. Created in the image of God, man was intended to enjoy unlimited health and abundance of joyful living, but this could be possible only as long as he would live in harmony with the natural laws of his being.

These natural laws represent guidelines for positive and optimally satisfying living and of necessity must encompass the physical, the mental and the moral dimensions of life. Thus, these rules of life are seen as inseparable.

Rather than arbitrary prohibitions, these rules are safeguards to protect and insure our health and happiness. If we indulge the appetite in eating foods or using substances that are harmful to our body, then we must expect to experience the unpleasant and destructive consequences of that indulgence. In 1866 Mrs White stated: "God has formed laws which govern our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is a fixed penalty, which must sooner or later be realized. The majority of diseases which the human family have been and still are suffering under, they have created by ignorance of their own organic laws. They seem indifferent in regard to the matter of health, and work perseveringly to tear themselves to pieces, and when broken down and debilitated in body and mind, send for the doctor and drug themselves to death."2

The bottom line of Ellen White's teaching on health, put into modern Madison Avenue language, would be "You can't fool Mother Nature," and especially would she emphasize that this fact is inescapably true in all the dimensions of life, including the spiritual. But she would have preferred to quote the New Testament truism, which she did many times,
Sugar clouds the brain and brings peevishness into the disposition

"Be not deceived: God is not mocked; for whatsoever a man soweth, that shall he also reap." Galatians 6:7

As a clinical psychologist of many years experience, I have been intrigued and awed by the uncanny accuracy with which this woman anticipated the findings of recent scientific research. She was very specific in emphasizing that to a large extent what we eat, and that what we eat can have a profound effect upon how our brain works.

Dr. H. L. Newbold, psychiatrist, in New York reported as many as 75 per cent of all troubled marriages could be helped by a dietary change, and he points primarily to the excessive use of refined sugar. Why is this? In only recent years we have learned that hypoglycemia, sometimes called hyperinsulinism, is a condition in which overindulgence in refined sugar puts an extra strain on the pancreas. Too much insulin is produced, resulting in an excessive drop in the level of glucose in the blood. Glucose or blood sugar, is the sole energy supply for the brain. If the brain does not get enough energy, it cannot do its job.

Now, we each have two brains. Our civilized brain is the one that does our thinking and remembering. It also involves judgment, self-control, our spiritual values, conscience and control of emotions. The animal brain runs the machinery of the body, the heart, breathing, digestion, and so on, and also is the seat of emotions. The civilized brain acts as a governor and can override and control the animal brain.

When there is not enough energy food or glucose in the blood, the animal brain takes its share first and the civilized brain gets what is left. So we act like an animal—well, less civilized. The result is that we feel nervous, irritable, unreasonable and tired. We can't think clearly. We just don't care, or we are given to unreasonable, angry outbursts or become depressed, suspicious with lack of sexual interest, and in over 80 per cent of cases we crave sweets, making the problem worse. It is easy to see why people with low blood sugar tend to growl and fight with each other.

I recall a middle-aged woman who came to me with a multitude of problems. Nothing seemed to be going right for her. When I asked about her eating habits, I discovered she was drinking 14 cans of pop a day. Simply correcting that habit dramatically changed her ability to cope.

A young mother was referred to me because of anxiety and depression. Her home was unhappy. She was discouraged with herself and life in general. She was a sincere Christian, but could not understand why her relationship with God did not have the positive effects in her life that it had in the past.

We discussed what she was eating and some of the simple principles of healthful eating. She tried them and in a short time she was feeling so well that she said, "Eating like this would be good for my family too!" I had hoped that she would see that. So she started being more careful about what and when she fed her children and her husband.

I forgot to tell you that she had two children that were a real trial to her, at least good for a headache or two. They were irritable, whining, fighting, squabbling, getting into things, with poor concentration and driving their mother right up the walls. Well, she started feeding them differently. No more sweets to keep them quiet, but a balanced diet of good wholesome natural foods. And it began to pay off.

One day Grandma came to visit. The children were playing quietly on the floor getting along with each other, no fussing, no whining, no fighting. Grandma couldn't believe these were the same children. Finally she said, "What have you done to these children? I've never seen them so good." The mother's reply was, "I've just been feeding them right."

As early as 1865 Ellen White was speaking out about the unhealthful effects of sweets and in 1901 she wrote, "Sugar ... clouds the brain and brings peevishness into the disposition." And we thought we were discovering something new.

In 1891 she said sugar in the system reduces the body's power of resistance and its strength to combat disease. A study by Dr. U. D. Register at Loma Linda University found that excessive sugar in the blood stream reduces the white blood cells' ability to fight invading bacteria. In fact, a single slice of chocolate cake can cut the body's germ fighting capacity by more than 50 per cent for up to eight hours. Again Ellen White was right on target, generations ahead of her time.

In 1870 Ellen White said, "Sugar clogs the system. It hinders the working of the living machine."

Now we know that if we have too much sugar the liver converts the extra into fat, increasing the level of fatty substances in the blood which has been positively correlated with coronary heart disease, which involves clogging of the arteries. Only a person with special insight could have known that fact in 1870.

In 1868, Ellen White warned against the use of animal fat. Thirty years later she was still advising about the harmfulness of fats, saying that God had given special instruction that they should not be eaten. Why? "Because," she answered, "their use would make a diseased current of blood in the human system."

Dr. R. A. Swank did some studies at the University of Oregon observing the circulation of the blood in the tiny capillaries in the transparent cheek pouches of hamsters. Under the microscope he could observe the little red blood cells racing along carrying their load of oxygen. When these cells flow through the tiny capillaries they have to squeeze through tight quarters. Sometimes they even have to fold over to get through. It is here in...
the capillaries that the life-giving oxygen is supplied to the tissues of the body.

But Dr. Swank and his associates discovered that when the hamsters had been given free fat in their diet, the fat level in the blood increased, and the little red cells began to stick and clump together. When the cells came to the opening of a capillary they formed a traffic jam and none of them could get through, and that minute area became starved for oxygen. At the same time the clumping of the cells reduced their exposed surface area so that they were 32 per cent less able to carry or exchange oxygen and carbon dioxide. Dr. Swank thought if this was happening in the cheek pouches it must be happening all over the body and in the brain too.

Dr. Swank then arranged to test the oxygen content of the brain of these animals. He found that after a fat meal when this clumping of the cells occurred there was a 62 per cent decrease of oxygen in the brain. And a brain without adequate oxygen just cannot do its job. Two to three hours after the hamsters drank their meal of cream one fourth of the capillaries were totally blocked. It was 72 hours after the fat meal before the oxygen content of the brain was back to 95 per cent of capacity. But the average American does not wait 72 hours but in 4 to 6 hours eats another heavy fat-laden meal.

But hamsters are not people. So Dr. Meyer Freidmam in San Francisco tried a similar experiment on forty-four healthy firemen. Instead of cheek pouches he examined the circulation of blood in the white of the eye, i.e., the conjunctival circulation. That is where the red is when one has bloodshot eyes.

Dr. Friedman observed very similar capillary blockages after a fatty meal. This blockage was just as true with polyunsaturated fats as with saturated fats. If the capillaries in the eyes are blocked, we can be as-sured that this process of oxygen starvation is going on all through the body, including the brain. And a brain without adequate oxygen cannot think properly and is crippled in its spiritual and moral judgment.

Ellen White warned against "grease of all kinds" because it causes "a diseased current of blood in the human system." Again she was right on target over a hundred years before it was "discovered" by modern scientific research.

Again in 1868 the same writer told us, "Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse." She continued to give such counsel, and in 1890 she advised, "Coffee is a hurtful indulgence. It temporarily excites the mind to unwanted action, but the aftereffect is exhaustion, prostration, paralysis of the mental, moral and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened. All these nerve irritants are wearing away the life forces, and the restlessness caused by shattered nerves, the impotence, the mental feebleness, become a warring element, antagonizing to spiritual progress."

In the February 12, 1983 issue, Science News reported "the first evidence that long-term consumption of caffeine-the psychoactive ingredient of coffee-causes significant changes in brain tissue." It was further stated that National Institute of Mental Health scientists have found that these brain changes cause abnormal sedation and result in a greater craving for caffeine. They also found other changes involved in the brain's capacity to deal with anxiety.

Meanwhile another group of scientists at Prince Henry's Hospital in Melbourne, Australia, have discovered another compound present in both regular and decaffeinated coffee, but not in tea or cocoa. They observed that one cup of coffee contains five times the active dose of this substance, which affects behavior by altering the brain's capacity to deal with pain and depression.

Here again scientists are just discovering what Ellen White was teaching over a century before. And these are just a few examples. If she was so well on target in her advice regarding the natural laws of physical health, it just might make sense for us to take seriously what she has counseled regarding the spiritual and the moral dimensions of our lives as well.

1. This movement has become largely associated with Eastern mysticism, which is not the Seventh-Day Adventist meaning of the term.
2. Ellen G. White, Counsels on Diet and Foods, 19
4. Counsels on Diet and Foods, 332, 337
5. Ibid., 327
7. Counsels on Diet and Foods, 327
8. Ibid., 393
9. Ibid.
12. Counsels on Diet and Foods, 314
13. Ibid., 393
14. Ibid., 421
15. Ibid., 421, 422
"Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health promotes the development of a strong mind and a well-balanced character. Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow-beings, or to his Creator. Therefore the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort."

With understanding of the marvelous way we function comes a realization of the wonder of God's love, and a new respect for ourselves. Then we feel more inclined to exercise our will-power to make any changes necessary in our lifestyles to gain and maintain optimum health. We have had such a wealth of information at hand, Ellen G. White books as well as the Bible, that we should be far advanced over what we are. But we either don't read—or read very little—or we zero in on one area without balancing it out by studying what was really said over the whole. The end result is the same whether we are too liberal or too strict, (for we have been cautioned many times to "avoid extremes"). We end up just taking life for granted and never appreciating the blessing of good health until we lose it.

So many "know nothing of the influence of the body upon the mind and of the mind upon the body. The mind, which allies finite with infinite, they do not seem to understand. Every organ of the body was made to be servant to the mind. The mind is the capital of the body."  

Why? Your brain, a two- to three-pound "computer," in work output and accuracy is far greater than any computer man can produce. It was programmed by God Himself, to receive nerve messages from every part of your body to relay them to the correct section of the brain, and to send back a proper response to the originating area. And there is a protective reflex arc in the spinal cord for just such times as when you touch a hot stove, that jerks your hand away even before the pain sensors sending a message through the brain cause you to feel the pain.

Some twelve billion nerve units, called neurons, carry on the fantastic invisible switching and shuttling of an estimated three billion impulses per second racing around inside you and through your brain at a speed of somewhat more than two hundred miles per hour. Your healthy brain doesn't make mistakes either.

Traveling of impulses is carried on by electrochemical processes with changes occurring one thousand times per second. Because one neuron is not directly connected to another, messages are shunted across tiny spark-gap relays, called synapses. Chemicals at each synapse carry the impulse flow smoothly.

Every system in your body works on a counterbalance, to protect you from too much or too little. There are also protective mechanisms, right where needed, to trigger warnings and measurements to the brain via the nervous system, to speed up or slow down, move up or down, or in or out, and to keep your heart beating, your breathing adjusting, and your body balancing. At the same time, your brain is receiving and reacting to countless impulses related to seeing, hearing, feeling, smelling, and...
tasting. All of these are taken care of automatically in brain centers designed for this purpose—because God knew you could never manage it all consciously.

Your brain is the marvelous, complex control-board of your body. It, in turn, is affected by your physical condition, by diet, and by emotional reactions. All of this affects your self-control, reasoning, judgment, and decision-making ability. The mind and body are so closely associated that whatever affects one, affects the other.

The brain is the only way God can reach us. If anything dulls it so that it can no longer discern spiritual things or right or wrong, we will not be prepared to meet the Lord when He returns. How important it is that we gain a knowledge of how our bodies function, so that we can keep ourselves in optimum health and our minds clear to discern. God will not do this for us. He cooperates with us but expects us to make the effort—then He will guide.

So the mind is the control center. What about the rest of the body? Each system works together with the whole in harmony.

The Respiratory System

The average adult breathes more than twelve-thousand quarts of air each day. And before each breath reaches the lungs, it is filtered, warmed (or cooled), and moistened to just the right temperature and humidity needed by the lungs. This air-conditioning system begins in the nose (mouth breathing won't do it) where hairs help screen dust particles. Deeper passages moisten and warm the air (one quart of water per twenty-four hours is added to the air we breathe), and a special blanket of sticky mucus, moving back like an escalator (at a rate of one inch every three minutes), is continually replaced by various glands to catch, screen, and protect from infection. The whole respiratory tract is lined with a special mucous membrane with thousands of tiny hair-like projections, all moving this layer of mucus away from the lungs to protect them from dust and irritating particles. Smoking interferes with this protective movement.

As we breathe, the lungs are expanded and contracted by movement of the diaphragm (a large muscle) and the rib cage, which force air in and out similar to a bellows. The lungs cling to the chest wall because of a vacuum-like pull, and are contracted and expanded at an average rate of eighteen times per minute—about twenty-five thousand diaphragm contractions per day. The lungs have no muscles of their own, but they contain some four hundred million alveoli (terminal air sacs) resembling microscopic clusters of grapes. If the walls of all these air sacs could be spread out, they would cover a surface the size of a tennis court, yet this immense surface is compacted into the small space of two lungs. The walls of each air sac are incredibly thin—just one microscopic cell thick—as are the walls of the capillaries lacing them. Gas molecules can move through the walls, and oxygen from air we breathe is picked up by hemoglobin in our red cells, and transported to every one of the trillions of body cells. At each cell oxygen is exchanged for wastes from metabolism, which are carried back to the lungs as carbon dioxide and exhausted.

We can help by sitting and standing correctly, and taking deep breaths of fresh air. However, the lungs are only the beginning of respiration.

The Heart

The heart is another marvelous organ. Not so complex as some others, it is essentially a tough, hollow muscle about the size of a man's fist. But it does an incredible amount of work—beginning to beat less than one month after conception and continuing for a lifetime. It squeezes and relaxes at an average rate of seventy times per minute, and pumps the blood around a closed system of blood vessels sixty-thousand to one-hundred thousand miles in length in approximately one minute. For every pound of excess weight the body adds one more mile of blood vessels.

The heart speeds up when you are active, slows when you rest. It pumps about five ounces at each stroke in an adult and one beat at a time, pumps about four thousand gallons per day.

"The work done by the heart in twelve hours could lift a sixty-five ton weight one foot in the air. Or in a year, lift its owner one hundred miles from the ground."

Don't forget that man was designed for activity, and regular exercise brings many benefits

During exercise great changes occur. Light exercise requires four times more oxygen than resting. Strenuous exercise (heat producing) requires ten times more oxygen, and the blood is then shunted to the skin for cooling. These increased demands for oxygen are met by a decreased flow of blood to the abdominal organs. For this reason strenuous exercise should be avoided right after eating. At that time the abdominal organs are busy with digestion and need more oxygen, so blood flow to the extremities is decreased. If you exercise too much at this time you may feel faint, nauseated, or experience leg cramps.

But don't forget that man was designed for activity. Regular exercise brings many benefits; it tones muscles, increases circulation, strengthens the heart (if it is aerobic exercise), lowers cholesterol levels, and even decreases the amount of insulin needed by diabetics.

If you don't exercise, your body deteriorates. Muscles become flabby, weight increases, and blood vessels lose elasticity. The efforts of the body to repair weaknesses may result in plaques forming in blood vessels, possibly resulting in heart attack, embolism (moving blood clot) or stroke, depending on what happened where.

When blood vessels become hardened and narrowed, the condition is called Atherosclerosis. Young people as well as older ones may have it. It is often related to a high saturated-fat diet.

High blood pressure, diabetes, heredity, cigarettes, sedentary living, stress, obesity, even too much coffee and caffeine influence blood chole-
Your red blood cells carry oxygen to all sixty trillion body cells

terol levels. If you have one of the above conditions, your risk of heart attack is increased four times.

If your cholesterol level is two hundred fifty or above, you double the risk of heart attack.

We are what we eat (even though we hate to admit that!), and we can do much to improve our health by improving our eating habits and exercising regularly. Try it and see—you will feel so much more alive that you won't ever think of it as sacrifice or self-denial, but will regard it as a great benefit and a blessing—which it is.

**Body Fluids**

Your blood is truly a “river of life” within you. Your red cells carry oxygen to all sixty trillion body cells and carry away waste products (as before mentioned). The blood also delivers nutrients to proper centers until needed. White cells are the “guardian soldiers.” They stand guard, and also patrol the body—through the blood vessels, to surround and destroy any germs. If an infection or wound is present somewhere, some white cells can leave the blood vessels and travel to the site—in increased numbers, to fight infection. Their ability is seriously reduced by refined sugar. It raises blood-sugar levels, and can attach to the red cells, where it remains for the life of the cell, making the cells “sticky” so that they have a tendency to clump together. Remember reading Ellen White’s statement about sugar clogging the system? This is another statement which medical science has proved to be true.

Platelets (one fourth the size of red cells) help in clotting blood and healing wounds.

All of the body's cells are bathed in a sea of fluids consisting mostly of water and certain dissolved substances (salt and minerals) called electrolytes. When these are dissolved in water they develop tiny electrical (positive and negative) charges. These, along with the tiny but very important amount of hydrogen in our bodies, maintain a chemical balance (called acid-base balance). Any deviation too far from normal in either direction can cause unconsciousness or even death.

There is a constant exchange between extracellular (outside cells), and intracellular (inside) fluids. It's a gigantic task to keep this extra cellular fluid volume constant so that every cell can keep working. Yet we aren't aware of all this mysterious, awesome, activity because we don't see or feel it.

**The Skin**

We see only the outside covering that wraps everything inside our skeletal structure—our skin. Did you know that your skin is the largest organ of your body? It wraps an adult with approximately twenty square feet of one-thirty-fifth to one-eighth inch thick tissue, and weighs about seven pounds.

But it is much more fascinating than just being the largest.

Draw a one-half inch square on the back of your hand. Now think of this: in this small one square centimeter of skin you have four yards of nerves to carry impulses, one yard of blood vessels to carry nourishment, ten hairs, two sensors to detect cold, two sensors to detect heat, fifteen sebaceous glands to keep skin supple, twenty-five pressure organs for touch, one hundred sweat glands to carry away impurities, and two hundred nerve endings to record pain. You also have protective mechanisms against sunburn, and factors to manufacture vitamin D. Isn't it fantastic? Yet God has done so much more in the human body.

**The Outside, Inside**

What is the outside inside of you? Try to guess before looking. (I love to ask this when giving health lectures; no one has ever guessed correctly, although medically trained people could if they thought about it.)

Can something inside you really be outside of you? Yes, it can. Your digestive tract is. It is an open-ended muscular tube which passes through your body. Wastes passing through the rectum, have never been inside you—only surrounded by your body. Only what passes through the wall of the digestive tract gets inside.

This remarkable, continuous tube is more than thirty feet long, and has various bulges, turns, and regions with special names. Muscular mechanisms propel material along its course, and valves regulate delivery. Here and there chemicals are introduced through connecting tubes or surfaces right where needed.

Digestion is a process of continuous chemical simplification of materials entering the mouth. Special work is carried on in each area and one does not do the work of another.

If you don't chew your food properly, the ptyalin (first of a series of catalytic enzymes which produce chemical processes) cannot split the starches you eat into simple sugars, and digestion of starches will not be complete. You are the loser if you don't do your part and chew. As soon as you swallow, a kneading, milking process called peristalsis begins. This muscular action will continue the length of the esophagus and on through the bowels. It propels food along by relaxing muscles ahead and constricting muscles behind in rhythmically.

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You are the loser if you don't do your part and chew your food
It would take chemists weeks or months to do what your digestive tract accomplishes in a few hours.

The stomach is the largest bulge along this tract. It has valves at either end to prevent backflow, and ejects partially digested contents at intervals of every fifteen minutes, but takes an average of three to five hours to churn, liquify, and discharge an average meal. The gastric juices found in the stomach are very strong. One drop on your skin could really burn. Thirty-five million glands and special cells in the stomach produce all these: Hydrochloric acid, Pepsin (which works only in an acid medium and digests protein), Rennin (which has the sole task of curdling milk), a factor which enables B-12 to be dissolved through the intestinal wall further on, plus mucus and other substances which help digestion.

The stomach is protected from being digested by gastric juices by a lining of slick mucous membranes with a protective film of mucus and by the fact that hydrochloride is diluted in proportion to stomach contents.

Most digestion takes place in the small intestine. Soon after leaving the stomach the acid contents are changed to alkaline by bile, pancreatic juice, and other local secretions in the first section of the small intestine which loops like a horseshoe (called the duodenum). As it leaves this area, it passes on to the greater area of the small intestines. The whole of this area is lined with a mucosal lining raised in circular folds. You have an estimated five million round-ended fingerlike projections called villi (which feel like velvet), with glands at their bases to secrete enzymes, mucus, and other constituents of the alkaline intestinal juices. Because of these villi, there is five times the area of the skin surface in which to work, and work they do! The villi sway, lengthen, shorten, swell, shrink, and agitate. Semiliquid contents are churned around so much that you can sometimes hear the rumbling. (It isn't your stomach that grows—it's the villi.)

The walls of the small intestine are impermeable to large molecules—so specific enzymes perform specific tasks. One can't do another's work, but they work together to complete the whole. Lipases split fats, proteases split proteins, amylases split starch.

We take calmly, and usually comfortably, these staggering feats. Yet chemists would have to apply high temperatures, pressures, and crushing procedures intolerable to the body, for weeks or months, to do what your digestive tract accomplishes in a few hours.

The digested elements of carbohydrates and proteins are absorbed into networks of blood vessels by the bloodstream, and carried to the liver. Fatty elements mostly enter the lymphatic channels through the central lymphatic vessel in each villi before going into the blood stream.

Watery food wastes enter the large intestine where there are no villi, and peristalsis is slower. It takes twelve to fourteen hours, usually, for passage through to the rectum. Very little except water is absorbed from the large intestine.

The Liver

Our bodies have efficient chemists. The largest solid organ we have is the liver, located just below the diaphragm on your right. It weighs about four pounds and is an efficient chemical plant, performing more functions than any other organ. It can modify almost any chemical structure. It plays a major role in detoxifying toxins, or poisons, or drugs. It manufactures cholesterol, enzymes, protein, vitamin A (from carotene), blood coagulation factors, and bile. It acts as a reservoir for blood, and stores some vitamins. It converts glucose to glycogen and stores it until needed to sustain blood sugar levels. The liver also plays a part in the storage of iron, destroys old blood cells, and converts hemoglobin to bilirubin (the principle pigment of bile).

The Pancreas

The pancreas is a narrow organ, about six inches long, lying mostly behind the stomach. It serves a double purpose. Some of its glands produce insulin, which it secretes into the blood stream to help with the utilization of sugars. Entirely different cells produce a clear pancreatic juice which enters the duodenum along with bile and contains enzymes for splitting proteins, fats, and carbohydrates.

All of these organs and digestive processes are marvelous in their timing and control mechanisms.

The Kidneys

Last but certainly not least, are a pair of vital organs essential to life—the kidneys. These bean-shaped organs, each the size of a small fist, weighing about one-half pound, are the master chemists of the body. They monitor the quality of the blood, and are constantly filtering various substances from the blood to reabsorb useful ones and to concentrate wastes into urine to be passed from the body.

The kidneys regulate the composition of the body fluids so that no organ is poisoned by harmful and products of its own metabolism. The entire body fluids pass through the kidneys about fifteen times each day. Approximately one thousand seven hundred quarts of blood flow through the kidneys each day. About one hundred eighty quarts of filtrate pass...
For decades the term "medical missionary" was common usage in Adventist pulpits and institutions. In recent years the term has fallen from such high favor, and is heard less frequently now. Commonly used or not, it is important that we understand what God was trying to teach His Church by these words, for we are assured that "we have come to a time when every member of the Church should take hold of medical missionary work. The world is a lazaretto filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of knowledge of the truths that have been committed to us. Members of the Church are in need of an awakening, that they may realize their responsibility to impart these truths." Testimonies, vol. 7, 62.

What is medical missionary work? Is it just a Christian doctor in his office and in the hospital diagnosing, treating disease, and dispensing drugs? And more than that, what is the purpose of the Lord's interest in our health? What is to be the end result of the "health message"?

The Bible makes it clear that our bodies are the temple of the living God, and if we knowingly defile our bodies by intemperance, we are held accountable to Him. (See I Corinthians 3:16, 17; 6:19, 20) By defiling our bodies we are destroying ourselves for this life and also for eternity.

Health reform is a balanced way of living which brings our lives into perfect harmony with the gospel of salvation. By practicing gospel temperance, the mind becomes clear, perceptive, and responsive to the Holy Spirit's voice. The regeneration of man's spiritual nature is the final goal of the care given to his physical nature.

Ellen White said it clearly: "It should ever be kept prominent that the great object to be attained through this channel [health institutions and health reform] is not only health, but perfection and the spirit of holiness, which cannot be attained with diseased bodies and minds." Testimonies, vol. 1, 554.

Here is the link that binds together the work of health reform and the true medical missionary. The gospel invitation to receive the power to live a life of holiness is to be prominent in our minds and in our work. By following God's plan, medical missionaries are able--by their own careful lifestyles in Bible temperance--to teach this beautiful lifestyle to all the world. As bodies are restored to health, minds will be able to receive and live the great Bible truths by the power of God in the final hours of this earth's history.

This is a work of the greatest importance, for eternal interests, in addition to physical health, are at stake. Surely the Lord would not leave us to blunder along blindly in a work such as this.

No, He hasn't. God's last-day messenger tells us in Testimonies, vol. 9, 172, "Let our ministers, who have gained an experience in preaching the Word, learn how to give simple treatments, and then labor intelligently as medical missionary evangelists."

"Those who labor in our conferences as ministers should become acquainted with the work of ministering to the sick. No minister should be proud that he is ignorant where he should be wise. Medical missionary work connects man with his fellow men and with God." MS. 33, 1901.

The great cities of the world especially can be reached only by the true medical missionary work. Again inspiration reveals God's truth on this important subject.

"Intemperance has filled our world, and medical missions should be established in every city. By this I do not mean that expensive institutions should be established, calling for a large outlay of means. These missions are to be conducted in such a way that they will not be a heavy drain on the cause; and their work is to prepare the way for the establishment of present truth. Medical missionary work should have its representatives in every place in connection with the establishment of our churches. The relief of bodily suffering opens the way for the healing of the sin-stick soul. . . . Let our people awake to the importance of this work." MS. 88, 1902.

"Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities." Testimonies, vol. 9, 167.
"As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can." ibid., 211

"He designs that the great subject of health reform shall be agitated and the public mind deeply stirred to investigate." Testimonies, vol. 3, 162

"Medical missionary work is in no case to be divorced from the gospel ministry. The Lord has specified that the two shall be as closely connected as the arm is with the body. Without this union neither part of the work is complete. The medical missionary work is the gospel in illustration." Testimonies, vol. 6, 240, 241

For the success of His work, God has combined with the gospel the natural healing ministry of medical missionary work. As might be logically expected, true medical missionary work is to be taught in our medical schools.

"The medical school at Loma Linda is to be of the highest order, because those who are in the school have the privilege of maintaining a living connection with the wisest of all physicians, from whom there is communicated knowledge of a superior order." Loma Linda Messages. 33

"Those who place themselves under the instruction of the great Medical Missionary, to be workers together with Him, will have a knowledge that the world, with all its traditionary lore, cannot supply." Counsels On Health, 371

"At Loma Linda there is to come to the physicians and teachers a new understanding of the principles that must govern the medical work. An education is to be given that is altogether in harmony with the teachings of the word of God." Medical Evangelistic Library, vol. 1, 9

Clearly the Lord has outlined for us a distinct line of labor for our fellow men. More than distinct, it is said to be superior. From a strictly human point of view this would be bordering on arrogance and snobbery. But when has the work of the Lord ever been understood from a strictly human point of view? It should not surprise us then that there would be differences between the medical missionary work and the usual practice of medicine.

"The purpose of our health institutions is not first and foremost to be that of hospitals. The health institutions connected with the closing work of the gospel in the earth stand for the great principles of the gospel in all its fullness. Christ is the one to be revealed in all the institutions connected with the closing work, but none of them can do it so fully as the health institutions where the sick and suffering come for relief and deliverance from both physical and spiritual ailments." Review and Herald, October 29, 1914

"The Lord has given instruction that the gospel is to be carried forward; and the gospel includes health reform in all its phases. Our work is to enlighten the world; for it is blind to the movements which are taking place, preparing the way for the plagues which God will permit to come in the world. God's faithful watchmen must give the warning. . . . It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message." Counsels on Diet and Foods, 75

Great blessings are always susceptible of abuse. Again the Lord has marked out the points of danger, that we may be on our guard.

"In perfect and complete unity with the gospel ministry, the work of health reform will reveal its God-given power. Under the influence of the gospel, great reforms will be made by medical missionary work. But separate medical missionary work from the gospel, and the work will be crippled." ibid.

"When the gospel ministers and the medical missionary workers are not united, there is placed in our churches the worst evil that can be placed there." Unabridged Loma Linda Messages, 92

Every Bible doctrine and teaching is based on the fact of the creation of this world, and the re-creation of man through the gospel. Therefore every effort in the gospel commission is to restore man to his perfection of body, mind, and soul in which God originally created him so that he can have the character of Christ perfectly reproduced in him, and be safe to save for eternity.

As we close this article, let the inspired statement given below tell us what is true medical missionary work:

"God's blessing will rest upon every effort made to awaken an interest in health reform; for it is needed everywhere. There must be a revival on this subject; for God purposes to accomplish much through this agency. Present temperament with all its advantages in reference to health. Educate people in the laws of life so that they may know how to preserve health. The efforts actually put forth at present are not meeting the mind of God. Drug medication is a curse in this enlightened age.

"Educate away from drugs. Use them less and less, and depend more on hygienic agencies; then nature will respond to God's physicians—pure air, pure water, proper exercise, a clear conscience.

"Many might recover without one grain of medicine, if they would live out the laws of health. Drugs need seldom be used. It will require earnest, patient, protracted effort to establish the work and to carry it forward upon hygienic principles. But let fervent prayer and faith be combined with your efforts, and you will succeed. By this work you will be teaching the patients, and others also, how to take care of themselves when sick, without resorting to the use of drugs." Medical Ministry, 259, 260

"To my ministerial brethren I would say, Prosecute this work with tact and ability. Set to work the young men and the young women in our churches. Combine the medical missionary work with the proclamation of the third angel's message. Make regular, organized efforts to lift the churches out of the dead level into which they have fallen, and have remained for years. Send into the church workers who will set the principles of health reform in their connection with the third angel's message before every family and individual. Encourage all to take a part in work for their fellow men, and see if the breath of life will not quickly return to these churches." Letter 54, 1896
Ellen White And The Medical Mission

A doubtful remedy, so they say, is better than no remedy at all. Logic of this nature could be objected to, especially when considering medical practices of the 1800s. It was exciting adventure, though, this wholesale experimentation on a hapless public. And it did produce results. Observant physicians had ample opportunity to learn the effects of such “medicines” as calomel, mercury, opium, arsenic, and strychnine.

A hundred and more years later, the good doctors’ efforts may strike us as absurd, or even humorous; at the time, people were dying. Fortunately, a few individuals realized that something must be wrong. The “science” of medicine needed rethinking. But where to begin?

By the 1840s, a start had been made on several fronts. European physicians seemed somewhat more willing to leave off the practice of “drugging” than their American counterparts, but individuals such as Dr. Jacob Bigelow and Oliver Wendell Holmes played an active role in challenging the system in the United States. Samuel Thompson and Edward Hitchcock pointed out the value of natural remedies and a rational approach to prevention of disease. Cleanliness, proper sleep, exercise, and a simple, wholesome diet (often vegetarian) were approved, while tobacco, alcohol, narcotics, grease, tight clothing, and stale air were roundly condemned.

Best remembered of these early reformers is Sylvester Graham. A former Presbyterian preacher, he advocated a well-masticated vegetarian diet. Especially did he emphasize the importance of cereal foods, preferably made from unrefined flour. (One can only wonder what his reaction would be if he were shown the modern version of a Graham cracker.) A controversial figure on account of his virulent attacks on all opponents, even he found himself upstaged by a newcomer on the “natural health” circuit.

Mrs. Mary Gove and Dr. Joel Shew brought to public attention a natural curative that was plentiful, inexpensive, and amazingly effective. Shew’s *Water Cure Journal,* first published in 1846 grew under the editorship of Dr. Russell T. Trall to a circulation of 30,000 by 1851. With hydrotherapy’s new-found popularity, a number of institutions bearing the generic title of “Water Cure” soon began operation. The most successful was “Our Home on the Hillside,” operated at Dansville, New York, by Dr. J.C. Jackson and his adopted daughter, Dr. Harriet Austin. Here, for nearly forty years, patients received water treatments ranging from increased water consumption, to hot packs, to the “heroic” cold plunge.

Still, in the midst of progress, there were problems. Dr. Trall, for example, completely banned salt from the diet, declaring it to be only a “chemical” and thus lacking “vital action.” He denied organic chemistry as a contradiction of terms, asserting that the body did not employ the principle of chemistry in any way. To further complicate matters, the adherents of spiritism (the practice of communicating through seances and other means with the spirits of the “dead”) soon began to accept and advocate certain distinctive aspects of health reform. Conscientious Christians who accepted the Bible’s definition of this phenomenon as satanic activity had strong reservations about being associated in any way with such a movement.

The questions became clear—what were to be the guidelines in the intelligent development of a Christian health work? And where were these to be found?

*Ellen White’s Role*

For the members of the newly organized Seventh-day Adventist Church, these questions met partial solution on Friday evening, June 5, 1863. In an evening worship service held in the Hilliard home at Otsego, Michigan, Ellen White received instruction.

The vision presented the “sacred
duty to attend to our health, and [to] arouse others to their duty." This point more than any other formed the basis for Adventism's unique contribution to the field of health. Proper diet, natural remedies, rest, fresh air, and a host of valuable specific operations had been (or would be) discovered by medical science. But it was (and still is) the role of physical health in aiding spiritual growth that caused Mrs. White's counsel to stand alone.¹

Three years later, J.H. Waggoner expressed it well: "As mere physiological and hygienic truths, [the principles of health reform] might be studied by some at their leisure, and by others laid aside as of little consequence; but when placed on a level with the great truths of the third angel's message [see Revelation 14:6-12] by the sanction of God's Spirit, and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation, then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our peril."²

As always, great principles called for specific application. How did one go about "attending to" his health? Control the appetite, eliminating objectionable foods such as meat and irritants; cultivate cleanliness; open living quarters to the benefits of fresh air and sunshine; obey natural law, practicing temperance in labor, eating, and drinking; avoid drugs, letting nature work its own healing (though assistance might be given through simple remedies).³

For two and a half years the results of this teaching went forward within the ranks of the church. On Christmas Day, 1865, new progress was called for. The second major "health vision" indicated the need for a denominationally owned and operated health institution. This enterprise was not to be merely a reflection of then-existing water-cures, but rather an institution which would make available to both the church and the world the united gospel of physical and spiritual restoration. For the small group of earnest believers, the undertaking was monumental.

The Western Health Reform Institute opened its doors on the fifth of September, 1866. Admittedly modest in its early days, the institution operated with a ten-room facility, two physicians, two bath attendants, several "helpers," and one patient. Growth was somewhat spasmodic for the next decade, but by 1876 the institution boasted 100 beds. The stage was set for great things. And great things came, wrapped up in a five-foot-four-inch whirlwind named John Harvey Kellogg, M.D.

The Kellogg Era

It was only under some duress from church leaders that John was set to consent--for a period of one year--the position of Medical Director. He believed he could improve the Health Institute, but he also recognized that, at only 23 years of age--and somewhat boyish looking at that--he might not strike others as the "Medical Director type.

His premonitions proved partly correct. As a result of his appointment, 40 per cent of the patients on hand opted to seek medical help elsewhere. Many men would find the situation discouraging; Doctor John didn't seem to notice. Instead, he inaugurated a host of changes designed to improve the efficiency and image of the institution.

A sanitarium was a place where people learned to stay well.

Not stopping to seek approval from the board of directors, he renamed the Health Institute. Since no one objected to its being called The Battle Creek Sanitarium, the new name stayed. There was, however, some question as to what the difference was between a sanatorium, and a sanitarium. The doctor explained that the new term would come to mean a place where people learned to stay well.

At the end of his first year, the question somehow never came up as to whether Dr. Kellogg would continue as Medical Director. He did, until his death in 1943, sixty-seven years later. It was an era that Battle Creek--and the Adventist Church--would never forget.

With Kellogg's indomitable drive and enthusiasm, the work at Battle Creek went forward quickly. He soon distinguished himself as an extremely talented physician, and the Sanitarium gained a worldwide reputation for excellence. About 1891, Dr. Kellogg revealed to one of his assistants his secret for staying five years ahead of the medical profession:

"He said when a new thing is brought out in the medical world he knew from his knowledge of the Spirit of Prophecy [the writings of Ellen White; see Revelation 12:17 and 19:10] whether it belonged in our system or not. If it did, he instantly adopted it and advertised it while the rest of the doctors were slowly feeling their way, and when they finally adopted it he had five years the start of them.

"On the other hand when the medical profession were swept off their feet by some new fad, if it did not fit the light we had received [from Ellen White] he simply did not touch it. When the doctors finally discovered their mistake they wondered how it came that Dr. Kellogg did not get caught."⁴

Kellogg kept ahead, not only by knowing what to accept and what to reject from outside sources, but also by knowing which direction to head in his own work. The counsels of Ellen White served him well as a touchstone. This advantage, coupled with his own ingenuity, led to a remarkable list of inventions and achievements:

In a time when it was expected that 15 to 20 per cent of abdominal surgery patients would die, Dr. Kellogg set a world record of 165 successive operations without a fatality.

Kellogg's interest in proper dietary led to the development of some of our most familiar foods--corn flakes, peanut butter, and granola, to name a few. In all, he had part in inventing more than seventy food items. Never did he profit substantially in a financial way from these inventions. Speaking of peanut butter, he said it was a product that "the world ought to have; let everybody that wants it have it, and make the best use of it."

The doctor's interest in exercise led to the invention of several mechanical exercise tools. Among these was the universal dynamometer, used for a quarter of a century at the U.S. Naval Academy to accurately measure the strength of various muscle groups.

The Medical Base

Having taken a look at the fruitage of the health message, let's pause a moment to note the underlying philosophy. We have previously mentioned the spiritual emphasis, but what was the physiological, and medical platform upon which the work was built? The writings of Ellen White, samples of which are given in this magazine, exemplify the basic groundwork, yet it is enlightening to see the concepts expressed in medical

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terms, and by medical personnel. The *Medical Missionary Yearbook* of 1896
gives us such a glimpse:

"Restoration to health is not to be
secured by swallowing pills, regular
or irregular, nor by the use of patent
medicines or nostrums, nor indeed by
any other means than by the removal
of the causes of the disease, and the
cultivation of health. The education
of the invalid, and the training of the
body by proper regimen, judicious
diet, suitable exercise, etc., constitute
the only means by which the cure of
chronic maladies can be effected. To
accomplish this, all the patient's
habits of life must be controlled, and
brought to conform to such principles
as will modify his disordered propen-
sities in the most effective manner."

The Decline of Battle Creek

In every life, some rain must fall.
And it appears to be true of every
group, cause, and organization as
well. A particularly sad portion of
Adventist medical history is the fall-
ning away of Dr. Kellogg, and the con-
sequent tumult which shook Battle
Creek. This unfortunate turn of
events can be traced to two primary
causes: the Doctor's inordinate desire
to control everything with which he
was connected, and his involvement
with the deceptive teachings of
theosophy.

That John Kellogg was an ener-
getic, ambitious individual is obvious
from the schedule he kept and the
work he accomplished. It is also clear,
from his associations with anyone
who might have been perceived as a
rival, that he held his own interests
paramount when it came to influence
and power in the work of the San-
itarium. The incident of unilaterally
changing the institution's name was a
foreshadowing of what was to take
place in later years.

The milder forms of
theosophy proved fatally captivating

It is a matter of conjecture, of
course, but it seems likely that his
short stature contributed to this
problem. It was not uncommon for
Dr. Kellogg to point out the

“advantages” of being short—but
close friends believed this only a
mask for his fond wish to be six feet
tall.

Throughout his life he seemed
compelled to demonstrate his abilities
by directing and dominating others,
including Sanitarium employees, and
the ministers and leadership of the
Adventist Church. Naturally, this was
a source of some consternation. Not,
however, until this trait was mingled
with the teachings of theosophy did it
result in an open rupture of relations
between Dr. Kellogg and the church
of his birth.

Theosophy, a philosophical "first-
cousin" of the spiritualism which had
concerned Adventists in the 1850s,
taught that man was in reality divine.
Through a combination of eastern
mysticism and contact with super-
natural powers, it proposed to cul-
tivate mankind's "inherent goodness."
The ultimate goal was the merger of
the soul with the great cosmic essence.

Needless to say, theosophy proved
incompatible with Christianity, con-
tradiciting as it did the clearest and
most basic of biblical doctrines.
Unfortunately, the milder forms of
this philosophy proved fatally cap-
tivating to the inquisitive mind of
John Harvey Kellogg. Shunning the
most blatant errors, the doctor be-
came beguiled with the concept of a
"divine presence" pervading all
forms of life, and even inanimate
matter. Such notions conflict with
biblical teaching, doing away with
the clear distinction between the
Creator and the created.

As these doctrinal deviations
developed in the doctor's mind during
the early years of this century, Ellen
White agonized over the turn of
events. At stake were both John
Harvey's spiritual welfare and the
control of the church's largest single
institution. In the end, it seemed that
the damage done to the church's con-
fidence in the doctor was irreparable.
November 10, 1907, Dr. Kellogg's
name was dropped from the church
books. He had not met with them in
worship for several years.

Fourteen months later, twenty-
eight of the nearly 700 members of
the Battle Creek Sanitarium Associa-
tion exercised a little-noticed provi-
sion in the organization's charter
which empowered them to expel fel-
low members. Included among the 128
members thus dismissed from the As-
sociation were all of Kellogg's prin-
cipal critics within the denomination.
For practical purposes, the Battle
Creek Sanitarium ceased to be an
Adventist institution. The Medical
Missionary movement staggered,

reeled—and planted itself anew in
California.

Loma Linda

In reality, the process began as
early as 1902. Ellen White wrote: "For
months the Lord has given me in-
struction that He is preparing the
way for our people to obtain
possession, at little cost, of properties
on which there are buildings that can
be utilized in our work."

Ellen White had been

instructed that there was yet a third
property to be found

By 1904, her words were proved.
Property and buildings representing
an investment of $25,000 were pur-
chased by the church and converted
into the Paradise Valley Sanitarium.
The Glendale Hotel represented an
investment of $50,000; the denomina-
tion paid $12,000, and the Glendale
Sanitarium was born. But still Mrs.
White urged her brethren to continue
the search, for she had been in-
structed that there was yet a third
property to be found.

Throughout the search for the two
previous properties, a large tract of
land complete with spacious hotel and
workers cottages had drawn occa-
sional attention. Unfortunately, the
asking price was $110,000. Consider-
ing that over $150,000 had gone into
the development of the property, it
was a good deal. Still, no one familiar
with the financial condition of the
California Conference could consider
a price like that. Some months later
when they checked again, the figure
had dropped to $85,000—better, but
still out of reach.

In the spring of 1905, Elder John
Burden contacted the owners once
again, asking for the bottom dollar
price. The owners, now seriously
indebted, were anxious to sell. The
price was $40,000, firm. Burden knew
that even that sum would be a strain
on the available finances. Still, he
felt that the opportunity warranted a
more detailed examination of the
estate. He found a main building with
sixty-four rooms, four four-room
cottages, and a large recreation hall—
all in excellent condition, furnished.

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Elder Burden immediately wrote Ellen White. She happened to be in Washington, D.C., at the time, although her home was in northern California. Since the matter was urgent, she wired back her assurance that his description of the property matched the Lord's instruction. Her counsel was, "Secure the property by all means, so that it can be held, and then obtain all the money you can and make sufficient payments to hold the place. This is the very property we ought to have."

That Burden was pleased to receive such a reply seems likely. That he was perplexed when his local conference officers wired him saying not to buy, is an absolute certainty. They assured him they would "take no responsibility in the matter."

Elder Burden took out a personal loan of $1,000 to hold the property

Nevertheless the property was obtained. Following Ellen White's counsel--while trying not to offend his immediate superiors, whose advice he ignored--Elder Burden took out a personal loan of $1,000 to hold the property. This amount was to be nonrefundable, and would be forfeited should there be a failure to meet any of the successive payments.

Inspired by his example, local Adventists raised $4,000 to complete the down payment. Another payment of $5,000 was due in one month, but no one really knew where the money would come from.

A month later, they still didn't know. The officers of the Southern California Conference of Seventh-day Adventists met in emergency session with Elder Burden. There was not a dollar available to meet the need, and if the payment was not made that day it meant the loss of the money already paid. Naturally there was a tendency for those who had advised against this venture to feel impatient with Burden. But impatience didn't solve the problem.

There was a tendency to feel impatient, but impatience didn't solve the problem

For want of any better ideas, it was suggested that they wait for the day's mail. Among the letters was one from Atlantic City, New Jersey. It was from a woman unknown to all in the meeting and contained a check for $5,000. As might be imagined, the brethren came to the conclusion that the Lord was in favor of the project.

The next month it was the same story. The payment was due; the funds weren't there. But somehow they always managed to meet the deadline, and Long Linda Sanitarium came to be. It was an important step, for a few year's time brought the establishment of the sanitarium's sister institution, the College of Medical Evangelists.

This institution was in a special sense the child of Ellen White's last years. She knew it to be of special value to the Lord's work, and spared no effort to provide the necessary guidelines and protect it from the errors which wrought the downfall of Battle Creek. Ellen White died in 1915, not many years after the college came into being. It is fitting that we close this brief history with a short selection of the counsels given to this institution in which she had such an interest.

"In the work of the school maintain simplicity. No argument is so powerful as is success founded upon simplicity. And you may attain success in the education of students as medical missionaries without a medical school that can qualify physicians to compete with the physicians of the world.

"Let the students be given a practical education. And the less dependent you are upon worldly methods of education, the better it will be for the students. Special instruction should be given in the art of treating the sick without the use of poisonous drugs, and in harmony with the light that God has given. Students should come forth from the school without having sacrificed the principles of health reform.

"The education that meets the world's standard is to be less and less valued by those who are seeking for efficiency in carrying the medical missionary work in connection with the work of the third angel's message. They are to be educated from the standpoint of conscience; and as they conscientiously and faithfully follow right methods in their treatment of the sick, these methods will come to be recognized as preferable to the method of nursing to which many have been accustomed, which demands the use of poisonous drugs."

"Some men do not act in the fear of God, and they may seek to bring us into trouble by placing upon our necks yokes that we could not consent to bear. We cannot submit to regulations if the sacrifice of principle is involved; for this would imperil the soul's salvation.

"But whenever we can comply with the law of the land without putting ourselves in a false position, we should do so. Wise laws have been framed in order to safeguard the people against the imposition of unqualified physicians. These laws we should respect, for we are ourselves by them protected from presumptuous pretenders. Should we manifest opposition to these requirements, it would tend to restrict the influence of our medical missionaries.

"We must carefully consider what is involved in these matters. If there are conditions to which we could not subscribe, we should endeavor to have these matters adjusted so that there would not be strong opposition against our physicians. The Saviour bids us be wise as serpents and harmless as doves."

1. E.G. White Letter 4, 1863
2. Review and Herald, August 7, 1866
3. See Spiritual Gifts, vol. 4, 120-151. This is one of the earliest of Ellen White's writings on the subject of health.
5. Medical Missionary Yearbook, 1896, 19, 20
6. E.G. White Letter 153, 1902
7. E.G. White Special Testimonies, Series B, No. 3, 8
8. E.G. White Letter B-90-08 (see Paulson Collection, 261)
9. E.G. White Letter B-140-09 (see Paulson Collection, 300)
E.G. White and 
Medical Science

Vernon Jennings, M.S.

Can an inspired source agree with the findings of scientific research? This question is a real one because the Bible upholds God as the Creator of the heavens and the earth. It follows then that all true science must be in harmony with any revelation that God has been pleased to give to man. In her books Ellen G. White has frequently said it was shown her by the Lord that certain health principles accepted by many health practitioners of her day were to be followed and that others were not. It is indeed very revealing to compare honest scientific investigation with her writings from a factual standpoint.

Certainly truth has nothing to lose by investigation. Perhaps we shall find some of the wisdom of God by so doing. Ellen White had only three years of formal education and lived long before the virus was discovered. She knew nothing about DNA or RNA molecules. Yet, she wrote material that is recognized by leading scientists as a reliable guide to nutrition and healthful living. Dr. Clive McCay, Ph.D., former professor of nutrition of Cornell University wrote, 

"Ellen White died before modern biochemistry. ... and the composition of foods became generally known, but if people followed her plan even today they would be far better fed than they are in their attempts to eat bad diets and then compensate by miracle foods."

"She advocated simple, natural diets, low in fat, low in salt, well prepared and modest in amount. Gradually she became a vegetarian, but included eggs and milk in her food pattern. ... We can read over and over the writings of such leaders as Ellen G. White, who taught the importance of good food for health and the essentiality of a healthy body if we are to have a good soul." Published in Natural Foods and Farming, May, 1958.

Beneficial Effect of Sunlight

Even in her time when it was considered hazardous to open a window during the care of the sick, Ellen White was well aware of the benefits of sunlight: "There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. We pity little children who are kept confined indoors when the sun is shining gloriously without." Health Reformer, April, 1872.

The free use of milk and sugar taken together should be avoided

"The pale and sickly grain-blade that has struggled up out of the cold early spring puts out the natural and healthy deep green after enjoying for a few days the health- and life-giving rays of the sun. Go out into the light and warmth of the glorious sun, ... and share with vegetation its life-giving power." ibid., May, 1871.

While men have from antiquity revered the sun as a source of life-giving energy, it was not until 1877 that Downes and Blunt discovered the dramatic ability of sunlight to destroy bacteria. In 1865 Ellen White wrote, "Rooms that are not exposed to light and air become damp. ... The atmosphere in these rooms is poisonous, because it has not been purified by light and air." How to Live, 62

"Niels Finsen in 1903 won the Nobel Prize for successfully treating skin tuberculosis with the ultraviolet portion of light. Studies continued which revealed the potent multifaceted effect the sun has on the human body. Single exposures of a large area of the body to ultraviolet light were found to dramatically lower elevated blood pressure, to lower abnormally high blood sugars as found in diabetics, to decrease cholesterol in the blood stream, and to increase the white blood cells, particularly the lymphocytes which are largely responsible for the body's ability to resist disease." Zane R. Kime, M.D., Sunlight (1980), 27

Sugar And Disease

In 1890 Ellen White wrote, "The free use of sugar in any form tends to clog the system, and is not infrequently a cause of disease." (Christian Temperance and Bible Hygiene, 55) In 1905 we find the following: "Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided." (Ministry of Healing, 301, 302) Sugar consumption has risen steadily in the United States since these words were written.

In the June 1970 issue of the American Journal of Clinical Nutrition, Dr. Ralph R. Steinman points out that sugar affects the hypothalamus. This in turn affects the parotid gland. The combination of influences turns on or off the movement of fluids (stasis). Impairment of movements of fluids in the teeth of experimental animals fed on a high-sugar diet was observed at Loma Linda University by a team of scientists including Dr. Steinman and reported in the source above. It was seen that diets rich in sugar may affect "physiological processes within
the tooth in addition to having the local effects of diet and microorganisms upon the surface of the tooth." Dental caries was related to these "physiological processes," and decay was seen in animals where stasis was impaired.

In 1964 there was reported a close relationship between the level of blood sugar and white-cell defensive action against infective bacteria. The study concludes: 1. "In diabetic patients, the higher the blood-sugar level the lower is the phagocytic (white cell) index." 2. "In the non-diabetic subjects it was shown that glucose taken orally will raise the blood sugar level after 45 minutes with a resulting decrease in the phagocytic index." (The Journal, Southern California State Dental Association, Vol. XXXII, No. 9, Sept. 1964) Too much sugar results in too little body defense against bacterial disease.

In all our educational institutions physical and mental work should have been combined

The simultaneous intake of sucrose and milk appears to make growth hormone more active. The pancreas is stimulated in its metabolic activity, resulting in an increased need for carbohydrates, the uptake of which is blocked by the free fatty acids from milk. ("Role of the Combination of Sucrose and Milk in Diabetes Mellitus," American Journal of Clinical Nutrition, April, 1978) The influence of milk/sugar combinations on the growth hormone may explain the rapid growth and overgrowth of children who consume a great deal of sweetened milk foods. The Animal Connection, Agatha Thrash, M.D. and Calvin Thrash, M.D., 1983

Healing Power of Exercise

In 1867 we find the following statement, "For years I have from time to time been shown that the sick should be taught that it is wrong to suspend all physical labor in order to regain health. . . . The view that those who have abused both their physical and mental powers, or who have broken down in either mind or body, must suspend activity in order to regain health, is a great error." Testimonies, vol. I, 555

People are continually eating flesh that is filled with tuberculous and cancerous germs

There are a large number of similar statements in Ellen White's writings. For example, "In all our educational institutions physical and mental work should have been combined. In vigorous physical exercise, the animal passions find a healthy outlet and are kept in proper bounds. Healthful exercise in the open air will strengthen the muscles, encourage a proper circulation of blood, help to preserve the body from disease, and will be a great help in spirituality. For many years it has been presented to me that teachers and students should unite in this work. This was done anciently in the schools of the prophets," Letter 116, 1898, Medical Ministry, 81

In 1958, Paul Dudley White and William C. Pomeroy completed an interesting study of 333 former athletes whose athletic careers were primarily in the time period 1901 to 1930. It was found that none of the men studied who maintained a heavy exercise regimen after retiring from sports suffered a heart attack. On the other hand, about a third of the other athletes analyzed had died from a heart attack. Few people in our population engage in a heavy exercise program. For the majority of us, a moderate exercise program is necessary and adequate to aid in preventing heart problems. Nathan Pritikin is well known for his successful application of exercise in the treatment of heart conditions (atherosclerosis, hypertension, and diabetes) with exercise. Today, the attitude toward exercise has completely changed with many aerobic programs, fitness centers, and physiotherapy healing programs available. Many thousands of people are now benefiting from regular exercise programs.

Cancer And Flesh Foods

The idea that there is something in flesh foods that causes cancer was not accepted until 1956. Before that time it was declared by the best men of science that there was no cancer germ, and that cancer was not infectious. In 1875 Ellen White published the following: "Flesh meats constitute the principal article of food upon the tables of some families, until their blood is filled with cancerous and scrofulous humors." Testimonies, vol. 3, 563

Another statement in 1905 is more specific: "People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated." Ministry of Healing, 313.

The word "humor" is more general than the term "germ." Humor could include more than the word "germ." This appears to be the case with the causative factors of cancer. The word "germ" as used here means some very small life form or particle that causes the tuberculosis or cancer. With this fact in mind we will now see what has happened in the scientific world in recent years.

In 1956, Dr. Wendell Stanley, virologist of the University of California, declared that it was his belief that "viruses cause most or all human cancers." Dr. Stanley characterized viruses as "midget germs." He theorized that the cancer virus might remain dormant in the human body and then "become active" by "aging, dietary indiscretions, hormonal imbalance, chemicals, radiation, or a combination of these factors." Since then more have been discovered. More than 85 viruses are known to cause cancers in animals. Of the 31 adenoviruses isolated from man, twelve are known to cause cancer in animals. More than a dozen viruses that primarily cause leukemia have been identified. Virus-like particles have been found in cases of dog, mouse, human, and cattle leukemia.

"The Epstein-Barr (EB) virus was first discovered in 1964, in cells cultured from Burkitt's lymphoma, a malignant tumor of children which is at home in certain areas of Africa and New Guinea. Since 1964, there has been accumulating evidence that this virus is indeed the causative agent of Burkitt's lymphoma. A herpes virus, indistinguishable from the EB virus, has been shown to cause Marek's disease, a malignant lymphoma of chickens. The infection is also carried in the eggs. A vaccine has been made for chickens which

Continued on 30
Food For

Body, Mind, and Soul

Ellen G. White

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle and tissue.

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." (Genesis 1:29) Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also the "herb of the field." 3:18

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities. Ministry of Healing, 295-297.

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.

The people who lived before the flood ate animal food and gratified their lusts until their cup of iniquity was full, and God cleansed the earth of its moral pollution by a flood. Then the third dreadful curse rested upon the earth. The first curse was pronounced upon the posterity of Adam and upon the earth, because of disobedience. The second curse came upon the ground after Cain slew his brother Abel. The third most dreadful curse from God came upon the earth after the flood.

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, 373-375.

When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which He would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed, would have resulted in good, both to themselves and to their posterity. He removed flesh food from them in a great measure. He had granted them flesh in answer to their clamors, just before reaching Sinai, but it was furnished for only one day. God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man,—the fruits of the earth, which God gave to Adam and Eve in Eden.

Had they been willing to deny appetite in obedience to His restrictions, feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear perceptions of truth and duty, keen discrimination, and sound judgment. But they were unwilling to submit to God's requirements, and they failed to reach the standard He had set for them, and to receive the blessings that might have been theirs. They murmured at God's restrictions, and lusted after the fleshpots of Egypt. God let them have
flesh, but it proved a curse to them. *Counsels on Diet and Foods*, 377, 378

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 for food. ibid., 374, 375

Could you know just the nature of the meat you eat, could you see the animals when living from which the flesh is taken when dead, you would turn with loathing from your flesh meats. The very animals whose flesh you eat, are frequently so diseased that, if left alone, they would die of themselves; but while the breath of life is in them, they are killed and brought to market. You take directly into your system humors and poison of the worst kind, and yet you realize it not.

Often animals are taken to market and sold for food, when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter.

Animals are often transported long distances and subjected to great suffering in reaching a market. Taken from the green pastures and traveling for weary miles over the hot, dusty roads, or crowded into filthy cars, feverish and exhausted, often for many hours deprived of food and water, the poor creatures are driven to their death, that human beings may feast on the carcasses. ibid., 385

The meat diet is the serious question. Shall human beings live on the flesh of dead animals? The answer, from the light that God has given is, No, decidedly No. Health reform institutions should educate on this question. Physicians who claim to understand the human organism ought not to encourage their patients to subsist on the flesh of dead animals. They should point out the increase of disease in the animal kingdom. The testimony of examiners is that very few animals are free from disease, and that the practice of eating largely of meat is contracting disease of all kinds, cancers, tumors, scrofula, tuberculosis, and numbers of like affections. ibid., 388

Those who use flesh meats freely, do not always have an unclouded brain and an active intellect, because the use of the flesh of animals tends to cause a grossness of body, and to benumb the finer sensibilities of the mind.

God wants the perceptive faculties of His people to be clear and capable of hard work. But if you are living on a flesh diet, you need not expect that your mind will be fruitful. The thoughts must be cleansed; then the blessing of God will rest upon His people. ibid., 389

God has furnished man with abundant means for the gratification of an unperverted appetite. He has spread before him the products of the earth,—a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.

In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat. ibid., 92

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Literally billions of dollars are spent for American health care, treating diseases that are partly or completely preventable at the dinner table. Before you wholly discount this statement as absurd and simplistic, let's consider some statistics. Cancer causes twenty percent of all the deaths in America today. The direct costs to the nation are outlined in the following paragraphs.

Recently, the National Research Counsel summarized years of scientific studies by concluding that ninety per cent of all cancer is related to environmental factors including diet. Forty per cent of cancer in men is related to diet and sixty per cent in women. Last year over 984,400 Americans died from heart disease and strokes. The financial loss to America is estimated to be $78.6 billion dollars in 1986. The Nation Institutes of Health Consensus Report in 1985 clearly linked "dinner table" cholesterol and heart disease after listening to testimony from an international array of leading scientists. Despite the protests and countercharges of other scientists supported by the American dairy and meat industry, the evidence for the relationship between diet and the carnage caused by heart disease is irrefutable.

Hypertension, the disease that affects twenty per cent of all Americans at a cost of 1.6 billion dollars each year, has been clearly linked with excess salt and fat intake among other lifestyle factors. Despite the hope that industry would voluntarily develop less offensive food products, American food processors continue to pour literally tons of salt into food that already is too high in fat and low in nutrition. Eighty per cent of all American diabetics have the type of diabetes that would respond to diet changes, according to recent research from many medical centers. The cost of treatment for cancer or the first to transplant a whole body of organs, we have collectively overlooked the obvious. Who would even think that the solution for these very complex problems would lie at our very doorstep, yes, even the home dining table?

But it is not just the home dinner table, it is the dining table of the fast-food and convenience food shops, the school cafeterias and the evening dining spots of America. An increasing number of Americans rarely eat at home. Personal habits are shifting toward having someone else slowly kill us through the modality of food. But the responsibility of understanding and choice still resides with each of us individually. In the final analysis, the consumer's desires still dictate the industry's products. If you don't buy it, they won't make it. At least that is the way it is used to be. The law of supply and demand dictated what products were produced. Today, the food industry is spending unprecedented sums of money to create a need or a market for the food products they have chosen to create. Last year, the fifteen largest fast-food providers spent $750 million for TV advertising alone. These dollars educated your children to demand the low-fiber, high-fat, salt and protein items that these companies create. To win the war against this subversive activity, authoritative and attractive educational formats must be presented to the child and older alike. Health education, however, does not have a profit incentive to any commercial segment of our economy, except those that pay the bill for the outrageous health costs. Increasingly, the federal government is where the "dollar stops." But "politics" make it difficult for our government to do what is so obvious. How can an organi-
zation that is still subsidizing the death-dealing industries of tobacco and alcohol take meaningful steps against the food industry's failings? Some hope is emerging from the employer. As more corporations become self-insured and more directly responsible for health-care cost of employees, the motive for education toward better health practices becomes greater.

With all of this talk about what "they" should be doing, what can I do now at "my dinner table"? Today! Carefully done population studies have shown us that my family can decrease the risk of colon, prostate, and breast cancer by avoiding high cholesterol and saturated fats. Since cholesterol is found only in animal products, I could take a first step toward reducing the cancer risk by having "meatless and animal-less" days. Eggs seem to be firmly entrenched as an integral part of American cuisine. But it is surprising how many recipes turn out well without the ever-present egg. Cheese is often used in "vegetarian dishes," but the effect of cholesterol and saturated fat is still there and so is the risk of cancer. Experimenting with grains, legumes, and root foods as entrees can be an exciting challenge for good nutrition and cancer prevention.

Recent scientific work from the University of Kentucky has revolutionized the care of diabetics. For many years, dietitians and physicians advocated a low carbohydrate and moderately high protein and fat diet for diabetics. With red faces, we now realize that we actually have been adding "insult to injury." The extra fat was hampering the effectiveness of insulin to drive the sugar from the blood into the cell, thus causing the blood sugar to remain elevated. Now we know that a diet high in "complex carbohydrates"—which just means good, plain, whole foods as God grows them—is the very best diet for adult-onset diabetic patients. At Hartland Health Center, we have seen patients who had required as much as 100 units of insulin per day to control their diabetes, able to stop using insulin altogether when this diet was coupled with exercise, weight loss, and stress control.

While performing peripheral vascular surgery, we have seen the fatty greasy deposits in patients with atherosclerosis. It is this accumulation that leads to heart attack, stroke, and aneurysms. As these fatty deposits are stripped from the artery wall or bypassed with synthetic graft material, there is no question where they came from. These deposits look and feel like the greasy foods that produce the baleful results of artery disease. Some portions of plaque resemble marbled steak and other portions resemble the "crunchy" coating of fish and chips. It is a wonder that such an obvious relationship between diet and heart disease would ever be debated. It is, though, because of our unwillingness to change and the massive financial investment in the "Fat Industry."

The Joy of Getting Off Those Antihypertensive Drugs might be the title of a best seller written by many of our patients that have been kicked this drug habit by choosing to use less salt and fewer calories. Salt restriction and the shedding of as few as ten pounds have made it possible for many of our patients to stop their medication. We are forced to lower medication doses to avoid blood pressures dropping too low. Most hypertension is definitely a "dinner-table" disease. The food industry seems unconsciously bent on human destruction as it pours salt into everything from soups to lunch meats. The salt intake of Americans has steadily increased until today we use fifteen pounds of salt each year per person. You can help yourself greatly by reading the labels on processed food products. Here are a few surprises. Remember 1000-1500 mg. of sodium would be a healthy daily intake. One serving of Campbell's tomato soup—1050 mg., one cup of Del Monte green beans—925 mg., Morton king-size turkey dinner—2567 mg., McDonald Big Mac—1510 mg., even 1/2 cup of Jell-O Choco Pudding—480 mg. Despite the excessive use of salt, we cannot look upon this essential element as a "poison." No other element is more critical to the cellular function of the body. For this reason our Creator placed plenty of sodium in the natural foods and designed the kidney to carefully recycle the sodium ion.

You may have seen a dietary pattern developing as we have discussed these selected high-risk, high-cost diseases: diabetes, cancer, heart disease, and hypertension. A diet composed primarily of a variety of fruits, nuts, vegetables and grains would naturally be high in nutrition, fiber, and energy, and low in fats and cholesterol. The balance of essential fats, proteins, vitamins, carbohydrates, and minerals would prevent and treat these main killers. Without any great effort to weigh, balance, exchange, or select, this diet would eliminate the diseases that modern medicine is struggling against.

This knowledge of the importance of diet is not new. When God led the budding nation of Israel out of Egyptian slavery 4000 years ago, He was able to maintain their health by the use of a vegetarian diet and other hygienic health practices. In this large population "experiment," with over one million people for forty years, the only disease epidemic that occurred was during their rebellion against the food that God had provided for them. Their demands for meat, they met, and the death toll was so great that they named the site Kibroth Hattaavaah, which means "graves of craving."

At the beginning of this century, Ellen White stated plainly, "Many are suffering, and many are going into the grave, because of the indulgence of appetite. They eat what suits their perverted taste, thus weakening the digestive organs and injuring their power to assimilate the food that is to sustain life. "Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing... [and] contain all the nutritive properties necessary to make good blood." Counsels on Diet and Foods, 123, 313.

The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease and to sudden death because you do not possess the strength of constitution to rally and resist disease." (Testimonies, vol. 2, 61) This is certainly an accurate description of the present epidemics of heart disease and cancer.

Think of it. You can do more to keep your family healthy by providing good nutrition than the billion dollar health care industry. And isn't that just the way that God would have it? His ways are always sensible and straightforward. He developed the nutrition sources of the vegetable kingdom and then created our digestive tract that carefully extracts and creates health-giving elements. Man has tried to develop all sorts of "cleansers," supplements and irritations, but none can compare with the highly sophisticated "wisdom" of the organs of the body. It would be wise to follow His diet plan for good health. He is so pleased with His creation of food and man that He is asking to dine with us. "Here I am! I stand at the door and knock. If any man hear My voice and open the door, I will go in and eat with him, and he with Me." (See Revelation 3:20) Only the best food for the Creator!
The true physician is an educator. He recognizes his responsibility, not only to the sick who are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health. It is his endeavor not only to teach right methods for the treatment of the sick, but to encourage right habits of living, and to spread a knowledge of right principles.

Need of Health Education

Education in health principles was never more needed than now. Notwithstanding the wonderful progress in so many lines relating to the comforts and convenience of life, even to sanitary matters and to the treatment of disease, the decline in physical vigor and power of endurance is alarming. It demands the attention of all who have at heart the well-being of their fellow men.

Our artificial civilization is encouraging evils destructive of sound principles. Custom and fashion are at war with nature. The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. Intemperance and crime, disease and wretchedness, are everywhere.

Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life. The physician has many opportunities both of imparting a knowledge of health principles and of showing the importance of putting them in practice. By right instruction he can do much to correct evils that are working untold harm.

A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is
not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. This nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

Natural Remedies

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the function of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.

Training For Life’s Conflict

We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would ensure defeat.

How much more important is such carefulness to ensure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hangs eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.

“They which run in a race run all, but one receiveth the prize.” (1 Corinthians 9:24) In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant—a matter too trivial to demand attention. But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Melange

Bob Van Kannon

Subject: Problems With Evolution

The sun’s radiation applies an outward force on small particles orbiting the sun. Particles less than .0001 centimeters (about 4/100,000 inches) in diameter should have been blown out of the solar system if the solar system were billions of years old. These particles are still orbiting the sun. The obvious and correct conclusion is that the solar system must be much younger than a billion years.

Since 1836 over 100 different observers at the Royal Greenwich Observatory and the US Naval Observatory have made direct visual measurements which show that the diameter of the sun is shrinking at a rate of about one tenth of one percent each century (or about five feet per hour). Furthermore, records of solar eclipses indicate that this rapid shrinkage has been going on for at least the past 400 years. See “Analysis of Historical Data Suggests Sun Is Shrinking,” Physics Today, September, 1979, 17-19.

Using the most conservative data, one must conclude that had the sun existed a mere million years ago, it would have been so large that it would have heated the earth so much that life could not have survived. Yet evolutionists say that a million years ago all the present forms of life were essentially as they are now, having completed their evolution that began a thousand million years ago.

The sun’s gravitational field acts as a giant vacuum cleaner which sweeps up about 100,000 tons of meteors per day. If the solar system were just 10,000 years old, no meteoroids should remain since there is no significant source of replenishment. A large disk shaped cloud of these particles is orbiting the sun. Conclusion: the solar system is less than 10,000 years old. See Paul M. Sieffel, The Earth, the Stars, and the Bible, Grand Rapids: Baker Book House, 1979, 60, 61.
Disease And Its Causes
Ellen G. White

In past generations, if mothers had informed themselves in regard to the laws of their being, they would have understood that their constitutional strength, as well as the tone of their morals, and their mental faculties, would in a great measure be represented in their offspring. Their ignorance upon this subject, where so much is involved, is criminal. Many women should never have become mothers. Their blood was filled with scrofula, transmitted to them from their parents, and increased by their gross manner of living. The intellect has been brought down, and enslaved to serve the animal appetites. Children born of such parents have been great sufferers, and of but little use to society.

It has been one of the greatest causes of degeneracy in preceding generations, that wives and mothers, who otherwise would have had a beneficial influence upon society in raising the standard of morals, have been lost to society through the multiplicity of home cares, because of the fashionable, health-destroying manner of cooking, and also in consequence of too frequent childbearing. The mother has been compelled to endure needless suffering, her constitution has failed, and her intellect has become weakened by so great a draft upon her vital resources. Her offspring suffer because of her debility; and through her inability to educate them society has thrown upon it a class poorly fitted to be of any benefit.

If these mothers had given birth to but few children, and had been careful to live upon such food as would preserve physical health and mental strength so that the moral and intellectual might predominate over the animal, they could have so educated their children for usefulness that they would have been bright ornaments to society.

If, in past generations, parents had, with firmness of purpose, kept the body servant to the mind, and had not allowed the intellectual to be enslaved by the animal passions, there would be in this age a different order of beings upon the earth. And if the mother, before the birth of her offspring, had always possessed self-control, realizing that she was giving the stamp of character to future generations, the present state of society would not be so depreciated in character.

Every woman about to become a mother, whatever may be her surroundings, should encourage constantly a happy, contented disposition, knowing that for all her efforts in this direction she will be repaid tenfold in the physical, as well as in the moral, character of her offspring. Nor is this all. By habit she can accustom herself to cheerful thinking, and thus encourage a happy state of mind, and cast a cheerful reflection of her own happiness of spirit upon her family, and those with whom she associates. And in a very great degree her physical health will be improved. A force will be imparted to the life springs; the blood will not move sluggishly, as would be the case if she were to yield to despondency and gloom. Her mental and moral health are invigorated by the buoyancy of her spirits. The power of the will can resist impressions of the mind, and will prove a grand soother of the nerves. Children who are robbed of that vitality which they should have inherited from their parents should have the utmost care. By close attention to the laws of their being, a much better condition may be established.

The period in which the infant receives its nourishment from its mother is critical. Many a mother, while nursing her infant, has been permitted to overwork, heating her blood over the cook-stove; and the nursing has been seriously affected, not only with fevered nourishment from the mother's breast, but its blood has been poisoned by the unhealthy diet of the mother, which has lowered her whole system, thereby affecting the food of the infant. The infant is also affected by the condition of the mother's mind. If she is unhappy, easily agitated, irritable, giving vent to outbursts of passion, the nourishment the infant receives from its mother will be inflamed, often producing colic, spasms, and, in some instances, causing convulsions, or fits.

The character also of the child is more or less affected by the nature of the nourishment received from the mother. How important, then, that the mother, while nursing her infant should, preserve a happy state of mind, having perfect control of her own spirit. By thus doing, the food of the child is not poisoned, and the calm, self-possessed course the mother pursues in the treatment of her child has much to do in molding the mind of the infant. If it is nervous, and easily agitated, the mother's careful unhurried manner will have a soothing and correcting influence, and the health of the infant will be much improved.

Infants have been greatly abused by improper treatment. If fretful, they have generally been fed to keep them quiet, when, in most cases, receiving too much food, made injurious by the wrong habits of the mother, was the very cause of their fretfulness. More food only made the matter worse; for the stomach was already overloaded.

Children are generally brought up from the cradle to indulge the appetite, and are taught that they live to eat. The mother does much toward the formation of the character of her children in their childhood. She can teach them to control the appetite, or she can teach them to indulge the
appetite, and become gluttons. The mother often plans to accomplish a
certain amount of work during the
day; and when the children trouble
her, instead of taking time to soothe
their little sorrows, and divert them,
something is given them to eat, to
keep them still. This accomplishes
the purpose for a short time, but even-
tually makes things worse. The
children's stomachs are pressed with
food when they have not the least
want of food. All that is required is a
little of the mother's time and
attention. But she regards her time al-
together too precious to devote to the
amusement of her children. Perhaps
to arrange her house in a tasteful
manner for visitors to praise, and to
have her food cooked in fashionable
style, are, with her, higher considera-
tions than happiness and health of
her children.

Intemperance in eating and in
labor debilitates the parents, often
making them nervous, and disqualify-
ing them rightly to discharge their
duty to their children. Three times a
day parents and children gather
around the table loaded with a
variety of fashionable foods. The
merits of each dish have to be tested.
Perhaps the mother has toiled till she
is heated and exhausted, and is not in
a condition to take even the simplest
food till she has first had a period of
rest. The food she warehoused in
preparing is wholly unfit for her at
any time, but especially taxes the di-
gestive organs when the blood is
heated and the system exhausted.
Those who have thus persisted in
violating the laws of their being have
been compelled to pay the penalty at
some period of their life.

There are ample reasons why there
are so many nervous women in the
world, complaining of dyspepsia, with
its train of evils. The cause has been
followed by the effect. It is impos-
sible for ineptimate persons to be
patient. They must first reform bad
habits, and learn to live healthfully;
then it will not be difficult for them
to be patient. Many do not seem to
understand the relation the mind sus-
tains to the body. If the system is
deranged by improper food, the brain
and nerves are affected, and slight
things annoy those who are thus
afflicted. Little difficulties are to
them troubles mountain high. Persons
thus situated are unfitted properly
to train their children. Their life will be
marked with extremes; sometimes
they will be very indulgent, at other
times severe, censoring for trifles
that deserve no notice. ♦
Review and Herald, July 25, 1899

"There are many ways of practic-
ing the healing art, but there is only
one way that heaven approves. God's
remedies are the simple agencies of
nature, that will not tax or debilitate
the system through their powerful
properties. Pure air and water, cleanliness, a proper diet, purity of
life, and a firm trust in God, are
remedies for the want of which
thousands are dying, yet these
remedies are going out of date be-
cause their skillful use requires work
that the people do not appreciate.
Fresh air, exercise, pure water, and
clean, sweet premises, are within the
reach of all with but little expense;
but drugs are expensive, both in the
outlay of means and the effect
produced upon the system." Counsels
to Parents, Teachers and Students, 476

"If thou shalt hearken diligently
unto the voice of the Lord thy God,
to observe and to do all His com-
mandments which I command thee
this day, that the Lord thy God will
set thee on high above all the na-
tions of earth....

"And the Lord shall make thee the
head, and not the tail; and thou shalt
be above only, and thou shalt not be
beneath; if that thou hearken unto
the commandments of the Lord thy
God, which I command thee this day,
to observe and to do them:" Deuteronomy 28:1, 13

Our opening statement, as
remarkably simple as it may sound is
actually quite profound in its
simplicity; for within its lines lies a
wealth of valuable instruction for the
benefit of all mankind. However, in
this age of increased knowledge and
scientific invention, simple things are
not popular; they are passed by with-
out much notice, discarded to the
graveyard of old relics.

Unfortunately, this policy has
been applied to the use of natural
remedies. Unfortunately, I say, not only
because of their tremendous benefit
in our battle with disease, their ease
of application and their economy, but
because the God of Heaven, the
Creator of all the universe, gave them
to us as a blessing and has promised
to make them effectual if we will
only follow His plans. It shouldn't
really surprise us that the things best
for us in life are simple. God has al-
ways worked in simple ways to ac-
complish a great work.

"The simple act of blowing a blast
upon the trumpet by the army of
Joshua around Jericho, and by
Gideon's little band about the hosts
of Midian, was made effectual,
through the power of God, to over-
throw the might of His enemies. The
most complete system that men have
ever devised, apart from the power
and wisdom of God, will prove a
failure, while the most unpromising
methods will succeed when divinely
appointed, and entered upon with
humility and faith." Patriarchs and
Prophets, 554

A close examination of the list of
remedies in the opening statement
will reveal that God's methods are not
only remedial, but preventive. It
wasn't in the plan of a loving Father
that His children should suffer. He
tells us in 3 John 2, "Beloved, I wish
above all things that thou mayest

David Ramsey

Simple
And
Sure

May, 1986 Our Firm Foundation 27
prosper and be in health, even as thy soul prospereth."

Suffering is the result of sin, and by our own sins we have brought on ourselves much unnecessary suffering.

"When Christ healed disease, He warned many of the afflicted ones, 'Sin no more, lest a worse thing come unto thee.' John 5:14. Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience." Ministry of Healing, 113

"It is just as much sin to violate the laws of our being as to break one of the ten commandments, for we cannot do either without breaking God's law." Healthful Living, 21

Here we see that obedience needs to be the watchword of our lives. If we want God's blessings, we must comply with the conditions He has set forth for our receiving them. One can easily see that the focus of our health programs needs to be prevention.

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them." Ministry of Healing, 128

However, in cases where sickness does occur, we are certainly not to be slack in our dealing with it. We first need to understand that "disease is an effort of nature to free the system from conditions that result from a violation of the laws of health." (ibid., 127) The next step follows logically: "In cases of sickness, the cause should be ascertained. Unhealthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system." ibid., 127

Natural means, used in accordance with God's will, bring about supernatural results

How "nature is to be assisted" brings each person to the point of decision, a decision which really isn't that difficult to make if Ephesians 5:10 ("proving what is acceptable unto the Lord") has become a guiding principle in our lives. When it comes to the treatment of illness, our opening statement points out the direction we should pursue.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." ibid., 127

Someone may question, "These remedies are so simple, isn't God merely saying, just have faith?" Yes, faith is necessary, but in combination with works.

"Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body.

"God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which aptly and opportunely applied, will bring

Hydrotherapy
And The Peripheral Heart

During health, the blood vessels of the body are not of a constant, unvarying size. They are in a state of continual change. They become larger—dilate; then smaller—contract. These alternate changes occur about once every minute. As contraction occurs, the blood is forced onward. When dilation takes place, they again fill with blood, which is sent onward by the next contraction. This pumping action of the blood vessels is so powerful and is such an important factor in the circulation that the smaller blood vessels, as a system, have been called the peripheral heart or skin heart.

If the vasomotor nerves—which control this dilating and contracting of the blood vessels—become paralyzed, the blood vessels dilate and remain dilated. This dilation causes them to be overstretched with blood, which has only the force of the heartbeat to push it along. The slower circulation which results causes the affected part of the body to become dusky in color and cold. This condition is what occurs in paralysis such as follows a stroke. Somewhat the same condition is found in nervous exhaustion, indigestion, infectious diseases, and fevers. The failure of the blood vessels to perform their part of the work of the circulation throws an added burden on the heart. For this reason, the heart works under much stress and at a disadvantage, but may not itself be at fault.

There are many ways in which the work done by the peripheral heart may be increased in efficiency or restored to normal when deranged. All sorts of applications to the skin excite contractions in the blood vessels so that the usual rhythmic changes in size occur more rapidly or are of greater extent. Each kind of application, however, is conducive to different degrees of contraction or dilation, and so to different end results.

When cold water is applied to the skin for a brief span of time, and
about a miraculous result. Therefore, pray, believe, and work.” Selected Messages, Book 2, 346.

In this brief article it would be impossible to cover all the remedies outlined in the opening quotation. So rather than to do injustice to them all by briefly mentioning each one, I would like to direct your attention to water.

“Water as a remedial agent is unsurpassed, approaching that of a universal remedy in its various applications of steam, hot water, cold water and ice. It can be used successfully in more areas than any other remedy. Its very abundance, availability, economy and ease of application make it one of the blessings of heaven for application as a simple and rational remedy. It is the universal solvent, non-purifying, and specially designed by the Creator for use in healing. It is able to give up its heat rapidly, but does not cool too rapidly for convenience. It has a high heat capacity and a high latent heat capacity with change of state. It's viscosity is perfect for easy use. It has the proper density for buoyancy when total body baths are used.” Dr. Agatha Thrash, Home Remedies.

Little do we realize the tremendous benefits of something so simple as a daily bath.

“The multitude of pores, or little mouths, through which the body breathes become clogged and filled with waste matter. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities; the bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system's being weakened it is strengthened. Instead of increasing the liability to contract, as is sometimes the case, every part is strengthened by bathing.”-Testimonies, vol. 3, 70, 71

As you can see, water applied externally to the skin brings about tremendous results. But these results are in harmony with—and not opposed to—the body's normal way of functioning. Water applied externally can be used in a variety of ways in order to bring about desired results. Some examples are as follows:

The Hot Foot Bath: for relief of headache pain.

The Hot Half-bath: as a remedy for colds and flu.

The Hot Sitz Bath: for relief in bladder infection, hemorrhoids, and prostate inflammation.

The Short Cold Bath: said to be “more useful and desirable in changing the functions of the body, than any other form of therapeutics.” (Home Remedies, Dr. Agatha Thrash)

It is useful as a heart tonic, and in treatment of hypothyroid, diabetes, obesity, and skin diseases, to name just a few diseases it will benefit.

If you would like more details on how to use any of these simple remedies, we recommend the book, Home Remedies, by Agatha Thrash, M.D., and Calvin Thrash, M.D., available from Uchee Pines Institute, Rt. 1, Box 273, Seale, AL 36875. These treatments do require some skill and understanding and should not be attempted without a knowledge of their application.

God's ways, although simple, accomplish great things. By combining God's instructions with our faith and efforts, we receive heaven's approval through the blessing of health and happiness.
Medical Science, cont. from page 19

prolongs the life of the chickens, but unfortunately does not reduce the transmission of the virus." The Animal Connection, 33, Agatha Thrash, M.D.

The Newsweek magazine of March 27, 1961, carried the following report: "There isn't the slightest doubt in our minds that human cancers are caused by viruses. To this extent, they are simply infectious diseases."

"This emphatic statement—the most positive affirmation to date that cancer is a virus disease—came last week from Dr. Robert J. Huebner, chief of the Laboratory of Infectious Diseases at the National Institute of Health at Bethesda, Maryland.

"Dr. Huebner bases his theory on the belief that the cancer virus lies dormant in the body until certain conditions—hormones, age, or irritating chemicals—give it a chance to cause a malignancy."

The difficulty of finding the virus in the cancer cell is that it often becomes a part of the genetic material of the cell nucleus.

Alcohol and Brain Cells

Most of the cell types of the human body replace themselves when some are destroyed. This wonderful arrangement is not true of the brain cells. For this reason, we become very concerned when brain cells are destroyed. In spite of the fact that there are countless millions of brain cells, none of us want to lose any. On page 65 of the June 1970 issue of the Reader's Digest it was reported that "Until quite recently, almost all researchers believed that occasional imbibers (social drinkers) suffered no permanent ill effects from their drinking. Physiologists were convinced that even when such moderate drinkers did get 'high', their slurred speech and slowed-up reactions evidenced only a transitory effect upon their brains and nervous systems."

Sixty-five years before, on page 59 of her book Temperance, Ellen White wrote, "The use of liquor or tobacco destroys the sensitive nerves of the brain, and benumbs the sensibilities." (Italics supplied) The Readers Digest article goes on to say: "Startling new evidence indicates that even the moderate imbiber may incur some loss of irreplaceable brain cells—every time he drinks.

"Physiologists have long recognized that many of the familiar effects of drinking are really manifestations of alcohol's effect on our brains. In fact, they have established a direct relationship between the quantity of alcohol we put into our bloodstream and the area of our brain the alcohol affects."

The article goes on to explain that the alcohol in the blood causes 'sludging' of the red cells. This process is a lumping of several cells which in turn plugs up tiny capillaries and deprives the brain cell of vital oxygen. Without the oxygen the brain cell dies—never to be replaced again. Even a little alcohol has a deadly effect.

In her book, Ministry of Healing, 344, we find the following enlightening statement, "The man who has formed the habit of using intoxicants is in a desperate situation. His brain is diseased, his will power is weakened. So far as any power in himself is concerned, his appetite is uncontrollable. He cannot be reasoned with or persuaded to deny himself."

The Vitalizing Effects of Electricity

Electricity in the body was not recognized by science until 1929 when the German psychiatrist Hans Berger personally involved everyone of us by announcing that we are all individual electrical generators. By this time electricity was well known with the invention of the electric light, radios, motors and many other marvels of our age. But no one thought that it was vital to the functioning of the human body. Rene Noorbergen explains it very well in his book Ellen G. White, Prophet of Destiny:

"With the publication of a number of strange little wavy lines, he [Hans Berger] tried to convince his skeptical colleagues that he had uncovered the essence of life: the presence of electrical activity in the human brain. In fact, he voiced his conviction that these electrical impulses emanating from the human brain were responsible for all of our actions and reactions, voluntary and involuntary.

No one, however, took him seriously. His findings, nevertheless, were of great historical significance, and even though for several years his wavy pictures were not considered a scientific discovery and no attempts were made to duplicate or investigate his claims, his discovery could not remain hidden for very long. Now, some forty-three years later, it has grown into a science called electrophysiology, and hundreds of laboratories the world over are busily recording and evaluating the fluctuating narrow lines drawn on strips of paper."

As far back as 1869 Ellen White stated, "The brain nerves which communicate with the entire system are the only medium through which heaven can communicate to man, and affect his immortal life. Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind." (Testimonies, vol. 2, 347) In 1872 she wrote, "God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us the strength and electrical energy that God gave to man at his creation." (Testimonies, vol. 3, 138) Speaking of those who do not exercise she wrote again in 1872, "This class fall more readily if attacked by disease; the system is vitalized by the electrical force of the brain to resist disease." Testimonies, vol. 2, 157

Conclusion

Modern medical science has confirmed to an amazing degree Ellen G. White's statements made decades before the research was done. In many of these statements, scientists had no idea of the principle and actually declared opposite views. Since Ellen White herself made no claim of technical medical science and since the aggregate of the information revealed is of a highly advanced nature, we must conclude that the source of her information was the Creator Himself.
through each day, but all is filtered and reabsorbed except for approximately one and one-half quarts which are converted into urine. The urine-forming unit of the kidney is called a nephron. Each kidney has one million nephrons—each a filtering plant of exquisite design. These units, packed tightly into the outer curve of each kidney, if put end to end would stretch for fifty miles. If the blood-filtering capillaries in the kidneys could be stretched out, they would stretch more than thirty-five miles. Such fantastic filtering surfaces are compacted into an area the size of two small fists.

The kidneys also regulate the vital electrolyte balance of the body. One of these substances is salt (sodium). Our bodies require sodium, but too much intake of salt can cause fluid to be retained in the tissues (edema). Too little can cause dehydration.

"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?"

What a masterpiece of design and engineering our bodies are! God keeps us functioning each moment of our lives. No organ just keeps going once started. I have mentioned only briefly what our bodies actually accomplish, but I hope this small beginning will stimulate you to study the natural laws of health and to obey and follow the rules designed for your own welfare.

"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own, you were bought with a price." 1 Corinthians 6:19, 20 RSV

"The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death." [6]

1. Ellen G. White, Education, 195
2. ____, Testimonies, vol. 3, 136
3. ____, Ministry of Healing, 130

Among denominational members, health and the proper treatment of disease were topics of lively interest. It is not unusual then that the treatment of malaria should be discussed in the midst of the church's General Conference session. Such was the case in 1907, when the following report was given by Dr. David Paulson. It may be found in the General Conference Bulletin of that year.

Naturally quinine was considered just as indispensable in malaria as morphine was thought to be following certain surgical operations. We soon had an abundant opportunity to put our principles in regard to quinine to a practical test. It happened to be a malarial summer in Michigan. During the summer something like fifty cases came to us in all ages and in all stages of the disease. Dr. Kress and I, who could not consistently reconcile the prevailing routine quinine program with some of the truths we had studied, determined we would discover for ourselves what God would help us to do in malarial cases without quinine. One member of our class was an enthusiastic advocate of quinine. It was mutually agreed that as the patients came in, one was to be assigned to this physician, the next one to Dr. Kress and myself, so alternating. As he was also an expert in the use of the microscope having taken special training in blood work, he carefully checked every case, not only his own, but ours, by laboratory work, so that there was no chance for guess work.

We carefully took the temperature every fifteen minutes. As soon as there began to be the least rise of temperature, that was a notification to us that the chill was approaching. We at once put the patient into a hot blanket pack, bringing on profound perspiration, and thereby—if we had hit it right—we invariably prevented the chill. The patient perspired for a time; we took him out carefully, and—provided it was the alternate-day variety—we gave tonic treatments (hot and cold). The following day we again instituted the temperature-taking program. We invariably found that the rise of temperature was much delayed, showing that we were gaining the ascendancy. We would then go through the same program. Frequently we did not have to do this the third time; the work had been done, and in a week or ten days the patient was fully restored to health.

Sometimes we would miss hitting it just right for several days, and then there would be a delay.

After History Comparison Of The Two Clinics:
Blanket-Pack Patients:
Not one with serious complications.
Quinine Patients:
Some with deafness-irreparable; impaired mentality; others with numerous minor complications.

One day an old feeble, broken-down man came in so loaded with malaria that it seemed he was on the brink of the grave. According to the rotation he belonged to the quinine list. The doctor, after sizing up the situation, said he did not dare to undertake his case, and he was turned over to our list. I will never forget when Dr. Kress and I earnestly told the Lord that His principles were on test, and pleaded with Him to vindicate what He had said. We then took hold of the case. Within a week the man was restored to health. Praise the Lord.

May, 1966 Our Firm Foundation 31
God's Wonderful Providence

We are living in a startling hour in which every day brings new evidence that we are now facing the events so clearly portrayed by our Lord Jesus in Matthew 24 and Luke 21. We are told by Ellen White that the end will come as an overwhelming surprise to the world and to the church. Spiritual drowsiness has overcome most Christian people, making them unprepared to understand and to live the important truth prophetically given to the church for this crisis hour.

Hope International of Eatonville, Washington, and Prophecy Countdown of Bonita Springs, Florida, are combining their ministries to produce a series of videos that will cover the entire Adventist message, tracing the great controversy from its beginning to its end. The series will be framed in the setting of the wonderful prophecies of the Revelation, the Sanctuary, victory over sin, and righteousness by faith.

We plan 32 hours of videos on eight tapes for $175.00, called the Adventist Roundtable (Video). This series will be a teaching format with Ralph Larson, Colin Standish, and Ron Spear, with John Osborne moderating. Also we will be filming a medical missionary training program with Doctors Warren Peters, Gayle Wilson, and health educator David Ramsey.

We will begin filming this important series on June 1. We solicit the prayers of the readers of Our Firm Foundation as we move into this new ministry. Please send your orders for tapes to Adventist Roundtable (Video), P.O. Box 940, Eatonville, WA 98328. Telephone (206) 832-6602

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