The Wall Street Journal recently carried this story:

Vegetarians Live Longer Than Meat-Eaters, Study Finds

"Vegetarians live longer than meat-eaters, according to a study published Monday in JAMA Internal Medicine, a Journal of the American Medical Association.

The authors tracked 73,308 members of the Seventh-day Adventist Church for almost six years. The church is known for promoting a vegetarian diet, though not all of its followers adhere to that teaching. Researchers found out what type of diet participants ate, then followed up to find out how many of those participants had died and how.

Vegetarians in the study experienced 12% fewer deaths over the period. Dietary choices appeared to play a big role in protecting the participants from heart disease, from which vegetarians were 19% less likely to die than meat-eaters.

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**It's Time to Let 'em Know!**

"I was given instruction that as we approach the end, there will be large gatherings in our cities, as there has recently been in St. Louis, and that preparations must be made to present the truth at these gatherings. When Christ was upon this earth, He took advantage of such opportunities.

We should improve every such opportunity as that presented by the St. Louis Fair. At all such gatherings there should be present men whom God can use. Leaflets containing the light of present truth should be scattered among the people like the leaves of autumn. **To many who attend these gatherings these leaflets would be as the leaves of the tree of life,** which are for the healing of the nations.

I send you this, my brethren, that you may give it to others. Those who go forth to proclaim the truth shall be blessed by Him who has given them the burden of proclaiming this truth.

**The time has come when, as never before, Seventh-day Adventists are to arise and shine,** because their light has come, and the glory of the Lord has risen upon them."

Letter 296, 1904. (Ev. 35, 36)
Why Be a Vegetarian?

Adventists should be leading the charge on matters of health and lifestyle. In this latest Life Matters, Don Hall highlights the advantages of being a vegetarian and shows why a plant based diet decreases the risk of heart disease, cancer, and diabetes.

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