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Ellen G. White, Science, and Faith: Part I: The "Problem" Statements

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Introduction

1. In the arena of science vis-a-vis EGW statements on science, there are two ironies:
 - a. EGW's statements on diet, nutrition, exercise, preventive health measures, etc. (which, by definition come within the orbit of scientific inquiry) have received unprecedented independent scientific verification and corroboration as to their accuracy; yet in other areas of statements dealing with scientific matters, there is generally widespread criticism and skepticism of many of her views--especially concerning about a dozen and a half particular ideas expressed.
 - b. Mrs. White was so balanced in her positions and views upon "health reform," while many who follow her in this category are demonstrably so unbalanced!
2. This subject is unique among SDAs for at least three reasons:
 - a. Polls of SDA clergy in recent years show the highest interest of denominational workers in this topic:
 - (1) Ministry, June, 1987, p. 29.
 - (2) John Hancock's poll of ministers in the Southeastern California Conference, February, 1988.
 - b. On how to attempt to explain some difficult "problem" statements of EGW there is not unanimity among past and present Trustees and Staff of the White Estate:
 - (1) In various meetings major differences of opinions have been expressed within the organization in a strong (though Christian) manner.
 - (2) There is no "party-line" to which Trustees and Staff are expected to adhere; and opinion differences are vigorously expressed.
 - c. The "problem" statements in science, along with issues connected with literary borrowing (plagiarism), are the two categories in which those SDAs who lose confidence in EGW's prophetic gift find their reasons.
3. We do well to remember at this point that EGW was not a trained scientist, although she treated upon matters of science repeatedly in her writings over a long period of years.
 - a. As in theology (she was not a seminary-trained theologian, and consequently did not treat theological terms with the precision and specificity of a professionally-trained theologian), so in science.

I. Models for Categorizing the Scientific Statements

A. Mervyn G. Hardinge, M.D., Ph.D., Dr. P.H.: General Scientific Statements

1. Statements contradicted by contemporary science in her day (but which, today, may be confirmed by scientific inquiry).
2. Statements in harmony with contemporary thinking in her day, which she confirmed, and which have proven true and sound in the years since.
3. Statements of ideas not widely discussed in her day, which came more or less as "new light."
4. Statements in harmony with the contemporary thinking of her day, but which science, today, generally repudiates:
 - a. This problem-area is not a large one.
 - b. But, unfortunately, for some it is the whole--and only--issue.

B. Patricia Mutch, Ph.D., R.D.: Statements Dealing With Nutrition/Dietetics

1. Statements on which today there is general consensus of agreement by science
2. Statements on which today there is scattered or partial agreement by science
3. Statements on which today there is no evidence--one way or the other-- simply no scientific information at all
4. Statements on which today there is scattered or partial conflict or contradiction by science
5. Statements on which today there is a consensus of contradiction by science

II. Ellen White "Problem" Statements Difficult To Explain Today

A. From *The Health Reformer* Journal [September Through December, 1871]

1. Sept. 1871, p. 90: A wet-nurse, substituting for the mother, imparts her temper and temperament to nursing child. Also imparts her moral or immoral character. Same coarse quality of blood in nursing woman is transmitted to child.
2. Oct. 1871, p. 121: Artificial hair & pads (wigs) covering base of brain heat & excite spinal nerves. Blood rushes to brain, causes unnatural activity, tends to recklessness in morals, heart/mind in danger of being corrupted. Moral/intellectual powers become servants of animal nature. Almost impossible to arouse moral sensibilities. Victim loses power to discern sacred things. This congestion causes natural hair to fall out, producing baldness. Many have lost their reason, become hopelessly insane by following this deforming fashion. They suffer horrible disease, premature death, because of their desire to be in fashion of the day.
3. Oct. 1871, p. 123: [Discussion of "The Fatal Effects of Painting"--cosmetological problem] Seeds of death/paralysis are hidden in every pot/jar of these supposedly innocent mixtures. Some who use have sudden severe illness, others go through life permanently

disfigured with bad complexion. Others will physically drop suddenly, with their features twisted on one side, perhaps deprived of use of their limbs. Others die outright, no one guessing why. Individual effect on any given person difficult to determine in advance. One may be killed outright, another paralyzed. Only safety: have nothing to do with any of these baleful preparations.

4. Nov. 1871, p. 156 [republished in RH, Oct. 31, 1871, p. 112]
[Against wasp-waist-producing corsets] Fashionably-dressed women cannot transmit good constitutions to their children. Wasp-waists of some women "may" have been transmitted to them by their mothers, as result of mother's indulgence in sinful practice of tight-lacing and in consequence of imperfect breathing. Poor children of these miserable slaves of fashion have diminished vitality, and are pre-disposed to take on disease.
5. Nov. 1871, p. 157 [Effect of small waist on lungs] One woman says her waist is naturally slender. She means she inherited small lungs. Her ancestors more or less compressed their lungs in the same way, causing congenital deformity. This leads to one of worst aspects of whole matter: transmitted results of indulgence of this deadly vice.
6. Dec. 1871, p. 186 [About movable tumor] An 18-year-old girl at a hospital in Paris (France) had variable tumor on right side of throat, never larger than human fist. Reached from collar bone to thyroid cartilage. When pressed downward, it totally disappeared; but as soon as pressure was removed, was indolent, soft, elastic. Was largest when chest tightly laced with corsets. One could hear sound of respiration by placing ear on tumor, which proves a protrusion of lungs had taken place, her lungs being squeezed into neck.

B. Other Statements

1. Large Discrepancy in Age of Marriage Partners May Affect Health:

Older men who marry younger women often have their lives prolonged at the expense of the younger wife. It is still worse for young men to marry substantially older women because children born of such union may often not have well-balanced minds, will have peculiar traits of character, and often die prematurely. Those who do reach maturity are often deficient in physical/mental health, and moral worth. [How to Live, Vol. 2, p. 29; republished in 2SM 422-24] (1865).

2. "Amalgamation of Man and Beast":

If there were one sin worse than another before Noah's flood it was the "base crime of amalgamation of man and beast." It "defaced the image of God" in mankind, and caused "confusion" everywhere. [3SG 64, 1864]

One of the purposes of the flood was to destroy these confused species which were not a part of the original creation by God. [1SP 78; 1870]

8 or 10 euphemisms

to SDA
Behav. of
scien. to
social
scientist
medical
scientist
an
embarrassment

3. "Solitary Vice"/"Secret Vice" (Masturbation):

Kills thousands and tens of thousands (4T 97, 1875-81).
(This statement is but one of some three dozen in which EGW describes in clinical detail some of the potential consequences of this proscribed practice to mental, physical, and moral health. See Appendix D for a more complete analysis.)

4. A Literal 'Miasma': (lung disease)

Water settling around houses creates foul air which, in turn, produces physical maladies in the inhabitants: sore throat, fever, "ague," and diseased lungs. Result of evaporation of these pools of water. To avoid, build houses above the lowlands. [CH 58, 59; MH 274, 275; PP 44; 4SGa 144; 2SM 464]

5. Leprosy From Eating Pork:

Pork was forbidden to the Israelites by God because it caused "scrofula" (TB of lymph glands, espec. the neck), "leprosy, and cancerous humors." Leprosy was a potential hazard, "especially in that warm climate" of the Sinai desert. Also, "swine's flesh above all other flesh-meats, produces a bad state of the blood," affects the mind, "and the finer sensibilities are blunted" by its use. (4SGa 146, 1863, in 2SM 417)

6. Cause of Some Volcanic Eruptions/Earthquakes:

One of the causes of volcanic eruptions and earthquakes is said to be the presence of oil and coal burning below the surface of the earth. [3SG 79, 80]

7. Danger of Cheese:

Cheese should never be introduced into the human stomach. (2T 68; 1868)
It is wholly unfit for food (MH 302, 1905)

8. Height of Antediluvians/Fossil Record:

Adam is said to have been more than twice the height of men now living upon the earth; Eve was a little shorter, with her head coming just a little above Adam's shoulders. [3SG 34]

Fossil record: human/animal bones, warfare implements, trees larger than now (PP 112:2, 3)

III. Factors for Resolving Apparent Conflict Between Science and Religion

A. The Proper Relationship Between Science and Religion (EGW's View)

1. God is the Author of science. [CD 17, 43; COL 347, 348]
2. Science helps us know God better. [CT 426; Ed. 128]
3. There is a harmony between science and religion when they are rightly understood. [Ed. 128-30; MYP 189, 190]

4. Conflicts may arise because of erroneous ideas on the part of man of either science or inspiration [COL 25; 6T 132; GC 595; MH 318-20; CH 153-55 (CD. 196)]

B. Other Significant Factors in the Total Equation

1. The conclusions of science are generally tentative
 - a. Later discoveries may modify/alter, or repudiate earlier understandings
 - b. Not all scientific research is well-done
2. The interpretation of scientific findings or of inspiration may be faulty
3. One study does not equal "scientific truth"--whether it tends to appear to be supportive of EGW's statements or in contradiction to them.
4. On some subjects upon which EGW wrote science has not as yet shown an interest in research. The silence of science should not be interpreted as "disproving" the statements of EGW.
5. Recognize that the semantics of science and religion change from one era to another.

IV. A Contemporary Survey of the "Problem" Statements

A. Ellen White's Role as Departmental Editor vis-a-vis *The Health Reformer*

1. The first SDA-sponsored popular journal devoted to health education was named *The Health Reformer*. During its first two years of existence it was edited by H.S. Lay [1866-68]. The next three years saw it run by an "editorial committee"; and as a result of a number of factors the publication began to flounder. James White was subsequently asked to serve as its editor, from 1871-74--initially along with his other duties which included serving as General Conference president [1869-71].
2. To assist her overworked husband, EGW agreed to preside over a column--or "department," as it was called--in this monthly publication. In this capacity she was subjected to editorial deadline pressures every four weeks to submit sufficient material to fill six to eight pages of each issue.
3. Among the kinds of materials appearing in *The Health Reformer* were: (1) articles by EGW carrying her "by-line," (2) articles by contemporary secular writers (often the name of the contributor was attached, but not always), (3) brief news notes from various secular publications, used as "filler" material (with the original source sometimes listed, or attribution given simply as "selected"), (4) letters to the editor (with or without editorial reply), and (5) poems gleaned from various sources.
4. Among the materials in EGW's "department" were articles by EGW herself. These often included single paragraphs or sometimes extended passages cited from other contemporary journals. This "borrowed" material was usually enclosed within direct quotation marks ("inverted commas"), and often the name of the primary source publication was included. At times EGW would add personal comments following the quoted materials; sometimes she would not.

5. In the four issues (September through December, 1871) there were six items which today raise eyebrows (and often laughter) in the context of scientific verification or lack of it. Also, other statements, published elsewhere, are today often cited by skeptical critics as evidence and proof of EGW's non-inspiration.

B. Examining the "Problem" Statements in the Light of Contemporary Understanding

1. WIGS (ARTIFICIAL HAIR PIECES) [See Appendix A for Documentation]

- a. EGW's precautionary concerns about these articles of adornment may not be as far-fetched in reality as they appear to be at first glance:
 - (1) The nature and construction of wigs in her day was substantially different from that of today. (See letter of E.K. Roberts)
 - (2) Insects were harbored inside some "jute switches"--wigs made from dark, fibrous bark, which burrowed into the scalp and heads of the wearers, causing serious infection, disease, and perhaps even death. (See Critique of Prophetess of Health, p. 69)
 - (3) Hair, torn out by the roots from dead bodies of persons who died from plague, carried disease-causing microbes which easily could have caused disease to wig-wearers in the New World. (See article, "The False Hair Industry," in The Watchman, August, 1910, pp. 503-4)

2. COSMETIC POISONING [See Appendix B for Documentation]

- a. In EGW's day many cosmetic preparations contained poisonous substances.
 - (1) There was no Federal Food and Drug Administration in the national government to monitor the industry (whose sales today run into the billions of dollars), and to regulate its activities and prohibit harmful substances from being sold to the public.
 - b. She herself was poisoned by applying a hair-restorer to her husband's head. (See The Health Reformer, October, 1871)
 - c. Lead, a very poisonous element, was often an ingredient in various preparations, with disastrous consequences:
 - (1) White lead was used in the ancient world by cosmetologists to cover skin blemishes (see Jerome Nriago, Lead and Lead Poisoning in Antiquity).
 - (2) This very toxic substance will cause peripheral neuropathy (from varying degrees of exposure) in various symptoms:

(a) Foot-drop	(d) Changes in disposition (e.g., irritabil
(b) Wrist-drop	(e) Headache
(c) Sleep disturbances	(f) Nausea
- [See statement of lead-poison expert, Dr. Julian Chisholm, USNWR, Aug. 10, 1987, p. 56, subsequently interviewed by RWC in Baltimore, in Appendix B]
- d. 17 coal-tar poison dyes found in lipstick in 1959 [Washington, DC Evening Star, Oct. 6, 1959, in Appendix B]

e. Recent Research Discoveries (see Appendix B):

- (1) 1988: Astounding disclosures to the Wyden Congressional Hearing concerning physical deformities and health problems caused by using some cosmetic preparations today!
- (2) 1991: Disturbing report on Cosmetic Safety: "The Law Provides Little Protection" ("Mascara and Eyeshadow," Consumer Reports, February, 1991, p. 93).
- (3) 1994: Transcript from "CBS Evening News," CBS TV Network, Oct. 24, 1994, pp. 5, 6, on a cosmetological hazard from the use of over-the-counter products.

3. WASP-WAIST CORSETS AND PHYSICAL TRANSMISSION PROBLEMS [Appendix C]

- a. It may be of significance, as well as of interest, that EGW used the word "may" when describing results to offspring from mothers who wore tightly-cinched whalebone corsets in the 19th century. She was not dogmatic about the subject.
- b. Mervyn G. Hardinge, M.D., Dr. P.H., Ph.D., who retired from the position of Director of the Health-Temperance Department of the General Conference of the church in 1985, after having served previously as Chairman of the Department of Public Health and as an associate professor in the Loma Linda University Medical School, took the position (in a statement prepared March 4, 1955, at the request of the White Estate), that Mrs. White's statement is not necessarily unscientific, and need not refer to genetic transmission but could easily refer to physical transmission; and in this context it is entirely scientifically reliable.
(See his complete statement in Appendix C.)

4. DANGER IN LARGE DISCREPANCY IN AGES BETWEEN MARRIAGE PARTNERS

- a. I am not aware of any existing research data on dangers to younger women from marrying older husbands.
- b. With regard to older women marrying younger men, there are data to warn of hazards from late pregnancy, with consequent potential danger of mental retardation to children thus born. The age "break" point for the mother seems to be 32/33 years.
 - (1) Of the 10 most common genetic disabilities, the foremost is Down Syndrome, a form of retardation that affects one in every 800-1,000 newborns.
 - (2) The standard exam to test for Down syndrome, amniocentesis, is a potentially dangerous procedure in which a needle is inserted into the womb to draw off amniotic fluid for lab testing.
 - (3) "The test is generally performed only on women past the age of 35, when the odds of having a Down child rise sharply and the risk of having a handicapped baby tends to outweigh the risk of harm to the fetus. . . . When amniocentesis indicates Down many mothers choose to have an abortion." "The Way the Whorls Turn," Time, Feb. 13, 1989, p. 73).
- c. From the internal context of these 1865 statements, two general considerations surface as to the basis of the stated objection:

(c) concern is also expressed for the health, vitality of children

born of older fathers and younger mothers:

- (a) The offspring often do not have "well-balanced minds."
- (b) They may also be "deficient . . . in physical strength."
- (c) "Varied, peculiar, and often painful traits of character" may be manifested in a child thus brought into the world.
- (d) "They often die prematurely."
- (e) Among those who do reach maturity, "in many cases" the child may be "deficient in physical and mental strength, and moral worth."

d. That EGW was not opposed to all marriages in which there was a substantial difference in age of the partners becomes clear from a survey of her correspondence three decades later (1897-1902) (see RY 111-21):

(1) Elder Stephen N. Haskell's first wife, Mary, died in Jan., 1894.

While he was in Australia (1896-99) he met Hetty Hurd, and married her on Feb. 24, 1897, when he was 64 and she was 40 (SDAE [1976]: 561; RY 114, 115).

(a) At first, SNH hesitated to proceed with the marriage, because of issues of age difference (and possibly his awareness of the EGW strictures of 1865) (RY 114).

(b) However--and probably to his delighted surprise--EGW enthusiastically endorsed this new union (RY 115, 116).

(2) Elder George I. Butler's first wife died Nov. 18, 1901. The next year, at age 68, he strongly desired to marry Lorena Waite, 33. However, the strong opposition of Lorena's sister (a Mrs. Keck), and GIB's son, Hiland (apparently on age-difference grounds) effectively aborted that relationship.

(a) On Oct. 8, 1907, GIB married the widow of W. C. Grainger, 10 days before her 62nd birthday (he, then, was now 73).

(b) Although GIB never mentioned to EGW the opposition of family to his intended marriage to Lorena, EGW wrote strong letters of rebuke to the opponents, pointing out that divine revelation had approved of the marriage plans for this proposed union (RY 115-20; SDAE [1976]: 209, 210).

e. In her counsel, EGW raised questions that should be contemplated by couples of widely-varying ages in their efforts to determine the wisdom (or lack of it) in proceeding with marriage:

(1) Spiritual: Is this proposed union the will of the Lord? Would it advance the cause of God? Could the two, if wed, accomplish more for God as a married pair than they could--individually--if they remained single?

(2) Health: Are both parties in reasonably good health? Is there the prospect of children being born to this union who might, thereby, be defective mentally, physically, or spiritually?

(3) Compatibility: Does each love the other? Is each happy with the prospect of marriage to the other? Can/will each love the other and provide tender, loving care? Will each enhance the other?

- (1) In cases where older men marry substantially younger women, the life of the husband is often prolonged at the expense of a loss of vitality (and even the health) of the younger wife.
- (2) Concern is also expressed for the health/vitality of children born of older fathers and younger mothers:
 - (a) The offspring often do not have "well-balanced minds."
 - (b) They may also be "deficient . . . in physical strength."
 - (c) "Varied, peculiar, and often painful traits of character" may be manifested in a child thus brought into the world.
 - (d) "They often die prematurely."
 - (e) Among those who do reach maturity, "in many cases" the child may be "deficient in physical and mental strength, and moral worth."

d. That EGW was not opposed to all marriages in which there was a substantial difference in age of the partners becomes clear from a Survey of her correspondence three decades later (1897-1902) (see RY 111-21):

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- (3) Compatibility: Does each love the other? Is each happy with the prospect of marriage to the other? Can/will each love the other and provide tender, loving care? Will each enhance the other?

5. "AMALGAMATION OF MAN AND BEAST" [See Sourcebook, F-1]

- a. Mrs. White made this rather cryptic reference only twice in her writings, in 1864 and in 1870, in reference to the Flood, in materials first published in 3SG and 1SP.
 - (1) It is interesting--and possible significant-- that EGW did not perpetuate this curious expression in her later expansion (and most mature writing) on the flood narrative in PP (1890).
- b. Dr. Robert Brown, a distinguished SDA scientist (who has prepared a compilation of "Statements on Science" under a White Estate commission), was asked to explain these strange expressions in the light of American dictionary useage in the last third of the 19th century.
 - (1) He concluded that there is insufficient textual elaboration in her writing to enable us today to determine precisely her meaning then; her meaning and intent are unclear due to the paucity of material.
- c. A debate between Dr. Harold Clark, founder of the Pacific Union College biology department, and Dr. Frank Lewis Marsh, longtime biology teacher at Union College and later a member of the Geo-Science Research Institute team, took place on Sept. 8, 1947, near San Francisco, CA. Clark took the position that EGW meant "amalgamation between man and animals" with offspring being born as a product of such union. Marsh held, contrarily, that EGW meant "amalgamation of man with man, and of beast with beast." (For a report of the debate, see Gordon Shigley, "Amalgamation of Man and Beast: What Did Ellen White Mean?", Spectrum, June, 1982, pp. 10-19.)
- d. Francis D. Nichol treats the subject in Ellen G. White and Her Critics, Chapter 20; the White Estate Document File DF 316 contains helpful resource materials.
- e. Some have foolishly, most inaccurately, interpreted the "amalgamation" statements to teach that the black race of humans sprang from apes! There is no hint of such an idea in any of her writings, ever!

6. MASTURBATION [See Appendix D; Sourcebook, F-3]

- a. Mrs. White wrote extensively against "solitary vice," "secret vice," "moral pollution"--all Victorian-era euphemisms for masturbation. Today most professionals generally tend to prefer the term "auto-eroticism."
- b. She called it an evil, and identified a number of undesirable physical, mental, and spiritual ills which could result (see Appendix D).
- c. Her views, in harmony with contemporary writers in her day, face near-total rejection today by social, behavioral, and medical scientists. (For a typical example of prevalent contemporary views, see Ann Landers' comments in the Napa (CA) Register, Dec. 17, 1976, Appendix D.)
- d. Curiously, Mrs. White is silent on the subject in The Ministry of Healing. This may or may not have significance.
- e. EGW did not say that all of the serious consequences she associated with masturbation would be visited upon any one given individual; nor did she indicate that the worst possible degree of any of them would be experienced by any particular person.
- f. We must recognize that there are degrees of "insanity"--not all are wild-eyed raving maniacs, just as not all alcoholics are bleary-eyed drunks (many alcoholics are able to function adequately day-to-day).

- e. Interestingly, today a few scientific voices are being raised to indicate that there may well be perils in masturbation, particularly to a zinc-deficient adolescent who engages in it excessively:

(1) "We hate to say it, but in a zinc-deficient adolescent, sexual excitement and excessive masturbation might precipitate insanity."--Carl C. Pfeiffer, Ph.D., M.D., *Zinc and Other Micro-Nutrients*, (New Canaan, Connecticut: Keats Publishing, Inc., 1978), p. 45.

(2) "It is even possible, given the importance of zinc for the brain, that 19th century moralists were correct when they said that repeated masturbation could make one mad!"--David F. Horrobin, M.D., Ph.D. (editor), *Zinc* [one in a series of *Vitabooks* Self Help Guides] (St. Albans, Vermont: Vitabooks, Inc., 1981), p. 8.

7. A LITERAL "MIASMA" (lung disease)

- a. EGW used the term "miasma" both figuratively and literally. We are here concerned only with the literal applications of the term.

- b. In 1864 she indicated that if a house were built where water settles around it and remained for a period of time, and then dried up, that a poisonous miasma would arise, resulting in fever, sore throat, lung disease, and something called "ague." (4SGa 144; 2SM 464; CH 58-59)

In 1905 she added that as far as possible all buildings for human habitation should be placed on high, well-drained ground, to insure a dry site and prevent the danger of disease from dampness and miasma. (MH 274) She added that if we would have abiding health and happiness in our homes, we must place them above the miasma and fog of the lowlands. (MH 275; AH 149)

- c. Could there possibly be a link here between dangers from mold, allergy, and even the mysterious "Legionaire's Disease"?
- d. Of interest may be a statement published in 1984 concerning natural pollution:

"The swamps of the world pour out annually more miasmal gasses than do all the world's factories and automobiles put together... while man-made carbon monoxide adds up to some 270 million tons in a single year from human pollution, decaying matter in swamps, rice fields, forests and other natural sources are more than ten times as great, some three billion tons annually," R. Milton Carleton, *False Prophets of Pollution* (Tampa, Florida: Trend Publications, 1973; pp. 8-9. Quoted in Bible-ScienceNewsletter, Vol.22, No. 4, April 1984.)

8. LEPROSY CAUSED BY EATING PORK [See Appendix E]

- a. There is no known scientific research that would support the statement that leprosy could be contracted by eating of pork, especially in warm climates.

(1) There is a study which indicates that in experiments with mice, rodents which were given a pork diet showed a significantly greater predisposition to leprosy than those on a non-pork diet ("Effect of Diet on Growth of M. Lepre in Mouse Footpads," by

Ray L. Foster, et. al., Leprosy Research Foundation, Loma Linda, CA, published in Indian Journal of Leprosy, Vol. 61, No. 3, July, 1989 (see also Dr. Foster's "Nutrition in Leprosy: A Review," in International Journal of Leprosy, Vol. 56, No. 1, pp. 66-81).

b. Opinions differ on whether the "leprosy" of today is identical with the disease of that name in Jesus' time.

(1) See statement by Dr. Gilbert E. Burhman, Appendix E, for one view.

(2) The following view comes from Dr. Ray L. Foster, Leprosy Research Foundation, Loma Linda, CA, in a letter to RWC, of Jan. 13, 1994:

1. Is leprosy today the same as Biblical leprosy? The answer of the scientific community is "no". I am not quite sure why this is so, except to try to rid the disease of the stigma of sin and the judgment of God which is portrayed in the Bible eg Miriam contracting leprosy as a judgment from God. The chief argument used to say that Biblical leprosy is different from leprosy today is that Biblical leprosy included more (eg fungus infections) than we would call leprosy today. My current understanding is that while Biblical leprosy includes more than what we call leprosy today, what we call Hansen's disease (leprosy) today is the same as part of what was called leprosy in the Bible. What leads me to this conclusion is the very clear description of the leprosy patient that came to Jesus and was cured given to us in *Desire of Ages* pages 262-3. The description and the details included in this description certainly fits what we know about leprosy today and is so scientifically accurate and specific, that there is no doubt in my mind that what that man had that was called leprosy is what people have today that we call leprosy.

c. There are mysteries connected with the spread of leprosy today (again, see Dr. Burnham's letter).

d. There is evidence that leprosy is contracted today by eating armadillo meat:

a. In 1983 in the USA there were 1000 cases of leprosy (Hansen's Disease) being treated in California, 500 in Hawaii, 430 in Texas, 106 in Florida, and 88 in Louisiana; 15 million estimated cases worldwide.

(1) The armadillo is 20 times more susceptible to Hansen's Disease than humans.

(2) The eating of an infected armadillo is known to be one cause of Hansen's Disease.

b. The number of cases of the disease in the USA continues to rise annually. [See "And You Thought Armadillos Were Cute!" and "Leprosy Stigma Bigger Than Disease," in The San Antonio [TX] Light, Jan. 30, 1983, pp. A-1, A-20.] (See Appendix E)

c. Armadillo-eating-caused Hansen's Disease is a significantly serious problem in Argentina, to the extent that a leprosarium has been built in that South American nation to care for the victims.

d. It would be interesting to know if the eating of other animal flesh could be demonstrated to cause Hansen's Disease--like pork!

9. CAUSE OF VOLCANIC ERUPTIONS AND EARTHQUAKES [See Sourcebook, F-2]

a. I know of no scientific data that would tend to support EGW's statement that one cause of these volcanic eruptions and earthquakes is the presence of coal and oil burning beneath the surface of the earth.

10. DANGERS FROM EATING OF CHEESE [See Appendix F]

- a. Ellen White's proscriptions against the use of cheese fall largely between 1868: "Cheese should never be introduced into the system" (2T 68) and 1905: "Cheese is still more objectionable [than butter]; it is wholly unfit for food" (MH 302).
- b. Some of the problems with dairy products in her day were:
 - (1) Pasteurization was not widely practiced; bacteria multiplied quickly
 - (2) Milk was often watered down (sometimes the water was polluted) and also contaminated by such additives as molasses, chalk, and plaster of Paris (to hide the color change in some milk from seriously ill cows)
 - (3) Dairies were notorious for filthy conditions
 - (4) Lack of refrigeration created serious problems
 - (5) Disease among cows was rampant and transmitted to milk and cheese
[See Otto L. Bettmann, The Good Old Days--They Were Terrible! (NY: Random House, 1974), Chapters 7 ("Food and Drink") and 8 ("Health"),]
- c. While the above-listed conditions have been substantially alleviated today, there are still other potential medical hazards for the cheese-eater, which may have prompted EGW's counsel, such as:
 - (1) High incidence of leukemia [blood cancer] among cows in dairy herds in various localities
 - (2) Cheese often contains a high saturated-fat content, a problem in cholesterol control
 - (3) Cheese often contains a high concentration of sodium salts, a problem in controlling hypertension [high blood pressure]
 - (4) Many patients with allergy problems (some, very acute) often find relief when cheese is discontinued from their diet.
[See statement by Dr. Milton Crane, Appendix F, also his monographs "Does 'Every Body' Need Milk?" (1985, 8 pp.) and "The Role of Cholesterol and Excess Fat in Disease" (1984, 10 pp.). See also extract from "Allergy Warfare," cover story, U.S. News & World Report, Feb. 20, 1989, pp. 1, 68-80, and "Allergies: How You Get them and How to Get Rid of Them," Time (cover story), June 22, 1992, pp. 1, 54-62, in Appendix F.]
- d. When The Ministry of Healing was being translated into German in 1906, the year after publication in America, the original statement ("Cheese is still more objectionable; it is wholly unfit for food") was modified to read (as translated back into English): "Strong, sharp cheese should not be eaten." This was done in consultation with Ellen White and her son, Elder W. C. White [see statement in Appendix F].

11. HEIGHT OF ANTEDILUVIANS -- FOSSIL RECORD

- a. While paleontologists have unearthed fossil remains of large mammals, (often called dinosaurs); to my knowledge none has yet unearthed skeletons of human beings more than twice the size of men now alive upon the earth.

C. Attempts to Explain *The Health Reformer* Articles

1. Feb., 1983: EGW Estate Trustees meet in Williamsburg, VA at annual

retreat. They were asked to give counsel on how Arthur L. White should treat these "problem statements" in the area of science in Volume I of the forthcoming six-volume biography of EGW. In particular, "Five Problems" were identified (in a 22-page document): I: Masturbation, II: Amalgamation, III: Volcanoes and Earthquakes, IV: Wigs, and V: Wasp Waists.

a. One possible explanation, explored by the Trustees, was the suggestion that EGW--as any other prophet--was not "on-duty" 24-hours-a-day, and that the *Health Reformer* articles needed to be understood in the context of EGW serving as a "department" editor in assisting her overworked husband (who was editor for a time) and therefore responsible for 8-12 pages of material each four weeks.

b. Several leading Trustees felt this was a good explanation; but other Trustees felt strongly opposed. (This divergence of opinion on how to handle these problem statements was also reflected among various members of the office staff.)

c. The paper was withdrawn from circulation and the Trustees have not yet taken a formal position by way of explanation.

2. June, 1985: Research Center directors from around the world meet with White Estate Trustees and Staff in Washington, D.C., prior to GC Session in New Orleans.

a. Question re-raised: how to explain?

b. Former suggested position again presented: EGW did not write the materials in *The Health Reformer* in her professional capacity as a prophet of the Lord, but only as a columnist assisting her overworked editor-husband by providing eight pages in her "department" every month; therefore these articles should not be construed as inspired.

c. All but one present in the meeting expressed negative feelings toward this approach:

(1) Some of these articles were subsequently published in other journals, such as the *Review and Herald*, etc.

(2) This approach would enable anyone to rationalize objection to something else EGW wrote by saying, "She wasn't 'on-duty' here, either." It opens a door that might better remain closed!

(3) The counsels given in these articles are true, scientifically valid (and inspired), even though her supporting arguments may present some scientific problems for us today.

(a) The issue: "instruction" vs. "the-whys-and-wherefores"?

d. Possible parallel: In 1901 (Letter 37, in CD 344) EGW differentiated between "the instruction" and explanatory "whys and wherefores": "I use some salt, and always have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood. The whys and wherefores of this I know not but I give you the instruction as it is given me."

- (1) Could it be that, earlier, the Lord gave her only "the instruct" (which, despite the most "off-the-wall" explanations, is impeccable and perhaps shortly thereafter she was reading contemporary health journals, and thought she had found the explanation (the "whys and wherefores") behind the counsel?
- (a) If so, she apparently discontinued the practice of "trying to help the Lord out"--if, indeed, that was what she did here--after the turn of the century!

Conclusion

1. Ron Graybill has offered some cogent suggestions for resolving problems encountered in inspired writings; answer the questions:
 - a. Do I really understand the meaning, intent, and importance of the inspired writer's statements?
 - b. Do I really understand the evidence which is in apparent conflict with the inspired statement?
 - c. Might I reasonably expect more evidence to be forthcoming from further study, research, or divine illumination?
 - d. Can the two sets of data be harmonized?
 - e. Can the issue be left unresolved?
 - f. Should I communicate my conclusions to others?
 - g. How can I communicate my conclusions to others in a way which will increase their understanding of truth and build their faith?
2. Pat Mutch's four suggestions:--our primary responsibility--
 - a. Gain as much knowledge of inspiration and science as we possibly can.
 - b. Apply the principles of health reform to our personal lives in a sensible and balanced manner.
 - c. Use scientific evidence correctly, in a manner devoid of
 - (1) Sensationalism, and
 - (2) Distortion
 - d. Recognize that:
 - (1) Our understanding is finite
 - (2) The Holy Spirit will give us the knowledge and strength to live in harmony with His will for us (Cf. John 7:17), if we trust and follow His guidance.

NOTE: A substantial and special debt is hereby acknowledged to Dr. Patricia Mutch, not only for materials especially credited to her in the body of this paper, but for many other concepts which she has incorporated into her public lecture: "Nutritional Science as Validation and Challenge of the Spirit of Prophecy Writings."

For Further Reading

Roger W. Coon, "Ellen G. White's Perplexing Statements on 'Amalgamation of Man and Beast.'" [Silver Spring, MD: Ellen G. White Estate, unpublished monograph, May 30, 1990]; cited in *Sourcebook*, Section F-1, 16 pp. (Includes Gordon Shigley's "Amalgamation of Man and Beast: What Did Ellen White Mean?," *Spectrum*, June, 1982, pp. 10-19.)

_____. "Ellen G. White's Statements on Volcanology." [Silver Spring, MD: Ellen G. White Estate, unpublished monograph, May 30, 1990]; cited in *Sourcebook*, Section F-2, 12 pp. (Includes Alger H. Johns' "Ellen G. White and Subterranean Fires," Part I, *Ministry*, August, 1977, pp. 9-12; and Part II, *Ibid.*, October, 1977, pp. 19-22.)

_____. "Ellen G. White's Statements on Masturbation." [Silver Spring, MD: Ellen G. White Estate, unpublished monograph, May 30, 1990]; cited in *Sourcebook*, Section F-3, 25 pp. (Includes Ann Landers' "Masturbation is Normal and Sexually Healthy," *Napa [CA] Register*, December 17, 1976, p. 24; Richard Nies' unpublished monograph on masturbation: "Give Glory to God," undated manuscript, 25 pp.; and Alberta Mazat's monograph, "Masturbation," undated manuscript, 45 pp.)

List of Appendixes

Appendix A: Wigs and Artificial Hairpieces (pp. 17-19)

- (1) Letter, E. K. Roberts to Roger W. Coon, January 2, 1983.
- (2) Ellen G. White Estate, *A Critique of Prophectess of Health* [Silver Spring, MD: Ellen G. White Estate, 1976], p. 69.
- (3) "The False Hair Industry," *The Watchman*, August, 1910, pp. 4503, 504.

Appendix B: Cosmetological Problems (pp. 20-28)

- (1) Ellen G. White, "The Fatal Effects of Painting," *The Health Reformer*, October, 1871, pp. 123-25.
- (2) "Seventeen of the Coal-Tar Dies Used in Lipstick Found Toxic," *Washington [DC] Evening Star*, October 6, 1959.
- (3) "Putting the Lid on Dangerous Dinnerware," *U. S. News & World Report*, August 10, 1987, p. 56.
- (4) Transcript of "News From Medicine," CNN Cable Network News, September 18, 1988.
- (5) News Release, Congressman Ron Wyden, 1406 Longworth House Office Building, Washington, D.C., September 15, 1988.
- (6) "Cosmetic Safety: Mascara and Eyeshadow, The Law Provides Little Protection," *Consumer Reports*, February, 1991, p. 93.
- (7) Transcript of CBS [Television] Evening unpublished monograph, News, October

24, 1994, pp. 5, 6, [on A Cosmetological Hazard'].

Appendix C: Wasp-Waist Transmission (p. 29)

Statement of Mervyn G. Hardinge, M.D., Ph.D., Dr. P.H., March 4, 1955.

Appendix D: Masturbation (pp. 30, 31)

- (1) Synthesis-Summary of Ellen White Statements on Potential Effects from Masturbation.
- (2) Ann Landers, "Masturbation is Normal and Sexually Healthy," *Napa Register*, December 17, 1976, p. 24.

Appendix E: Leprosy [Hansen's Disease] (pp. 32-34)

- (1) "And You Thought Armadillos Were Cute!" San Antonio [TX] *Light*, January 30, 1983, pp. A-1, A-20.
- (2) Statement of Gilbert M. Burnham, Medical Director, Malamulo Hospital, September 7, 1986.

Appendix F: Cheese (pp. 35-40)

- (1) Statement by Milton Crane, M.D., Weimar Institute, November 30, 1987.
- (2) Roger W. Coon, "Notes on Cheese and Spirit of Prophecy Proscription Against Its Use," undated monograph.
- (3) Letter of W. C. White, March 27, 1906.
- (4) "Allergy Warfare," *U.S. News & World Report*, February 20, 1989, pp. 68-80.
- (5) Table of Contents, Frank A. Oski, M.D., *Don't Drink Your Milk; Casution: Milk Can Be Harmful to Your Health*, 1983.
- (6) Rebuttal Statement, Sylvia Fagal, R.D. 1994.

Appendix A

Wigs and Artificial Hair Pieces

- (1) E.K. (Dave) Roberts, an SDA convert who came to study at Pacific Union College (and there took classes from Dr. Roger W. Coon in the Religion Department), wrote in a letter to Dr. Coon dated January 2, 1983:

"A few years ago, while pursuing a theatrical interest, I read about the history of wig-making. Today wigs are light-weight, with an open-weave stretch-cap holding them on the head, allowing the scalp to breathe.

"In her (EGW's) time, this wasn't the way they were made. The hair styles and construction were heavier; at the base was a tight-fitting, tightly-woven cap that did not allow the scalp to breathe.... Such wigs could have stifled the flow of blood, as well as limited oxygen, to the scalp, retaining perspiration so it could not escape."

- (2) Extract from A Critique of Prophetess of Health (EGW Estate, 1976), page 69:

Artificial Hair Pieces

On page 148 *Prophetess of Health* introduces two and a half paragraphs from an Ellen G. White *Health Reformer* article in which she writes of artificial hair pieces which fashion imposed on women, and she described certain baneful effects. The book declares, Mrs. White's fears in this instance were based upon her understanding of the so-called science of phrenology, widely current among health reformers." (p. 148) What the book terms her "flirtation with phrenology" (p. 149) and her "proclivity to phrenology" are also mentioned. We think that these last named terms do not accurately describe the situation.

On the point of the ill effects of hair pieces however, taking into account all the facts known to us today, we

do not have what could be considered a satisfactory explanation. It is a fact that the wigs of a century ago were quite different from those currently worn, and this should be noted. A striking description of a typical 1867 wig appeared in the *Health Reformer*:

It seems to us it would be hard to find a man in the city, or country either, who would say one word in favor of the monstrous bunches of curled hair, cotton, seagrass, wool, Spanish moss and other multitudinous abominations, of which the aforesaid bunches are composed. . . . They give to the wearer such a wide-awake look that I've often wondered if they, like Miss "Bly," celebrated in song, "shut their eyes when they go to sleep." To the best of our knowledge, it would be an utter impossibility to shut one's eyes unless they took the chignon off.—HR 2:7, July 1867.

The lady who wrote the above lines described the effects which wearing such a hair piece had upon her: "Our chignon was not imported, but had been shorn from the head of a dear friend; but that did not prevent it from generating an unnatural degree of heat in the back part of the head, and producing a distracting headache just as long as it was worn" (ibid.).

Another *Health Reformer* article appearing in the January 1871 issue, quoting the *Marshall Statesman* and the *Springfield (Mass.) Republican* described the perils of wearing "jute switches"—wigs made from dark, fibrous bark. It seems that these decorations were often infested with "jute bugs," small insects which burrowed under the scalp of the wearer. One woman's experience was described:

Her head became raw, and the hair began to fall out. Her entire scalp was perforated with the burrowing parasites, who betrayed their residence by little bunches, which, when punctured, would let them forth. It might be possible thus to slaughter them in detail, but for the fact that they breed under the skin, and their reproduction goes on endlessly.

The lady has consulted several physicians, but without help; and has used every application which seemed to promise relief, but entirely in vain. She is represented as nearly crazy from the terrible suffering, and from the prospect of the horrible death which physicians do not seem able to avert.—HR 5:136, Jan. 1871.

On the question of wigs as worn at the time, it could be that the several points enumerated by Ellen White in a single reference in a *Health Reformer* article constitute one of the perplexing matters concerning which we must acknowledge that we do not have an answer, and therefore, for our part, we choose to hold suspended judgment. In the opening pages we made reference to a few such problems. Could this be one of the "hooks" on which doubts may be hung? (GC 527). There must be some somewhere. Is this one of the perplexing instances where looking at the weight of evidence, we find our confidence unimpaired.

From The Watchman, August, 1910



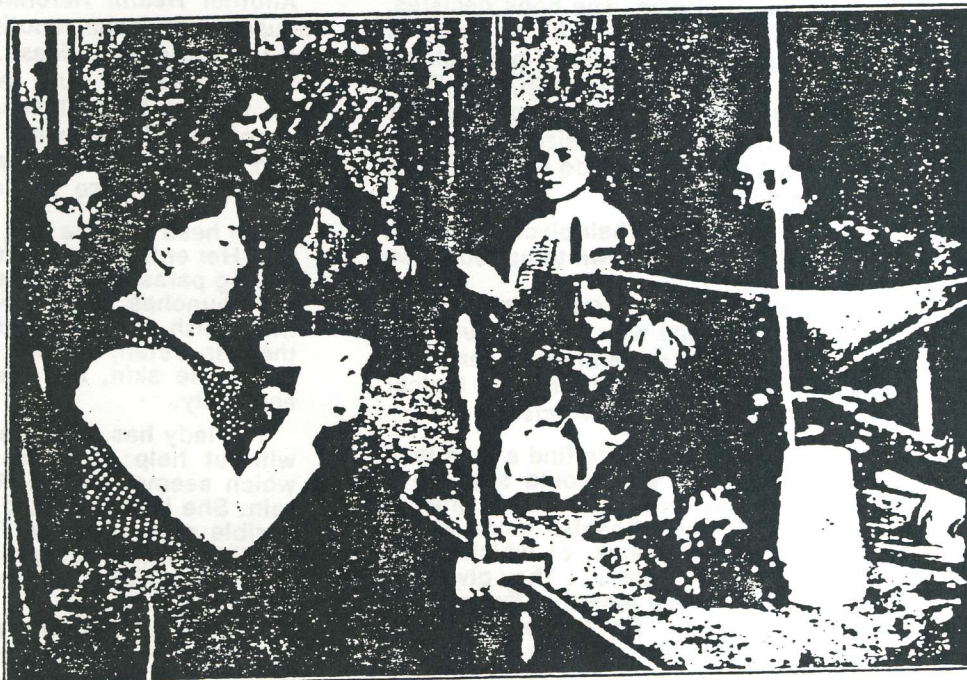
The False Hair Industry

ARE you the possessor of some beautiful "fronts" of false hair, or of a fine "switch" which you purchased at the store at a bargain price? If so, you may possibly be interested in the following statements made by an investigator into child labor conditions in New York City, regarding the source from which this fine false hair is obtained. In many of the large cities much of the work in various leading industries is done in the tenements; and in this district the investigator, an agent of the Child Labor Committee of the metropolis, inspected

among other lines of trade the hair-making industry, which has sprung up in the tenements on the Jewish East Side within the last two years. We copy his statements on the subject from the July issue of *McClure's*.

After knocking in vain at a number of kitchen doors in a tenement-house on East Sixteenth Street, we found an apartment where the hair trade was in progress. The "boss," a Polish Jew, who spoke little English, deputed his foreman, an intelligent boy of twenty, to explain the industry to us.

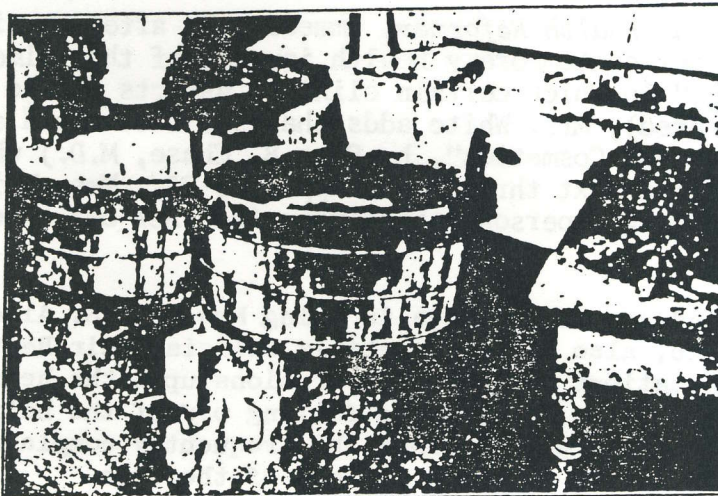
He took us first into a dark kitchen, where we were met by a sickening odor, subtly Oriental, and almost overpowering. Black hair seemed to fill the room. An enormous tub of



Copyright, Child Labor Committee, New York City

Manufacturing "Human Hair" Which is Now So Fashionable

The hair is taken from the dead in China, and is made up for sale in the tenement district of New York City



Copyright, Child Labor Committee, New York City

Switches and False Fronts in the Making

The hair is boiled, bleached, and dried in unclean rooms. Dirty and clean hair pass through the same combs.

curling tails of coal-black hair stood by the stove, on which dirty, boiling mixtures were simmering. Hair was soaking in tubs of bleach and dye. One corner of the room was heaped to the ceiling with long, thin packages of black hair, bearing the label of a Chinese export house. Our guide said: "It iss not human hair; it iss dead Chinese criminals' hair," and he pointed out to us that it was gray with dirt.

The first process, known as "heckling," was performed by a young boy, in an anteroom lighted only by the distant kitchen window. The stiff hair, just as it came from the package, was combed into lengths—"ends to ends and roots to roots," as he said. The floor was ankle-deep in combings and dirt. The lengths thus obtained were then wound tightly on sticks like old-fashioned curling-sticks, tied securely, and boiled five or six hours to make them curly. The hair, indeed, comes out of the boiling with a well set "wave," which outlasts the various processes that follow—the bleaching in a solution of hydrogen peroxide and ammonia, and the dyeing, usually "medium brown."

The hair is then ready for "drawing" in the back room. Two boys stood at the tables here, "drawing" or pulling the hair again and again through heavy spiked metal combs, to make it soft and shiny, and arranging it in even lengths. These lengths were carried by the "boss" into a fourth small room, lighted only by one window, where eight girls were making up the hair into switches.

The hair, according to one of the United States consular reports from Hong Kong, is brought to Hong Kong from the interior. It is either sold through Hong-Kong export houses to New York dealers, or bought by purchasing agents from New York. . . . The transformed Chinese hair precisely resembles the most glossy and wavy switches of Western hair, and it is impossible for the average person to detect any difference between them. The hair, which arrives in Hong-Kong

from the interior is supposed to be taken from the heads of the dead; much of it retains its roots, and seems to have been pulled out, not cut off. Living Chinamen are, of course, particularly averse to parting with their pigtails.

Stories are current of people who have caught leprosy or bad skin diseases from the infected switches. In one authenticated case of leprosy in Brooklyn, the doctor asserts that the disease was caught from false hair. Although it is very difficult to disinfect hair adequately, bacteriological experts say that it is unlikely that leprosy is being brought from China in this way. There is a fair chance, however, that plague germs may be so transmitted, since in China the many bodies of the plague victims of all classes are thrown into the street and there rifled by the dregs of the population. The boiling and chemical soaking of the Chinese hair during the process of transformation should effectually kill all the germs; on the other hand, dirty and clean hair are thoroughly mixed in the tenement work-rooms, and passed through the same combs.

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Appendix B

The Cosmetological Problem

In the Oct., 1871 *The Health Reformer*, immediately after quoting an article culled from some other contemporary health journal of that time ("The Fatal Effects of Painting," in which certain clinical aspects of the use of certain cosmetics is delineated), Mrs. White adds that she also found another article ("Evils of Hair-Dyes and Cosmetics", by Sara B. Chase, M.D.) which was then printed on parts of the next three pages--pp. 123-25. Mrs. White introduces this article by offering a personal testimony from her own experience. She wrote:

"I have had some experience in using Mrs. A. S. Allen's World's Hair Restorative, also Hall's Vegetable Silician Hair Restorative. I have made applications of these preparations upon the head of my husband [James White], to prevent the falling off of the hair. I observed that when using these preparations, he frequently complained of giddiness of the head, and weakness and pain of the eyes.

"In applying these preparations, my eyes, that were naturally strong, grew weak, and twice seemed to be greatly inflamed. Eruptions appeared upon the lids, and continued for weeks. I was convinced that I was poisoned by applying these preparations to the head of my husband. We discontinued the use of these altogether, and I have had no weakness of the eyes since. My husband has been free from the peculiar sensations experienced while using these preparations, and my experience has been for twenty years that pure soft water is best for my head and hair. E.G.W."

On the following page we reproduce a news story that appeared in the Washington, D.C. *Evening Star* on October 6, 1959. It reports on the findings of the Federal Food and Drug Administration that some 17 coal-tar dyes used in the manufacture of lipstick were found to be poisonous [toxic]:

Seventeen of the Coal-Tar Dyes Used in Lipstick Found Toxic

By LILLIAN LEVY
Contributing Writer

The color in lipstick has run afoul of the law. This has the cosmetic industries facing the unpleasant prospect of seeing red . . . financially.

Tests by the Food and Drug Administration have established that 17 of the coal-tar dyes used extensively in coloring lipsticks are toxic. Consequently, their use in the manufacture of milady's favorite and most effective cosmetic

is prohibited by law. Their certification as pure is withdrawn.

The toxic dyes range in color from yellow to orange to red. Used singly and in blends, the lipstick shades derived from the taboo colors are infinite.

Tested 90 Days

Laboratory animals, mainly rats of both sexes, were fed the dyes over a period of 90 days in amounts varying from one-quarter of 1 per cent to 2 per cent of their total daily diet. Depending on the dosage, the effects varied from a lowering of the red-blood count, retarded growth, anemia, damage to vital organs and, in some instances, death.

Orange 5, for example, fed to the test animals in amounts totalling 2%, resulted in the death of half of them. Those that survived were stunted in growth and

had a decrease in red-blood cells. Red 19, in amounts of 2%, caused 100% mortality in 7 weeks. Prior to death, growth was retarded, the liver damaged and sex organs atrophied.

An FDA spokesman said, "The results established to the satisfaction of trained pharmacologists that the materials tested are toxic."

He pointed out that the amount of dyes fed to the laboratory animals are from 400 to more than 3,000 times the amount absorbed internally by the average woman who daily uses lipstick containing the outlawed coloring matter. He said, "There is no evidence that in such small amounts they are harmful." Further testing is required to determine such "precise toxicity."

Withdrawal Certification

Meanwhile, the FDA has no alternative but to withdraw its certification from these colors or dyes since under the present law, when the purity is in doubt, the coloring matter must go out. A spokesman for the drug and cosmetic industry said in

New York that the FDA order would not become effective until March 1 at the earliest."

The FDA has proposed to Congress that it enact legislation that would permit limits of safety and purity on a less rigid standard. The manufacturer would have the burden of proving by adequate tests that the amount of doubtful matter used is safe.

An informal polling of women neighbors, colleagues, and acquaintances as to whether they would give up lipstick and go au naturel rather than run the risk of any toxic effect from harmful dyes was answered preponderantly in the affirmative.

One suggested the alternative of lip color with berry juice to avoid that pale and unhealthy look. Cosmetic firms might explore this berry-juice dye suggestion for lipsticks. Raspberry, strawberry, cherry, cranberry, even blueberry lipsticks could be advertised as providing vibrant color with nutrition . . . a treat for the eye as well as the palate.

They might even change the name from lipstick to lip treats!

From the
Washington, D.C.
Evening Star
October 6, 1959

HEALTH ■ The glaze on old or imported earthenware could poison you with lead

Putting the lid on dangerous dinnerware

■ The vivid hues and glossy sheen of handcrafted earthenware satisfy the senses as few things can. But as Samuel Johnson once lamented, "What ills from beauty spring!" The Food and Drug Administration announced last month that a line of expensive Italian ceramics, made in the Palermo workshop of Giovanni DeSimone, had to be recalled from boutiques and department stores. The glazes used to achieve the brilliant yellows, blues and reds leaked up to 50 times more lead than the FDA considers safe.

The DeSimone recall is the latest shot in the battle against an often overlooked source of lead poisoning: Lead-glazed pottery—usually earthenware—fired at too low a temperature to bind the lead to the clay. Most of this pottery is brought into the U.S. by tourists or importers. Since 1982, the FDA has initiated 12 recalls involving dinnerware from such countries as Hungary, Italy, the Netherlands, Spain, Taiwan and Thailand. Imports make up 60 percent of U.S. dinnerware sales and total more than \$500 million a year.

While most U.S.-made dishes are fired at high temperatures and are perfectly safe, ceramics manufactured before 1971, when the FDA's current standards took effect, also have lead problems. The ancient blue casserole picked up for a song at a garage sale is better left on the shelf than used to serve food.

Toothless watchdog?

Lead, unlike such metals as copper and zinc, is nutritionally useless. It is solely a poison—especially for children, who absorb the element more efficiently than do adults. The early symptoms of lead poisoning—irritability, headache and nausea—can be subtle, says Dr. Julian Chisolm, who directs the Lead Poisoning Center at Francis Scott Key Medical Center in Baltimore. Physicians usually overlook pottery as a suspect, and few people think to tell their doctor about their dinnerware.

Some people consider the FDA a pretty tame watchdog. Don and Frances Wallace, a Seattle couple who in 1981 nearly died from lead in their Italian coffee mugs, are two of them.



The dangerous dishes Don and Frances Wallace have tested range from the white DeSimone bowl, top center, a modest hazard, to a blue-bordered Mexican plate, bottom left, that leaks almost 1,000 times the lead allowable

After recovering, Don Wallace returned to school, earned a master's degree in public health and now runs his own laboratory to test imported pottery, notifying the FDA of violations. Over the past six years, his work has been a factor in four major recalls of imports, including the recent one of DeSimone earthenware. Wallace argues that the FDA only spot-checks imported shipments and that its safety standards are too loose.

Fetal threat

New scientific findings, which suggest that even very small amounts of lead may be dangerous, support Wallace's concern. A study published last April in the *New England Journal of Medicine* found that lead levels far below the "safe" limits harmed the mental development of children exposed through their mothers before birth.

Edward Steele, an official of the FDA's Center for Food Safety and Applied Nutrition, says violations are actually less

flagrant than they were. FDA regulations limit the lead leakage to a range between 2.5 and 7 parts per million over 24 hours. The lower limits apply to bowls, pitchers and other ceramics used to store food rather than just serve it. "We used to find dishes that tested at 10,000 ppm," Steele says. "Now, if we find 100 ppm, we're astounded."

To demonstrate the FDA's concern, Steele points to a survey the agency conducted last November of both imported and domestic products intended for U.S. sale. The FDA also may tighten its safety limits. But catching the worst violators, says Steele, is more important than tinkering with allowable levels. And the FDA has too few employees to inspect every pot that enters the country, no matter how tough the standards.

Cheaper pottery is more likely to pose a lead problem—but not always. The DeSimone dinnerware, which the company says is safe, sold for about \$28 a plate. One decorative dish cost \$200. The rule of thumb for the consumer, Steele says, is to be careful, and to remember that "just because it's expensive doesn't mean it's safe."

by Erica E. Goode

WHAT TO DO

If you don't know for sure whether an earthenware dish has a lead-based glaze, you're better off having it tested or not using it to serve food. Porcelain and most commercial dinnerware pose no problem. Some tips for the consumer:

- Don't store foods in unknown earthenware—especially such acidic liquids as tomato sauce, orange juice or coffee.
- Don't put earthenware in the dishwasher. Wash it by hand—gently. Abrasive cleansers and vigorous scrubbing may erode the glaze, releasing the lead.
- Commercial laboratories can analyze your favorite cups or bowls for \$10 to \$30 per item. Look under "Laboratories—Testing" in the Yellow Pages, and be prepared: Some labs charge a minimum of \$100. Some health departments run free tests for lead, but you may need spare dishes. The ceramics may be ruined by the test, and you may not get them back.
- A home testing kit is available from Don Wallace. The Food and Drug Administration endorses the kit, which will test dozens of items. The cost is \$24.50, postage paid, from Frandon Enterprises, Inc., 511 North 48th Street, Seattle, Wash. 98103.

Chemical good looks

Cosmetics are almost unexamined by the FDA, and that's not likely to change



NINA BERMAN—SIPA PRESS FOR USN&WR

BY EMILY YOFFE

Each day American women reach for shampoo and conditioner, deodorant, moisturizer, and dusting powder. We apply blusher, eye shadow, mascara, and lipstick, then maybe dab on nail polish and perfume. We look good, we smell good, and we have just exposed ourselves to 200 different chemicals.

As American consumers, we have every confidence that someone in a lab coat in a big government building has checked out these substances. Right? Not exactly. "You know more about the ingredients in your dog's flea collar than you know about toxicity of whatever you're putting on your skin," argues David Wallinga, a senior scientist with the Natural Re-

sources Defense Council in Washington, D.C. It turns out that cosmetics—a group of products that includes makeup, skin creams, hair-care products and dyes, baby lotions, and deodorants, on which Americans spend about \$22 billion a year—come to us almost unexamined by the federal government. And, as recent events on Capitol Hill indicate, the situation is not about to change.

To get a prescription or even an over-

MYSTERY MUD

Jan Boyer gets a facial at a spa in New York City, one way that she and many other women expose themselves to 200 chemicals a day through cosmetics.

the-counter drug on the market, a manufacturer must first prove the drug's safety and effectiveness to the Food and Drug Administration. The burden of proof rests on industry. That's not the case for cosmetics, although the FDA regulates them, as well. Except for a handful of banned chemicals, manufacturers can add almost any ingredients to those revitalizing eye creams, vitamin-stuffed conditioners, and kiss-resistant lipsticks, and if questions about the safety of products arise, the burden is on the government to prove the product is unsafe. With a budget of about \$5.5 million—less than 1 percent of the FDA total—and around 30 employees, the cosmetics division is rarely up to that challenge, say critics.

The law governing cosmetics says that they may not contain "harmful substances." But how the tests for harmful or safe substances will be conducted is left up to the companies themselves. The FDA doesn't set standards for proper safety testing—and doesn't require companies to do any testing at all. If a company does tests, the FDA has no authority to review the records. Companies test cosmetics for their tendency to cause allergic reactions and irritate skin (protests over using animals for these tests have led many companies to do them in test tubes and on human subjects). But as for possible long-term effects of exposure to cosmetic ingredients, says John Bailey, director of FDA's office of cosmetics

and colors, "those kind of issues are not addressed very well."

State muscle. This summer, the cosmetics industry almost won an even laxer regulatory set-up from Congress. Republican Sen. Judd Gregg introduced an amendment to the FDA reform bill that would have prohibited states from requiring warning labels on products containing suspect chemicals, or otherwise filling the vacuum in the federal rules. Democratic Sen. Edward Kennedy, with the support of the Clinton administration, managed to defeat the proposal. "The reason preserving states' ability to act is so important is that FDA regulation has been so weak," Kennedy says.

Ironically, the law that created the modern FDA in 1938 is itself partly the

product of public concern over cosmetics-caused injuries. An eyelash-dyeing product called Lash Lure was damaging the eyesight of many women, and after one woman died and another was blinded, Lash Lure became the first product seized under the new FDA authority.

Since then, the rules governing the manufacture and distribution of foods and drugs have been endlessly revised. But the cosmetics rules haven't been changed much, despite a revolution in the way scientists think about the skin.

In the 1930s, skin was thought to be essentially an impermeable barrier, a more attractive version of armadillo plate. But

ingredients I've come across in cosmetics are fairly benign compounds," Riviere says.

But there is a controversial class of chemicals in cosmetics that may be absorbed through the skin. These are the color additives, derived from petroleum, known as coal tars. Coal tar colors (they are also found in foods, like M&Ms) are the single group of ingredients in cosmetics required to be tested for safety.

In 1960, there were about 200 on the market. But because so many have been found to be carcinogenic, such as Red No. 2, which was banned in 1976, today the list of approved colors numbers about 45.

hair dyes derived from coal tars don't have to meet the standard that products not be harmful under normal use. As the FDA's own publication on hair dye points out, "Compounds suspected of causing cancer are found in temporary, semipermanent, and permanent dyes."

Bad hair daze. Does that mean hair dyes cause cancer in people who use them? The epidemiological studies are mostly reassuring. In 1994, a large survey by the American Cancer Society found that dye users had a slightly lower rate of fatal cancers than women who didn't color their hair. But there is one exception: Women who used dark hair

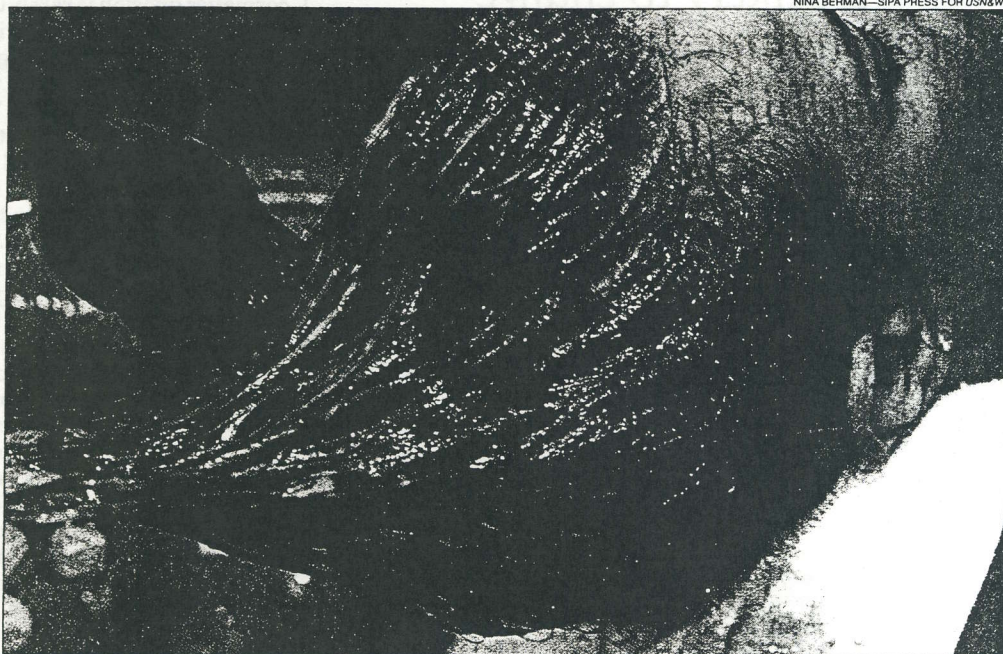
dye for two decades or more had a four times greater risk of dying from two cancers of the immune system, non-Hodgkin's lymphoma and multiple myeloma.

The FDA itself is looking into alpha hydroxy acids (AHA), which are added to skin creams to help smooth out fine wrinkles. "We've demonstrated that the use of AHAs increases sensitivity to sunlight," says Bailey. He speculates that the chemicals may also make skin more susceptible to skin cancer and perversely to even more wrinkling from sun damage.

Of course the question arises: how much do we really want to know about the safety of our cosmetics? We face so many dangers in life, do we have to live in fear of our moisturizers, too? As an experiment, I cross-checked the ingredients in my Anti Aging face cream with *A Consumer's Dictionary of Cosmetic Ingredients*.

Most seemed fairly harmless. Until I got to zinc sulfate, about which the dictionary noted that "injection under the skin of 2.5 milligrams per kilogram of body weight caused tumors in rabbits." That's when I began to wonder if the Anti Aging moniker was a macabre joke. Is the idea that if I use it, I won't live long enough to get my full complement of wrinkles? But I've already paid good money for it, and I'm still using it.

In 1978, the General Accounting Office, the investigative arm of Congress, did an analysis of how the laws should be changed to improve cosmetics safety. The office suggested reforms like establishing industrywide standards for safety testing and reviewing data from countries that have banned particular ingredients to see whether similar actions should be taken here. Those are just the kinds of reform industry critics are seeking today—will be seeking for a long time to come. ■



NINA BERMAN—SIPA PRESS FOR US&WORLD

since at least the 1960s, it has been widely known that that barrier can be breached, partly as a result of demonstrations that some pesticides could enter the body through the skin. In the 1980s, in particular, molecular biologists began piecing together a new understanding of the skin as a reactive, dynamic organ. This view led to the development of transdermal patches, which deliver drugs into the body through the skin.

Not all chemicals can pass through the skin, however. Many ingredients in cosmetic creams are designed to sit on the surface, helping to keep the skin moist by holding in water, says Jim Riviere, director of the Cutaneous Pharmacology and Toxicology Center at North Carolina State University in Raleigh. Many ingredients in these products, such as fatty acids, are identical to chemicals that occur naturally in the human body. "Most in-

AN AMBIGUOUS TINT

Hair dyes derived from coal tars are mostly exempt from federal rules. Women who use dark dye for many years might increase their risk of dying from cancer.

The FDA's Bailey says these remaining dyes have been so widely tested that he has "very high confidence that they're safe." Not everyone is so sure. Dr. Andrew Weil, the natural health maven, advises avoiding the color additives whenever possible. "[Many] are energetic molecules that can interact with DNA, potentially causing mutations that lead to cancer," he writes.

There is an extraordinary loophole in the FDA regulations regarding testing and approval of colors. In 1938, the industry managed to win an exemption so that

TRANSCRIPT OF "NEWS FROM MEDICINE" FEATURE BROADCAST ON CABLE NETWORK NEWS TV
Sunday, September 18, 1988, 8:30 pm EDT Time: 1:41 min.

COOKE:

Report for
CNS,
Wash, DC

A REVIEW OF THE 3000 MOST COMMONLY USED CHEMICALS IN THE COSMETICS BUSINESS INDICATES MORE THAN A THIRD OF THEM ARE TOXIC. MANY OF THOSE CHEMICALS... LIKE BENZENE... MERCURY AND AMMONIA PRODUCE OR ARE SUSPECTED OF PRODUCING HARMFUL SIDE EFFECTS...

REP. RON WYDEN: (U.S. Congressman, Oregon)

"314 ARE REPORTED TO CAUSE BIOLOGICAL MUTATION, 218 ARE REPORTED TO CAUSE REPRODUCTIVE COMPLICATIONS, 778 ARE CAPABLE OF CAUSING ACUTE TOXICITY, 146 ARE REPORTED TO CAUSE TUMORS AND 376 INGREDIENTS ARE REPORTED TO CAUSE SKIN AND EYE IRRITATIONS."

COOKE:

ALTHOUGH A 1975 LAW SAYS MANUFACTURERS MUST BE ABLE TO SUBSTANTIATE THE SAFETY OF A PRODUCT BEFORE PUTTING IT ON THE MARKET... THE FOOD AND DRUG ADMINISTRATION REQUIRES NO SAFETY TESTS. THE FDA GENERALLY RELIES ON CONSUMER COMPLAINTS WHICH ARE VOLUNTARILY PASSED ALONG FROM THE INDUSTRY BEFORE LAUNCHING AN INVESTIGATION. AND THE AGENCY HAS NO DATA ON THE LONG TERM EFFECTS OF COSMETICS ON CONSUMERS... PRODUCERS OR HANDLERS OF THE PRODUCTS...

DR. FRANK YOUNG: (Fed. Drug Admin. Commissioner)

"THERE ARE SOME PRODUCTS WHERE WE MIGHT HAVE CONCERN BUT ON BALANCE, WE'RE LESS CONCERNED WITH COSMETICS THAN ANY OF THE OTHER THINGS WE REGULATE."

COOKE:

WYDEN ESTIMATES THERE WERE 47,000 COSMETIC INDUCED INCIDENTS LAST YEAR... A FIGURE DISPUTED BY THE INDUSTRY. EDWARD KAVANAUGH, PRESIDENT OF THE COSMETIC, TOILETRY AND FRAGRANCE ASSOCIATION SAYS COSMETICS ARE AMONG THE SAFEST CONSUMER PRODUCTS.

EDWARD KAVANAUGH: (President, cosmetic, toiletry & fragrance Assoc.)

"I THINK THE IMPORTANT POINT HERE IS ANYTIME THE FDA HAS HAD REASON TO SUSPECT A PROBLEM WITH A PARTICULAR PRODUCT, THE MANUFACTURER HAS COME FORWARD EACH AND EVERY TIME AND COOPERATED WITH THE FDA."

COOKE:

KAVANAUGH ALSO POINTS OUT THE INDUSTRY HAS AN INDEPENDENT REVIEW BOARD WHICH SCREENS COSMETIC INGREDIENTS FOR SAFETY. WITH AIDS... PESTICIDES AND OTHER PRESSING ISSUES... FDA COMMISSIONER YOUNG ADMITS COSMETICS HAVE NOT RECEIVED HIGH PRIORITY AT THE AGENCY... ONLY 1% OF ALL FDA INSPECTIONS LAST YEAR DEALT WITH THE COSMETIC INDUSTRY.

News from Congressman Ron Wyden

1406 Longworth House Office Building

Washington, D.C. 20515

(202) 225-4811

OPENING STATEMENT OF
CHAIRMAN RON WYDEN (D-OR)
AT A HEARING ON
COSMETICS HEALTH AND SAFETY ISSUES
BEFORE THE SMALL BUSINESS SUBCOMMITTEE ON
REGULATION AND BUSINESS OPPORTUNITIES
SEPTEMBER 15, 1988

Today the Subcommittee continues its examination of the health and safety issues that are increasingly at stake in the \$17 billion U.S. cosmetics industry.

At our July 14 hearing, witnesses told us how dangerous these products can be. The Subcommittee heard how one consumer's hair caught on fire, leaving her permanently disfigured and in constant pain. Cosmetologists explained how they had suffered irreparable nervous system damage, memory loss and severe respiratory problems.

The evidence showed that consumers cannot be sure that the thousands of cosmetic presently on the market are safe. The Food and Drug Administration, the agency responsible for overseeing the safety and efficacy of products, does not have the same broad-reaching authority to regulate cosmetics that it has for foods and drugs.

After the hearing, FDA spokesman Emil Corwin said that cosmetics should be subjected to the same standards as drugs and foods. "We are the first to recognize ... that cosmetic regulations need to be developed," he said.

The industry contends that cosmetic ingredients are generally safe and innocuous. Since the Subcommittee's first hearing on cosmetics, we have assembled information that would indicate otherwise.

We asked the National Institute of Occupational Safety and Health to analyze 2,983 chemicals used in cosmetics. They compared these chemicals with their registry of toxic chemicals. This research indicates that 884 cosmetic ingredients have been reported to the government as toxic substances.

Many of those 884 toxic ingredients produce, or are suspected of producing, harmful side effects. 314 are reported to cause biological mutation, 218 are reported to cause reproductive complications, 778 are capable of causing acute toxicity, 146 are reported to cause tumors and 376 ingredients are reported to cause skin and eye irritations.

More alarming is the fact that of these 884 ingredients, only 56 have been reviewed -- or are being reviewed -- by the industry's Cosmetic Ingredient Review Board to determine their safety and related health effects when used in cosmetic products. The industry's review board may discount these toxic ingredients due to the particular routes of exposure. However, ignoring these reported harmful effects is foolhardy.

In addition, the Subcommittee asked the FDA for a legal analysis of its powers to regulate cosmetics. It appears their powers are extremely limited. The most the FDA could do to protect consumers is seize an occasionally contaminated batch of products or ask manufacturers to change their advertising claims.

The FDA stated in a letter to the Subcommittee dated August 19, 1988 that "(t)he Agency strongly urges cosmetic marketers to conduct toxicological and other tests appropriate to substantiate the safety of their product." But since the FDA cannot require that these tests be conducted, the FDA does not discover the harm a product causes until after a tragic event occurs.

Hyden on Cosmetic Safety -- Page 2

Even the FDA's limited authority is used rarely. In Fiscal Year 1987, only 14 of the FDA inspections conducted occurred at cosmetic factories, warehouses or other establishments.

Even these limited powers are hard to exercise. False or misleading labeling cannot be substantiated without proof. The burden of proof is on the FDA and, because they cannot ask for the testing data, misleading claims are not easily identifiable.

Secondly, the items listed as prohibited ingredients are almost exclusively unapproved color additives and do not include most toxic substances and even potential carcinogens such as methylene chloride and formaldehyde.

While the industry does have a voluntary, self-regulatory program, it does not review all ingredients nor does it review all formulations. This is clearly no substitute for unbiased government oversight. The industry's voluntary mechanism does even not review every ingredient used in cosmetics.

Although, the Cosmetic Ingredient Review Board (CIR) has only reviewed nearly 300 of the most commonly used cosmetic ingredients, indications are that many years will go by before nearly all of the thousands of ingredients are reviewed. This could mean that as new ingredients are developed, the CIR will fall further and further behind in the only ongoing effort to investigate the safety of the products its members are actively marketing.

Furthermore, the Subcommittee has received criticism from independent sources which indicates that the CIR may not be receptive to all concerned parties before deciding whether a particular ingredient is safe.

In essence, the entire industry's safety mechanism is a piecemeal, patchwork system in dire need of repair.

The government cannot information on specific ingredients and worse, it cannot get information on the possible interactions and formulations of these cosmetic chemicals.

What if the cosmetic ingredients produce a potentially harmful reaction -- either short term or long term? How would we know? Where could we go to find out? As long as the data remains hidden in the pockets of the manufacturers, we will never know the full effects of the ingredients on those who use them.

Today we will hear from the FDA, OSHA, FTC and the industry's trade representatives.

From Consumer Reports, February, 1991, p. 93:

COSMETIC SAFETY

THE LAW PROVIDES LITTLE PROTECTION

The colorants used in mascara are inorganic and mineral pigments (iron oxide in black mascara) that belong to a Food and Drug Administration category of "noncertified color additives." That means they are approved for cosmetic use without special safety testing.

The Food, Drug, & Cosmetic Act doesn't require cosmetics manufacturers to prove that a product or its ingredients are safe. With the exception of color additives and a few prohibited ingredients, a cosmetics manufacturer is free to use any raw material and market the product without FDA approval. The act simply *urges* manufacturers to conduct whatever toxicological tests are appropriate to substantiate safety, to register their manufacturing plants with the FDA, and to report incidences of adverse reactions to products.

If it comes to the FDA's attention that a person has been injured by a cosmetic, and it's found that safety hasn't been adequately substantiated, the product may be deemed misbranded and subject to regulatory action.

Manufacturers can avoid regulatory action by putting a caveat on the cosmetic label: "Warning: The safety of this product has not been determined." Of course, cosmetics labels say no such thing. Instead, they state that the product is ophthalmologist tested, dermatologist tested, nonallergenic, and so on. The results of such tests may be kept private until an injured user's lawsuit comes to court or until a third party challenges a formula or ingredient in court. It's probably safe to assume that some testing has been undertaken, if for no other reason than to protect the manufacturer in the event of a lawsuit.

What about adverse reactions to cosmetics? It's likely that many people who have a reaction don't bother to report it to

the manufacturer. And cosmetics companies are under no obligation to report the reactions they do hear about to the FDA. However, most large companies (covering 60 to 80 percent of cosmetics sales) do voluntarily keep the FDA informed about adverse reactions.

In our tests, a few panelists reported eye irritation with some products. We would have needed a test panel of hundreds to find a pattern to the sensitivity. That was unrealistic.

Our best advice: If you know you're sensitive to one chemical or another, see if it's listed among the ingredients. If it is, look for another brand. If you notice irritation soon after using a product you've never tried before, stop using it and return it.

With mascara, bacterial contamination is more likely than sensitivity reaction because manufacturers tend to minimize potentially irritating preservatives in eye makeup. The mascara vial can become a breeding ground for bacteria, so don't use an opened department-store tester on your lashes or share mascara with a friend. In addition, it's a good idea to toss out a mascara after four to six months and buy a new one. It may take some courage to throw away a \$17.50 mascara, but it's cheaper than an ophthalmologist's bill.

An eye opener Typical ingredients labeling.

Hypo-Allergenic • 100% Fragrance Free • Non-Irritating

Almay-Pure Ingredients: Water, C 11-12 Isoparaffin, Talc, Petroleum Distillate, Beeswax, MIPA-Lanolate, Ammonium Acrylates Copolymer, Carnauba, Ozokerite, Quaternium-18 Hectorite, Propylene Glycol, Sorbitan Sesquioleate, Candelilla Wax, Propylene Carbonate, Trisostearyl Trilinoate, Polybutene, Sodium Laureth Sulfate, Nonoxonyl 10, Potassium Octoxynol 12 Phosphate, Methylparaben, Ethylparaben, Imidazolidinyl Urea. **May Contain:** Iron Oxides, Ultramarine Blue, Ultramarine Violet, Ultramarine Pink, Carmine, Chromium Oxide Greens, Chromium Hydroxide Green, Titanium Dioxide, Mica, Bismuth Oxychloride

CONSUMER REPORTS FEBRUARY 1991 p. 93

Article: "Mascara and Eyeshadow," pp. 91-98.

Transcript from "CBS Evening News" [Television]

October 24, 1994, 6:30-7:00 p.m. EDT

Pages 5, 6

[A Cosmetological Hazard]

Coming up next, Eye on America. Tonight, the painfully high price some people are paying in an effort to look younger.

DAN RATHER, co-anchor:

In tonight's Eye on America, the national obsession with looking young and what could be an ugly consequence of it. One of the most popular cosmetics around these days is a skin treatment called alpha hydroxy acid. It can be very effective. But as correspondent Deborah Norville reports, it can also be dangerous.

Unidentified Woman #1: (From TV commercial) The alpha hydroxy acids in Alpha Hydrox can reduce the appearance of fine lines and wrinkles...

DEBORAH NORVILLE reporting:

With all the hype...

Unidentified Woman #2: Alpha hydroxy...

Unidentified Woman #3: Yeah, alpha hydroxy...

Unidentified Woman #4: Alpha hydroxy...

NORVILLE: ...alpha hydroxy skin-care products have, in just two and a half years, become an estimated \$3 billion business in America, thanks to the promise of younger-looking skin.

Unidentified Woman #5: I feel the wrinkles are going away.

NORVILLE: Studies show alpha hydroxy acids, also known as AHAs, do improve skin texture, and in some cases, can actually make fine lines less noticeable by exfoliating, or 'burning off,' the outer layers of skin. But there can be side effects. CBS News has learned the Food and Drug Administration has received a number of consumer complaints. For example, complaints about severe burning and of blistering and allergic reactions. In all, 25 separate complaints this year involving 14 products.

Mr. JOHN BAILEY (Food and Drug Administration): We've seen people who become irritated from the use of the product. They're--they're actually physically burned, but we don't know what will happen when consumers use this twice a day for years.

Unidentified Woman #6: Close your eyes.

NORVILLE: Makeup artist Victoria Greco used to go to a tanning salon every week. But when she went after using this AHA cream, she ended up at the emergency room. Greco says there was no warning label against sun exposure.

Ms. VICTORIA GRECO (Makeup Artist): (Not identified on screen) I just couldn't believe what my face looked like. They diagnosed it as second-degree burn.

NORVILLE: The cosmetics industry is conducting its own product safety review. Industry officials refused to be interviewed, but suggested we talk with dermatologist James Leyden.

Mr. JAMES LEYDEN (Dermatologist): (Not identified on screen) The kinds of things that happen that would be called adverse events are--are minor--stinging, burning, perhaps a little chapping, but nothing--nothing significant.

NORVILLE: The number of complaints about these creams is minute compared to the number of products sold, but the FDA fears there may be many more problems they haven't heard about so they're investigating. Of greater concern to the government is the way these same chemicals are being used in even stronger concentrations in salons and doctors' offices to achieve even more dramatic results.

Unidentified Man #1: ...and the earlobes, too.

NORVILLE: Jean Cummings is having a so-called 'chemical peel,' with an AHA solution three and a half times stronger than retail AHA products.

Ms. JEAN CUMMINGS (Had Chemical Peel): (Not identified on screen) I don't like some of the dark spots that are starting to show and these little fine wrinkles I see.

NORVILLE: Cummings has gone to noted dermatologist Bruce Katz.

Dr. BRUCE KATZ (Dermatologist): (Not identified on screen) I think the stronger chemical peeling agents sh--really should be limited to use by physicians. I think they have the potential for harm.

Unidentified Man #2: A little more, Jean?

NORVILLE: But a medical degree is still no guarantee of success. Chemical peels can cause irreversible skin discoloration and permanent scarring, which is just what happened to Pam Sober when a dermatologist gave her a peel. This is Pam Sober before her peel. This is Pam two days after.

Ms. PAM SOBER (Had Chemical Peel): (Not identified on screen) I looked just like a monster. The skin off of my eye was gone, and I could not breathe out of my nose.

Dr. PAMELA LIPKIN (Reconstructive Surgeon): (Not identified on screen) Very, very good.

NORVILLE: Sober eventually saw reconstructive surgeon Pamela Lipkin, who's rethinking her own use of chemical peels.

Dr. LIPKIN: I don't think it's worth it now because when the problems happen, they are very, very serious and irreversible.

NORVILLE: What do you see when you first look in the mirror?

Ms. SOBER: Sometimes I think, gosh, you know, I wonder what--what I would have looked like if I never had anything done.

NORVILLE: Do you beat yourself up for being vain?

Ms. SOBER: Mm-hmm. Yeah.

NORVILLE: The FDA is considering warning labels for all AHA products, but that could take months. Until then, officials fear more consumers may find their quest for beauty comes at a price.

In New York, I'm Deborah Norville for Eye on America.

Appendix C

Wasp-Waist Transmission

Statement by Mervyn G. Hardinge, MD, Dr. P.H., Ph.D., associate professor of medicine, College of Medical Evangelists [now Loma Linda University School of Medicine], March 4, 1955, to Arthur L. White, Secretary of the White Estate, concerning the wasp-waist comment by EGW in The Health Reformer of November, 1871, pp. 156-57:

I have given the question of inheritance of physical characteristics considerable thought and have discussed the matter with two of my colleagues. I believe that current evidence from research and thinking along this line is in harmony with the statements made by the Spirit of prophecy regarding "wasp waists." (The Health Reformer, Nov. 1871, pp. 156,157.) Perhaps the statement on this can be summarized as follows:

"These statements do not necessarily contradict current scientific opinion in regard to inheritance, as far as we can see.

"It is a well-established fact that the physical condition of the mother during pregnancy may influence the physical condition of the child upon birth and subsequently. For example, if the nutrition of the mother is inadequate in any of a large number of respects, the physical condition of the child may be adversely affected. In at least one virus disease and possibly others infection of the mother leads to serious abnormalities in the child.

"Although there is less evidence regarding other factors, such as constricted abdominal organs with the consequent restriction of respiration and circulation and their effects on the child, it appears quite possible that such a practice, even if abandoned during the actual pregnancy, might lead to the deleterious effects on the child mentioned in the statement. The possibility of the physical effects of improper breathing being carried over to the child is emphasized in the statement 'the impurities retained in the system in consequence of imperfect breathing are transmitted to their offspring.'

"This is not a genetic effect, that is, an alteration in the inheritable characters of the mother which would show up in some of the progeny in all succeeding generations if appropriate crosses occurred. The statement 'these wasp waists may have been transmitted to them from their mothers' need not imply genetic transmission, but could equally well apply to physical transmission of the type discussed above."

I believe the point that should be emphasized is the fact that this may be a physical rather than a genetic transmission. Doubtless, as in the case of poor dietary patterns of eating, the operation of such factors in succeeding generations might well accentuate the problem.

Appendix D

Masturbation

MASTURBATION: Ellen White spoke of masturbation under Victorian euphemisms such as "secret vice" or "solitary vice." And, in various places, she spoke of it as killing thousands and tens of thousands.¹ It can damage the eyes,² muscles,³ liver and kidneys,⁴ the back,⁵ the spine,⁶ the nerves,⁷ and the lungs.⁸ It can bring on numerous pains in the body system, including rheumatism and neuralgia,⁹ fatigue and headache,¹⁰ general enfeeblement,¹¹ cancer,¹² diseases of almost every description,¹³ and finally death.¹⁴ Its effects on mind and brain are particularly devastating,¹⁵ especially in the power to benumb and partially paralyze.¹⁶ The intellect is affected,¹⁷ with the possibility of from one-third to one-half of it being destroyed.¹⁸ The imagination is damaged,¹⁹ memory is made "sievelike,"²⁰ and the inability to focus and concentrate the thoughts is increased.²¹ Some children are even rendered idiotic,²² and imbecility is said to result from this practice.²³ The net effect is to lessen the vital powers,²⁴ and to destroy health.²⁵ The personality is affected by (among other problems) the production of melancholia, irritability, and jealousy.²⁶ The character may be damaged in that the practice creates a dislike for work of any kind,²⁷ the moral sensibilities are destroyed,²⁸ conscience is hardened,²⁹ animal passions are strengthened,³⁰ self-respect is largely destroyed,³¹ the powers of self-restraint are lost,³² the strength of will to form good character is destroyed,³³ and the victim may be led into crime--even in youth.³⁴ In addition to keen suffering from guilt and remorse,³⁵ the victim's spiritual nature is made more impervious to heavenly influences and appeals,³⁶ and the ultimate effect is the destruction of the image of God, gradually, in the soul.³⁷

¹4T 97. ²2T 404. ³2T 402. ⁴CG 444. ⁵2T 481. ⁶CG 444. ⁷4T 97. ⁸CG 444.

⁹Ibid. ¹⁰2T 481. ¹¹5T 91. ¹²CG 444. ¹³CG 444; 2T 391. ¹⁴CG 444.

¹⁵CG 444; 2T 391. ¹⁶2T 470. ¹⁷2T 402, 404. ¹⁸2T 361. ¹⁹2T 469-70.

²⁰2T 391, 402, 469. ²¹2T 402. ²²Ibid. ²³Appeal to Mothers, 62.

²⁴2T 347. ²⁵CG 457. ²⁶2T 392. ²⁷2T 481. ²⁸2T 347. ²⁹2T 404.

³⁰2T 409-10, 470, 481. ³¹CG 458; 2T 392. ³²2T 392. ³³CG 445.

³⁴2T 404, 406. ³⁵2T 392. ³⁶Ibid. ³⁷5T 78.

24--The NAPA REGISTER

Friday, December 17, 1976

Ann Landers

Masturbation Is Normal And Sexually Healthy

Dear Ann Landers: Please publish this letter for all to see. Masturbation is sinful. I tried it and the consequences were extremely damaging. It made me suspicious, jumpy, fearful, unkind, and highly critical of everyone I came in contact with.

Because of this terrible habit my judgment became warped and I lost out on many good opportunities that will never come again.

By praying a great deal and engaging in strenuous physical exercise I have regained my mental and spiritual balance. I am once again serene, kind, ready to smile and can now enjoy the friendship of people. Please allow me to share my message with others. —
Learned From Experience

Dear Learned: If this is the way you view your "experience" it's all right with me, but there is no basis in fact for the statements you have made.

Masturbation is no longer considered sinful by enlightened theologians. And please don't tell me what the Bible says about Onan "spilling his seed . . ." In those days the world needed people and it was considered a sin to waste sperm. Today overpopulation is one of mankind's greatest problems.

The jumpiness, fearfulness and "lost opportunities" you believe were caused by masturbation were actually due to your guilt feelings — not the act. Every psychologist and psychiatrist with whom I have consulted on the subject of masturbation says it is normal and can serve as a healthy method for releasing tension.

It is estimated that approximately 75 per cent of all males have masturbated at some time during their lives and about 90 per cent of the females have done so also.

For individuals who believe as you do, however, masturbation IS harmful because they cannot outgrow the notions that were pounded into their heads as youngsters.

+ + +

N.B.

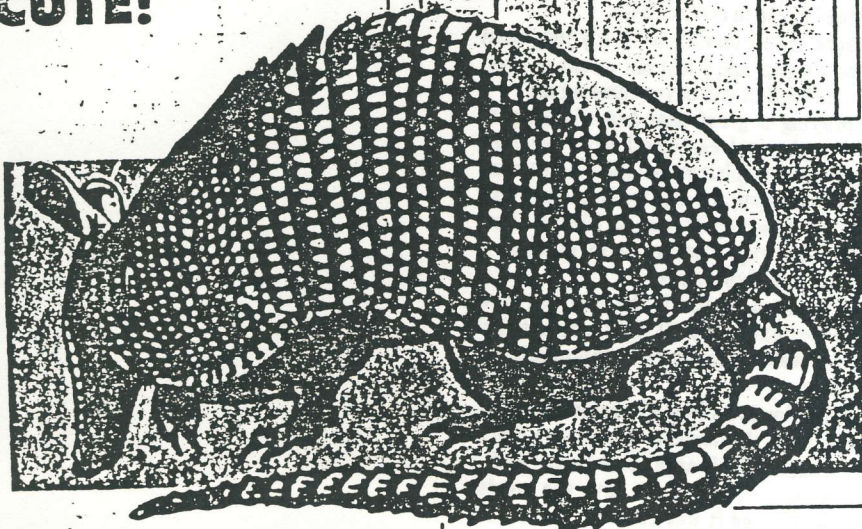
Ann Landers' response, above, fairly well typifies the attitude of the majority in medicine, social science, and behavioral science today toward masturbation. It does not, of course, in any fashion typify Ellen White's attitude toward it!

Appendix E

Leprosy [Hansen's Disease]

From the San Antonio [TX] Light, Jan. 30, 1983, pp. A-1, A-20:

**AND YOU
THOUGHT
ARMADILLOS
WERE
CUTE!**



Research shows definite link between critters and leprosy.

By MARK LINSALATA
Staff Writer

They've got armored backs and fuzzy stomachs, and they've burrowed their way deep into the heart of Texas.

But that's not to say nine-banded armadillos haven't suffered setbacks since crossing the Rio Grande into Texas just more than a century ago.

The prehistoric-looking creatures are now facing a microscopic challenge to their lives that is potentially as menacing to them as chili pots or pickup trucks.

The armadillo, the state's unofficial mascot, is 20 times more susceptible to Hansen's disease, the scientific term for leprosy, than human beings.

"We are in the process of concluding research on it and the disease is here in armadillos," Dr. Jerome Smith, a pathologist at the University of Texas Medical Branch at Galveston, said.

Smith collected animals from the wild over the past three years along the Texas Gulf Coast and also from Comal County, where 50 wild armadillos were trapped.

He refused to give further information on the survey because his research has yet to be published.

Asked whether the diseased armadillos pose a

NUMBER OF PEOPLE ON DRUG THERAPY FOR HANSEN'S DISEASE

CALIFORNIA

1000

HAWAII

500

TEXAS

430

FLORIDA

106

LOUISIANA

88

These five states have had concentrations of people suffering from the disease for two centuries. California's figure is an estimate from the state's Department of Health. Florida's figure is a compilation of new cases reported to the state's Department of Health since 1965. Louisiana also has 325 patients, all but 14 originally residents of other states, living in the National Hansen's Disease Center in Carville.

Please turn to HEALTH/20A

San Antonio Light graphic Charles Teague

Health threat unknown

HEALTH/from 1A

health threat, he replied, "I'm not going to say at this time."

Although no conclusive study has shown a person to contract Hansen's disease from an armadillo, several physicians have their suspicions.

"The only indigenous cases in the last four or five years I believe were caused by armadillos," said Dr. James H. Strauch, who has headed the Metropolitan Health District's Hansen's Disease Clinic since 1954.

Of the 20 new cases he saw in that period, the two cases contracted recently in Texas were in men who had killed and eaten at least 100 armadillos.

One was a Bexar County resident and the other was a rancher from Victoria.

"Of course, we don't know if the armadillos were the cause," Strauch said. "I think that is the best possibility, and they had extreme contact with armadillos."

Dr. Charles Shepard, chief of the Centers for Disease Control leprosy laboratory in Atlanta, stops short of issuing a blanket warning about the danger of people contracting Hansen's disease from armadillos.

"There's always a possibility," Shepard said. "We don't really know."

He wondered about the safety of cutting up armadillos for cooking.

"While you handle the meat, the tissue, it could be dangerous," Shepard said.

Once cooked, of course, any Hansen's bacillus would be dead and pose no danger.

One thing all Hansen's disease experts believe is that casual contact with an infected armadillo should not cause a person to contract the illness.

Another concern is the effect of the disease on the armadillo population.

Unlike human beings, who seldom die as a result of Hansen's disease, armadillos can contract the disease, develop symptoms and die within four or five years.

The bacteria causing the illness like cooler parts of the body and stay near the surface in people. But in armadillos, with bodies four or five degrees cooler than people, the disease attacks the brain.

Dr. Eleanor E. Storrs of the Florida Institute of Technology in Melbourne, said she believes approximately 10 percent of Texas armadillos have the illness.

Some scientists believe that armadillos were first infected from refuse at the National Hansen's Disease Center in Carville, La., or at the Gulf-South Research Institute in New Iberia.

Others speculate that humans contracted Hansen's disease from humans in Texas and Louisiana where the illness was common found in the population.

Armadillos' susceptibility to Hansen's disease proved a boon for researchers there, who were last able to grow large numbers of the bacteria in an animal.

Unlike other microbes, Hansen's bacillus could not grow in cultures in the laboratory nor did it produce a disease similar to human leprosy in other experimental animals.

Bacilli purified from the armadillos have been used to produce vaccine, which began field trials this month in Norway.

If the vaccine works, the long David in slaying an ancient and monstrously disheartening illness.

20A / Sunday, January 30, 1983 / THE SAN ANTONIO LIGHT

Leprosy stigma bigger than disease

Victims have a tendency to withdraw because they fear remarks others may make

By MARK UNSALATA
Staff Writer

He was an amateur boxer in his early 20s with a federal job, and his only real concern was a pimp on his ear that was getting bigger.

Thinking it was cauliflower ear, he went to a doctor. The diagnosis was Hansen's disease, the modern term for leprosy.

"I wanted the earth to open up and swallow me," said the lifelong San Antonian last week about the fateful diagnosis.

"It was a big emotional factor because I wound up breaking an engagement with a woman I loved. It was strictly due to the illness."

He believes he caught the disease in 1954 in his hometown.

"There's a lot of it here," he said. "You just don't know about it or read about it. A lot of patients go to private doctors."

Florida and Louisiana, in that order, have the largest number of residents undergoing treatment for Hansen's disease.

Although he's been clinically free of the bacteria causing the illness for two decades, the North Side resident — a trim, handsome, dark-haired man in his late 40s — still fears the 3,000-year-old stigma attached to his affliction.

During an interview, he took the name of Ron Garcia, refusing also to allow use of his real name, exact age or current occupation.

Yet he was the only one willing to talk among 30 regular participants in the Hansen's Disease Clinic of the Metropolitan Health District.

They make up a third of the estimated 90 people in Bexar County currently undergoing drug

therapy for Hansen's disease. "Most people with the disease have a tendency to withdraw from society," Garcia said. "The reason is they live in fear of people, of the remarks people will make."

He has managed to stay active in his community and to hold responsible jobs by keeping the knowledge he contracted Hansen's disease under wraps.

The secrecy, except from his family, was strictly advised by his physician.

Charles E. Alexander, chief of the Texas Department of Health's Bureau of Communicable Disease Services, said the disease is the least contagious of all communicable diseases.

In fact, he said, 95 out of 100 people have such strong natural immunity they could not catch the disease even if injected with the bacillus that causes it.

Modern antibiotics and sulfa drugs can kill the Hansen's bacillus in most patients and prevent the horrifying disfigurement and paralysis associated with the illness.

"The drugs also make it virtually impossible for the patient to transmit the illness. They have failed, however, on a global basis to make the disease go away. And there are an estimated 15 million cases worldwide."

"Within our lifetime, through research and treatment as well as increased public awareness, we can eliminate the suffering caused by this heartbreaking disease," President Reagan said in calling on Americans to observe today as World Leprosy Day.

The president has reason for concern; Hansen's disease is increasing in Texas and across the United States.

"The number of cases reported to the CDC (Centers for Disease Control) has increased quite a bit since 1960 and has continued to go up," Dr. Charles Shepard, chief of the CDC leprosy laboratory in Atlanta, said.

In 1960, the national total of new cases numbered only 60. That figure has quadrupled in recent years.

Last year, 231 new cases were reported nationwide, 253 the year before.

Texas had 28 new cases last year, including one in Bexar County.

Thirty-three new cases had been reported to the Texas Department of Health in 1981.

Most new cases come from outside the United States. In Texas, Mexican immigrants accounted for eight of the new cases, more than any other group.

Other diagnoses were made in two recently arrived Vietnamese, and in a Cambodian, Laotian, Chinese and Samoan.

Despite the recent upsurge in the United States, the illness may be on its way out.

A worldwide group of scientists, members of the World Health Organization's Immunology of Leprosy Program, plan to wipe out the illness with a new vaccine made from purified Hansen's bacilli grown in nine-banded armadillos.

Field trials with the vaccine began this month in Norway, where Dr. Gerhard Armauer Hansen discovered the bacillus in 1873, the first bacterium identified as a cause of chronic disease in man.

Shepard believes at least a decade will elapse before the vaccine — if it works — becomes generally available.

In Texas, the illness is mostly found along the Rio Grande River and the Gulf Coast, extending north to San Antonio, with scat-

tered cases throughout the state. "It's dying out in San Antonio, if you would subtract the imported cases," Dr. James H. Strauch said. Strauch is a dermatologist and has been head of the Metropolitan Health District's Hansen's Disease Clinic since 1954.

Louisiana has had a historic role in the treatment of Hansen's disease. About 60 miles north of New Orleans is the National Center for Hansen's Disease, Public Health Service Hospital 66, in Carville.

Until after World War II, anyone with the disease who was reported to public health officials was banished to Carville. It was often a life sentence.

That's what Garcia feared in 1954 when he drove there with all his belongings.

But he only stayed five hours. "The doctor told me not only did I not have to stay but that he would rather I did not stay in the hospital and to live a useful life," Garcia recalled. "I couldn't get out of there fast enough."

He went back to Carville annually until the early 1970s, but his first visit impressed on him the need to take his medication.

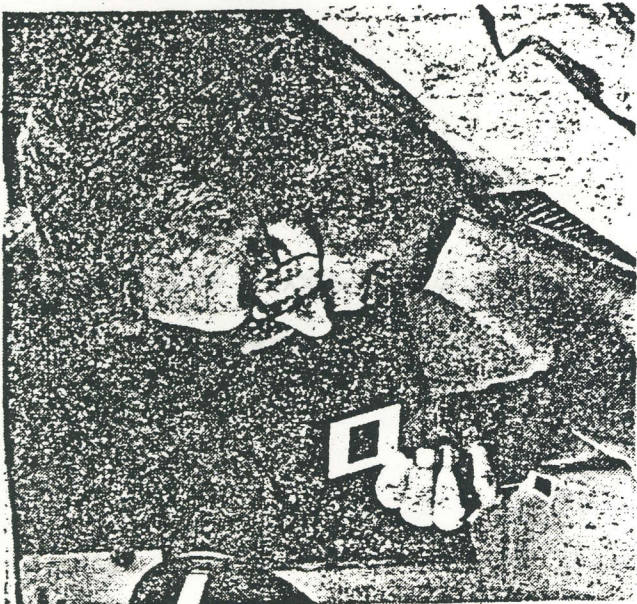
"I saw people there with no eyebrows, maimed, by that I mean missing a hand or foot, an arm or a leg, their nose completely deformed or their face completely disfigured."

"I didn't know what the reason for this was but it did plant some fear in me. I pictured myself in the future as one of those individuals I had seen at Carville."

Garcia did suffer some slight paralysis in his hands about a decade later.

"It's never stopped me from getting any job," he said, demonstrating the strong grip he has retained because of constant physical therapy.

The disease can sometimes cause paralysis, but such incidents



Dr. James H. Strauch, dermatologist and head of the Metropolitan Health District's Hansen's Disease Clinic, examines slides in his office.

are rare because of the various drugs available to combat the bacillus.

A few numb spots are often the only signs of the illness. Sometimes Strauch regrets even diagnosing the disease in those individuals.

"For about a quarter of my cases, that's all there is to it," Strauch said, "a little spot of numbness and then the stigma of leprosy."

Only since the advent of sulfa drugs in the 1940s has the official U.S. policy changed from rejection to tacit acceptance.

The most renowned fighter of the stigma was a former San Antonio pharmacist, Sidney Maurice Levyson, who contracted the illness in his 20s and was shuttled off to Carville in 1931, where he died December 1967 at the age of 68.

At Carville, which still has 325 patients, including 48 Texans, Levyson started the Sixty-Six Star. Originally a two-page mimeographed sheet, it now runs to 20 pages with a worldwide circulation of 75,000.

His discussions with officials after the successful treatment of Hansen's disease with sulfa drugs caused the elimination in 1948 of the U.S. policy of isolating those patients.

"The patients who come to Carville now are the more serious cases," said Dr. Bobby D. Bray, the education director.

New drugs, not specifically approved by the Food and Drug Administration for Hansen's disease, are often used in research projects at Carville.

In most cases, the bacillus will be stifled and the patient will be sent home.



P. O. MAKWASA, MALAWI, AFRICA • TELEPHONE: 212. 213

A SEVENTH-DAY ADVENTIST MEDICAL INSTITUTION

7 September, 1986

Roger W Coon
Associate Secretary
Ellen G White Estate
6840 Eastern Avenue, NW
Washington, DC, 20012
U.S.A.

Dear Elder Coon,

Thank you for your recent letter concerning pork consumption and Mrs White's statement on leprosy. Although a group from California were interested in studying this matter further, nothing has ever come of it.

The matter of diet and leprosy is an interesting topic. In Malawi leprosy occurs mostly in two areas. The first, where Malamulo provides leprosy control, is an area where fish and pork are eaten frequently. The other area is along lake Malawi. Here fish is important in the diet, but, being Moslem, it is porcine-free. Both these areas are low in altitude. In Ethiopia there is a high prevalence of leprosy, and there the disease is most common at high altitudes. The Amhars and many others in Ethiopia strictly follow the proscriptions of Leviticus concerning unclean foods.

In the last century leprosy was very common in the fishing communities of Norway and Iceland, where presumably, large quantities of fish were eaten. Some of these families from Norway were followed as they immigrated to America. Within that generation leprosy died out completely. Iceland, where 10% of the population had leprosy in the 19th century, became completely free of the disease, long before any effective form of treatment was discovered. Yet, the leprosy which the Acadians took with them from their peasant background in southern France, still persists in rural Louisiana. Then we have the puzzle of the leprosy as described in the Old Testament, which is clearly a different disease from the leprosy we see today.

So, I regret that I'm unable to help you on the matter of pork and leprosy. To me this statement is another one of the many mysteries which surrounds this most interesting and poorly-understood disease.

If you come to the Eastern Africa Division, I'm sure Pastor Armer will arrange for you to visit Malawi. You must not miss Malamulo, which holds a venerable place in Adventist Mission history. I regret that I will be doing postgraduate work in London for most of 1987, and will not be here when you visit.

With all best wishes and kind regards.

Yours sincerely,

A handwritten signature in dark ink, reading "GILBERT M. BURNHAM". The signature is stylized with a large, sweeping "G" and a long, horizontal stroke at the end.

Gilbert M Burnham

Appendix F

Cheese

Statement by Milton G. Crane, M.D.

Research Professor of Medicine, Emeritus, Loma Linda University
Director of Medical Research, Weimar Institute, Weimar, CA 95736

Dated: November 30, 1987 (in correspondence to Roger W. Coon)

PROBLEMS

#1

High Incidence of
Leukemia in
Dairy Cows

From my study of the subject over the years, I believe that we have ample reason from a medical standpoint to avoid all cheeses except possibly cottage cheese. I will let the enclosed manuscript speak to the use of milk products that are not fermented such as milk and cottage cheese. It may be of interest to you that there is a high percentage of cows in the central California area which have leukemia. A friend of mine who ran a dairy states that cows are left in the milking string for three to six months after the diagnosis of leukemia is made. Tie that in with what Ellen White states in CDF356-357. Since the cancer germ has not been identified with certainty, we cannot say what it takes to "thoroughly sterilize" milk, but we know that it takes much more than pasteurization. I believe that the thrust of the statements about the iniquity of man would include the dishonest practices amongst dairymen in continuing to sell milk from cows with known diseases such as cancer.

#2

Cholesterol
Problems

I object to processed or fermented cheese for three reasons. First, most cheese consist of about 70% to 80% of the calories from fat. Half of the fat is saturated, and they contain 90-110 mg. of cholesterol per 100 Gms. of cheese. Thus a person who eats cheese gets a double dose of cholesterol: that cholesterol of the cheeses and that cholesterol that the body makes in order to digest and assimilate the cheese fat. Since cheese lacks plant fiber, the elimination of cholesterol is impaired; and cholesterol builds up in the body a little bit each time that we eat cheese.

#3

High Concentration
of
Sodium Salt

The second problem is the large amount of sodium salt. Each 100 Gms. contains from 0.7 to 1.1 Gms. of sodium, 1.8 to 2.8 Gms. of table salt. If a person eats the fat of milk in such large quantities with the cholesterol, they are set up with body chemistry so that they are more likely to get high blood pressure with what most people would call a little salt.

#4

Allergic Reaction
Potentially Serious

My third objection to cheese is the content of various tyramine compounds that accumulate in the cheese during aging. This makes up the flavoring that identifies and sells the cheese. However, the tyramine compounds are really neurotransmitters. They get into the way of the natural neurotransmitters and cause a change in thinking. This may not be noticeable in the human with his marvelous brain, but it does have its effect in some persons more than others. For example, when our daughter was about five years old, she would awaken about midnight with terrible nightmares and episodes that made me afraid that she had major psychosis. Fortunately, we were able to relate these spells to the times when she had processed cheese for supper. After we stopped the use of cheese, she no longer had these unless she knowingly went against that advice.

In my job as an endocrinologist specializing in hypertension at LLU, I encountered and investigated several patients who had rather severe episodes of hypertensive crises after as little as 100 Gm. of processed cheese. The brands that contained the largest amounts of tyramine compounds at the time were New York cheddar and Tillamook. This patient prepared a macaroni and cheese dish for the family on her meatless Friday nights and regularly had episodes of mental distress and hypertension. By the time that I saw her in consultation, she had had two major episodes, one of which nearly caused her death from a stroke, before the cause was known. When I tested her with 100 Gm. of two year old Tillamook cheese similar to what she used, I found that her blood pressure went from about 140/88 up to 210/110 within two hours after the cheese and remained elevated for two hours. Admittedly, such situations are unusual, but the severe headaches that some patient get after eating cheese may be related to such a change in blood pressure.

When we add those two major problems to allergic problems from milk products and the increase in diseases in animals, we can hardly give cheese a favorable rating as a safe food.

NOTES ON CHEESE AND SPIRIT OF PROPHECY PROSCRIPTIONS AGAINST ITS USE

Roger W. Coon

I. Reasons Why EGW May Have Contraindicated the Use of--Historical Context:
Conditions in Her Day

1. Non-Pasteurization of Milk:

- a. Louis Pasteur developed this method of sterilizing milk in 1864.
- b. About 20 years later a German scientist, Franz Von Soxhlet (1848-1926), proposed boiling milk before feeding it to babies.
- c. By 1897 commercial pasteurization had been introduced into some (but, certainly, not all) American cities.
(1) EGW's counsels against published warnings about cheese range from 1868 ("Cheese should never be introduced into the system", 2T 68) to 1905 ("Cheese is still more objectionable; it is wholly unfit for food", MH 302).

[World Book Encyclopedia, XII (1960):464-65]

2. Adulteration of Milk: common in dairies of her day:-

- a. Water was often added to increase the supply of milk--make it "go" farther (and the water itself may not have been pure at times); dilution up to 50%.
- b. Molasses, chalk, and plaster of Paris were sometimes added to change the color of some milk from yellow to white [in some instances, lard and soap were used for similar reasons, reportedly] because of diseased cattle.
- c. City Hall sometimes sold its garbage to a farmer who promptly fed it to his cows.
- d. Distilleries sometimes kept cows and fed them production wastes--mash and whisky slops; such milk made babies tipsy and often sick.
[Otto L. Bettman, The Good Old Days--They Were Terrible (NY: Random House, 1974), Chapter 7, "Food and Drink", pp. 109-34; see also comments as sub-headings in Table of Contents, p. ix]

3. Contaminated Dairies:

- a. In 1889 the New York Public Health Commissioner reported seeing, in certain districts, a "decidedly suspicious-looking fluid bearing the name of milk."
- b. In 1902 the New York City's Health Commission tested 3970 samples of milk; they found 2095 samples (52.77%) were adulterated/contaminated.
- c. Dairy farms were invariably dirty; milch cows were improperly fed and housed. (Ibid.)

4. Diseased Cows:

- a. A scandal in New York ensued when it was revealed that some cows had been cooped up for years in filthy stables, and were so enfeebled from tuberculosis that they actually had to be lifted by cranes to remain "milkable" until they died. (Ibid.)

5. Lack of Refrigeration

- a. Lack of widespread refrigeration could further exacerbate the problem of bacteria-infected milk which posed lethal possibilities to drinkers of milk (and eaters of byproducts such as cheese, butter, etc.)

II. ADJUSTMENT OF TEXT IN 'MINISTRY OF HEALING' STATEMENT IN GERMAN TRANSLATION

1. In 1906 L. R. Conradi, president of the European Division of the church wrote to William C. White concerning the translation of the English text of MH into German, and inquired specifically concerning the statement against the eating of cheese.
 - a. WCW took the matter up with his mother and replied to Conradi that the sentence in the English text ("Cheese is still more objectionable; it is wholly unfit for food") be rendered simply "Strong cheese is still more objectionable," with the "wholly unfit" clause being deleted entirely.
 - b. WCW gave the German translators some leeway in how they handled the sentence in question; and the final published version (translated back into English, of course) says "Strong, sharp cheese should not be eaten." [White Estate Shelf Document, "The Use of Cheese," by W.C. White, pp. 4, 5.] (WCW Letter of March 27, 1906)
2. Extremely interesting, then, is WCW's letter to Francis M. Wilcox, editor of the Review and Herald, of June 2, 1921, pp. 1, 2, which indicates a lapse of memory on WCW's part, for, he wrote, "I do not think that mother, or any of her secretaries, ever gave an intimation to our brethren in Germany that such a modification was authorized by mother. If they have anything, I think it would be well for them to produce it."
 - a. The "evidence" to the contrary is in his own correspondence file, and in the document (cited above) which he prepared himself!

III. THE CASE FOR NON-USE OF CHEESE TODAY

1. Does the fact that most of the five reasons, given above, relating to the times in which EGW lived and wrote against cheese, are no longer applicable then release me from the proscriptions of EGW against the eating of cheese?
 - a. Not necessarily, for there are other reasons which a committed and rational Christian will consider as he/she weighs the pros and cons of cheese-eating for himself/herself.
2. Milton G. Crane, M.D., research professor of medicine emeritus, Loma Linda University, and director of medical research, Weimar Institute, has addressed the issues in a contemporary context. In a letter to this writer Dr. Crane (Nov. 30, 1987) offered four reasons why a Christian today might avoid the use of cheese, as counseled by EGW, but for reasons which might not have been in the prophet's mind at the time she wrote against cheese:
 - a. High incidence of leukemia in dairy cows
 - b. Cholesterol problems in some individuals
 - c. Danger in high concentration of sodium salt
 - d. Allergic reactions of some individuals posing potential threat

[See attached document; cf. also monographs by Dr. Crane: "Does 'Every Body' Need Milk"(1985); "The Role of Cholesterol and Excess Fat in Disease," (1984)]

3. The cover story in the Feb. 20, 1989 edition of U.S. News & World Today (pp. 1, 68-80) was entitled "Allergy Warfare."

- a. Roberta Williams of Bakersfield, CA, suffered chronic exhaustion, and achiness. After repeated visits to a succession of physicians, one doctor finally traced her malaise to food allergies. "Eliminating red meat, cheese, and wheat from her diet, says Williams, has given her 'a new lease on life.'" (p. 77).
- b. Dr. James Braley of Van Nuys, CA, reports that "as many as half of Americans are allergic to one or more foods. These allergies, he says, can be blamed for a host of complaints, from intermittent fatigue and bloating to chronic migraine headaches and arthritis. (*ibid.*)
- c. Most allergists believe that two to five percent of children, and fewer than one percent of adults are truly allergic, and "fewer than a dozen foods are usually the culprits." (*ibid.*)
- d. "Food allergies and reactions can be a serious, even life-threatening problem" according to Dr. Dean , a researcher at the National Institutes of Allergy and Infectious Diseases, Bethesda, MD. (*ibid.*, p. 78)
- e. "Between 5 and 10 percent of children . . . lack the enzyme that digests the sugar in cow's milk, so drinking it can cause diarrhea, gas, and stomach upset." (*ibid.*)
- f.

DINE WITH CAUTION

Few foods cause true allergic reactions in which the immune system battles an allergen. A food sensitivity is more common when a person reacts to a food. Here are culprits that might cause—

Allergic reactions

citrus fruits	milk	tomatoes
eggs	nuts	wheat
fish	shrimp	

Sensitivity reactions

bananas	garlic	pork
beef	green beans	potatoes
cheese	mushrooms	prunes
chicken	onions	soy
chocolate	peas	spinach
coconut	plums	sugar

coffee (*ibid.*, p. 78)

4. In "Allergies: How You Get Them and How to Get Rid of Them," Time cover story for June 22, 1992 (pp. 1, 54-62), identified as threats that lurk in the form of foods "that produce allergic reactions ranging from nausea to death": "shellfish and nuts, especially peanuts, are among the most dangerous to the vulnerable, with the potential of causing anaphylactic shock. . . ." (p. 57).

Book: Frank A. Oski, M.D.
Don't Drink Your Milk; Caution: Milk Can Be Harmful to Your Health!
Syracuse, NY: Mollica Press, Ltd. (1914 Teall Avenue Syracuse, NY 13206
1983. Paperback, 113 pp.

This book was given to me by an SDA physician/health educator from Ohio at a camp meeting in Colorado in the summer of 1988. I have not had an opportunity yet to check out all the statements alleged as fact in the volume, nor to check the "pedigree" of the author (not every one who possesses an M.D.--or any other doctoral degree, for that matter--is sane and balanced!).

The physician who gave me the book summarized in pencil on the back flyleaves 17 reasons why the use of milk (and products made therefrom) should not be used today. (Again, I have had no opportunity yet to validate the correctness of the reasons offered, and list them here simply as they were listed in the back of the book):

1. High total fat.
2. High saturated fat
3. Cholesterol
4. High sodium
5. High concentrated protein (cancer, osteoporosis)
6. Fermented proteins
 - enols
 - scatols
7. Lactose intolerance
8. Hormones (female)
9. Renet (50% from animals)
10. Molds (fungus)
11. Tyramine
12. Bovine leukemia link
13. Link to multiple sclerosis
14. High histidine level (precursor to histamine) links with allergies
15. Diseased animals in general
16. High phosphorus content (can actually cause osteoporosis)
17. Oxidized breakdown products of cholesterol...highly atherogenic

The physician's (donor's) own postscript:

"When Ellen White said the time would come when we would have to give up such foods, I feel it has already come and gone some years ago!"

For a somewhat different perspective, an "other-side-of-the-coin" opinion,
see statement of Sylvia M. Fagal, a Registered Dietician, on the next page:

"THE OTHER SIDE OF THE COIN"

There is still somewhat of a case to be made for benefits from drinking milk even today, in the context of stated objections.

1. Perhaps half of the objections listed can be obviated by drinking skim milk.
2. The body needs Vitamin B12, and milk is an excellent source of obtaining it:
 - a. The body can store B12 for up to about seven years; is water soluble
 - b. We can daily replenish the body store of this vitamin against the days--ahead--when a supply may be diminished or forfeited.
 - c. If we are not storing it ahead now, there will be nothing against which to draw in the difficult days ahead.
3. Certainly precautions need to be taken, and prudent Christians will take them. But the time may not yet have come for the total abandonment of milk.

Sylvia Fagal, R.D.