

Water

1828 Dictionary:

SOFT, a 19. Not tinged with an acid; not hard; not astringent; as, **soft water** is the best for washing.

DISTILL, v.t. 1. To let fall in drops; to throw down in drops. The clouds distill water on the earth. The dew, which on the tender grass the evening had distilled. 4. To extract the pure part of a fluid; as, to distill water.

IMPURE, a. [L. impurus; in and purus, pure.] 1. Not pure; foul; feculent; **tinctured; mixed or impregnated with extraneous substance; as impure water or air; impure salt or magnesia.**

From the Pen of Sister White:

“...**Water is the best liquid possible to cleanse the tissues.**”{CD 420.1}

“I should...**DRINK...PURE, SOFT WATER.**” {CD 419.2}

“I am to...**place myself in the most favorable condition under the doctors God has provided**--pure air, **PURE WATER**, and the healing, precious sunlight.”{MM 230.2}

“In health and in sickness, **pure water is one of heaven’s choicest blessings...It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease...**”(MH 237.1)

Water can be used in many ways to relieve suffering. **Drafts of CLEAR, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.** {2SM 297.3}

“...if anything is needed to quench thirst, **PURE WATER, drunk some little time before or after the meal**, is all that nature requires...”(CD 420.1)

“Many make a mistake in drinking cold water with their meals. **Food should not be washed down. Taken with meals, water diminishes the flow of the saliva;** and **the colder the water, the greater the injury to the stomach.** Ice water or ice lemonade, **taken with meals, will arrest digestion** until the system has imparted sufficient warmth to the stomach to enable it to take up its work again...” {CH 119.2}

“...**the most effective remedies for disease are PURE SOFT WATER**...” {MM 225.1}

“**The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood...**” {MH 237.1}

“...if those who are afflicted would assist nature in her efforts by the **USE OF PURE, SOFT WATER, much suffering would be prevented...**” {CH 61.2}

“**Thousands have died for want of PURE WATER** and pure air, **who might have lived...These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use SOFT WATER for drinking and bathing purposes, they could be comparatively well and happy instead of dragging out a miserable existence.**” {CD 419.4}

I have sent by Brother Kellogg to get me a filter in London. I do not think it is safe to use this hard water, either to drink or to cook with. {Lt38-1885.20}

"My husband has been free from the peculiar sensations he experienced while using these preparations, and my experience has been for twenty years, that pure soft water is best for my head and hair." {HR October 1, 1871, par. 30}

"I was taken to **the spring**, which is a little farther up the mountainside. This spring gives an abundance of soft, pure water, and is a treasure of inestimable worth." {RH August 25, 1904, par. 13}

"All were glad to share the burden of making this sanitarium, as far as possible, a San Diego County enterprise, and they gave freely according to their ability. About fifteen hundred dollars was subscribed, and half of this was brought back for immediate use. {RH March 16, 1905, par. 22

The very day of the return of Professor Ballenger and my son, with the evidence of the hearty, practical support of the people, the workers in the well struck a fine stream of good, pure water. The next morning Brother Palmer came up early to tell me that there was fourteen feet of water in the well. The water is soft and pure, and we are greatly rejoiced to know that there is an abundant supply. This well is a treasure more valuable than gold or silver or precious stones." {RH March 16, 1905, par. 23}

When we reached the Paradise Valley we found the workmen busy digging a well on the lower part of the land. This work has gone forward successfully, without accident of any kind, and I am very glad to be able to tell you that a good supply of soft, pure water has been found. The workmen went down ninety feet, and one morning when they went to work, they found eighteen feet of water in the well, with all their tools at the bottom. That morning Brother Palmer and your father came to my room, their faces lighted up with smiles, to tell me about the water in the well. Oh, I wish you could have seen the joy on their faces. {3MR 47.1}

I saw that it was a sacred duty to attend to our health, and arouse others to their duty, and yet not take the burden of their case upon us. Yet we have a duty to speak, to come out against intemperance of every kind—intemperance in working, in eating, in drinking, and in drugging—and then point them to God's great medicine, water, pure soft water, for diseases, for health, for cleanliness, and for a luxury. {5MR 105.3}

You will be glad to know that the preparations for opening this building as a sanitarium are going forward rapidly. For some time the men have been digging a well on the flat, and they have found water. They have gone down 90 feet, and they wish to go 10 feet further if possible. Last evening Brother [E.R.] Palmer came to my room so full of joy that he could scarcely speak, to tell me that a stream of water as big as his hand was coming into the well; and this morning there is 14 feet of soft, pure water in the well. I never saw a man more rejoiced than Brother Palmer was. The thought that there is a lake of soft water 100 feet or more below us has sent a thrill of joy through our hearts. There will be all the water that is needed, both for use in the house and for watering the olive and orange trees on the place. {14MR 218.4}

In September, 1902, Ellen White visited the site of the present **Paradise Valley Hospital, National City, California.** What she saw was a three-story building containing about 50 rooms, situated on a 20-acre property, well landscaped with rare shade trees. She urged that the property be purchased if the money could be raised. Although the institution, under the original owners, had failed twice, largely for lack of water, Mrs. White felt sure that water could be found. {14MR 214.1}

In 1904 the institution was purchased, and renovations were begun in preparation for receiving the first patients. During these months of preparation water was scarce and vegetation showed evidence of the prevailing drought. But Mrs. White insisted that water was available, if they would dig a well. The well was dug in November and, much to the surprise and delight of everyone, it yielded an abundant supply of pure, soft water. {14MR 214.2}

Words of the Pioneers:

Spring water is occasionally comparatively free from germs, also the water from driven wells which penetrate rocky strata. Malaria, as well as typhoid fever and cholera, is, I believe, usually contracted through the use of impure water. **The value of boiling the water is well known even in Africa, India, and China. DISTILLED WATER is best of all. At the Sanitarium we use distilled water altogether for drinking purposes.** {February 15, 1895 N/A, GCB 170.8 JH Kellogg}

But let the body be washed with **PURE WATER**, and with proper exercise, the pores will fulfill their function, the circulation of the blood will be helped, and nature will be more apt to keep off disease. {1864 DTB, SLH 73.2}

A recent issue of the Daily Telegraph contained the following hint to gardeners, which ought to be to them as to all others a reminder of the care they owe to themselves. Since mineral substance in the water does such injury to grass, what must be its effect on the tender tissues of the human body? {August 7, 1902 EJW, PTUK 509.7}

"The value of water as it falls from the clouds or conserved in receptacles from the roofs of buildings is inestimable to the gardener. The force it exerts on plant life in supplying the necessary food is very great, and in this respect a painful of soft water is worth a tubful from a well or pipes. . . . Its use on a lawn in particular is far to be preferred to the hard, corrosive stuff that comes by force from a service pipe, which in time injures the very fine, growing grasses, as it clogs the surface, giving it the appearance of being concreted. **Soft water contains all the natural elements that are taken up by plants**, it sweetens their very existence, and assists them to thrive luxuriantly. **It is not so with hard water**, which may keep the most robust alive, but in time they are sure to show signs of dislike by an unhealthy and ungenerous appearance. **Dwellers in the suburbs are strongly advised to save all rain water, either in tube or tanks**, if only for the use of plants in pots, whilst those having either a pond or stream running through their crowns need not take the trouble." {August 7, 1902 EJW, PTUK 509.8}

Bible Study Hour - EXPERIENCES OF THE GOSPEL'S POWER IN CHINA

F. A. ALLUM

May 20, 8:30 A. M.

Now there are many other things I would like to tell you, concerning conditions that we have over there. When we are asking for missionaries to come to that land, we want them to know what they are going to face. We do not want them to come out feeling that they are to be carried around on flowery beds of ease. We do not want them to come to that land for the romance of the thing; for I tell you, brethren, that even in the water we drink there is everything but romance. **One of the greatest privileges, aside from those that come to one's spiritual nature, by being in this Conference, is the fact that I can have good, pure water to drink.** I will tell you the kind of water we have. **We tried to sink wells**, but the water contained so much **mineral matter** that we had to give it up. **We were driven to use the water of the river, and I have seen as many as five dead bodies floating down the river at one time. We boil and filter the water;** and that is water that we have had for the past seven years. {May 22, 1913 WASE, GCB 90.6}

Hygienic medication - commonly called Water-Cure, Hydropathy, Hygeopathy, or more properly Hygeio-Therapy - is based on the fundamental principle that all curative virtue is inherent in the living organism; and that all that remedial agents can or should do, is to supply favorable conditions for the **successful exertion of that power**. Those conditions can never be supplied by the administration of drug-poisons, which are themselves incompatible with living structures, and which only cure (or rather change) one disease by producing another. They are found in such materials and influences as the organism uses in its normal state; not in such things as it rejects. Food, water, air, light, temperature, exercise and rest, sleep, clothing, electricity, passional influences, etc., are necessary and useful to, and usable by, the living system, in its state of health; and they constitute, also, its proper materia medica in all its conditions of disease. {1865 JW, HHTL 155.2}

So far from being a "one-ideaism" - as many charge, who regard the system as literally a Water-Cure, and cold water at that - **Hygienic medication embraces all the useful things in the world - every curative agent in the universe. It adopts whatever nature appropriates, and discards only what nature rejects.** The "one-ideaism" is all on the other side. The term may well be retorted upon those whose remedial agents are, whatever nature abhors and rebels against, and whose only idea of a medicine is an **animal, vegetable, or mineral poison.** {1865 JW, HHTL 155.3}

The system of the healing art which I advocate and practice, not only repudiates all the remedies of the drug schools, but denies the philosophy on which their employment is predicated. It charges their practice with being destructive, and their theory with being false. It ignores all the fundamental premises of all drug-medical systems, and declares the truth to be the exact contrary of what they teach. {1865 JW, HHTL 155.4}

The Best Water —The purest water is universally the best. Whatever beneficial effects are obtained from water drinking must be attributed to the water itself, and not to any ingredients which it contains. **Mineral water are simply diluted drugs.** The ingredients may be obtained at any drugstore, and if diluted to the same extent as that in which they are found in the so-called natural waters, the effects obtained from their use would be the same. **Medical experience has shown that the best of the so-called mineral water are those which contain the least mineral ingredients.** **The very best water is distilled water which has been well aerated.** **Water obtained from natural sources is generally more or less contaminated,** that from lakes, streams, and rivers being necessarily defiled by the fish and other creatures which live in natural bodies of water, and by surface drainage, which, after every rain, washes out quantities of filth.

Water obtained from public supplies should always be boiled; indeed, this precaution is a wise one under nearly all circumstances.

Hard water should always be boiled for a long time to eliminate, so far as possible, the lime which it contains; but even when boiled it is by no means free from this injurious ingredient. The larger the amount of saline ingredients, the more slowly the water is absorbed. The presence of acids encourages absorption. **Carbonated distilled water and diluted fruit juices without sugar are the best drinks.** {Rational Hydrotherapy, John Harvey Kellogg, pg 929-30}

1828 Dictionary:

CARBONATED, a. Combined with carbon.

CARBON, n. Pure charcoal; a simple body, black, brittle, light and inodorous. It is usually the remains of some vegetable body, from which all its volatile matter has been expelled by heat. When crystalized, it forms the diamond; and by means of a galvanic apparatus, it is found to be capable of fusion.

The Daily Chronicle of March 12, has the following item concerning foreign bathing:- {March 24, 1897 EJW, PTUK 192.20}

How far the benefit-if any-derive from treatment at foreign spas is due to the regimen enforced and how far to the waters has always been a matter of controversy. Judging, however, from a discussion at the British Balneological and Climatological Society the waters have very little to do with it. Dr. Heron cleared that it was a matter of indifference whether the bath water were supplied at a German spa or by the Middlesex Waterworks Company. Dr. Kingscote confessed that natural carbonic acid gas was invigorating, but he declared that he had obtained nearly the same results by the use of compressed air. Finally Dr. Louis Blanc, from Aix-les-Bains, admitted that he did not claim any special action for the baths at that resort. **What good was obtained was the result of the method practised.** {March 24, 1897 EJW, PTUK 192.21}

It may be set down as a fact that the best thing in the world for drinking, bathing, or cooking purposes is pure water; and the purer it is the better it is. The good that people receive at mineral springs is not due to the mineral in the water, no matter what the mineral may be, but to the fact that they bathe oftener, and more

according to knowledge, drink more water and live more regularly than at home. {March 24, 1897 EJW, PTUK 192.22}

WATER by H. F. Rand

Now a few words about the value of water. People will tell you you should feel thirsty before drinking. But this is not an infallible rule. **The daily normal use of water is two quarts for the kidneys**, almost the same for the skin, the lungs have to throw off about the same amount of moisture, the liver has to use that much in manufacturing bile, and the alimentary tract uses still more. Even granting that the lungs take much moisture from the air, it still leaves a large quantity that should be taken in by drinking. But the body can only use that which it has, and **often there is not enough water taken into the body to supply more than a fourth of its needs.** {June 1, 1909 WASE, GCB 251.10} H.F. Rand

We can live a great deal longer without food than without water. No one can live over **ten days without water**, and people have been known to live **sixty days without food.** {June 1, 1909 WASE, GCB 251.11} H.F. Rand

I have seen many patients who took a large amount of food, and yet lost in weight every day. They disliked water, and would not touch it. I remember one case in particular. We promised this person that, if he would abstain from food altogether, we would guarantee that he would not lose in weight as when taking food. He was losing a pound a day, and eating enough for three persons. He abstained from food for twenty-four hours, taking two glasses of water, and he lost only half a pound. I finally persuaded him to abstain from food for three days, and to increase the water to six or eight glasses. Then we began to give food. The first day we gave him three granose biscuits. With five glasses of water, he did not lose a particle in weight. With four ounces of granose and five glasses of water, he gained half a pound in one day. The water was the valuable thing with him. {June 1, 1909 WASE, GCB 251.12} H.F. Rand

If a person has **too much fat**, drinking water will bring him to his normal weight; for it increases alimentation and helps oxidation. On the other hand, **if a person is too thin, he is lacking in assimilative power. Water helps to carry out the waste matter and improves the assimilation, thus tending to bring the weight up to normal.** {June 1, 1909 WASE, GCB 251.13}

DISTILLED WATER is the only absolutely pure water. When we think of the waste matter that must be washed out of the body, it will be seen that the purer the water, the better it will do its work. **The best time of day to drink water is early in the morning, and preceding the noon hour.** Water increases the blood pressure, and that stimulates every secretion of the body, and we need that in the morning to stir us up. {June 1, 1909 WASE, GCB 251.14} H.F. Rand

Question: Which is the better, cold water or hot? {June 1, 1909 WASE, GCB 251.15} H.F. Rand

We consider cool water better if the digestive organs are in proper shape. But I do not mean ice-water. **The nearer it is to the temperature of the body, the better.** {June 1, 1909 WASE, GCB 251.16} H.F. Rand

How much should we drink? [Eight 8-oz glasses = 64 ounces (2 quarts)]

About seven or eight ordinary glasses of water. If you can take more than that, so much the better. But the average person requires about that much. {June 1, 1909 WASE, GCB 251.17} H.F. Rand

HOW TO USE WATER from "Health or How to Live" by James & Ellen White

WE take the following from Dr. Jackson's lectures on the use of water upon the human body, published in the Laws of Life for April, 1860: {1865 JW, HHTL 121.1}

"THE QUALITY OF WATER TO BE USED. - **Water**, to be of the highest benefit when used either by the healthy or the sick, **should be pure and soft.** **By PURITY I mean freedom from impregnation by mineral substances,** or earthly salts, or the infusion of vegetable matter, either or all of which render it more or less unfit for external or internal application. **There never was a greater mistake in the use of an agent whose natural and ordinary effect is to promote human health, than is made by those who are led to believe that water impregnated with earthy and medicinal substances is more beneficial than water which is entirely free from them.** Hence the popular belief that to wash the body in medicated water, or to use it as a drink, is superior to the use of pure water, leads to most doleful results. **Water, therefore, which is to be used for bathing, or for drinking purposes, should be as free from all substances which do not enter essentially into its composition, as it is possible to obtain it.** Hence in addition to its purity it should be soft. {1865 JW, HHTL 121.2}

"Hard water is neither fit to use as a detergent, nor as a diluent. Its unfitness for external use upon the body is readily perceived by whoever applies it for any length of time. For, **the skin** which in its healthy conditions is soft and velvety to the touch, and feels to one who has the sense of touch nicely developed, as if it were covered with oil, and then rubbed with the softest material till it is polished like Mahogany, when it is washed for any length of time in hard water, loses that softness, and acquires in its stead a roughness and harshness which is very unpleasant to the sight and to the touch. Housewives who have their hands much in water, know the difference between the effects upon their skin, of hard and soft water. In one instance the skin of the hands becomes dry, and readily cracks, making them sore: in the other, the hands are soft, the skin pliable and smooth. **It is a very great mistake, therefore, on the part of persons who are in health, ever to use hard water for purposes of bathing:** and however desirable it is to have what in common language is known as "living water" - whether from a running brook, or a living spring, or a bubbling, boiling well - over water which is stagnant, by having been gathered and confined in a reservoir, still the difference is in favor of the latter when it is soft, and the running water is hard. Thus, if a family has near its dwelling a living spring of hard water, and in one corner of the house a well-built **cistern** in which water from the clouds is caught and kept pure, the fact that the **rain-water** has been for some time confined in a **cistern**, while the water from the spring is constantly fresh, does not overthrow the superiority of the **rain-water - its softness** being a quality which makes up for any lack of freshness that it may have. To satisfy one that this view is correct, it needs only to be used for the purposes of bathing a sufficient length of time to show its effects. {1865 JW, HHTL 121.3}

See Sister White's quotes regarding **cisterns** on page 9

"WATER AS A DRINK.- **It is not only for its effects upon the skin and indirectly upon the organs lying immediately subjacent to the skin, that water should be pure and soft; but, if possible, its effects upon the internal structure of the body, when taken as a drink, render it more imperatively necessary that PURE and SOFT WATER should be used.** **Eighty per cent. of the human creature is made up of water.** Thus, if you take a person weighing a hundred pounds, and place him where all the fluids in his body shall be removed, and you have left the actual dry material of which he is composed, he will be reduced in weight to twenty pounds. Now, for all this organic use, this great life-sustaining purpose, nothing but pure water will serve. **Just to the degree that there is in it any material which does not enter essentially into the formation of this remarkable substance, is it spoiled for the uses to which we wish to put it.** You can have no lime, soda, magnesia, arsenic, sulphur, nor any other medicinal substances in it; - nor the essences of vegetable substances, **without rendering it unfit** for the purposes for which it is intended in the great constructive policy of Nature; as applied to the human body. This proposition being correct, we only need to go one step further to **demolish entirely the popular belief in the virtues of medicinal springs.** And this can be done easily enough whenever the occasion for doing it shall be appropriate. But my purpose at this time is to state

my objections, not against the use of waters which are usually termed medicinal but against the use of waters which are not so considered, but are generally regarded as fit for use in the common purposes to which water is put as a drink, **and in the preparations of our food**. In other words, **I wish to call your attention to the unfitness of all waters which are simply hard, for use as a drink, and for the purposes of cookery**. {1865 JW, HHTL 122.1}

On no single point is there need of enlightenment more than on this, of the superior quality of soft over hard water as a hygienic agent. **Not only is hard water productive in many instances of diseased kidneys, irritation of the bladder, mucous dyspepsia, and scrofulous development**, but as I have said before, its effects on the skin are to leave it rough, causing it to put on a dry, scaly appearance, making it to crack - and its effects on the mucous membrane are even worse, creating an irritation of that texture, serving to introduce dyspeptic conditions, sore throat, nasal catarrh, inactivity of the liver, costiveness, piles, and headache. Persons using it as a daily drink, never mingling it with anything else, would be marked over whole districts of country by **habitual constipation**, by **dry skin**, by **shriveled muscle**, and are therefore, as if by instinct, led to avoid its use, unless modified by articles such as milk, sugar, tea, coffee, and alcoholic mixtures. I have known persons taking hygienic treatment for constipation of the bowels, whom physicians had utterly failed to cure by any hydropathic appliance, and have been compelled to resort to medicines, immediately relieved on the use of pure soft water as a drink. But this is only half its value. Its power as a solvent, as well as a tonic, its gentle and invigorating effect on free mucous surfaces, thus indirectly securing the health of all the senses, whose niceties of action depend on the health of the mucous tissue, are evidences of its advantage as a hygienic agent. {1865 JW, HHTL 123.1}

"We who are so artificially educated in all that pertains to the nicety of perception by the special senses, know very little of the instinctive dislike which the unperverted taste would show toward hard water as a drink. The animals might teach us on this point. Horsemen, who study the natural conditions of their horses, and seek to preserve their health, are very particular in procuring soft water for them to drink, they having been taught that the taste of the horse is so perfect and nice in this matter, as to cause him even when thirsty, to refuse to drink at hard-water springs, and go for miles till he can find soft water. Besides, horsemen say that the remote effects of hard water as a drink for the horse, are, that instead of a glossy, sleek appearance of the hair which the horse shows when in the habit of drinking soft water, there arises a staring, dry, and apparently half-deadened condition of the hair and skin, making the grooming of the animal doubly difficult. {1865 JW, HHTL 124.1}

"I am satisfied that right views and a practical reformation on this point on the part of the people, would do much toward introducing them to better conditions of health, even though other things should remain as at present. And I should advise every family who may read this lecture, and who use hard water either for drink or for culinary purposes, to take measures immediately to supply themselves with SOFT WATER in abundant quantities; and if it can only be obtained by being caught in reservoirs as it falls from the clouds, to filter it before it is used. Filtered rain-water is perfectly unobjectionable as a drink; and an expenditure of from five to twenty dollars in the purchase of a filter, would secure to any family in this land the means of purifying all the water they might need for drink and for cooking purposes." {1865 JW, HHTL 124.2}

I will praise Thee, for I am fearfully and wonderfully made. Ps.139:14. {1865 JW, HHTL 124.3}

Excerpts from "Hand Book of Health" by J. N. Loughborough

306. **What general rules should be followed in bathing?** {1868 JNL, HBH 138.3}

With healthy persons a bath every other day, at a temperature congenial to their feelings, may be good. **SOFT WATER should invariably be used in bathing**. A good tub to stand in and a good sponge are the only essential articles necessary to give a common bath. A soft towel or a cotton sheet should be used to wipe the body thoroughly dry on leaving the bath, after which the whole surface of the body should be rubbed with the bare hand till the skin feels soft and velvety, and a healthful glow is upon the surface of the body. In case of feeble persons, the labor of the bath should be performed by an attendant, they themselves remaining passive to prevent exhaustion of the body. Feeble persons should take a rest, or a nap, after a bath, before they exercise. After there is a thorough reaction from

the bath, light gymnastics, walking, riding, or light labor in the open air, according to the strength of the individual, are beneficial. Persons in good health will not experience any difficulty in taking a general bath on first rising in the morning. **For all, and especially the feeble, eleven o'clock in the forenoon is the best time for taking a bath. Never take a bath until at least two hours after a meal. Never take a bath when the body is in an exhausted condition. Swimming or bathing after performing a hard day's labor, is a very pernicious practice.** Those who practice swimming are very liable to remain in the water too long. {1868 JNL, HBH 138.4}

426. **What is the most wholesome drink for man?** {1868 JNL, HBH 197.5}

Filtered SOFT WATER. This should be used, not to wash down the food, but to quench the thirst. Water should be cool but not very cold, or iced. Hot water is very debilitating and weakening to the stomach. Beer, soda, and all kinds of mineral waters should be carefully avoided. **Excessive drinking, even of pure water, is weakening to the system, as it imposes additional labors upon the absorbing and eliminating organs.** Food of an exciting and irritating kind, as that filled with salt and other seasonings, will call for excessive drinking, and for these reasons all such food should be avoided. {1868 JNL, HBH 197.6}

427. **What is the best habit to observe in regard to drinking water?** {1868 JNL, HBH 198.1}

The best time for drinking water is undoubtedly when the stomach is empty - on first rising in the morning, and half an hour or an hour before meals, or three or four hours after a meal. There may be conditions of the stomach which require drink at meals, but, as before said, this should be done when the food is out of the mouth, and not to wash down the food. Those who have weakened their digestive powers so that their stomachs will not bear cool water, should commence with a small quantity, gradually increasing the amount, and thus accustom themselves to its use. {1868 JNL, HBH 198.2}

Another, by no means slight, evil inflicted on the surface of the body, is in shaving the beard. Nature requires its growth. **If you think you must shave, do it in cold SOFT WATER.** Better still to keep the razor off your face. {1868 JNL, HBH 140.4}

83. **How can we care for the teeth?** {1868 JNL, HBH 34.1}

The teeth should be cleansed with a brush or a soft piece of flannel, and tepid water, after every meal, but more especially before retiring to rest, and again after rising in the morning. Some refined soap may be occasionally used, to remove any corroding substance that may exist around or between the teeth. The mouth should be rinsed after its use. **SOFT WATER is always best for the teeth.** If the teeth are closely set together, drawing a thread between them occasionally will be of great benefit. {1868 JNL, HBH 34.2}

Hygienic Family Physician by M.G. Kellogg, M.D. pgs 11-15:

(Loughborough's endorsement on this book on last page, 17, of this document)

WATER

As a hygienic agent, water occupies a position of great importance. It constitutes by far the greater portion of the bulk and weight of the body, and forms a very essential element in all of its tissues, some of them being almost wholly composed of water, of which the brain is an example. **Water is also the chief constituent of the blood,** and is the medium by which the vitalized corpuscles, albumen, fibrine, and caseine—materials of which the tissues of the body are built—are transported to those parts where needed **for the purpose of repairing or building the tissues.** It also serves as **a means of transportation for conveying the worn-out material and effete matters to those organs whose duty it is to remove them from the system.** **Another purpose which water serves is that of purification.** The skin is an important organ of depuration, more than one-half of the effete matters of the system being thrown out by it in connection with the insensible perspiration. These soon form a scaly incrustation which

closes the pores of the skin unless it be kept cleansed with water. Many times individuals are made sick because their skin has become clogged with impurities through want of proper bathing.

SOFT WATER only should be used. When it is possible to obtain it, none but **PURE SOFT WATER** should be used either for purposes of bathing, drinking, or cooking. In some parts of the country, springs of soft water are to be found; while in others, **soft water is obtained by digging wells.** There are, however, many very large sections where only hard water can be obtained from either springs or wells; yet **there are few habitable portions of the earth's surface where a sufficient quantity of soft water cannot be obtained by catching the rain as it falls and storing it in cisterns, where it can ever be ready at hand for use.**

In Sister White's day, the city water (hard mineral water) was unfit to use like today. From the pen of Sister White regarding cisterns that were used to catch rain water to provide soft water for drinking, bathing and cooking:

We have soft water in [a] cistern. [such] as we had in America, one in the earth and one large sink reservoir **which receives the rain from the eaves of the house;** nothing like animals, they say, can get into it, so **this is an advantage over the city water. We have no city water brought to the house.** {Ms19-1894.22}

We shall wait patiently until something further is offered where we can be supplied with water and woodlands. **What we need is mountain advantages, where we can have an abundance of pure, soft water that is not poisoned by the schemes of men.** {Lt256-1908.2}

I thought of the large reservoir of hot water upon our stove—ready for use at any time, **and our immense cistern of soft water,** and **our filter** in the cellar, our various bathing pans, and bath room fitted up with a stove. {RH February 27, 1866, par. 10}

We located the underground cistern as soon as this question was brought to our notice. **We have a large cistern on our place,** and **it is a treasure to us.** {Lt41-1897.9}

It has been raining this day, very gently, but it is gratefully received. We feared we should have to empty our **underground cistern** to accommodate the school, for there is a dearth of water. Oh, how thankful we ought to be to our heavenly Father for this rain. It helps every family. The tanks were all empty but our own. We are very careful in such a time to have no water wasted. {Ms185-1899.4}

We have a very comfortable home, plastered. We have **an underground cistern** holding eighty [?] thousand gallons of water. We have five tanks and each holds ____; besides this we have a creek of fresh water for animals. We have three cows and three carriage horses. {Lt167-1896.6}

The large tank is being made for to use our own well water and save expenses. **We intend to have a cistern dug under our house and use rain water. We shall require a good filter.** Will you see in regard to this? **We shall use rain water when we can which will be about six months in the year.** {Lt34-1877.3}

There has been much outlay of money. There are **immense cisterns built underground for reservoirs for rain water,** and a large number of tanks besides. {Lt122-1894.5}

HARD WATER should not be used either for cooking, drinking, or bathing, when **SOFT WATER** can be had, **for the reason that the HARD WATER contains certain mineral substances which are injurious to life, such as lime, salt, magnesia, borax, alum, iron, sulphur, etc.** None of these, when taken into the system, are usable either in building up the tissues or in maintaining life; and the organs of depuration, i. e., the liver, kidneys, mucous membrane of the intestines, skin, and lungs have to remove them from the system the same as they do the ashes and effete matters spoken of under the head of air; otherwise, the entire system would become clogged with them, the circulation would be impeded, the body thereby would be improperly maintained, and death would soon ensue.

One of the reasons why so many people suffer so much with diseased livers, kidney difficulties, lung complaints, bowel complaints, agues, fevers, skin diseases, rheumatism, etc., is because they drink HARD WATER. The mineral substances taken into the system with the water have all to be cast out of the system by the above-mentioned organs of depuration, and they become overworked, wornout, or diseased, in their endeavors to perform the extra work which is imposed upon them.

Another evil that results from drinking HARD WATER is the formation of hard concretions, or calculi, commonly known as gravel. These concretions may form in various parts of the body, but are usually

found in the kidneys and bladder, although they sometimes occur in the lungs and also in the liver. These concretions are formed by the precipitation of the mineral substances held in solution in the blood. **It is true that the use of hard water does not occasion any immediate, appreciable ill effects, yet its continued use will sooner or later break down the strongest constitution** ; for as the various organs of depuration expend their vitality in eliminating these substances, they have less strength wherewith to perform their usual work, and as a consequence the system becomes clogged with the wastes of the body and disease of some kind must follow, sooner or later.

PURE WATER only should be used. All water that has stood long in the open air is liable to become impure, either by vegetable or animal substances falling into it, or by the absorption of certain noxious gases. **Water containing vegetable or animal substances in a state of decomposition, or that has absorbed organic impurities by standing in an open vessel over night or through the day in a room that is occupied by persons or animals, is even more injurious than HARD WATER, and should never be used without filtering.** The rain water caught on wooden roofs always contains more or less decaying vegetable matter, which comes from the wood of the roof, while the dark or yellow color of the water is due to the presence of soot, smoke, dust, and other impurities which collect upon the roof.

RAIN WATER can be rendered nearly pure by filtering. Water is **filtered** naturally by passing through large and compact bodies of sand, or through porous sandstone. **Such water is usually PURE and SOFT. We can imitate nature by passing water through vessels filled with sand and charcoal.** A **good filter** can be made by fitting a perforated false bottom into a barrel so as to leave an air chamber about three inches deep. Then lay over this bottom a layer of coarse gravel or broken sandstone, then a second layer of broken charcoal, the lumps the size of large peas. This should be well packed, so as to prevent the finer particles from sifting through. Then fill the barrel up to within three inches of the top with finely powdered charcoal that is freshly burned, mixed with twice its bulk of fine, well-washed sand. Cover the whole with a flannel cloth, and pour on the water. **There should be a small pipe connecting with the chamber below, and this pipe should extend as high as the top of the barrel. This pipe serves as an outlet and inlet for air as the filtered water rises or falls in the chamber. There should also be a stop-cock or faucet for drawing the filtered water from the chamber. Every family who would have health should have a cistern for rain water and a filter, unless they have soft spring or well water. As before stated, stone in the bladder, gravel in the kidneys, calculi in the liver, and concretions and tubercles in the lungs are some of the evils resulting from the use of HARD WATER.** (Above taken from pages 11-15 in Hygienic Family Physician by M.G. Kellogg, M.D.)

Rain water = distilled (pure) water 😊

More quotes on water from “Hygienic Family Physician” by M.G. Kellogg:

Water is the best diaphoretic we have. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 107)

The cooling property of water renders it of priceless value in the treatment of inflammations and fevers. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 117)

Now as these unusable substances can reach the tissues only as they are circulated in the blood, being held in solution by it, it is evident that in many cases **the drinking of pure, soft water** would result in great good, as the elimination of this water by the kidneys, the sweat glands, and other depurating organs **would remove much of the poisonous matter held in solution by the watery portion of the blood.** (Hygienic Family Physician by M.G. Kellogg, M.D. pg 117)

The greater the variation of the temperature of the body from the common standard, the more constant and assiduous must be the application of water, both externally and internally. It is this cleansing, absorbing, dissolving, and cooling power of water, by means of which the effete matters are removed from the system, and its temperature and the circulation of its fluids regulated, that renders water so efficient an agent in the restoration and preservation of health. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 121-22)

OUR FACILITIES.

Very few institutions are provided with conveniences and advantages equal to ours. Our bath rooms are both capacious and convenient, and are furnished with an inexhaustible supply of pure, soft water. Several rooms are also prepared especially for the administration of the Sun-Bath. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 13)

Whenever the eye or ear is affected by any inflammatory disease, wet cloths of a temperature the most agreeable should be applied to them, or the water may be applied by a gentle shower bath, or by pouring, or the eyes may be held open in clear, soft water. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 169)

Inflammation of the Kidneys-

Scrofulous persons are quite apt to have acute inflammation of the kidneys. This disease is also brought on quite frequently, by exposure to cold and damp, also from the formation of gravel—hardened calculi—in the kidneys or their excretory ducts—the ureters—occasioned by drinking hard water, also from intemperance combined with poor living, also from the use of medicines given to promote the urinary excretions. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 350)

GOITER.

This is simply an **enlargement of the thyroid gland,** which becomes, in some instances, so enlarged **as to cause the neck to measure upward of two feet in circumference...** This disease is caused by drinking hard water or water containing lime, magnesia, or other earthy substances, and by breathing impure air, living in the shade, and other unhygienic habits. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 314-15)

A letter addressed to Willie White from the pen of Sister White which matches the statement above from Brother M.G. Kellogg in relation to goiter:

We are comfortably situated. My health is very good now again; I am so glad. I wish we had a filter. I told Brother Kellogg to see in regard to getting one in London, but no word comes from him yet, whether he made any purchase or not. I think the swelled necks are more the result of the water they drink than anything else. I think it would be well to bring a small filter. Talk with Dr. Kellogg. I understand he purchased a filter in London. The soft water here is a treasure. I assure you, and now that we can keep warm, my health is as good in this climate as in California, perhaps better. {Lt72a-1886.9}

WATER DRINKING.

Soft water is by far the most preferable drink that a human being can use. As a general rule, the sense of thirst should be the guide both in sickness and health as to time of drinking and amount to be taken. If, however, the person is very thirsty, he should drink very slowly; or if he is very warm from exercise or artificial heat, he should not only drink very slowly, but should also drink very moderately. Ice-water, if drunk, should be taken very cautiously. Many persons induce serious diseases by drinking large quantities of ice-water when very warm from exercise. Drinks of all kinds should be abstained from at meals. Water drinking at proper times and in proper quantities subdues morbid cravings, cools the heat of fever, relieves internal congestions, allays inflammation, and aids in purifying the blood and in regulating the circulation. In all inflammatory and febrile diseases, cool water may be taken until the patient is satisfied. If the patient is strong and has a high fever, he may drink freely of cold water; but if weak, with low circulation, the water should not be cold, and should be taken in very small quantities at a time, yet it may be taken very often. If the patient is too weak to rise to drink, he should suck the water through a straw or something similar. If the lips and tongue are cracked, as is often the case in typhoid fever, a wet cloth should be constantly applied to them. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 172-73)

MINERAL SPRINGS.

There is resting in the minds of the majority of civilized human beings the idea that if pure water is beneficial in the treatment of disease, then water which contains some mineral must be still more beneficial when applied either externally or internally. Hence, in all civilized countries, most springs that are known to contain a variety of mineral impurities are resorted to by hundreds, and many, by thousands, of invalids yearly who drink of, and bathe in, the impure water with the expectation that the impurities of the water will impart to them health and vigor. There never was a greater mistake made than this, yet there are many who, after a few weeks' or months' stay at these springs, leave with health apparently improved. They suppose that all is due to the medicinal properties of the water, and, consequently, they advise every invalid they meet to go and try the springs. Could the same invalids foresee the ills that they must suffer in after years as the result of a few months' use of mineral water, they would be extremely wary how they either use or advise others to use such water.

No benefit is received from the use of mineral water that might not be received in still greater amount by the use of pure water. It is true that many who drink of, and bathe in, mineral water experience, after a short time, a great change in their feelings and symptoms, and think themselves better; but that this change is produced in whole, or even in part, by the mineral substances contained in the water is by no means certain; on the other hand, it is extremely doubtful whether this is the case, for the reason that mineral water contains no substances that are not administered freely by every drug physician for those very complaints for which the patient visits the springs, and, in most cases, substances identical in character had been taken freely by the patient without benefit. This fact and the additional fact that pure water, when properly applied in the treatment of similar diseases, always results in lasting benefit, and the still further additional fact that nearly every patient who visits mineral springs has not been in the habit of using water sufficiently often for the common purposes of health, indicate that the minerals in the water did not make it any more efficacious. When we add to these the fact that whatever change can be wrought in a patient's mind to inspire hope, expectation, and confidence, will always be of great benefit, and that the change of scenery and surroundings does inspire these feelings in the minds of ninety-nine out of every one hundred who visit such places, we must conclude that the change that takes place in their cases is owing to the changes that have taken place in their material surroundings and in their habits of life; and not only this, but that if they had used pure, soft water as freely and in the same manner that they did the mineral water, they would have derived much greater benefit from its use.

We are strengthened in this conclusion by the fact that nearly every patient who uses mineral water freely for any length of time, finds himself afflicted with some serious chronic disease which is directly traceable to its use for its origin.

Let not the reader gather from the foregoing remarks the idea that mineral waters do not occasion what the physicians call a "medicinal effect," for they do, and in the same way that all medicines do; but this "medicinal effect," as we have shown in Part II., is nothing more nor less than vital resistance, or an effort on the part of the vital organism to expel whatever substance occasioned or produced the "medicinal effect." Now, since all such efforts waste the patient's vitality, and in the end weaken his constitutional vigor, they are to be avoided at all times; and to do this, it is necessary to avoid receiving into our systems, or in any way using, any of those substances that occasion such effects, even though they be in mineral waters

It is true that impure water may be used for bathing purposes with less injury to the patient than will occur if he drinks the same water; yet, since water, and whatever substance it may hold in solution, is freely absorbed through the pores of the skin, it is far better that we should use nothing but pure, soft water for bathing purposes. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 185-88)

MEDICATED -BATHS.

The great popularity of mineral springs, together with the fact that in the minds of most people there exists an idea that mineral water is more healthful for the sick than that which is pure, has led to the preparation of artificially medicated baths in many cities.

In preparing these, the physician strives to imitate nature in some instances by producing mineralized,

saline, alkaline, and acid baths, while others have sought to improve the mineral-bath by adding thereto oleaginous, spirituous, and **gaseous compounds** and fumigations, apparently thinking that if they could succeed in producing a bath that should at once contain some of the supposed infernal stenches of pandemonium, **as well as some of the impurities of this earth**, that they had indeed succeeded in producing an "antidote" to disease in all its multitudinous forms. **Absurd as is the idea of such baths being capable of restoring health to the sick**, nevertheless hundreds of them have been prepared, and what will doubtless strike the reader as still more absurd, to save expense, the same water in most cases was used over and over again in treating different patients suffering with various diseases. This has been done by educated men, who professed to be the conservators of the health of the people. It is unnecessary to say anything further against the use of these baths, as **all that has been said concerning the impropriety of using the water of mineral springs applies with equal force to the medicated baths**.

The following are a few of the many medicated baths that are in use at the present time, both in this country and in Europe :—

The Acid-Bath is made by adding from eight ounces to two pounds of muriatic acid to sixty six gallons of water.

The Alkaline-Bath, by adding from eight to sixteen ounces of pearlash to sixty-six gallons of water.

(PEARLASH, n. *perl'ash*. An alkali obtained from the ashes of wood; refined potash.)

(POTASH, n. [*pot and ashes*.] *The popular name of vegetable fixed alkali in an impure state, procured from the ashes of plants by lixiviation and evaporation. The matter remaining after evaporation is refined in a crucible or furnace, and the extractive substance burnt off or dissipated. Refined potash is called pearlash. The plants which yield the greatest quantity of potash are wormwood and fumitory. By recent discoveries of Sir H. Davy, it appears that potash is a metallic oxyd; the metal is called potassium, and the alkali, in books of science, is called potassa.*)

The Borax -Bath, by adding four ounces of borax and three fluid ounces of glycerine to thirty gallons of hot water.

The Conium and Starch-Bath, by adding one ounce of extract of conium and one pound of pulverized starch to thirty gallons of hot water.

(HEMLOCK, n. 1. A plant of the genus **Conium**, whose leaves and root are poisonous. Also, the *Cicuta maculata*.)

The Creosote-Bath, by adding three fluid drachms of creosote and four fluid ounces of glycerine to thirty gallons of hot water.

The Potassium-Sulphuret-Bath, by adding four ounces of potassium sulphuret to sixty gallons of water.

(SULPHORE, SULPHURET, n. A combination of sulphur with a metallic, earthy or alkaline base; as a sulphuret of potash.)

The Nitro-Hydrochloric-Acid-Bath, by adding twelve ounces of nitric acid and one ounce of **hydrochloric acid** to thirty gallons of hot water.

The Gelatinous-Bath, by adding glue to the water.

The Sulphur-Bath, by adding two ounces of diluted **sulphuric acid** and eight ounces of sulphuret of potassium to thirty gallons of water.

(SULPHURIC, a. *Pertaining to sulphur; more strictly, designating an acid formed by sulphur saturated with oxygen; as sulphuric acid, formerly called vitriolic acid, or oil of vitrol.*)

The Tan-Bath, by boiling two or three handfuls of **ground oak bark** in two or three quarts of water, and adding the liquid to the bath.

The Arsenical-Bath, by adding a preparation of arsenious acid, **nitrate of soda**, **carbonate of soda**, sulphate of soda, and **salt**, with sufficient water for a bath.

All of the preceding medicated baths are in constant use in many large cities, yet **they are all not only useless so far as the medicating of them is concerned, but they are positively injurious to the human system, and should never be used**. (Hygienic Family Physician by M.G. Kellogg, M.D. pg 188-91)

Some Thoughts & Guidelines for Drinking, Bathing and Cooking with Water for the Best of Health

(based from quotes above)

“water is **SOFT and PURE**... a treasure more valuable than gold or silver or precious stones.” {RH March 16, 1905, par. 23}

1. Pure, soft water (free from minerals) should be used for the treatment of disease and to maintain health.
 - “...the most effective remedies for disease are PURE SOFT WATER...” {MM 225.1}
 - “God’s great medicine, water, PURE SOFT water, for diseases, for health, for cleanliness, and for a luxury. {5MR 105.3}
 - But let the body be washed with PURE WATER, and with proper exercise, the pores will fulfill their function, the circulation of the blood will be helped, and nature will be more apt to keep off disease. {1864 DTB, SLH 73.2}

“We are strengthened in this conclusion by the fact that nearly **every patient who uses mineral water freely for any length of time, finds himself afflicted with some serious chronic disease which is directly traceable to its use for its origin.**” (Hygienic Family Physician by M.G. Kellogg, M.D. pg 187)

“There never was a greater mistake in the use of an agent whose natural and ordinary effect is to promote human health, than is made by those who are led to believe that water impregnated with **earthy and medicinal substances** is more beneficial than water which is entirely free from them.” {1865 JW, HHTL 121.2}

2. “Use only ****pure, soft water** that is free from impregnation of mineral substances.” {1865 JW, HHTL 121.2} ****distilled or filtered rain water**
 - “Distilled water is the only absolutely pure water” {June 1, 1909 WASE, GCB 251.14} H.F. Rand
 - “DISTILLED WATER is best of all. At the Sanitarium we use distilled water altogether for drinking purposes.” {February 15, 1895 N/A, GCB 170.8 JH Kellogg}
 - “Medical experience has shown that the best of the so-called mineral water are those which contain the least mineral ingredients. The very best water is distilled water which has been well aerated.” {Rational Hydrotherapy, John Harvey Kellogg, pg 929-30}

Water, to be of the highest benefit when used either by the healthy or the sick, should be pure and soft. By PURITY I mean freedom from impregnation by mineral substances, or earthy salts, or the infusion of vegetable matter, either or all of which render it more or less unfit for external or internal application. {1865 JW, HHTL 121.2}

3. Drink a minimum of at least 7 to 8 ordinary glasses (2 quarts) of water per day. {June 1, 1909 WASE, GCB 251.17} H.F. Rand
 - “Its effects upon the internal structure of the body, when taken as a drink, render it is imperatively necessary that pure and soft water should be used.” {1865 JW, HHTL 122.1}

A recent issue of the Daily Telegraph contained the following hint to gardeners, which ought to be to them as to all others a reminder of the care they owe to themselves. Since mineral substance in the water does such injury to grass, what must be its effect on the tender tissues of the human body? {August 7, 1902 EJW, PTUK 509.7}

4. "The best time to drink water is undoubtedly when the stomach is empty- on first rising in the morning, and half an hour or an hour before meals, or three or four hours after a meal." {1868 JNL, HBH 198.2}
 - "The best time of day to drink water is early in the morning, and preceding the noon hour." {June 1, 1909 WASE, GCB 251.14} H.F. Rand
 - Drafts of CLEAR, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good. {2SM 297.3}
 - "...if anything is needed to quench thirst, PURE WATER, drunk some little time before or after the meal, is all that nature requires..."(CD 420.1)

5. Avoid drinking with meals as it arrests digestion.
 - "Drinks of all kinds should be abstained from at meals." (Hygienic Family Physician by M.G. Kellogg, M.D. pgs 172)
 - "Food should not be washed down. Taken with meals, water diminishes the flow of the saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again..." {CH 119.2}

"One of the reasons why so many people suffer so much with diseased livers, kidney difficulties, lung complaints, bowel complaints, agues, fevers, skin diseases, rheumatism, etc., is because they drink HARD WATER." (Hygienic Family Physician by M.G. Kellogg, M.D. pgs 11-15)

6. "Take a general bath on first rising in the morning." {1868 JNL, HBH 138.4}
 - "Soft water should invariably be used in bathing." {1868 JNL, HBH 138.4}
 - "Pure, soft water is best for hair." {HR October 1, 1871, par. 30}
 - "She should have a simple diet, and should be allowed plenty of pure soft water to drink. She should bathe frequently in pure soft water, and this treatment should be followed by gentle rubbing. Let light and air be freely admitted into her room. She must have quiet and undisturbed rest." {RH August 22, 1899, Art. B, par. 5}

"But let the body be washed with PURE WATER, and with proper exercise, the pores will fulfill their function, the circulation of the blood will be helped, and nature will be more apt to keep off disease." {1864 DTB, SLH 73.2}

"Thousands have died for want of PURE WATER and pure air, who might have lived...These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use SOFT WATER for drinking and bathing purposes, they could be comparatively well and happy instead of dragging out a miserable existence." {CD 419.4}

It is true that impure water may be used for bathing purposes with less injury to the patient than will occur if he drinks the same water; yet, since water, and whatever substance it may hold in solution, is freely absorbed through the pores of the skin, it is far better that we should use nothing but PURE, SOFT water for bathing purposes. (Hygienic Family Physician by M.G. Kellogg, M.D. pgs 188)

7. "Never take a bath at least two hours after a meal." {1868 JNL, HBH 138.4}

8. "Never take a bath when the body is in an exhausted condition." {1868 JNL, HBH 138.4}
--"Swimming or bathing after performing a hard day's labor, is a very pernicious practice." {1868 JNL, HBH 138.4}

"If, however, the person is very thirsty, he should drink very slowly; or if he is very warm from exercise or artificial heat, he should not only drink very slowly, but should also drink very moderately. Ice-water, if drunk, should be taken very cautiously. Many persons induce serious diseases by drinking large quantities of ice-water when very warm from exercise." {Hygienic Family Physician by M.G. Kellogg, M.D. pg 172}

9. Soft water is always best for dental hygiene.
--" SOFT WATER is always best for the teeth. If the teeth are closely set together, drawing a thread between them occasionally will be of great benefit." {1868 JNL, HBH 34.2}

"On no single point is there need of enlightenment more than on this, of the superior quality of soft over hard water as a hygienic agent. Not only is hard water productive in many instances of diseased kidneys, irritation of the bladder, mucous dyspepsia, and scrofulous development, but as I have said before, its effects on the skin are to leave it rough, causing it to put on a dry, scaly appearance, making it to crack - and its effects on the mucous membrane are even worse, creating an irritation of that texture, serving to introduce dyspeptic conditions, sore throat, nasal catarrh, inactivity of the liver, costiveness, piles, and headache." {1865 JW, HHTL 123.1}

"Another evil that results from drinking HARD WATER is the formation of hard concretions, or calculi, commonly known as gravel.... As before stated, stone in the bladder, gravel in the kidneys, calculi in the liver, and concretions and tubercles in the lungs are some of the evils resulting from the use of HARD WATER." (Hygienic Family Physician by M.G. Kellogg, M.D. pg 15)

10. Use pure, soft water for all cooking- food will be more flavorful and taste much better.
--"And I should advise every family who may read this lecture, and who use hard water either for drink or for culinary purposes, to take measures immediately to supply themselves with SOFT WATER in abundant quantities." {1865 JW, HHTL 124.2}

"HARD WATER should not be used either for cooking, drinking, or bathing, when SOFT WATER can be had, for the reason that the HARD WATER contains certain mineral substances which are injurious to life, such as lime, salt, magnesia, borax, alum, iron, sulphur, etc. None of these, when taken into the system, are usable either in building up the tissues or in maintaining life..." (Hygienic Family Physician by M.G. Kellogg, M.D. pg 12)

I highly recommend the reading of M. G. Kellogg's book of which excerpts were presented in this document.

Loughborough's endorsement on M. G. Kellogg's (Harvey Kellogg's brother) book, Hygienic Family Physician:

HEALTH IS HAPPINESS!
READ AND PRESERVE.
BOOKS! REFORMER! INSTITUTE!
The Hygienic Family Physician

THIS is the title of a work recently published at this Office. As the title suggests, it is **a work especially designed for family use**. The style in which it is written is such as to render it perfectly intelligible to all classes, as it is quite free from technical terms and phrases which are of such frequent occurrence in nearly all books of this kind which have previously appeared as to render them more or less objectionable. It is, nevertheless, "**a complete guide for the preservation of health and the treatment of disease without the use of medicine**." {1868 JNL, HBH 1a.1}

The work is written in four parts. The subjects treated are, in Part I., Health and Hygienic Agents; Part II., Disease and Drugs; Part III., the Bath; Part IV., Diseases and their Treatment. A more minute description of each part is found below. This work is of a thoroughly practical nature, and **should be in the hands of every family in the land**, as **it affords instruction of the most vital importance**. **Directions for the treatment of disease are so plain and minute that any person of ordinary intelligence with its assistance may successfully treat nine-tenths of all the cases of disease which occur in any neighborhood**. The publishers have placed the price so low that the book may be obtained by any one who feels at all in need of such a work. {1868 JNL, HBH 1a.2}

Sister White's endorsement of Loughborough:

The influence of **Elder Loughborough** is valuable in our churches. Just such a man is needed, one who has stood unwaveringly for the light that God has given to His people, while many have been changing their attitude toward this work of God. **I say let Elder Loughborough do a work that is suffering to be done in the churches. The Lord would have his voice heard as was John's, telling the things he has seen, and that which he has heard, which he himself has experienced in the rise and progress of the third angel's message**. {1888 716.3}

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To Download PDF file of

**DR. M. G. KELLOGG'S BOOK TITLED**

**'The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine', 1873 edition**

<https://collections.nlm.nih.gov/ext/kirtasbse/64220470R/PDF/64220470R.pdf>

**Other recommended reading:**

**Health or How to Live** by James and Ellen White, 1865 edition:

Hard copy: Echos from the Past, V. Bates 541-479-2000 / [www.vbates.com](http://www.vbates.com) or

readable online version: <http://text.egwwritings.org/publication.php?pubtype=Book&bookCode=HHTL&lang=en&pagenumber=1>

**Hand Book of Health; or, a Brief Treatise on Physiology and Hygiene Comprising Practical Instruction on the Structure and Functions of the Human System and Rules for the Preservation of the Health** by J. N. Loughborough, 1868 edition:

Facsimile hard copy or readable online version easily found by online title/ author search

**What is in your water?**

ENVIRONMENTAL WORKING GROUP WATER DATA BASE [www.ewg.org](http://www.ewg.org)

To learn what is in your local municipal drinking water, visit <https://www.ewg.org/tapwater/#.WaLMbMaQyUk>

**Distilled Water, The Shocking Truth:** <https://youtu.be/ZVnXzGaD68M>

## **CONCLUDING THOUGHTS**

**Do you not see how, in the treatment at the sanitarium, the gospel of Jesus Christ can be easily preached? We are dealing with real things.** We have been groping as if we were in the dark; but the Lord has given us the Spirit to anoint our eyes, so that we can see; and then in these waters that we take, we shall see the blood of Christ, that cleanses from all sin. {February 24, 1899 N/A, GCDB 80.8}

In the tabernacle there were tables of stone, and the law was engraved upon them. It was dead stone. But we come to the living stone. In the true tabernacle, in God's throne, where the Lamb slain is, this the living stone, enshrining the living law; and the water that flows from that is impregnated, full, charged with the righteousness of the living law of God; and whosoever drinks from that, drinks what? - "Blessed are they which do hunger and thirst after righteousness: for they shall be filled. When a man is thirsty, and gets filled, how does he get filled? - By drinking. He hungers and thirsts after righteousness; then he eats and drinks righteousness, and he is filled with righteousness. Righteousness comes from the throne of God, - flows out in a stream of life. **The heavens drop it down; because He visits the earth, and waters it with the rain from heaven.** In like manner the prophet says: "Drop down, ye heavens, from above, and let the skies pour down righteousness." O, how easy the way of righteousness is made, and how real it is! and **O, what a blessed thing, what a pleasure, it is to drink water! Yes; and more than that, the man who sees this, will never drink anything else but water. Of course God lets the water come up through the fruits; and when we take the fruit, we are drinking it still, because that water which has come up through the grapevine, and then been stored up in little clusters, Jesus speaks of as his blood. The rich juices of the fruit are water. But whoever knows that water is the water of life, will never mingle with that pure water of life something which will deteriorate it. He will not put some poison in that if he knows that is the life of God, because that would be saying to the Lord, I know that this is your perfect life; but I do not care anything about all the perfect life; a little of it is good enough for me. I will take it degenerated. What is he doing? - He is crucifying to himself the Son of God, saying, I do not care anything about him; I will put him to death, and let his life go. Is it a hobby or a fad that we do not drink tea and coffee? - There is no fad about it. I think the sooner the time comes when we leave the very word coffee out of our vocabulary, and do not get some substitute for it, we shall all be the better. [Voices: Amen.] **If a thing is bad, why do you want to get a substitute for it? Get rid of it.** A man in England wrote, not long ago, that the very best substitute he knew for fresh air was tobacco smoke. Why do men want a substitute for air? What is the fresh air to us? - Life. When you get a substitute for life, you have death. Let us never choose death rather than life! {The Water of Life Discourse by Dr. E. J. Waggoner, February 24, 1899 N/A, GCDB 80.9}**

The sick should be educated to have confidence in nature's great blessings which God has provided, and the most effective remedies for disease are pure, soft water; the blessed God-given sunshine coming into the rooms of the invalids; living outdoors as much as possible; having healthful exercise; eating and drinking foods that are prepared in the most healthful manner. To resort to the drugging process lays upon nature a most fearful, merciless burden, from which they may never recover. There are many laboring under chronic diseases. They will swallow anything in the line of drugs prescribed by the unbelieving physician, when an intelligent knowledge that they are indulging in unnatural appetites—which explains to them the cause of their suffering—if Christians, they would place themselves in a position as health reformers. They would change the cause which produces the sure result.

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**LET US DRAW NEAR WITH A TRUE HEART IN FULL ASSURANCE OF FAITH, HAVING OUR HEARTS SPRINKLED FROM AN EVIL CONSCIENCE, AND OUR BODIES WASHED WITH PURE WATER. HEBREWS 10:22**