

Taken from, "How to Treat the Sick without Medicine" by James C. Jackson, M.D., 1871

https://books.google.com/books/about/How_to_treat_the_sick_without_medicine.html?id=D_e3JNwOBF8C

(Note: On the subject of water, Dr. Jackson is quoted in James and Ellen's book "Health or How to Live")

CHAPTER VI.

Pages 35-44

WATER.

THE hygienic, as well as the curative, properties of water have been more or less known for thousands of years. As far back as we have a written record of nations, Asiatic or European in their origin, there are proofs going to show that water by them was regarded not only as a **preservative to health**, but as a **curative of disease**. From its nature, it is **the only universal solvent**, and alone can serve that purpose to man. I need not make this chapter a lengthy essay on its nature. It ought to be, and doubtless will be, sufficient for me fairly to call the reader's attention thereto. Its **organic** elements are two gases, hydrogen and oxygen; their relative proportions, **eighty parts hydrogen to twenty of oxygen**. These, united in this proportion, make water. **Under any other proportion they will not make water. Pure water, therefore, consists of these two gases** in the degree of union which I have stated.

1828 Webster's Dictionary

SOLVENT, a.

1. Having the **power of dissolving**; as a **solvent** body.

SATURATE, v.t. [L. satur, from satur, filled; satio, to feed to the full. See Sate.]

1. To **impregnate** or unite with, till no more can be received. Thus an acid saturates an alkali, and an alkali saturates an acid, **when the solvent can contain no more of the dissolving body**.

Dr. James Jackson:

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}

It is of great consequence **in the maintenance of human health**, and of quite as great consequence in the restoration of it, that so far as water is concerned and is to be used, **it should be pure. Whenever it is so, it is soft. It becomes hard only by the introduction of some substance or substances into it. To the degree that it is impregnated with these does it lose its essential properties as water.** If, for instance, there is held in suspension in it the carbonate of lime, the water becomes hard. If to this be added **magnesia, soda**, iodine, **common salt** or sulphur, **it becomes medicinal; one cannot use it for purposes of external ablution, nor as a diluent by drink, expecting to have it serve him the same purpose or produce the same result as though it were pure. As a preventive to disease, and, consequently, as a curative thereto, it is superior in its pure state to any which has admixtures of other substances in it.** This statement may seem to be **extravagant, but it nevertheless is strictly true.** Within the last twenty years there have been growing up evidences of this. It will take twenty years more, perhaps fifty, to create such an accumulation of proofs as will be convincing to the great mass of the people. But such conviction is sure to come as the proof gathers; and when it does, **the value of pure water over water impregnated with earthy salts, no matter what the combination of these may be, will be clearly understood**, and, I hope, at least measurably appreciated.

1828 Webster's Dictionary

ABLUTION, n. [L. ablutio, from ab and luo or lavo to wash.]

1. In a general sense, **the act of washing; a cleansing or purification by water.**

2. Appropriately, the washing of the body as a preparation for religious duties, enjoined by Moses and still practiced in many countries.

3. In chemistry, the purification of bodies by the affusion of a proper liquor, as water to dissolve salts.

4. In medicine, **the washing of the body externally as by baths; or internally**, by diluting fluids.

Commented [M1]: "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}

Hygienic Family Physician by M.G. Kellogg, M.D.:

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**. ... 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. ... **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**. Pgs 11-15

Commented [M2]: I should bathe frequently, and drink freely of **pure, soft water**. If this course should be followed perseveringly, resisting the inclination to do otherwise, **it would work wonders in the recovery of health**. {MM 106.6}

Commented [M3]: Dr. James Jackson:

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}

John H. Kellogg, Rational Hydrotherapy pg 929-30:

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.**

When it is considered that five-sixths of the entire human structure is made up of water, it may count somewhat in aiding persons to understand why water should be regarded as such an **efficient curative agent**. Viewed only as a **detergent or skin-washer, one cannot well overestimate its curative effects**. The people of all nations have ever felt this more or less to be so. Ignorant of physiology as they, for the most part, have been, not being able to give a scientific explanation of its use, they have used it, doubtless, in a great many cases, in ways and forms that have been mysterious; but, nevertheless, they continued to use it, instinctively feeling that their health, on the whole, was made better by it. Some few facts have been gathered up, from time to time, by men who have travelled largely and made themselves acquainted with the personal and social habits of different peoples, going pretty conclusively to demonstrate, that wherever the inhabitants of any nation have lived after a fashion inducing them to **frequent and somewhat long-continued bathing, they have been free, in large measure, from the diseases common to the people of countries who bathe little or none**.

Commented [M4]: 1828 Webster's:
DETERGENT, a. Cleansing; purging.
DETERGENT, n. A medicine that has the power of cleansing the vessels or skin from offending matter.

Commented [M5]: I should **bathe** frequently, and drink freely of pure, soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, **it would work wonders in the recovery of health**. (MM 106.6)

1828 Webster Dictionary

BATHE, v. t.

1. To wash the body, or some part of it, **by immersion**, as in a bath; it often differs from ordinary washing in a **longer application of water**, to the body or to a particular part, as **for the purpose of cleansing or stimulating the skin**.
2. To wash or moisten, for the purpose of making soft and supple, or for cleansing, as a wound.

BATHE, v. i. To be **or lie in a bath**; to be in water, or in other liquid, or to be **immersed in a fluid**, as in a bath; as, to bathe in fiery floods.

I am disposed myself to accept the conclusion, that in all cases of **constitutional scrofula**, where the external or the internal skin becomes the legitimate receptacle and exhibitor of the impurities of the blood which has either been defectively organized or reorganized, by living largely in the use of water as a **cleanser of the external skin**, and by **drinking it as a cleanser of the internal skin**, such diseases can be clearly kept within the narrowest manifested bounds, or can be thoroughly and completely cured.

Commented [M6]: 1828 Webster's:
SCROFULA, n. [L.]
A disease, called vulgarly the king's evil, characterized by **hard, scirrous, and often indolent tumors** in the glands of the neck, under the chin, in the arm-pits, etc.

INDOLENT, a. Habitually idle or indisposed to labor; lazy; listless; sluggish; indulging in ease; applied to persons.
1. Inactive; idle; as an indolent life.
2. **Free from pain; as an indolent tumor**.

CLEANSER, n. He or that which cleanses; in medicine, a **detergent**.

"...Water is the best liquid possible to **cleanse the tissues**." (CD 420.1)

For instance, take a scrofulous child and place it in relation to the uses of pure water, **where every day it shall be bathed or bathe itself in it from one minute to one hour in the form of a swimming-bath**, -which, perhaps, would be the **best bath**, given to it as soon as it shall acquire the capacity to swim, and follow up this habit by the drinking largely of water and the **eating largely of foods of which water is a chief or important constituent**, the disease of such child will necessarily and surely disappear. The child, instead of being puny, will become robust—such change taking place in it as will amount to a constitutional recasting of its forces.

I think that **daily bathing by swimming** would be of the very highest service to all children, **provided always that the water in which they should swim was soft**; and provided, also, that they were accustomed to it from a very early period in life. Occasional swimming-baths are more likely than not to be detrimental; but **constant and frequent baths in this direction would be of essential service**.

Commented [M7]: 1828 Webster's:
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**.

Hygienic Family Physician by M.G. Kellogg, M.D.:
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**; pg.12

I say **swimming-baths**, in distinction from all other kinds of baths; because to be in the water and to be actively exercising one's muscles, as must be done in the act of swimming, is to produce a very different result, both as regards the efficiency of the excretory organs not only, but of those whereby tissue is formed. For it is not to be overlooked that the activity of those organs whereby tissue is broken down and the matter eliminated from the system, is, in many instances, directly favorable to the action of those organs whereby tissue is made up. **To have healthy assimilation, one needs to have healthy excretion**. Where the latter is deficient, as is often and almost always the case with scrofulous persons, to improve this is to improve the former. **One of the best ways to give action to the excretories in the human body is to set the muscles at work while the body is in water**. Swimming, therefore, is of itself a very great means to this end.

Many persons fall into the error of supposing that salt water is better adapted as a curative than fresh water, and therefore prefer to bathe in it; but there is nothing of force in the view. Salt water may be preferable to bathe in to fresh water from one consideration: its specific gravity is greater than that of fresh water; its composition, therefore, is denser, and the person who can swim but poorly, or ever so well, swims easier in it

than he could do in fresh water. It has this advantage and no more. In other respects, it has its disadvantages. Whatever may be the curative effects produced by swimming in it, these, as in fresh water, are to be attributed largely to the increased action of the excretories induced by it when the muscles are in exercise. If one could contrive to get, in his own house or in any public institution for the treatment of the sick, baths so arranged as to be administered to persons only when they were in active, bodily exercise, a great advantage would be gained. In fact, in order to have such effect produced as is desirable, physicians, in giving baths to the sick, have found it necessary to get up a substitute for the physical exercise of the patient while taking them. Thus, when one needs or wishes to have general ablution, physicians, particularly of the Water-cure school, have all come to feel that the subject of such bath will be better affected by it, to have his skin well rubbed and washed in the water of the bath by one or more attendants. To sit down in water, though it should be to the immersion of the whole body up to the neck, and remain motionless, though the bath were continued for an hour, would not excite the excretories to their proper energy and use to the degree that would be done in five minutes were the patient vigorously rubbed all over his body by an attendant. This simple fact goes to show the value of taking baths in ways and forms that can induce exercise while taking them. A good swimmer can stay in the water ten times as long without injury, and with positive benefit to himself, as he could do were he unable to swim. In such cases, therefore, where there is constitutional or functional inertia of the eliminative organs, frequent bathing is advisable, provided, always, the person is habituated to it from early life, and also is so constituted as to be able to take it in a form that subjects him to active muscular motion.

If this statement be true with reference to diseases which are scrofulous, it is also true with reference to all those diseases where more rapid metamorphoses of the tissues than exists is to be desired. As a great many diseases originate in, and are dependent upon faulty excretion, in this direction bathing becomes of great consequence. To the degree that action of the external skin is more desirable than action of the mucous membrane, does bathing possess a superior importance to catharsis. It is the common practice with our people whenever sick from faulty excretion, to seek to rectify the defective condition by inducing increased action of the mucous surfaces of the bowels. This is not, by any means, so desirable a method of getting up the necessary vigor of the excretories as that of increasing the action of the external skin. Physiologists tell us that five-sevenths or sixteenths of all the waste matter which is carried out of the human body in a healthy person passes through the external skin. This is a very large proportion in itself considered; but when it is remembered that the lungs, bowels and kidneys are also excretories, the proportional effectiveness of the skin is seen to be very great.

In very many ways, therefore, may bathing be made productive of the most desirable results. I am not only not an advocate for frequent bathing as this is carried on in most Water Cures and in private families whose members are believers in water-cure, but I am decidedly opposed to it. This arises, however, largely from the way or manner in which baths have to be administered. To sit down in a tub three or four times a day, for from five to thirty minutes each time, is to bathe after a style or method quite likely to induce diseases far more difficult to cure than those from which the patient, by his bathing, seeks to be relieved. Such have been the destructive effects of sedentary or motionless baths, as these have been given, or have been advised to be given, by water-cure physicians in the United States, that I do not think I exaggerate when I say that there have been ten times as many persons injured by water-cure as have been benefited by it. The cause of these ill results has not been in the want of the adaptability of water to the disease treated, nor yet in the inadaptation of the body to the use of water in itself considered, but in the way in which the water has been applied. Had the same amount of bathing been given to such person in a manner calculated to increase the action of the blood-forming organs, while the eliminative or tissue-destroying organs were at work, health, instead of ruinous disease and death, would have been the result.

Take, for instance, the disease called pulmonary consumption. If a person knows anything about the nature or working of this disease, he knows that its destructiveness generally consists in the fact that the tissues of the body, already organized, are being broken down faster than by means of food and drinks new tissues can be made; so the body becomes consumed, and this is what gives the name of consumption to the disease. Now, if it could be so contrived that, while the tissues were being rapidly broken up, by reason of the excessive activity of the excretory organs, the nutritive or secretory organs could be so quickened as to enable them to make tissue faster than it is wasted, the person could not only not die of consumption, but he would get well.

Commented [M8]: Bathe frequently in pure soft water, followed by gentle rubbing.—How to Live, 54. (HL 192.6)

Commented [M9]: I should bathe frequently, and drink freely of pure, soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, it would work wonders in the recovery of health. (MM 106.6)

Commented [M10]: There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefitted. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness. (LLM 178.2)

EXTERNAL SKIN APPLICATION EXAMPLE:

A brother was taken sick with inflammation of the bowels and bloody dysentery..... Fears were entertained that mortification had set in. Then the thought came to me like a communication from the lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach... The result was that in half an hour there was a change for the better..." (2 SM 299.1-2)

The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. (MH 237.1)

Commented [M11]: Pioneer Dr. Jackson's lectures in the Laws of Life April, 1860 from book of James and Sister White: "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." How to live pg 57.

Commented [M12]: Hygienic Family Physician by M.G. Kellogg, M.D.: CAUSES OF DISEASE.

There are two ways in which disease may be occasioned:— First, by the introduction of improper substances, commonly known as poisons. Secondly, by the misrelation or improper use of good things, or hygienic agents, pg 210

Loughborough:

Excessive drinking, even of pure water, is weakening to the system, as it imposes additional labors upon the absorbing and eliminating organs. (1868 JNL, HBH 197.6)

As bathing has been generally practiced in this country in the last twenty years in Water Cores and in private families, the effects on persons of constitutional consumptive habit of body, or on persons already having the disease, have been so ruinous that there has come to exist a wide-spread impression that whatever may be the curative efficiency of water in many diseases, its effects necessarily are most destructive and deadly in all cases where consumptive tendencies or conditions exist. This popular conclusion has grown out of the want of knowledge on the part of hydropathic physicians or of private hydropaths how to apply water in such ways, as, while purifying the body by aiding to excrete from it waste matters, acrid and poisonous in contact with living tissue, to build up at the same time new health and life-sustaining material. **Let it be understood, therefore, that for consumptives, motionless bathing is bad. Wherever water is applied, it should be so as to get up readily and surely external capillary circulation.** One bath a week to a consumptive in such a way as without his own particular agency to secure thorough circulation to the skin, is worth a dozen where the skin has no external appliance made to assist it in establishing a thorough flow of blood through it. **All persons having diseases, therefore, arising from faulty excretion or from faulty nutrition, in the one case needing a more efficient action of the lymphatics, and in the other of the nutritive absorbents, should take their baths in such a way as to insure positive voluntary or involuntary muscular exercise according to their strength.** Bathing, therefore, connected with swimming, or bathing connected with what is called **Movement Cure**, would make a compound treatment of very great service.

The **curative effects of water** depend, or may depend, largely upon combining its use with other hygienic agents. Properly united to these, its therapeutic value cannot be overstated. **Doubtless it is the most efficient of all remedial agents. Greater effect for good can be produced by it in a given time, than by any other agent known to man;** for greater changes can be produced by it. When it is combined with other hygienic agencies it may have its efficiencies greatly increased. **The people of the United States do not by any means bathe enough; they would be far healthier if they bathed more, and the more they do bathe, if they only act with some common sense in the application of water,** the more they will come instinctively to understand and appreciate the value of other hygienic agencies both in the way of preserving health and curing disease.

An interesting observation: The Bible, Sister White and the pioneers emphasize bathing (**immersion**) for health rather than "showers" for hygienic cleansing/healing. The Bible does mention "running" water once out of 17 references. The enemy always has a counterfeit for the genuine. Even in the beautiful symbolism of baptism, Biblical instruction is given for complete **immersion** where the enemy has substituted this with "sprinkling".

Water is the best liquid possible to cleanse the tissues. {RH July 29, 1884, par.7}

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

Commented [M13]: The **external application of water** is one of the easiest and most satisfactory ways of **regulating the circulation of the blood...** {MH 237.1}

Perfect health requires a **perfect circulation.** {MH 293.1}

Perfect health depends upon **perfect circulation.** —Testimonies for the Church 2:531. {HL 178.1}

The more active the **circulation** the more free from obstructions and impurities will be the blood. The blood nourishes the body. **The health of the body depends upon the healthful circulation of the blood.**—The Health Reformer, May 1, 1873. {HL 178.2}

Commented [M14]: There are many ways in which water can be applied **to relieve pain and check disease.** {MH 237.2}

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

Commented [M15]: I should **bathe frequently**, and drink freely of pure, soft water. {MM 106.6}

Commented [M16]: In health and in sickness, pure water is one of heaven's choicest blessings. **Its proper use promotes health.** {MH 237.1}
... water treatments are not appreciated as they should be, and to **apply them skillfully** requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. **There are many ways in which water can be applied to relieve pain and check disease.** All should become intelligent in its use in simple home treatments. {MH 237.2}

Bathing in the Bible

Leviticus

- 15:5 And whosoever toucheth his bed shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:6 And he that sitteth on [any] thing whereon he sat that hath the issue shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:7 And he that toucheth the flesh of him that hath the issue shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:8 And if he that hath the issue **spit** upon him that is clean; then he shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even. (*Very sobering; see marginal cross references for "spit": 1Tim 4:1-3; Ti 1:9, 10; 2Pet 2:1-3; Gal 1:8, 9; Jude 4*)

SPIT, n. [G.] 1. An iron prong or bar pointed, on which meat is roasted. (*Webster's 1828*)

SPIT, v.t. [from the noun.] 1. **To thrust** a spit through; to put upon a spit; as, to spit a loin of veal. 2. **To thrust through; to pierce.**

SPIT, v.t. pret. and pp. spit. Spat is obsolete. [G. The sense is to throw or drive.]

1. **To eject from the mouth; to thrust out**, as saliva or other matter from the mouth. 2. **To eject or throw out with violence.**

- 15:10 And whosoever toucheth any thing that was under him shall be unclean until the even: and he that beareth [any of] those things shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:11 And whomsoever he toucheth that hath the issue, and hath not rinsed his hands in water, he shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:13 And when he that hath an issue is cleansed of his issue; then he shall number to himself **seven days** for his cleansing, and wash his clothes, and **bathe his flesh in running water**, and shall be clean.
- 15:18 The woman also with whom man shall lie [with] seed of copulation, they shall [both] **bathe [themselves] in water**, and be unclean until the even.
- 15:21 And whosoever toucheth her bed shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:22 And whosoever toucheth any thing that she sat upon shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 15:27 And whosoever toucheth those things shall be unclean, and shall wash his clothes, and **bathe [himself] in water**, and be unclean until the even.
- 16:26 And he that let go the goat for the scapegoat shall wash his clothes, and **bathe his flesh in water**, and afterward come into the camp.
- 16:28 And he that burneth them shall wash his clothes, and **bathe his flesh in water**, and afterward he shall come into the camp.
- 17:15 And every soul that eateth that which died [of itself], or that which was torn [with beasts, whether it be] one of your own country, or a stranger, he shall both wash his clothes, and **bathe [himself] in water**, and be unclean until the even: then shall he be clean.

Numbers

- 19:7 Then the priest shall wash his clothes, and he shall **bathe his flesh in water**, and afterward he shall come into the camp, and the priest shall be unclean until the even.
- 19:8 And he that burneth her shall wash his clothes in water, and **bathe his flesh in water**, and shall be unclean until the even.
- 19:19 And the clean [person] shall sprinkle upon the unclean on the third day, and on the **seventh day**: and on the seventh day he shall **purify himself**, and wash his clothes, and **bathe himself in water**, and shall be clean at even.

Commented [M17]: The Book of Leviticus
The gospel is given in precept in Leviticus. Implicit obedience is required now, as then. How important it is that we understand the importance of this word! Only two classes will be developed in this world—the obedient and the disobedient. {SpTA03 41.1}

In the book of Leviticus are found many of the special moral requirements which were given to Moses to give to the children of Israel. These were carefully written in a book, and **were nothing less than the principles of the ten commandments**, defining the duty of man to his fellow-man, and his obligation to God. If they were obedient, God promised to take them to him as his peculiar treasure, make them a most powerful nation, and establish them in the land of Canaan, a holy and happy people. **In doing his commandments was their only happiness and safety.** {ST July 22, 1880, par. 1}

The poor have as much right to a place in God's world as have the wealthy. **The principles from the book of Leviticus are given by our merciful Creator to lessen suffering**, to bring hope and sunshine into the lives of the destitute and oppressed. {AC 93.3}

SPIRITUAL APPLICATION OF WATER-

Marginal cross ref. in Lev 15:5 for "shall wash his clothes"

How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?
For then must he often have suffered since the foundation of the world: but now once in the end of the world hath he appeared to put away sin by the sacrifice of himself. Heb. 9:14, 26

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. Heb. 10:22

Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil;
And it was revealed in mine ears by the LORD of hosts, Surely this iniquity shall not be purged from you till ye die, saith the Lord GOD of hosts. Isa 1:16, 22:14

Draw nigh to God, and he will draw nigh to you. Cleanse [your] hands, [ye] sinners; and purify [your] hearts, [ye] double minded. James 4:8

I will wash mine hands in innocency: so will I compass thine altar, O LORD:
Wash me thoroughly from mine iniquity, and cleanse me from my sin. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Ps. 26:6; 51:2, 7

And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Rev. 7:14

Please read marginal cross references in Lev. 15:8 as there is a warning to be heeded.

Various Applications of Pure, Soft Water all by Itself, with NOTHING Added

~AN INDESPENSABLE CONSTITUENT~PRESERVATIVE OF HEALTH~CURATIVE OF DISEASE~

~Alterative~Cleanser~Derivative~Detergent~Diaphoretic~Diluent~Diuretic~Expectorant~Febrifuge~Sedative~Solvent~Stimulant~Tonic~

Pioneer Dr. Jackson from book of James and Sister White:

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}

Pioneer M.G. Kellogg, M.D. Hygienic Family Physician, pg. 119:

Water may be so applied as to excite special action in almost any organ in the body, if proper attention is paid to the temperature and the mode of application. It may be used so as to produce vomiting, purging, sweating, diuresis, etc. It may be made a tonic, a stimulant, a sedative, or an alterative. In fine, by means of it we can accomplish nearly all the results aimed to be produced by medicines.

Ibid pg. 139

This bath (*the Hip or Sitz*) is a powerful tonic, when applied cold, or cool, daily for five to ten minutes. But if it is extended to twenty or thirty minutes, it becomes a strong derivative and sedative, whether given cool, tepid, or warm.

Pioneer Dr. Jackson from book of James and Sister White:

Hard water is neither fit to use as a detergent, nor as a diluent. {1865 JW, HHTL 121.3}

Pioneer James C. Jackson, M.D. How to Treat the Sick without Medicine:

It becomes hard only by the introduction of some substance or substances into it. To the degree that it is impregnated with these does it lose its essential properties as water. If, for instance, there is held in suspension in it the carbonate of lime, the water becomes hard. If to this be added magnesia, soda, iodine, common salt or sulphur, it becomes medicinal; one cannot use it for purposes of external ablution, nor as a diluent by drink, expecting to have it serve him the same purpose or produce the same result as though it were pure. Pg. 36

Food, therefore, plays an important part in the combination of remedial agencies employed, and so does water, both as a diluent and detergent. Pg. 221

In all cases of passive inflammation and where there is necessity to use water as a solvent as well as a diluent, hard water should not be drunk. Pg. 360

Says Professor Carson: "Water is the best diaphoretic we have." {1865 JW, HHTL 162.7} {Hygienic Family Physician, pg 107}

Pioneer M.G. Kellogg, M.D. Hygienic Family Physician, pg. 107-108:

Says Professor Gilman: "Water is equal in efficacy, as a diuretic, to all other diuretics combined. Water is the thing that produces diuresis; all other means are subordinate." And, finally: "Water is the best febrifuge we have."

Says Professor Smith: "The vapor of warm water is the most efficacious expectorant we have."

Says Professor Peaslee: "Water constitutes about eight-tenths of the weight of the human body, and is its most indispensable constituent." Again: "Water is the only necessary—the only natural—drink."

Webster's 1828:

INDISPENSABLE, a. Not to be dispensed with; that cannot be omitted, remitted, or spared; absolutely necessary or requisite. Air and water are indispensable to the life of man. Our duties to God and to our fellow men are of indispensable obligation.

CONSTITUENT, n.

2. That which constitutes or composes, as a part, or an essential part.
The lymph in those glands is a necessary constituent of the aliment.

Commented [M18]: The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. {MH 237.1}

1828 Webster's:

TONIC, a. [L. tonus. See Tone.]

1. Literally, increasing tension; hence, increasing strength, as tonic power.
2. In medicine, increasing strength, or the tone of the animal system; obviating the effects of debility, and restoring healthy functions.

SOLVENT, a.

1. Having the power of dissolving; as a solvent body.

Commented [M19]: 1828 Webster's:

STIMULANT, n. A medicine that excites and increases the action of the moving fibers or organs of an animal body

SEDATIVE, a. [L. sedo, to calm.] In medicine, moderating muscular action or animal energy..

ALTERATIVE, a. Causing alteration; having the power to alter.

ALTERATIVE, n. A medicine which, without sensible operation, gradually induces a change in the habit or constitution and restores healthy functions. This word is more generally used than alterant.

Commented [M20]: 1828 Webster's:

DERIVATIVE, a.

1. Derived; taken or having proceeded from another or something preceding; secondary; as a derivative perfection; a derivative conveyance, as a release.

Commented [M21]: 1828 Webster's:

DETERGENT, a. Cleansing; purging.

DETERGENT, n. A medicine that has the power of cleansing the vessels or skin from offending matter.

DILUENT, a. [L. See Dilute.]

1. Making liquid or more fluid; making thin; attenuating.

Commented [M22]: 1828 Webster's

DIAPHORETIC, a. [supra.] Having the power to increase perspiration; sudorific; sweating.

Commented [M23]: 1828 Webster's

DIURETIC, a. [Gr., urinam reddo; urine.] Having the power to provoke urine; tending to produce discharges of urine.

FEBRIFUGE, a. Having the quality of mitigating or subduing fever; antifebrile.

EXPECTORANT, a. [See Expectorate.] Having the quality of promoting discharges from the lungs.

Quality of Water

Pioneer Dr. Jackson from book of James and Sister White:

"**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}

Pioneer M.G. Kellogg, M.D. Hygienic Family Physician, pg. 210:
CAUSES OF DISEASE.

There are two ways in which disease may be occasioned:—

First, by the **introduction of improper substances, commonly known as poisons.**

Secondly, by the misrelation or improper use of good things, or hygienic agents.

Of the **poisons that may enter the system from without** and thus become a cause of disease, the following are among those best known:—

Of **inorganic poisons**, alkalies, acids, **salts**, oxides, **earths**, metals, alcohol, and all other distilled and fermented liquors, poisonous gases, and malarious exhalations. The organic poisons may be of either vegetable or animal origin.

Pioneer E. J. Waggoner- Rain and Snow:

Now **let us see what becomes of the rain and snow that fall**, and how they continue their work of carrying blessing and life. The earth does not keep **the rain** that falls upon it to itself any more than the clouds do. {September 1, 1898 EJW, PTUK 554.10}

Some of **the rain** runs into the soil, and gathers up the food that the plants need and carries it to their roots, which suck it up in the water. Then they give out the blessings that they have received, in fresh green leaves, beautiful blossoms, sweet fragrance, and life-giving grains and fruits. {September 1, 1898 EJW, PTUK 554.11}

Some of **the rain** runs off the surface of the ground and forms brooks which swell, as they are fed by other streams, into great rivers which water the land through which they flow, give drink to man and beast, and are a blessing in many other ways. {September 1, 1898 EJW, PTUK 554.12}

The rest of the rain runs down deep into the earth until it comes to rock or some substance through which it cannot pass. Then it flows along underground until it comes to an opening, and gushes out, a living spring. The hand which guides the clouds also {September 1, 1898 EJW, PTUK 554.13}

"Sendeth forth springs into the valleys;

They run among the hills;

They give drink to every beast of the field;

The wild asses quench their thirst.

By them the fowl of the heaven have their habitation,

They sing among the branches." {September 1, 1898 EJW, PTUK 554.14}

Truly "the Lord is good to all, and His tender mercies are over all His works." {September 1, 1898 EJW, PTUK 554.15}

But **the water that gushes out of the springs is not the same pure soft water that fell upon the earth.** In its journey through the earth and among the rocks it has gathered a quantity of **chalk, lime, and other minerals**, which it carries with it as it flows into the rivers, and it is thus swept into the sea. These salts and different minerals are needed by the animals which live in the sea, for food to make their bones and hard shells. {September 1, 1898 EJW, PTUK 554.16}

So the water that the sea gives up in vapours to carry blessing to the world, returns to it at last bringing a blessing. {September 1, 1898 EJW, PTUK 554.17}

Commented [M24]: **Purity** is defined here as freedom from impregnation by mineral substances.

1828 Webster's:

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.**

MINERAL, a. Pertaining to minerals; consisting of fossil substances; as the mineral kingdom.

1. **Impregnated** with minerals or fossil matter; **as mineral waters; a mineral spring.**

Commented [M25]: **MINERALOGY**, n. [mineral and Gr. discourse.] The science which treats of the properties of mineral substances, and teaches us to characterize, distinguish and class them according to their properties. **It comprehends the study or science of all inorganic substances in the earth or on its surface.**

Commented [M26]: 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. {L134-1877.3}

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. {L1122-1894.5}

Dwellers in the suburbs are strongly advised to **save all rain water**, either in tube or tanks. {August 7, 1902 EJW, PTUK 509.8}

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.** {1865 JW, HHTL 121.3}

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}

Hygienic Family Physician, M.G. Kellogg, M.D.
RAIN WATER can be rendered nearly pure by filtering. Pg. 14
Every family who would have health should have a cistern for **rain water** and a filter, unless they have soft spring or well water. Pg. 15

ORIGINAL EMAIL I SENT OUT REFERENCING DR. JACKSON'S BOOK ABOVE

September 8, 2017

Dear Brothers and Sisters,

Attached is a second study from a chapter related to water from Dr. James C. Jackson's book, "How to Treat the Sick without Medicine" Dr. Jackson is cited in James and Ellen's book, "Health or How to Live" on the subject of water, so this prompted me to dig into some of his writings to see what else he may say about water. I learned some interesting things for the first time about the importance of immersion and non-motionless baths (Movement Cure) as discussed in his book. He also reiterates his statement (from Health or How to Live) of defining "pure" water but also adds some enlightening details. I only included the short chapter on water, but he has many other interesting things to say about water throughout the book.

For those interested, included is an attachment with some excerpts from biographies relating the White's interaction with Dr. James Jackson in their quest for healing at Dansville.

A link has been included (on page 4) where you can download Dr. Jackson's book as a PDF from Google, if interested. On page 6 is a list of definitions describing the many applications of pure, soft water by itself, with nothing added. On page 3 is an interesting statement in relation to "enemas." And on page 7, the importance of the correct type of water is again stressed and must be understood and applied in order to achieve full healing and the best of health.

On page 5, there are some very interesting cross references containing spiritual warnings in connection with water and bathing. I marvel at the intimate relationship of water with our physical as well as our spiritual wellness as beautifully portrayed in the book of Leviticus and throughout scripture. And I realize, I have only scratched the surface! Jesus indeed desires to cleanse our bodily temples (physically/ internally & externally), so He can dwell in us (spiritually/ internally & externally so we can beam with His Radiance!) by His Holy Spirit. Since my personal application of water (& fine tuning other areas in the laws of health), my mind is so much clearer and my spirit so much happier! God is so good and He gets all the glory.

For those of you familiar with my story of being inadvertently poisoned by radiation back in February of this year know that I have had full recovery/ healing from the radiation burns and continue to gain weight. I was down to 98 pounds in July and now am up to 105 with my goal of 110-112. It has been an incredible journey, learning **what I was doing wrong in my healing process** (that lead to the fatigue, weakness, weight loss, nausea, hemorrhaging etc.) by the use of and introduction of products in bathing water- ie. using **mineral applications** (salt, magnesium, baking soda, clay, fulvic minerals- internally and/ or externally); discovering liver/kidney cleanse programs (**tinctures** [contain alcohol] & **certain herbs**) were toxic/ poisonous, and the use of "cleansing" products & fever baths containing **stimulants** (cayenne, ginger, mustard etc) of which all added to the breakdown of my body's tissues (weight loss/ loss of strength).

Since discovering and implementing the "true" methods of recovery, it has been a very gentle process, gradually imparting strength and vitality. Whereas before, I was going through the so-called, "healing crisis" of discomfort, declension, a slow breakdown and downward spiral towards destruction! Friends, please let no one ever convince you that a "healing crisis" is normal. It is not. Jesus is in the business of building up, and restoring one to health and does so in a very mild/ gentle, uplifting manner. He is not in the business of tearing down (our body temples) that which He so desires to impart and dwell by His Holy Spirit.

Through all this, God has lead me to experience and **appreciate** the simple, beautiful and POWERFUL healing properties of pure, soft water all by itself (applied internally & externally), with NOTHING added. Thank you for allowing me to share these "treasurable" finds on water! There is so much more to discover. I hope this inspires you to look further into the beautiful health and healing method our Heavenly Father so carefully and lovingly laid at the foundation of our faith.

May the Lord bless each and every one with an abundance of health,

Melinda

Commented [MH27]: Below is an email I received one day in response to email sent. So interesting to note that many benefits listed match what our pioneers taught. ☺

October 2017

A group of Japanese Doctors confirmed that warm water is 100% effective in resolving some health problems. Such as:

- 1 Migraine
- 2 High blood pressure
- 3 Low blood pressure
- 4 Pain of joints
- 5 Sudden increase and decrease of heartbeat
- 6 Epilepsy
- 7 Increasing level of cholesterol
- 8 Cough
- 9 Bodily discomfort
- 10 Golu pain
- 11 Asthma
- 12 Hooping cough
- 13 Blockage of veins
- 14 Disease related to Uterus & Urine
- 15 Stomach problems
- 16 Poor appetite
- 17 Also all diseases related to the eyes, ear & throat.
- 18 Headache

HOW TO USE WARM WATER

Get up early in the morning and drink approximately 4 glasses of warm water when the stomach is empty. You may not be able to make 4 glasses at the beginning but slowly you will.

NOTE: DO not eat anything 45mins after taking the water.

The warm water therapy will resolve the health problems within reasonable period such as:

- ✓ Diabetes in 30 days
- ✓ Blood pressure in 30 days
- ✓ Stomach problems in 10 days
- ✓ All types of Cancer in 9 months
- ✓ Blockage of veins in 6 months
- ✓ Poor appetite in 10 days
- ✓ Uterus and related diseases in 10 days
- ✓ Nose, Ear, and Throat problems in 10 days
- ✓ Women problems in 15 days
- ✓ Heart diseases in 30 days
- ✓ Headache/migraine in 3 days
- ✓ Cholesterol in 4 months
- ✓ Epilepsy and paralysis continuously in 9 months
- ✓ Asthma in 4 months

COLD WATER IS BAD FOR YOU

If cold water does not affect you at young age, it will harm you at old age.

* Cold water closes 4 veins of the heart and causes heart attack. Cold drinks are main reason for heart attack.

* It also creates problems in the liver. It makes fat stuck with liver. Most people waiting for liver transplant are victims of cold water drinking.

* Cold water affects internal walls of the stomach. It affects the large intestine and results in Cancer. **PLEASE DON'T KEEP THIS INFORMATION TO YOURSELF *Tell someone to tell someone*, IT MAY SAVE SOMEONE'S LIFE.**