

JOHN HARVEY KELLOGG- WATER

Webster 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. . 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.

ENDORSEMENT OF JOHN HARVEY KELLOGG

Today we all got together—Loughborough, Cornell, **Kellogg**, Willie, your father and myself—and prayed earnestly to God for health and His blessing to labor in this new field. We have faith that God will grant us His strength to bear our testimony. We want so much to work to save souls. We feel that we have no time to be sick. Oh, that God would raise up laborers to sound the last note of warning to the world! {L119-1872.5} October 25, 1872

Souls in our world today are in need of a Saviour. The Lord has given his church the opportunity to work for him; he has invited them to come to the gospel feast, and to invite others to come with them. Again and again opportunities have been given for God's people to go out into the highways and hedges, and compel those there to come in, that God's house may be full. In the providence of God, Dr. Kellogg has entered upon a work whereby he can organize workers to carry forward the work of bringing the truth before thousands that are now in vice and iniquity, that they may be redeemed from a life of dissipation and sin. All the people of God should be interested in this work. But a love of ease and selfish indulgence has been shown by many. We are sorry to say that some who have had every privilege of knowing Bible truth have not brought it into the inner sanctuary of the soul. God holds all these accountable for their misused talents, which were entrusted to them to be improved, but which they have not returned to him in honest, faithful service. {SpTA 10 4.2} 1897

The institution under the management of Dr. Kellogg has done a great work for the education of the youth. It has sent forth more workers in the cause in medical missionary gospel lines than any other agency I know of among our people throughout the world. And I ask, How have you treated the matter? Have you felt that you were to honor God by respecting and honoring the work that has been done in his name for the upbuilding of his cause? {GCB April 3, 1901, par. 26}

The principles of health reform have been proclaimed by us as a people for thirty years. And yet there are among us ministers of the gospel and members of the church who have no respect for the light that God has given upon health reform. They eat as they please, and work as they please. God calls for a straight testimony to be given to those who claim to believe that we are living in the last days of this earth's history. A line of distinction must be drawn between those who serve God, and those who serve him not. God calls upon his people to put away self-pleasing. When in body, soul, and spirit they will dedicate themselves to God, his power will be revealed in a remarkable manner. Here are men who are standing at the head of our various institutions, of the educational interests, and of the Conferences in different localities and in different States. All these are to stand as representative men, to have a voice in molding and fashioning the plans that shall be carried out. There are to be more than one or two or three men to consider the whole vast field. The work is great, and there is no one human mind that can plan for the work which needs to be done. {GCB April 3, 1901, par. 27}

Our people have not all appreciated as they should the man through whom God has worked, and with whom He has cooperated upon the subject of health reform. They have not reasoned from cause to effect to understand how great was the blessing of the Sanitarium at Battle Creek under the management of Dr. Kellogg and his faithful associates. Through this work the truths of the third angel's message have entered where it would otherwise have been very difficult for them to find entrance. But the perceptions of our people have been blinded. They have not felt that the Lord has greatly honored His people in establishing the Sanitarium which for the influence and success has not yet been surpassed. Why cannot the churches see that the Sanitarium has success because the Lord is especially at work to make it a place where the truth may be made known in a way that will recommend it to all classes, where it will be made manifest that God is honored, and that the truth of His word is the abiding principle by which all work. {BCL 14.3} 1899

Those who have turned away from the Battle Creek Sanitarium to get worldly physicians to care for them did not realize what they were doing. God established the Battle Creek Sanitarium. God worked through Dr. Kellogg; but men did not realize this. When they were sick, they sent for worldly physicians to come, because of something that the doctor had said or done that did not please them. This God did not approve. We have the authority of the Bible for our instruction in temperance. {GCB April 6, 1903, Art. A, par. 25}

Uses of Water in Health and Disease—a Practical Treatise on the Bath, its History and Uses by J. H. Kellogg, M. D. 1876

Chapter One- Physical Properties (pgs. 9-14)

WATER is one of the most abundant elements in nature. As rivers, lakes, seas, and oceans, it covers three-fourths of the earth surface. It even enters largely into the formation of the solid rocks. **The clearest and purest air contains it in large quantities as an invisible gas; while in clouds, fogs, and mists, it appears in the form of minute drops.**

Water also forms a very considerable part of all vegetable productions, and constitutes about three-fourths of the human body, as well as other animal tissues. The blood and the brain are each about four-fifths water, while the fluid secretions and excretions contain more than nine-tenths of their weight of this limpid fluid.

Chemical Composition.—The chemist designates water as hydrogen oxide, and represents it by the chemical formula, H₂O, which signifies that it is **composed of the two gases, hydrogen and oxygen**, in the proportion of two volumes of the former to one of the latter. Both of these gases are colorless, transparent, tasteless, and odorless. Hydrogen is the lightest gas known; oxygen is the great supporter of combustion and animal life and heat. **Water is produced by the burning, or oxidation, of hydrogen, a process attended with very little light, but most intense heat. The two gases are explosive when mixed.**

Physical Properties.—Water exists in three states; viz., as a solid, in the form of ice ; as a liquid, its most common form ; and as a vapor, in the form of steam. When in the last condition, the gaseous, it is invisible. That to which the term steam is very commonly applied, is not steam, but water in a state of fine division, or mist.

Below 32° F., pure water exists in the form of ice. Between 32° and 212°, it is a liquid. At 212°, it is converted into vapor. **Water also slowly evaporates at all temperatures below 212°**, being absorbed and held in solution by the air.

Water possesses the greatest specific heat of any substance. By specific, heat is meant the actual amount of heat required to elevate its temperature a given number of degrees. For example, it requires ten times as much heat to raise a pound of water 1° in temperature as to elevate a pound of copper 1° in temperature. To raise the temperature of a pound of lead 1°, requires only one-thirtieth as much heat as to produce the same effect upon a pound of water. **Water absorbs more heat by elevation of temperature than any other substance.** In passing from the solid to the liquid state, it absorbs a vast amount of heat without any elevation of temperature. The same thing occurs in the conversion of water into steam or vapor by evaporation. In the evaporation of one pound of water, as much heat is absorbed, or rendered latent, as would suffice to raise nearly a thousand pounds of water one degree in temperature. This heat is abstracted from surrounding objects; and, hence, evaporation is one of the most powerful means of producing cold. The effect is the same, no matter what the temperature at which evaporation occurs.

Water is not the best conductor of heat, but it conducts much more readily than air, and readily communicates its heat to bodies with which it comes in contact, also abstracting heat when of a lower temperature, when changing from a solid to a liquid state, or from the liquid to the gaseous condition.

One of the most useful properties of water is its power to dissolve numerous substances, its solvent properties being nearly universal. To this property it owes its value as a **cleansing agent**.

Pure Water.—Absolutely **pure** water is not found in nature. Rain water is the nearest approach to it; but even this gathers impurities of various sorts as it falls through the air, and often becomes very unwholesome by the absorption of foul gases and the collection of dust in this way. **For any use connected with the human body, the purest water is always preferable to any other. Filtered rain water and distilled water are the purest forms of water attainable.**

Hard Water.—Water is said to be hard when it will not produce a good lather with soap, but forms curds instead. **Hardness is due to the presence of earthy salts in the water; salts of lime—chalk and gypsum—are the most common. Ten grains per gallon of any of these salts is sufficient to render water hard and unfit for use**, though some waters furnished to cities for general use contain from 70 to 160 grains per gallon of solid matter. **Hard water is unfit for cleansing purposes because its**

mineral ingredients form insoluble compounds with fatty substances. When mixed with soap, the lime or other mineral takes the place of the soda or potash in the soap, and forms an insoluble curd, instead of a lather.

Mineral Water.—Water containing in **solution salts of iron, magnesia, or other metallic elements,** as well as **sulphur, arsenic, iodine, or any compound of these or other elements** which are capable of imparting a nauseous or saline taste, an unpleasant odor, or medicinal properties, **has been much employed for the cure of all sorts of chronic ailments. Such waters are totally unfit for general use for drinking or cooking purposes, and certainly possess no particular advantages as cleansing agents.** Whether they are useful as medicines is a medical question which we do not purpose to consider here ; but **one would naturally suppose that water which is unfit to cleanse the outside of the body could not be of very great utility as an internal application.**

Magnetic Water.—Within the last few years, the scientific world has been startled with the alleged discovery of "magnetic wells" and "magnetic springs" in various parts of the country. The claim has been made and stoutly defended by interested parties that the water furnished from these sources is magnetic in character, and possesses wonderful healing virtues on that account. The truth in the matter, when viewed in the light of science, seems to be that the water of these much-lauded wells is no more magnetic than any other water; **the magnetic phenomena are all explicable by well-known laws of physics, without attaching to the water any magnetic properties.** A close examination shows that the iron pipe through which the water passes is the only magnetic object. The supposition that the pipe derives its magnetism from the water is both unnecessary and illogical. In the first place, any iron pipe or rod placed vertical in the ground —or, better, placed parallel to the earth's axis will spontaneously become magnetic. The production of magnetism is greatly favored by the friction of flowing water, and by jarring, as beating with a hammer. In the second place, the water possesses no magnetism to impart. In view of these facts, the conclusion is inevitable that so-called magnetic water has no existence except in the minds of certain persons whose credulity greatly exceeds their scientific knowledge. **"Magnetic" wells and springs are ingenious humbugs. Thousands of people are duped by them.** Hundreds are benefited by getting well washed, and by enjoying recreation and pleasant social surroundings. The curative effects are attributed to the imaginary magnetism, while other more tangible agents are the real means of cure. {pg 9-14}

~~~~~

**WATER-DRINKING.** — **As a remedial agent, water is of far greater value than any other liquid taken into the stomach.** Its uses in preserving health have been previously noticed. Under ordinary circumstances, a person in health who discards irritating condiments from his diet seldom requires drink. Many persons take no drink whatever during the winter months. But drinking is healthful, and pure water of proper temperature may be taken by any one in health or disease if it is taken in the proper manner. Drinking at meals is an unwholesome practice. Drinking large quantities of iced water is unhealthful. Cold water should not be taken freely when the drinker is hot or exhausted. The thirst will be quenched as readily by slowly sipping a small quantity. In fevers, water should be freely allowed. A glass of cool water taken half an hour before breakfast is an excellent remedy for habitual constipation.

**Water-drinking may be made a means of bathing the internal structures, as external applications bathe the outside.** Water is rapidly absorbed by the mucous membrane of the stomach, and, **passing through the circulation, it dissolves many impurities, and is eliminated chiefly by the kidneys and skin.** It can be used with benefit in connection with the vapor bath, hot-air bath, and all baths in which sweating is induced. It should not be used in such great excess as it was employed by the early hydropathists, however, whose patients drank from ten to thirty glasses of water a day.

**Free drinking of water is useful in cases in which the urine is scanty and irritating.** It gives relief by diluting the urinary excretions. {pg 153-54}

~~~~~

If we except pure air, it may safely be said that no other element in nature sustains so important relations to the living system as does pure water. An individual will live much longer on water alone, than if deprived of drink. Water constitutes a large proportion of all our food, varying, in grains and vegetables, from fifteen to more than ninety percent. If the water thus contained in solid food were wholly removed, an individual would doubtless be enabled to subsist longer on water only than on solid food so treated. Though water undergoes no change in the body, and hence takes no part in the development of force, it is absolutely essential to the performance of the vital functions, being necessary to enable the various organs to perform their offices in the maintenance of the vital activities.

The circulatory system is especially dependent upon this element. **Water is the menstruum which floats the blood corpuscles and the varied nutritive and excrementitious elements which form the blood. By its aid, the nutrient particles destined to enter into the structure of the body are conveyed to the most minute and remote fiber of the intricate human mechanism where repair or growth is demanded.** No other element in nature is so well suited to this exact purpose as water. It is so limpid and mobile that it can circulate through the most delicate capillaries without friction, and can even find its way, by osmosis, into parts inaccessible by openings. {pg 21-22}

Water is the only substance which will quench thirst. Beverages which contain other substances are useful as drinks just in proportion to the amount of water which they contain, and are unwholesome just in proportion as the added elements are injurious. {pg 23}

~~~~~

**Depuration.**—Every thought, every movement, the most delicate vital action, occasions the destruction of a portion of the living tissues, which is thus converted into dead matter, and becomes poisonous. Many kinds of poisonous substances are produced within the body in this way. Some of them are very deadly, and must be hurried out of the system with great rapidity, as urea and cholesterine. **Here the marvelous utility of water is again displayed. It dissolves these poisons wherever it comes in contact with them, and then as it is brought by the current of the circulation to the proper organs—the kidneys, liver, skin, lungs, and other emunctories**—it is expelled from the body, still holding in solution the animal poisons which are so rapidly fatal if retained.

**The skin is one of the most important depurating organs of the whole body.**{pg 25}

... water serves a most useful end if **properly applied. It is unexcelled as a detergent,** and by frequent application to the skin will keep it wholly free from the foul matters described. {pg 26}

~~~~~

---A daily or tri-weekly bath, accompanied by friction, will keep the skin clean, supple, and vigorous. There is no reason why the whole surface of the body should not be washed as well as the face and hands. The **addition of a little soap** is necessary to remove the oily secretion deposited upon the skin. {pg 27}

---A daily bath, at the proper temperature, is the most agreeable and efficient of all cosmetics. {pg28}

---It is an erroneous notion that bathing renders a person more liable to "take cold, by opening the pores." **Colds are produced by disturbance of the circulation, and not by opening or closing the pores of the skin.** Frequent bathing increases the activity of the circulation in the skin, so that a person is far less subject to chilliness and to taking cold. An individual who takes a daily bath has almost perfect immunity from colds, and is little susceptible to changes of temperature. {pg 28}

---The value of water as a prophylactic, or preventive, of disease, was recognized by the ancients, and the bath was employed by them to an extent which has never been equaled in modern times. **The great Hebrew lawgiver, Moses, enjoined upon his followers the most scrupulous cleanliness, making bathing a part of their religious duties.** His example was followed by the ingenious founder of Mohammedanism, who required his disciples to bathe before each of their five daily prayers. Among the Greeks, and especially the temperate Spartans, the bath was regarded as one of the most essential means of securing physical health. **Daily ablutions were practiced** by them, every person participating in the bath, from the newborn babe to the oldest inhabitant. The Romans cultivated bathing to a remarkable extent, making it a luxury rather than the dreaded penance which many moderns seem to regard it. {pg 31-32}

~~~~~

**Bathing a Natural Instinct.**—All nature attests the importance of the bath. The rain is a natural shower bath in which all vegetation participates, and gains refreshment. Its invigorating influence is seen in the brighter appearance, more erect bearing, and fresher colors, of all plants after a gentle rain. The flowers manifest their gratitude by exhaling in greater abundance their fragrant odors. Dumb animals do not neglect their morning bath. Who has not seen the robin skimming along the surface of the lake or stream, dipping its wings in the cool waters, and laving its plumage with the crystal drops which its flapping pinions send glittering into the

air? No school boy who has ever seen the elephant drink will forget how the huge beast improved the opportunity to treat himself to a shower bath, and perhaps the spectators as well, for he is very generous in his use of water.

If man's instincts were not rendered obtuse by the perverted habits of civilization, he would value the bath as highly and employ it as freely as his more humble fellow-creatures, whose instinctive impulses have remained more true to nature, because they have not possessed that degree of intelligence which would make it possible for them to become so grossly perverted as have the members of the human race. Man goes astray from nature not because he is deficient in instinct, but because he stifles the promptings of his better nature for the purpose of gratifying his propensities. {pg 33-34}

~~~~~

OTHER KELLOGG QUOTE SOURCES--

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}

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.

KELLOGG QUOTED FROM MAGAZINE SOURCES OF HIS DAY--

—Good Health Magazine for June, 1899, J.H. Kellogg SAYS OF DISTILLED WATER:

“It is **FREE FROM GERMS, FREE FROM INJURIOUS SALTS,** FROM LIME and **other substances** with which they are found in combination, if not always of the same uniform quality.”

—from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, January 1, 1903, quoting J.H. Kellogg:

“Still another use for water is TO DISSOLVE AND WASH OUT of our bodies, through the sweat of the skin, and in other ways, THE WASTE AND WORN-OUT PARTICLES which are no longer of any use.”

“Most waters have more or less substances dissolved in them. Water which has much lime in it is called hard water. Such water is not so good to drink, or for use in cooking, as soft water. THAT WATER IS BEST WHICH HOLDS NO SUBSTANCES IN SOLUTION.”

“THE PUREST WATER IS THE BEST. Impure water causes sickness.”

—Dr. John Harvey Kellogg, from, Dr. John Harvey Kellogg's Child's Guide to Health and Hygiene

A Few Spirit of Prophecy Quotes Compared with Harvey Kellogg's Quotes--

Sister White

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}

Kellogg

Yet, that **there is still a want of appreciation of the remedy** is fully attested by the infrequency of its use by the regular profession. {The Uses of Water in Health and Disease JH Kellogg pg 58}

A Popular Error.—It is a grievous popular error that anyone can apply water as skillfully as the most experienced physician, and that its successful use requires no knowledge of the structure and functions of the human body. No doubt this has grown out of another error, perhaps quite as common; viz., that water is so simple a remedy that it will do no harm if it does no good. Such notions have frequently led to most disastrous results. {The Uses of Water in Health and Disease JH Kellogg pg 76}

Sister White

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

Kellogg

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}

Pure Water.—Absolutely pure water is not found in nature. Rain water is the nearest approach to it; but even this gathers impurities of various sorts as it falls through the air, and often becomes very unwholesome by the absorption of foul gases and the collection of dust in this way. For any use connected with the human body, the purest water is always preferable to any other. Filtered rain water and distilled water are the purest forms of water attainable. {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9-14}

Sister White: 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}

Pioneer M.G. Kellogg (Harvey Kellogg's brother): 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)

Sister White

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}

Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally.—Spiritual Gifts Volume 4a, 140. {HL 245.1}

Pioneer M.G. Kellogg (Harvey Kellogg's brother):

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 pg 12*

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, worn out, or diseased, in their endeavors to perform the extra work which is imposed upon them. *Hygienic Family Physician pg 13*

Kellogg

Hard Water.—Water is said to be hard when it will not produce a good lather with soap, but forms curds instead. **Hardness is due to the presence of earthy salts in the water; salts of lime—chalk and gypsum—are the most common. Ten grains per gallon of any of these salts is sufficient to render water hard and unfit for use**, though some waters furnished to cities for general use contain from 70 to 160 grains per gallon of solid matter. **Hard water is unfit for cleansing purposes because its mineral ingredients form insoluble compounds with fatty substances.** {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9-14}

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 {Rational Hydrotherapy, John Harvey Kellogg, pg 929-30}

Download PDF file of

DR. John Harvey. KELLOGG'S BOOK TITLED

“The Uses of Water in Health and Disease- A Practical Treatise on the Bath, Its History and Uses, 1876 edition

<https://ia600702.us.archive.org/32/items/usesofwaterinhea00kell/usesofwaterinhea00kell.pdf>

For a good reference list of titles of John Harvey Kellogg health books:

<https://quod.lib.umich.edu/b/bhlead/umich-bhl-0046?view=text>

What is in your water?

ENVIRONMENTAL WORKING GROUP WATER DATA BASE 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/aXHgCb_Ut_w

1 grain per gallon hardness = 17.1 ppm

“Ten grains per gallon of any of these salts is sufficient to render water hard and unfit for use,” {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9-14}

17.1 x 10 = 171 ppm is unfit for use

A TDS (Total Dissolved Solids) Water Tester, tests the combined total of inorganic substances found in water, including salts, metals and minerals. TDS is directly related to water purity and the performance of water purification systems. TDS, whether harmful or beneficial, affects everything that consumes, lives in or uses water. The lower the number on the screen, the purer the water.

Here is the water graph on the back of the meter indicating TDS in parts per million (ppm)

0-49	Ideal drinking water- RO, DI, Distillation, etc.	[My distilled water read “2”]
50-99	Carbon filters, Mt. springs	[My Berkey carbon filtered water read a shocking “181”]
100 +	Hard Water	[My tap water (in Newport, WA) read “194”]
200-374	Average Tap water	
375-499	High Tap or mineral springs	← The pioneers state mineral springs are harmful to our health!
500-	U.S. EPA’s max contaminant level	← No wonder people are sick!

You can purchase a TDS on Amazon for around \$20:

https://www.amazon.com/gp/product/B007KDYOMU/ref=oh_aui_detailpage_o05_s00?ie=UTF8&psc=1

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

It is by the mighty power of the Infinite One that **the elements of nature in earth and sea and sky are kept within bounds.** **And these elements He uses for the happiness of His creatures.** “His good treasure” is freely expended “to give the rain ... in his season, and to bless all the work” of man’s hands. Deuteronomy 28:12. {PK 134.3}

DISTILLATION, n.

1. The **act of falling in drops**, or the **act of pouring** or **throwing down in drops**.

Remember that thou magnify his work, which men behold.

Every man may see it; man may behold [it] **afar off**.

Behold, God [is] great, and we know [him] not, neither can the number of his years be searched out.

For he maketh small the drops of water: they **pour down rain** according to the vapour thereof:

Which **the clouds do drop** [and] **distil** upon man abundantly.

Also **can** [any] understand the **spreadings of the clouds**, [or] the noise of his tabernacle?

Job 36:24-29

The **clearest and purest air** contains it in large quantities as an invisible gas; **while in clouds, fogs, and mists, it appears in the form of minute drops**. {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9}

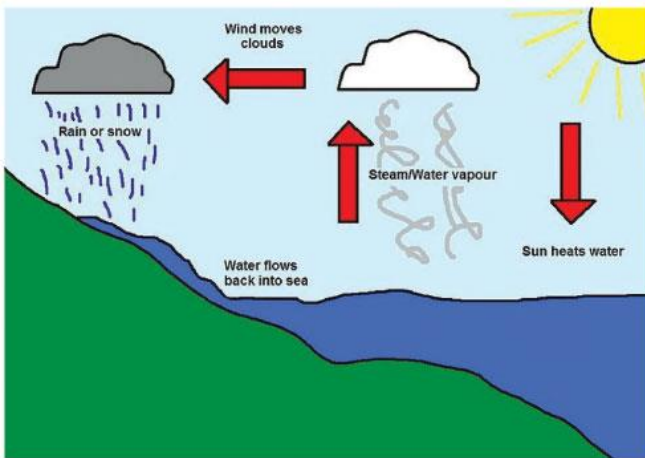
And he showed me a **pure river of water of life, clear as crystal**, proceeding out of the throne of God and of the Lamb. Rev 22:1

In health and in sickness, **pure water** is one of **heaven's choicest blessings**. Its proper use promotes health. {MH 237.1}

DISTILL, v.t.

To **extract the pure part** of a fluid; **as, to distill water**.

Distillation process



During the wilderness wandering, **God had assured them that He was guiding them to a country where they need never suffer for lack of rain**. {PK 135.3}

Moses said to them, "For the land, whither thou goest in to possess it, is not as the land of Egypt, from whence ye came out, where thou sowedst thy seed, and wateredst it with thy foot, as a garden of herbs. But **the land, whither ye go to possess it, is a land of hills and valleys, and drinketh water of the rain of heaven**. A land which the Lord thy God careth for. The eyes of the Lord thy God are always upon it, from the beginning of the year even unto the end of the year." {4aSG 54.2}

The dew and **rain** and sunshine of God's grace had been given, to refresh and nourish the seed of truth. {DA 192.1}

Who hath ascended up into **heaven**, or descended? who hath gathered the wind in his fists? **who hath bound the waters in a garment?** who hath established all the ends of the earth? what [is] his name, and what [is] his son's name, if thou canst tell?
Every word of God [is] pure: he [is] a shield unto them that put their trust in him. Prov 30:4, 5

Unto the pure all things [are] pure: but **unto them that are defiled and unbelieving [is] nothing pure**; but even their mind and conscience is defiled. Titus 1:15

He that believeth on me, as the scripture hath said, out of his belly shall flow **rivers of living water**. John 7:38

Man creating God's rain water through distillation process

