

Pure Soft Water & Minerals: Spirit of Prophecy quotes compared to Pioneer quotes

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.**

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### Pure Water

Sister White: "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}

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

"...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}

... point them to God's great medicine, **water, pure soft water**, for diseases, for health, for cleanliness, and for a luxury. {5MR 105.3}

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}

As noted above and in next section, "Minerals & Cisterns", PURE water is free from impregnation by mineral substances

## MINERALS & CISTERNS

**Sister White:** There are many acres of beech forest which is the only beech grove in Norway. There is an ordinance that no beer or strong drink shall be sold on these grounds. This is a wonderful thing in Europe, for every available spot near a house which could have the slightest attractions is converted into a beer garden. This is so in Sweden, in Switzerland, and in Germany and Denmark. But here the beautiful beech forest, with its noble, majestic trees, is not disgraced with the drunken brawls of the inebriate. Here are many attractions for pleasure seekers as well as for invalids. Mineral springs have great repute here as a curative of many ills. We climbed a rocky ascent and could view the surrounding country to a great extent and look upon the waters of a lake which makes the scene one of beauty. {Ms57-1886.9}

**Sister White:** Physicians often advise invalids to visit foreign countries, to go to some mineral spring, or to traverse the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately, and engage in healthful exercise with a cheerful spirit, they would regain health, and save time and money. Exercise, and a free, abundant use of the air and sunlight,—blessings which Heaven has bestowed upon all,—would in many cases give life and strength to the emaciated invalid. {CTBH 160.2}

**Pioneer M.G. Kellogg:** 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. *Hygienic Family Physician pg 185-86*

### **Mineral water is not PURE water**

...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.** *Hygienic Family Physician pg 187*

**Pioneer J.N. Loughborough:** 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. {1868 JNL, HBH 197.6}

**Pioneer John Harvey 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.

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**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}

**Distilled water is the best PURE water and was used at the Sanitarium**

**Sister White:** 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}

**Pioneer H.F. Rand:** 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 {June 1, 1909 WAsE, GCB 251.14} H.F. Rand

**Pioneer E.J. Waggoner:** 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 pailful 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}

**Sister White:** **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}

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}

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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}

**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}

**Pioneer M.G. Kellogg:** **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. *Hygienic Family Physician pg 12*

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

Webster's 1828 Dictionary

**DISTILLATION, n.**

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

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. Job 36:27, 28

**We see from above, rain water caught in a receptacle (ie cistern), then filtered, is considered to be PURE SOFT water**

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USE OF MINERALS AND HOW IT AFFECTS OUR HEALTH

Sister White: 1048. The endless variety of **medicines** in the market, the numerous advertisements of **new drugs** and mixtures, all of which claim to do wonderful cures, **kill hundreds where they benefit one**.... Yet people keep dosing, and continue to grow weaker until they die. Some will have medicine at all events. Then let them take these hurtful mixtures and the various **deadly poisons** upon their own responsibility. **God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering. 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: **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*

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 pg 15*

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*

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.** *Hygienic Family Physician pg 13-14*

The use of mineral water causes disease and is poisonous

EXAMPLES OF DISEASE ASSOCIATED WITH HARD MINERAL WATER

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: 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}

Please note M.G. Kellogg has also stated above in previous sections that minerals in water cause disease.

And we see here the contrast between hard and soft water.

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**Pioneer James White:**

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}