

# **How To Live**

E. White

2  
Contents

<b>Introduction</b>	<b>2</b>
<b>A Special Creation</b>	<b>5</b>
<b>The Miracle of Healing</b>	<b>8</b>
<b>Drugs</b>	<b>12</b>
<b>Natural Remedies</b>	<b>24</b>
<b>The Science of Cooking</b>	<b>32</b>
<b>The Laws of Health</b>	<b>34</b>
<b>Prevention Better than Cure</b>	<b>37</b>
<b>Fresh Air</b>	<b>40</b>
<b>Abstemiousness</b>	<b>43</b>
<b>Rest</b>	<b>50</b>
<b>Trust in Divine Power</b>	<b>53</b>
<b>Exercise</b>	<b>59</b>
<b>Water</b>	<b>63</b>
<b>Nutrition</b>	<b>69</b>
<b>The Digestive System</b>	<b>75</b>
<b>Clean and Unclean Meats</b>	<b>81</b>

## **3-How To Live**

### INTRODUCTION

In 1986, the National Health Foundation elected Ellen G. White as their posthumous Honorary President in recognition of her contribution to the field of nutrition and healthful living.

"For more than one hundred years, a privileged group has been profiting from the Ellen G. White writings. Every so often, 'outside' medical authorities of some renown have recognized the value of her word. Dr. Clive McKay of Cornell University concluded, 'In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better over-all guide is available today.' Still, on the whole, her contribution remains but little heard of by those not of the fortunate few.

"But Ellen White didn't write for only a select class. And now it's time for the rest of the world to know--to know how to gain the extra six years life expectancy enjoyed by health-minded Seventh-day Adventists." National Health Foundation.

Ellen Gould Harmon was born in Gorham, Maine in the year 1827. During her third year of grade school, she suffered the unfortunate accident of a stone, thrown by a schoolmate, hitting her across the bridge of the nose. This rendered her unconscious, and much blood was lost before she could receive proper treatment.

"For weeks she hovered between life and death, her future health greatly impaired." Sketches of James and Ellen White by son W.C. White p 12.

As a result of this thoughtless act, Ellen was unable to return to school. She was weak and sickly for a number of years, and although she did attempt

## 4-How To Live

to continue her education at a later date, was unable to do so.

As a young teenager, Ellen took life very seriously, and in 1844, joined the controversial Millerite movement. Not long after, she married James White, a leader of this prophetic group, and thus became Ellen G. White.

During those early years, Ellen wrote extensively for the Millerite papers, having a great understanding of Bible doctrines due to prophetic revelation. Although she attended Bible studies of the leaders, she was at first not able to understand the meaning of the Scriptures being studied.

"It was as if my mind was locked," she said of this experience. If difficult portions arose in the study, and after prayer remained obscure, the men would say, "We can do nothing more."

At that time, Ellen would be taken into vision and the point made clear. 1 SM 206.

"At times the power of God came in such a marked manner, that when revelation of truth emerged, all would weep and rejoice together Jesus was their great love; they love Him and each other." TM 25,26.

During the years following these important studies, Ellen became a Bible student in her own right, well able to expound doctrinal subjects from the Scriptures alone, or this her writings adequately testify.

In June 1863, Ellen White received her vision on Health Reform. As a result, she wrote a series of booklets entitled **How to Live**. During subsequent years, Ellen received further instructions and her writing became more extensive.

Not only did she write on the subject of health,

## **5-How To Live**

but also temperance, education, the home, child guidance, and many books on religious history, prophecy, Bible doctrines and other related subjects.

On one time, John Harvey Kellogg, a world-renowned doctor at Battle Creek Sanitarium, was asked how he managed to keep abreast of all the errors of nutrition that were surfacing in the middle to late 1800s. His reply was:

"I follow the counsel of Ellen White. What she accepts I practice, what she rejects, I disregard."

And so, in 1986, the National Health Foundation (USA), a large non-profit, non-religious consumer oriented organization devoted exclusively to health matters, gave special recognition to one whose health message has been vindicated by modern research and scientific study.

Thousands today can testify of the benefits they have received through following her counsel, and that it did not cost them a penny. Said one grateful recipient:

"If I hadn't learned the way to better health by the simple means advocated by Mrs. White, I wouldn't be here today."

How thankful we can be that these writings--over one hundred and twenty years old--are still intact today.

The purpose of this booklet is to introduce you to Ellen White's writings and to give a summary of the aspects of healthful living she outlines, in a brief and concise way. Each principle is taken from one of Ellen White's books, some of which are spiritual instruction to her own congregation, but others were written that the public might also benefit from her counsel.

## **6-How To live**

Ellen said in 1906:

"The light on the subject of health reform was given by the Lord, and we are not to depart from it... We should put forth greater efforts to teach the people the truths of health reform... It is not His design that this knowledge be confined to a few..." Manuscript. #27.

## **A SPECIAL CREATION**

The most important aspect of the health message of Ellen White is that it came from the Creator. Not only was the vision of divine origin, but the instruction were vital for man beings who have, in the beginning, been CREATED.

Thus the message was from the divine 'Manufacturer,' and this concept Mrs. White believed to be the only basis with any credibility and assurance of success.

No human being could give adequate instructions regarding his or her own well-being, because we do not understand fully the requirements of our own bodies. Certainly research has made great advances, although it was not very long ago when the tonsils were believed to be of no use; we now know they are extremely important in preventing the entrance of disease through the throat. Even today, the appendix is a mystery, called in medical circles a vestigial organ left over from our evolutionary background.

The theory that there are left-overs from a pre-human or sub-human state, totally denies the miracle of creation and thus makes void the value of any statement from the Creator.

No other foundation is possible but that God created the human race, and this is were Ellen White

## 7-How to Live

stood.

To Adam and his wife, God gave all things necessary for their happiness and well-being. He provided a beautiful paradise garden, filled with an abundance of fruit and trees bearing seed.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1:29.

As a result of disobedience, God added a further article of food for man's diet--the green herb, once exclusive to the animal kingdom. Gen. 1:30; 3:18.

Ellen White clearly stated:

"Grains, fruits, nuts and vegetables are the chosen diet of our Creator." MH 296.

Sixteen hundred years later, God allowed emergency rations,

"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat." Gen. 9:3.

This addition to the diet was not to continue beyond necessity--only until the vegetation had regrown after the flood. However, once man had acquired the taste of flesh, it was impossible for him to again become a vegetarian. It is still difficult, even in the twentieth century!

The vegetarian diet given to man at creation sustained the health of the race for over fifteen hundred years, and in fact, it was not until the entrance of meat in the diet, that the life-span of the patriarchs dropped dramatically from eight and nine centuries down to one or two. By the time of Moses, life

## 8-How To Live

expectancy was "three score and ten" or "fourscore by reason of strength." Ps. 90:10.

Adam	930 years	
Seth	912	
Enos	905	
Cainan	910	
Mahalaleel	895	
Arphaxad	438	
Selah	433	
Eber	464	
Peleg	239	
Reu	239	
Jared	962	
Enoch	365	did not die translated
Methuselah	969	
Lamech	777	
Noah	600	
THE FLOOD		
Noah	350	
Serug	230	
Nahor	148	
Terah	205	
Abraham	175	
Isaac	180	
Jacob	147	

"Nature's abundant supply of fruits, nuts and grains is ample, and year by year the products of all lands are more generally distributed to all... as a result, many articles of food which a few years ago were regarded as expensive luxuries, are now within the reach of all as foods for everyday use." MH 297.

These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing for God's creation.

"They impart a strength, a power of endurance,



## **9-How To Live**

and a vigor of intellect, that are not afforded by a more complex and stimulating diet." MH 296.

### **THE MIRACLE OF HEALING**

"Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us." MH 112.

Consider for a moment the wonderful miracle of healing. It is not something that we ourselves can achieve; it comes from God alone.

When we cut out finger and the skin has separate, who joins the pieces together again? Certainly not the piece of band-aid! or the person who applied it! Non-Christians may not attribute healing to the Creator of our bodies, however, we all must admit healing does not come through our own efforts.

There is within this living machinery a power outside of our own ability to rule. We may wish to be healed, we may will to be with all our determination, but if the body does not respond there is nothing we can do about it, for healing comes from God.

Another consideration is that God does not use methods of healing that destroy. If in administering a medicine, the God who is omniscient (all-knowing), knew some of its properties destroyed vital living cells, He would be defeating His purpose to use it.

Christian must follow Scriptural guidelines, knowing that when God heals, He does so without further destruction of life. Consider Namaan the leper. His aid to healing was to wash in the river Jordan. Certainly there was a lesson of faith, but at the same time, the water of the Jordan did not destroy living cells. 2 Kings 5:1-12.

## 10-How To Live

Hezekiah suffered poisoning of the system from a festering boil. God's instruction to the king of Judah merely provided a drawing agent (poultice of figs), in order that the toxins might be quickly eliminated from the blood stream. No adverse effects accompanied this simple medical procedure. 2 Kings 20:1-7.

In direct contact with mankind, God does not need remedial agencies to accomplish healing, however, there are occasions when even Christ Himself used clay and spittle, giving instructions to go and wash. See John 9:6,7.

Comparing Scripture with Scripture, we understand that these methods of human co-operation are for our admonition, not that we might have faith in the remedies themselves, but that we might realize that there is a place in Heaven's plan for simple, natural, heaven-approved remedial agencies.

Ellen White wrote:

"Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to co-operate with God, and to place ourselves in the condition most favorable to recovery.

"God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws.

"When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of co-operating with Him and asking his blessing on the means which He

## 11-How To Live

Himself has provided." MH 231-233.

Maybe thus far our minds can comprehend the curative powers of our bodies in co-operation with the divine, however, it seems when we become ill, suddenly our `faith' turns to the doctor or the hospital for healing.

In cutting a finger, we wash the wound, apply some germ-killing agent and cover with bandage or band-aid. Once this is accomplished, our minds are at rest and we await the healing that will take place in a few days. Even if we are unable to care for small cuts, we know they will heal. We also realize that the antiseptic cream merely ensures germ-free restoration, and with sanitary conditions, healing will take place without our help.

When it comes to inflammatory conditions within the body itself, our minds turn to fear. What is it? Am I going to die? Who can heal me? Possibly it has something to do with `fear of the unknown,' however it is also a lack of understanding of the nature of inflammation, pain and disease.

If we are unable to care for a deep cut to our hand, arm or any part of the body, and do not ensure against the entrance of dirt and germs, it is likely the wound will become infected. This infection is purely the build-up of bacteria that fights against the natural function of the body. The area will become inflamed and painful, probably with some swelling. These signs signify the body's defense mechanism is in action, trying to win the battle against the invaders.

At this point, most people turn to the doctor, and an antibiotic is prescribed. Once again, so-called faith, instead of turning to the simple remedies approved by the Creator and the wonderful restorative power of the body, men and women turn to the doc

## 12-How To Live

tor and drugs.

But the antibiotic did not heal; it merely assisted the germ-destroying cells within the body to function, so that when sanitary conditions were once again restored, new cells could be produced and the open gash replaced with new flesh.

If this picture of a visible wound can be imprinted in our minds, it will help us to remember that any inflammation or pain is due to some malfunction of the normal operation of the body. In almost every case, it is the presence of germs, rubbish and putrid matter that causes pain, inflammation and swelling.

As the white blood cells encounter enemy bacteria, a battle is waged, and it is a fight to the finish. If the system is healthy, the body will regain its health, but if not, it will lose its battle and gradually be destroyed. When a person turns to the doctor and an antibiotic is prescribed it still depends on the well-being of the patient as to whether the body is able, even with the assistance of a germ-destroying drug, to conquer the enemy.

Let it be remembered that a healthy body and a healthy blood stream have great power to destroy germs and viruses that enter the system. In order that our bodies are able to fight disease (as it enters through cuts, in the air we breathe and other means), we must assist nature in providing only those remedies that will render proper assistance. Medicines that help in one area, while destroying in another, are not regarded as beneficial.

There are certainly many ways of practicing the healing art, but the one that works naturally, enhancing healing, is the only one that Heaven approves.

## 13-How To Live

### DRUGS

The subject of drugs is a very controversial one in many circles, however, more and more people are becoming very dissatisfied with the high claims made for this type of medication, simply because the results are often not realized.

In 1863, many drugs were being used that had debilitating effects on the patients, such as calomel, strychnine, quinine, mercury and other poisonous medicines. Of these, Ellen White said:

"Many, instead of seeking to remove the poisonous matter from the system, take a more deadly poison into the system to remove a poison already there." How to Live 64.

"There are more who die from the use of drugs than all who would have died of disease had nature been left to do her own work." How to Live 61.

The question to be asked today is whether modern drugs are any less harmful than those administered during those early days. To answer this, we must look at the subject a number of different ways.

1. Are there any of the old drugs still used in modern medicine? The answer is Yes. One of these is Nux Vomica.

"Witness the mildest protracted influence of nux vomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves." How to Live 58.

From this we understand, that Nux Vomica has side effects that Ellen White believed were harmful to

## 14-How To Live

the system. It is important we realize the dangers of side effects, not only from drugs, but also from certain foods, and if there are adverse effects, one is as bad as the other.

"There are a great variety of articles that, although used as food or drink, irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil... Mustard, pepper, spices, pickles, and other things of like character, irritate the stomach and make the blood feverish and impure..." MH 325.

"Because we from principle discard the use of meat, butter, mince pies, spices, lard, and that which irritates the stomach and destroys health, the idea should never be given that it is of but little consequence what we eat." 2T 367.

Obviously the effect of food upon the system is extremely important, and so we can rightly believe that if a drug has an adverse side effect, it must be classed as 'a positive evil'.

Quinine bi sulfate is still used for night cramps, and where other drugs are not available, it is still the standby for malaria. Morphine is a derivative of opium, and an opium tincture is used for severe diarrhea in case of colonic cancer. **Strychnine is a part of Nux Vomica**, and is therefore a modern drug of today.

2. Should drugs be administered that have harmful side effects?

"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.

"God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve

## **15-How To Live**

present suffering." Facts of Faith 140.

"Drugs never cure disease; they only change its form and location... A change may take place, but the disease is not cured. It will manifest itself in some other form..." How to Live 60.

Checking the pharmaceutical books of the effects of modern drugs on the system, reveals many adverse side effects, all of which show that the drugs of today are no different from the drugs of yesterday.

### **Penicillin G Potassium**

Classification: Antibacterial antibiotic.

Uses: For treatment of severe infections. Also used to prevent recurrence of rheumatic fever, prevention of bacteremia following tooth extraction.

Side effects: (most frequent) allergic reactions characterized by skin rash, urticaria, chills, fever. Oral penicillin: Nausea, vomiting, abdominal cramps, diarrhea, sore mouth or tongue, super-infection.

Toxicity: Anaphylaxis (occurs shortly after administration), choking, wheezing, dyspnea, hoarseness, paresthesia, increased respirator and pulse rate, decreased blood pressure.

Sure common sense must tell us that this drug is harmful to the delicate organs of the body. It does not take a great deal of consideration to know that Ellen White would have something to say against this much used and abused drug. How many times is penicillin administered when there is a virus present? It is a known fact by the medical profession that penicillin has absolutely no effect on a virus at all. (It does have an effect on bacteria, which is a different type of germ.)

## 16-How To Live

### **Valium (Diazepam)**

Classification: Anti-anxiety agent, anti-convulsant.

Uses: Indicated for relief of anxiety and tension, skeletal muscle spasm, symptoms associated with alcohol withdrawal, adjunct therapy in convulsive disorders.

Side effects: Drowsiness, lethargy, ataxia (muscular incoordination), dizziness, hypotension, bradycardia, headaches, nausea, incontinence, urinary retention, constipation, slurred speech, blurred vision, fainting, hiccups, skin rash, pruritus, urticaria.

Toxicity: Paradoxical reactions (hyper-excited states, anxiety, insomnia, sleep disturbances) are cause to discontinue drug.

Symptoms of overdose include somnolence (behavior not remembered [sleepwalking]), confusion, diminished reflexes, hypotension, coma.

### **Moduretic (Amiloride + Hydrochlorothiazide)**

Classification: Fixed-combination diuretic.

Side effects: Generally well tolerated. Mild adverse reactions-- nausea, anorexia, abdominal pain, pruritis, mild skin rash. Also noted -- headache, dizziness, weakness, fatigue, visual disturbance, leg ache.

Toxity: Hyperkalemia characterized by paresthesia, muscle weakness, fatigue, flaccid paralysis of extremities, bradycardia, shock, ECG abnormalities. Discontinue drug immediately. Take measures to reduce serum potassium levels. All medical descriptions from a study chart in a hospital in United States of America.

3. Did Ellen White speak only of drugs of her early of the health message (1863) or did she speak of drugs for all time?

"Drugging should be forever abandoned; for



## **17-How To Live**

while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." Testimony No.32, 57.

### **1887**

"To resort to the drugging process lays upon nature a most fearful, merciless burden, from which they may never recover... Many will swallow anything in the line of drugs prescribed by the physician, when an intelligent knowledge... would cause them to place themselves in a position as health reformers." Manuscript 22.

### **1898**

"The living connection with the Great Physician is worth more than connection with a world of drugs." B.69.

### **1899**

"We must leave drugging entirely alone." Letter 67.

### **1903**

"Thousands who are afflicted might recover their health if, instead of depending upon the drug-store for their life, they would discard all drugs, and live simply..." Manuscript 115.

### **1908**

"In our sanitariums, we advocate the use of simple remedies. We discourage the use of drugs, for they poison the current of the blood." Manuscript 49.

During the final years of Ellen White's life, she wrote:

"It is the Lord's purpose that his method of healing, without drugs, should be brought into prominence in every city through our medical institutions." 9T 169.

"Every poisonous preparation in the vegetable

## 18-How To Live

and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally." FF 140.

"The intricate names given to medicines are used to cover up the matter so that none will know what is given them as remedies unless they obtain a dictionary to obtain the meaning of their names." Letter C 17A 1893.

"Drugging a fraud practiced on the public by ill-informed practitioners." MM 221-231.

"It is man's attempt to make himself physically whole while violating God's laws. It is Satan's deceptive sorcery to divert the mind from God." MM 2212-231.

It is interesting to note that the word for sorcery is `pharmakeus' which means a mixer of poisons. Strong's Concordance and Webster's 1986 New World Dictionary define Pharmaceutical the `**the practice of witchcraft.**"

"Shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system, but Satan has tempted man to introduce into the human machinery, clogging and destroying the fine, beautiful arrangements of God, drugs that do not restore, but destroy. Drugs never cure." Man. 65.

"Every additional drug given to the patient... will complicate the case, and make the patient's recovery more hopeless..." Man. 65.

"People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the condition that caused the disease... but the

## 19-How To Live

results remain in the system, and work great harm at some later period." CH 89-90.

Today many physicians have come to the same conclusion as Ellen White, and they speaking out. Notice some of their statements:

"Most drugs have no curative effect whatever on the diseases for which they are administered. We do not feel under obligation to give drugs at all, except where the patient's attitude or the attitude of his family makes it expedient." Professor William Osler MD Modern Medicine.

"Every educated physician knows that most diseases are not appreciably helped by drugs." Richard Cabot, MD, Chief of Staff, Massachusetts General Hospital.

"The cause of disease is the poisonous drugs physicians superstitiously give to effect a cure." Chas. E. Page, MD, Boston, Mass.

"There is not a singled medicine in all the world that does not carry harm in its molecules -- there is no medicine that does not harm." J.N. Hurty, MD, Indiana State Board of Health.

"Drugs do not cure disease. The particular symptoms may be quieted by some drug, but the disease itself remains." T.R. Allison, LRCP, London.

"If I take medicine for my liver it is probably doing harm to my stomach. What people need is to stop taking medicine. Any doctor who persuades people into taking no drugs will soon make a reputation for curing chronic diseases." C.S.Carr, MD, Columbus Medical Journal.

"Frequently we have found that they (drugs) do more harm than good. A drug for instance, may 'cure' a pain in the head, but do permanent damage somewhere else." Capt. Hughes Merns, MD, Surgeon General's Office, Washington DC.

## **20-How To Live**

The subject of drugs versus natural remedies has been causing contention for many years, and it will continue. Many professional men and women believe there is a conspiracy to elevate the drug industry and to eliminate natural treatments altogether. This may sound incredible, but there is much evidence that it may be the truth.

A recent experience took place in California, that will show the strong feelings against natural treatments, even if drugs are being administered as well.

Dr. Bruce Halstead MD, was found guilty on 20 felony counts -- each count representing one patient who had taken herbal nutritional tea (Pau d'arco, lapacho). He was acquitted on one count involving an undercover agent acting as a cancer victim and the jury deadlocked, 6-6 on the conspiracy charges, which the prosecution really wanted." Spotlight 32.

Dr. Halstead said after his trial:

"It is illegal for a physician to provide the cancer victim any nutritional support, even if it is given to the patient gratis." Spotlight 32.

Many believe, including Dr. Halstead, that there is a well-documented conspiracy against the Civil Rights Act and a number of Constitutional Amendments. The Doctor said:

"The federal and state agencies are being supported by twenty pharmaceutical companies who have now launched a \$15 million campaign against nutritional quacks."

After his long legal battle Dr. Halstead realized that, although he is a 'highly accredited and skilled physician.' He is classified as a quack, simply because he suggested drinking a herb tea to his cancer patients.

During his trial, Dr. Halstead discovered that

## 21-How To Live

the pressure group behind his conviction was the National Council Against Health Fraud, headed by William T. Harvis, PhD. This organization is dedicated to the eradication of quackery, but it should be pointed out, it is quackery according to the beliefs of the NCAHF.

Dr. Jarvis has his rent-free office at Loma Linda University facilities for his national campaign, including an ongoing surveillance of their (LLU) patients.' Grants have been given to have this highly confidential doctor-patient information relayed back to Dr. Jarvis.

The NCAHF has been put together in a very short period of time, and supporting this organization are a number of very powerful groups--The Food and Drug Administration, Federal Trade, Postal Service, Justice Department and the American Cancer Society.

Dr. Halstead believes, along with the National Health Foundation, who granted Ellen White her posthumous honorary position, the NCAHF is `out to destroy, utterly destroy, alternative health care." Spotlight 32.

He continues in the same interview:

"California's anti-quackery law is simple, direct and utterly unscientific. Under the Food, Drug and Cosmetic Act, all physicians are prohibited from prescribing a food product, compound to a patient suffering from any other disease.

"In its bureaucratic wisdom, the California Legislature caved in to the medicrat cancer monopoly several years ago made sure that any time a food product is used to treat a disease process, the food automatically becomes an `unapproved drug.'

"The law is obviously overboard, ridiculous and un-Constitutional in its application. They are denying the Constitutional rights of both the physician and

## **22-How To Live**

the patient." Spotlight 32.

Clinton Ray Miller wrote in the Washington Report, that:

"If unchecked, (The NCAHF under the militant leadership of Dr. Jarvis) could cause millions of health freedom advocates to re-evaluate their friendly feelings toward Seventh-day Adventist." Reprinted in Health Freedom News 18.

However, we must realize that the work of the NCAHF is just as much feared by many Seventh-day Adventists as it is by its non-members. Those who believe in the counsel of Ellen White are horrified by what is taking place, and the great threat it places on every health-conscious person in all walks of life and belief.

Not only is it a threat to the liberty of Californians, but to all American's and do not think it will stop in the United States. Lobbying and petitions are at work in Australia, and certain herbs have already been taken off the market not very long ago.

In the light of these events, it is important for every reader to realize that the subject of health reform is not only vital to health and well-being, but it is possible it could become a part of our spiritual freedom as well.

There is a religious controversy being waged.

It may appear to be a Seventh-day Adventist conflict, as Dr. William Jarvis is a Seventh-day Adventist. His office is in a Seventh-day Adventist Medical University, and the case cited, also involved a Seventh-day Adventist, that of Dr. Halstead.

But the controversy has already left the circles of the Adventist church; it now involves you and me.

On one side is the voice of a lady who received a message from God and who advocated a God-cen

## **23-How To Live**

tered message of health and simple natural remedies, and on the other side, is an organization (the NCAHF) that is prepared to prosecute those who follow these natural treatments.

You and I may not be Seventh-day Adventist, but, along with a belief in the Bible, we can make a decision to follow the counsel of Ellen White, knowing that we have the Great Physician standing behind every principle and command.

To be able to do this in the future, we may have to learn the rights of religious freedom, that is, to be able to stand on a constitutional right to be able to follow the convictions of the conscience in spiritual matters.

However, to stand on Act 116 in Australia (or the First Amendment in the United States) must mean that our belief in maintaining a healthy body and the treatment of the sick by natural means, is part of our religion. This cannot be simply a statement in court, it must be shown in our lives and our everyday words, or we have no case.

In the United States, many are beginning to rethink their convictions regarding their way of living, for the First Amendment does not cover anyone who is part of an organization that believes in another form of treatment other than our own convictions.

The issues are complex, and unfortunately, the battle has only just begun.

We may not have realized it before, but the food we eat and the habits we cultivate all have an effect on the thoughts we think and our attitude towards religious involvement. Listen to the words of Ellen White.

"The brain nerves which communicate to the entire system are the only medium through which Heaven can communicate to man, and affect his in

## **24-How To Live**

most life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind." 7T 347.

"While men and women professing godliness are diseased from the crown of their heads to the soles of their feet, while their physical mental, and moral energies are enfeebled through gratification of depraved appetite and excessive labor, how can they weight the evidence of truth, and comprehend the requirements of God?

"If their moral and intellectual faculties are beclouded, they cannot appreciate the value of the atonement or the exalted character of the work of God, nor delight in the study of His Word." 1T 488.

"Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies." MH 231-233.

"God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties...yet these remedies are going out of date because their skillful use requires work that people do not appreciate." 5T 443.

## **NATURAL REMEDIES**

"There are many ways of practicing the healing art; but there is only one way that Heaven approves.

"God's remedies are the simple agencies of nature that will not tax of debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date



## **25-How To Live**

because their skillful use requires work that the people do not appreciate.

"Fresh air, exercise, pure water and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system." 5T 443.

The above statement answers every question for all time regarding the treatment of disease, as it not only discourages drugs for two reasons, but gives the approved remedies of God. No one can argue that to day is different from yesterday - God has not changed.

"Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking and working, sustain their health. They will not arouse to their true condition, until nature protests against the abuses she is suffering, by aches and pains in the system.

"If even then, the sufferers would only commence the work right, and would resort to the simple means they have neglected - The use of water and proper diet, nature would have just the help she requires, and which she ought to have long before. If this course is pursued, the patient will generally recover without being debilitated." HTL CH 3 61.

### **Going Overseas For Help**

"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." CTBH 160.

## **26-How To Live**

### **Invalids**

"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." Ibid.

"Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal disease caused by the excitements and excesses for fashionable life, a life that weakens and destroys the powers of the body, mind, and soul..." MH 263-4.

"Encourage invalids to breathe fresh air. Teach them to breathe deeply and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them." Ibid.

### **The Patient**

"Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure, soft water to drink. Bath frequently in pure, soft water, followed by gentle rubbing. Let the light and air be freely admitted to the room." HTL CH 3 54-55.

### **Fragrance**

"Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health-promoting. Let not such trees be ruthlessly cut down. Better change the site of the building than cut down these evergreen trees." Paulson Collection 17.

## **27-How To Live**

### **Sunshine**

"This is one of nature's most healing agents."  
2TTTC 517.

"If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays... this would keep rooms free from impurities...-daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventative of disease." Health Reformer.

### **Exercise**

"Thousands are sick and dying around us who might get well and live if they would, but their imagination holds them. They fear that they will be made worse if they labor or exercise, when this is just the change they need to make them well. Without this, they can never improve.

"They should exercise the power of the will, rise above their aches and debility, and engage in useful employment, and forget that they have aching backs, sides, lungs, and heads." 3TFTC 76.

### **Water Treatment**

"In the winter of 1864, my Willie (wrote Ellen White) was suddenly and violently brought down with lung fever. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he, too, might die.

"We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the Lord in behalf of the child. We called in a few, who had faith to unite their prayers with ours. We had a sweet assurance of God's presence and blessing.

"The next day Willie was very sick. He was wandering. He did not seem to see or hear me when

## 28-How To Live

I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed as rational as ever. He suffered severe pain in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of water according to the degree of the fever. We were careful to keep his hands and feet warm.

"We expected the crisis would come the seventh day. We had but little rest during his sickness, and were obliged to give him up to other's care the fourth and fifth nights. My husband and myself the fifth day felt very anxious. The child raised fresh blood and coughed considerably.

"My husband spent much time in prayer. We left our child in careful hands that night. Before retiring my husband prayed long and earnestly. Suddenly his burden of prayer left him, and it seemed as though a voice spoke to him, and said, Go lie down, I Will take care of the child.

"I retired sick, and could not sleep for anxiety for several hours. I felt pressed for breathe. Although sleeping in a large chamber, I arose and opened the door into a large hall, and was at once relieved, and soon slept.

"I dreamed that an experienced physician was standing by my child, watching every breathe, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, 'The crisis has passed. He has seen his worst night. He will come up speedily, for he has not the injurious influence of drugs to recover from. Nature has nobly done her work to rid the system of impurities.' I related to him my worn out condition, my pressure for breath, and

## **29-How To Live**

the relief obtained by opening the door. "Said he, 'That which gave you relief will also relieve your child. He needs air. You have kept him too warm. The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous and destroy life. (Sic) Stove heat destroys the vitality of the air, and weakens the lungs. The child's lungs have been weakened by the room being kept too warm. Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease.'

"This dream and my husband's experience were a consolation to us both. We found in the morning that our boy had passed a restless night. He seemed to be in a high fever until noon. Then the fever left him, and he appeared quite well, except weak... He came up rapidly... This experience is valuable to us." Facts of Faith 151-153, the year after the vision on health reform and natural treatment.

### **Power of the Will**

"Keep the power of the will awake; for the will, aroused and rightly directed, is a potent soother of the nerves . . . it will resist cold, and will give energy to the nervous system." 1T 557; 2T 533.

### **Mental Attitude**

"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundations here... Remorse for sin sometimes undermines the constitution and unbalances the mind." Testimonies No. 32 p. 200.

## 30-How To Live

### Keep Happy

"A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness." 1T 702.

"That which brings sickness of body and mind to nearly all is dissatisfied feelings and discontented repinings." 1T 566.

### Tenderness

"A sore, sick heart, a discouraged mind, needs mild treatment; and it through tender sympathy that this class of mind can be healed. The physicians should first gain their confidence, and then point them to the all-healing Physician. If their minds can be directed to the Burden Bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure." 3T 184.

As well as these important aspects in setting attitude, including cleanliness, there are many herbs that can assist in healing.

### Herbs

"Those who make a practice of taking drugs sin against their intelligence and endanger their whole after life. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties... an ounce of prevention is worth a pound of cure." Paulson Collection 15.

"There are simple herbs and roots that every family may use for themselves, and need not call in a physician any sooner than they would call a lawyer." Letter 17a, 1893.

"The use of certain herbs that the Lord has made to grow for the good of man, is in harmony

## **31-How To Live**

with the exercise of faith." Manu. 31, 1911 June 3, 1888.

### **Prayer For The Sick**

"We have done all that human skill can do; now Lord, we lay this case at your feet, work as only God can work, and if it be for thy good and for thy glory, arrest the progress of disease and heal the sufferer.

"But after I have prayed earnestly for the sick, what then? Do I cease to do all I can for their recovery? No, I work all the more earnestly, with much prayer that the Lord may bless the means which his own hand has provided; that he may give sanctified wisdom to co-operate with him in the recovery of the sick." Unp. Test. May 19, 1897.

"Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers because their faith was not made perfect by works.

"God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no effort to prevent disease.

"When we do all we can on our part to have health, then we may expect that the blessed results will follow." HTL 1016.

"It is of no use to have seasons of prayer for the sick, while they refuse to use the simple remedies which God has provided, and which are close by them." Paulson Coll. 48.

### **Work With God**

"God will not work a miracle to change natural causes which you can control." Signs of the Times No. 18, 1884.

"It is not a denial of faith, it is in strict harmony

## **32-How To Live**

with the plans of God... to aid nature in her work . . . in everything we need to move along the line of God's providence.

"The human agent should have faith, and should co-operate with divine power, using every facility, taking advantage of everything that to his intelligence is beneficial, and working in harmony with natural laws; in doing this he neither denies nor hinders faith." Unp. Test., March 11, 1892.

"God does not heal the sick without the aid of the means of healing which lie within the reach of man, or when men refuse to be benefited by the simple remedies that God has provided in pure air and water." Paulson Coll. 26.

Our Saviour is the restorer of the moral image of God in man. He has supplies in the natural world remedies for the ills of man, that His followers may have life, and that they may have it more abundantly.

"We can with safety discard the concoctions which man has used in the past. The Lord has provided antidotes for disease in simple plans, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are co-operating with Him.

"We can use water and sunshine and the herbs which He has caused to grow for healing maladies brought on by indiscretion or accident." Manu. 65, 1899.



## **33-How To Live**

### **THE SCIENCE OF COOKING**

"Some are called to what are looked upon as humble duties--it may be, to cook. But the science of cooking is not a small matter. The skillful preparation of food is one of the most essential arts, standing above music-teaching or dress-making. By this I do not mean to discount music-teaching or dress-making, for they are essential. But more important still is the art of preparing food so that it is both healthful and appetizing. This art should be regarded as the most valuable of all the arts, because it is so closely connected with life. It should receive more attention; for in order to make good blood, the system requires good food. The foundation of that which keeps people in health is the medical missionary work of good cooking.

Often health-reform is made death-reform by the unpalatable preparation of food. The lack of knowledge regarding healthful cookery must be remedied before health-reform is a success.

Good cooks are few. Many, many mothers need to take lessons in cooking, that they may set before the family well-prepared, neatly-served food.

Before children take lessons on the organ or the piano they should be given lessons in cooking. The work of learning to cook need not exclude music, but to learn music is of less importance than to learn how to prepare food that is wholesome and appetizing.

Connected with our sanitariums and schools there should be cooking schools, where instruction is given on the proper preparation of food. In all our schools there should be those who are fitted to edu

## 34-How To Live

cate the students, both men and women, in the art of cooking. Women especially should learn how to cook. It is a sin to place poorly-prepared food on the table, because the matter of eating concerns the well-being of the entire system. The Lord desires His people to appreciate the necessity of having food prepared in such a way that it will not make sour stomachs, and in consequence, sour tempers. Let us remember that there is practical religion in a loaf of good bread.

Let not the work of cooking be looked upon as a sort of slavery. What would become of those in our world if all who are engaged in cooking should give up their work with the flimsy excuse that it is not sufficiently dignified? Cooking may be regarded as less desirable than some other lines of work, but in reality it is a science in value above all other sciences.

Thus God regard the preparation of healthful food. He places a high estimate on those who do faithful service in preparing wholesome, palatable food. The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. This talent should be regarded as equal in value to ten talents; for its right use has much to do with keeping the human organism in health. Because it is so inseparable connected with life and health, it is the most valuable of all gifts. Manuscript 95.

"Without continually exercising ingenuity, no one can excel in healthful cookery, but those whose hearts are open to impressions and suggestions from the great Teacher will learn many things, and will be able to teach others; for He will give them skill and understanding." Manuscript 135

## **35-How To Live**

### **THE LAWS OF HEALTH**

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power -- these are the true remedies." MH 127.

It may seem incredible that the true remedial cures of disease, and preventative methods of retaining health are but eight concise natural agencies.

In our age of technology and sophistication, it is easy to scorn apparent scholarly counsel and seek complicated theories that cost large amounts of money. Be thankful for the simplicity and availability of nature's remedies, at little or no cost.

"Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health. Sickness is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellowmen, is to obey the laws of God. These include the laws of health." CTBH 12.

"Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste comes from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle and tissue.

"Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health

## **36-How To Live**

and causes weakness instead of strength. We can not safely be guided by the customs of society. The disease and suffering that everywhere prevail are large due to popular errors in regard to diet.

"In order to know what are the best foods we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food..." MH 295-296.

Not only is diet important to the well-being of mind and body, so is our relationship to nature itself.

"The Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace, or surround them with the artificial adornments and luxuries that so many today are struggling to obtain. He placed them in close touch with nature, and in close communion with the holy ones of heaven..."

"The plan of life which God appointed for our first parents has lessons for us. Although sin has cast its shadow over the earth, God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity." MH 261-262.

Following the eight laws of health requires an amount of care and effort that many are not willing to give. The surrender of hurtful indulgences requires sacrifice, but if men and women are determined to allow nature to do her work, they will see it is done wisely and well.

We cannot be reminded too often that health does not depend on chance. It is a result of obedience to law. Men and women in athletics and trials of strength know this only too well. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. Neglect, through ex

## **37-How To Live**

cess or carelessness weakens their ability to maintain top performance, and instead of confidently hoping for victory, defeat is assured.

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health." MH 127.

Thousands of people can testify untold health benefits from compliance with the claims of God's approved remedies. In some case, people were so sick, they could not stand on their feet, and yet the initial feeling of well-being resulted in less than one month. Certainly complete healing took time, but having been on the edge of death, their condition improved so much that they were able to say they had never felt better in their lives.

If you are determined to maintain your health, or improve it, you will study these eight laws of health as if your life depended on it, for you see, it does!

"Ignorance is no excuse for the transgression of law. The light shines clearly, and none need be ignorant, for the great God Himself is man's instructor. All are bound by the most sacred obligation to God to heed the sound philosophy and genuine experience which He is now giving them in reference to health reform.

"He designs that the great subject of health reform shall be agitated, and the public mind deeply agitated to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory." 3T 161-162.

## **38-How To Live**

### **PREVENTION IS BETTER THAN CURE**

Everyone wants to be healthy, but often it is only when we lose our health that we realize its value. Then we become anxious and often desperate, fearing the worst. Unfortunately, it is few who learn from the experience once they have regained their health.

But we are all the same. Usually it takes more than one fright to wake us up. Sad for those people who do not have a second chance.

Take the case of a friend in hospital who met up with a man whose only problem was a sore finger. It wasn't too painful; no outward signs of distress.

Within two months he was dead.

Why?

His whole body was riddled with cancer!

His first and only sign was a sore finger, nothing else. No pains anywhere else, no sickness, none of the usual symptoms, and yet, cancer had been growing in his body for many years. Suddenly he was gone.

It is hoped that we will learn through reading the experience of others, rather than by having to face the unknown full of fear. And it is for this reason, that the writings of Ellen G. White are being presented to you.

There are laws that can be kept to maintain health, and just as the law of gravity cannot be broken without the object falling to the ground, so disobedience to the laws of health must result in a jolt at the bottom and inevitably an early death.

So please, read and read and read the infor

## 39-How To Live

mation contained in these pages. Usually on the first reading of any material, we don't take too much notice. If that information comes to our notice a second time, we might be slightly interested, or even a third and fourth time.

But suddenly, we really hear... and it's as if we hadn't read it before.

Joe certainly wished he had read the writings of Ellen White many years ago, but at least, he was one of the fortunate ones, who found them just in time.

Nothing is known of Joe's background, except that his home was in West Virginia, and by 1979, he was already middle aged, very sick and without hope. Not only was Joe grossly overweight, but he had very high blood pressure, arthritis, border-line diabetes and two or three other problems.

One evening, just by chance, Joe attended a health lecture by a doctor, who based his remarks on the writings of Ellen G. White. After the meeting, Joe pleaded with the doctor to do something for him.

Realizing this man needed help immediately, the doctor promised to make arrangements for Joe to attend a newly organized sanitarium in another state. The sanitarium had not officially opened, but the doctor knew the staff were beginning their ministry for such people as Joe, and would welcome him as their first patient.

He gave Joe the address, telling him that while he made the three-day journey by bus, he himself would arrange for the staff of the sanitarium to pick him up at the bus depot.

When Joe phoned from the bus station, he was barely able to speak through exhaustion. He was so arthritic, he could not close his fingers around the handle of the suit case, and being so overweight, his jacket gaped apart six or seven inches.

## 40-How To Live

After a good night's rest, Joe requested simple tasks to help pay his way at the sanitarium. Being so ill, he had been unable to work for three years, and therefore was unable to pay expenses.

The first job he was assigned was to nail a bulletin to the notice board. Joe tried to hold the hammer, but could not keep his fingers around the handle. In the attempt, it dropped from his hand to the ground. He bent down to pick it up, but in the process, fell to his knees. Collapsing under his own weight, Joe literally lay there and cried. After some time, one of the staff happened to pass by and was able to help.

After that difficult experience, those in charge of the sanitarium said, "Joe, you just eat the good food we give you, lie in the sun, walk around the gardens and forests and relax. You will be okay. We are praying for you."

In one and a half weeks, Joe attended the morning prayer circle shouting for joy. "Look," he cried, holding up his hands. "The pain is gone. Look I can bend my fingers."

In the next few months, Joe lost over fifty pounds; his blood pressure became normal and his diabetes under control. The other problems quickly disappeared. Joe threw away his medicine, and he never looked back.

Of course the staff at the sanitarium were as much overjoyed as Joe, for being their first patient, he was a foretaste of many hundreds who were to follow in the months and years to come.

"Many are suffering, and many are going into the grave, because of the indulgence of appetite. They eat what suits their perverted taste, thus weakening the digestive organs and injuring their power to assimilate the food that is to sustain life. This



## **41-How To Live**

brings on acute disease , and too often death follows. The delicate organism of the body is worn out by the suicidal practices of those who ought to know better." 6T 372-373.

### **FRESH AIR**

Unfortunately, those living in the polluted cities are not breathing fresh air, however, in the countryside, amid the beauties of nature, the life-giving fresh air is in abundance.

As you are reading this page, your blood is carrying oxygen from the air you breathe to every cell in the body. These cells make up all the body tissues and organs; skin, liver, heart etc., and especially the brain... the governing power of man.

"Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves... It refreshes the body... while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity... It induces sound, sweet sleep." 1T 702

Most people have very shallow breathing, which means the lower portion of the lungs are filled with stale air. Like the singer, we must learn to breathe correctly.

### **Breathe Deeply**

"The stomach, liver, lungs and brain are suffering for want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery." 2T 67

## **42-How to Live**

### **Windows Open**

"Many suffer from sore throat, lung diseases, and liver complaints, brought upon them by their own course of action... They keep windows and doors closed, fearing they will take cold if there is a crevice to let in air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies, through the lungs and the pores of the skin." CH 4 64.

### **Invalids**

"The chief, if not the only reason why many become invalids, is that the blood does not circulate freely, and the changes in the vital fluid which are necessary to life and health do not take place. They have not given their bodies exercise nor their lungs food, which is pure, fresh air; therefore it is impossible for the blood to be vitalized, and it pursues its course sluggishly through the system." 2T 525.

### **Exercise**

"Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthy glow to the skin, and sending the blood, vitalized by the pure air, to the extremities." 2T 530.

### **Catch a Cold**

"Many labor under the mistaken idea that if they have taken cold, they must carefully exclude the outside air, and increase the temperature of their room until it is excessively hot. The system may be deranged, the pores closed by waste matter, and the

## **43-How to Live**

internal organs suffering more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time of all others the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or the stomach, is diseased." 2T 530.

### **The Sick**

"Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than food." Healthful living 652.

### **Bedding**

"In the morning the bed "clothing should be removed piece by piece from the bed, and exposed to the air. The blinds should be fastened back and the air left to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired and the impurities will be removed from the room." 4SG 143-4.

"Air is the free blessing of Heaven, calculated to electrify the whole system." 1T 701.

"In the matchless gift of His son, God has encircled the whole world with an atmosphere of grace as real as the air which circulates around the globe. All who choose to breath this life-giving atmosphere will live, and grow up to the stature of men and women in Christ Jesus." STC 68.

## **44-How to Live**

### **ABSTEMIOUSNESS**

Christian temperance is the lesson of abstemiousness, for the appetites of the flesh and the development of character are constantly at war against each other. When there is a lack of stability in regard to the principles of healthy living, this is an indication of the character and spiritual strength of the Christian.

Whatever injures the body lessens the physical energy, weakening the mental and moral powers. Every hurtful indulgence thus makes it more difficult to choose between right and wrong.

True religion emphasizes the accountability of man to God:

"If any man defile the temple of God, him shall God destroy." 1 Cor. 3:17.

"God, the Creator of our bodies, has arranged every fiber and nerve and sinew and muscle, and has pledged himself to keep the machinery in order if the human agent will co-operate with him and refuse to work contrary to the laws which govern the human system." Unpublished. Testimonies.

#### **Carelessness**

"Every careless action, any abuse put upon the Lord's mechanism, by disregarding His specified laws in the human habitation, is a violation of God's law." Unpub. Test. Jan 11, 1897.

#### **Any Violation**

"Intemperance of any kind is a violation of the laws of our being." Health Reformer.

## **45-How to Live**

### **Unhealthful Food**

"The laws of our being cannot be more successfully violated than by crowding upon the stomach unhealthful food just because it is craved by a morbid appetite."

### **Overeating**

"Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." Facts of Faith 133.

### **Lack of Exercise**

"Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels." 3T 76.

"The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise." 2T 529.

"In some cases, want of exercise causes the muscles of the bowels to become enfeebled and shrunken..." 3T 78.

### **Sickness**

"Sickness is caused by violating the laws of health." 3T 164.

### **Hygiene**

"A neglect of cleanliness will induce disease." How To Live ch 4 p 61.

## **46-How to Live**

### **Clothing**

"You have worn too great an amount of clothing, and have debilitated the skin by so doing." 3T 74.

### **Adequate Clothing**

"The most of us wear clothing enough, but many fail to give every part of the body its due proportion... If any part of the body should be favored with extra coverings, it should be the limbs and feet, which are a distance from the heart, which sends the blood through the system. The limbs should ever be clothed with a warm covering to protect them from a chill current of air... There is but one woman in a thousand who clothes her limbs as she should... Women should clothe their limbs as thoroughly as do men." Health Recorder and How to Live ch 6 p 64.

### **Tobacco**

"Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing, influence upon the nerves of the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable." Facts of Faith 128.

"Tobacco is a slow, insidious poisons, and its effects are more difficult to cleanse from the system than those of liquor." 3T 569.

### **Liquor**

"The use of tobacco encourages the appetite for liquor; and the use of tobacco and liquor invariably lessens nerve power." 3T 488.

## **47-How to Live**

### **Tea and Coffee**

"Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious." 4T 365.

### **Stimulants**

"The use of unnatural stimulants is destructive to health, and has a benumbing influence upon the brain, making it impossible to appreciate eternal things." 1T 549.

### **Cider**

(hard) "Cider drinking leads to the use of stronger drinks... The sharp taste makes it more acceptable to other palates, and the user is loath to admit that it has become hard, or fermented." 5T 354-361.

### **Fat and Grease**

"Grease cooked in the food renders it difficult of digestion." Christian Temperance.

"The food should be prepared in a simple form, and free from grease..." 2T 485.

### **Cheese**

"The effect of cheese is deleterious." CT 47.

"Cheese should never be introduced into the stomach." 2T 68.

### **Butter and Meat**

"Butter and meat stimulate. They injure the stomach and pervert the taste." 2T 486.

### **Hot Bread and Soda Biscuits**

"Hot biscuit raised with soda or baking powder

## **48-How to Live**

should never appear upon our tables. Such compounds are unfit to enter the stomach." RH 1183 no. 19.

"Hot raised bread of any kind is difficult of digestion."

### **Milk and Sugar**

"Large quantities of milk and sugar eaten together are injurious." 2T 369.

"Milk and sugar (taken together) clog the system, irritate the digestive organs, and affect the brain." 2T 369.

### **Sugar**

"Sugar clogs the system. It hinders the working of the living machinery." 2T 369.

"Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition." Manu. 93.

### **Salt**

"Do not eat largely of salt." CH 120.

### **Condiments and Spices**

"After the immediate effects are gone, those who use them drop as far below par as they were elevated above par by these stimulating substances. The system is weakened, the blood contaminated, and inflammation is the sure result." Unpub. Manu. Nov. 5, 1896.

### **Complicated Dishes**

"Mixed and complicated dishes are injurious to the health of human beings." Unpub. Test. Nov. 5, 1896.



## **49-How to Live**

### **Rich Cakes and Pastry**

"Cook meat with spices, and eat it with rich cakes and pies, and you have a bad quality of blood. The system is too heavily taxed in disposing of this kind of food. The mince pies and pickles, which should never find a place in any human stomach, will give a miserable kind of blood..." 2T 368.

### **Flesh Foods**

"the physical powers are depreciated by the habitual use of flesh meat. Meat eating deranges the system." 2T 64.

"The liability to take disease is increased ten-fold by meat eating." 2T 64.

"The mortality caused by meat eating is not discerned. If it were, we should hear no arguments and excuses in favor of the indulgence of the appetite for dead flesh." Unpub. Manu. Nov. 5, 1896.

"Cancers, tumors, and various other inflammatory diseases are largely caused by meat eating." Unp. Manu. Nov. 5, 1896.

### **Swine's Flesh**

"Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show His authority, but because it was not a proper article of food for man." How to Live ch 1 p. 58-59.

### **Drugs**

"Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." Test.

## **50-How to Live**

No. 32, p. 57.

"There are more who die from the use of drugs than all who would have died of disease had nature been left to do her own work.' How to Live ch 3 p 61.

Certainly, abstemiousness covers a vast area. Only the power of God can give us strength to follow the laws of health, but He has promised to give us that divine help if we ask Him.

"In order to preserve health, temperance in all things is necessary... The harmonious healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness. An aimless life is a living death.

"The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind." RH No. 31, 1884.

"The less we see to esteem in ourselves, the more we shall see to esteem in the infinite purity and loveliness of our Saviour. A view of our sinfulness drives us to Him who can pardon; and when the soul, realizing its helplessness, reaches out after Christ, He will reveal Himself in power.

"The more our sense of need drives us to Him and to the Word of God, the more exalted views we shall have of His character, and the more fully we shall reflect His image." STC 65.

## **REST**

During a day of work and activity, toxins build up in our system, which cannot immediately be thrown off. These toxins produce fatigue -- that well-known weariness at the end of a day. Sleep gives the body time to expel wastes and to make repairs.

## **51-How to Live**

"The brain is the citadel of the whole man, and wrong habits of eating, dressing, or sleeping affect the brain, and prevent the attaining of that which the student desires--a good mental discipline. Any part of the body that is not treated with consideration will telegraph its injury to the brain." CE 125.

### **The Stomach**

"The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours." HTL ch 1 p 56.

### **Relax at Meals**

"Many eat hurriedly of various kinds of foods, which set up a war in the stomach, and thus confuse the brain... At mealtime cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings; and do not engage in brain labor immediately after a meal. Exercise moderately, and give a little time for the stomach to begin its work." GW 174.

### **Overtax Strength**

"When we overtax our strength, and become exhausted, we are liable to take cold, and at such times there is danger of diseases assuming a dangerous form." 3T 13.

### **Fasting**

"There are some who would be benefited more by abstinence from food for day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable

## **52-How to Live**

benefit to them." 7T 134.

"In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual... While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given in a carefully, judicious manner. If food is withheld too long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality... If there is a great desire for food, even during the fever, to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied." 2T 385-385.

### **Late Meals**

"Another pernicious habit is that of eating just before bed-time. The regular meals may have been taken; but because there is a sense of faintness more food is eaten. By indulgence, this wrong practice becomes a habit, and often so firmly fixed that it is thought impossible to sleep without food.

"As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person wakes unrefreshed, and with little relish for breakfast.

"When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest." MH 303-304.

### **Rest Between Meals**

"Regularity in eating should be carefully observed. Nothing should be eaten between meals, no

## **53-How to Live**

confectionery, nuts, fruits, or food of any kind. Irregularity in eating destroys the healthful tone of the digestive organs, to the detriment of health and cheerfulness." MH 303-304.

"The stomach must have careful attention. It must be kept in continual operation. Give this mis-used and much-abused organ some peace and quiet rest." Unpub. Test Aug 30, 2906. HTL p 696.

"A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal." HTL ch 1 p 55.

### **Hours Between Meals**

"At least five or six hours should intervene between meals." MH 364.

"The stomach may be educated to desire food eight times a day, and feel faint if it is not supplied. But this is no argument, in favor of so frequent eating." RH 1883 no. 19.

### **Two Meals**

"Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper time: (that is, the evening meal, three to four hours before bed time) but this meal should be very light. Let no one think himself a criterion for all, that every one must do exactly as he does." CT 58.

### **The Day of Rest**

"Remember the sabbath day to keep it holy. Six days shalt thou labor and do all thy work, but the seventh day is the sabbath day of the Lord thy God; in it thou shalt not do any work, thou nor thy son, nor thy daughter, thy man servant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy

gates; For in six days, the Lord made heaven and earth and rested the seventh day, wherefore he blessed the sabbath day and hallowed it." Exodus 20:8-11.

"The seventh day is God's chosen day... it is of too great importance to be left to human judgment. God saw that men would study their own convenience, and choose a day best suited to their inclinations, a day bearing no divine authority; and He has stated plainly that the seventh day is the Sabbath of the Lord." Maranatha: The Lord is Coming 238.

"God designs that the Sabbath shall direct the minds of men to the contemplation of His created works. Nature speaks to their senses, declaring that there is a living God, the Creator, the Supreme Ruler of all... the Sabbath... bids men open the great book of nature and trace therein the wisdom, the power, and the love of the Creator." PP 48-49.

"A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance of His wisdom, your frailty to His enduring might... Let the mind dwell upon his love, upon the beauty, the perfection, of His character." STC 70.

## **TRUST IN DIVINE POWER**

The foundation of all health is in the acceptance of the blessings which the Creator has provided for us. Foremost of these is the privilege we may have of our Heavenly Father being our Guide as well as our Great Physician. Our physical healing is with the purpose of making us more inclined to accept the spiritual healing Christ longs to perform

## **55-How to Live**

upon our hearts.

There is an inexpressible peace that come to one who has learned to trust in God and lay all things in His hands. Jesus says:

"Come unto me... and I will give you rest."

Matt. 11:28.

Rest from sorrow. Rest from fear. Rest from insecurity. But first, we must come.

As our Great Physician, we must trust Him to know His 'profession', trust in His wisdom and love; then resign ourselves to His will, and endeavor faithfully to follow every instruction He gives.

When we come to God, we must be willing to acknowledge and accept His ways as best, and follow them, regardless of our own personal preference and prejudices.

At time we may not discern His wisdom in certain events, and it is then that we honor Him by our faith. By being obedient to Him in those things which He asked of us, be it in the physical or spiritual realm, we must then trust that He will guide us on our way to complete healing.

"But without faith it is impossible to please Him; for he that cometh to God must believe that He is, and that He is the rewarder of them that diligently seek Him." Heb. 11:6.

We must believe that our Heavenly Father is personally interested in our case and is working in our behalf. He will give us those things which are for our best good, even though we may not see this. We may feel that some disease or accident is a great calamity, yet God has His purpose for it, and we must trust Him to do that which is best.

As long as we feel no need of a Higher Power; as long as we feel in need of nothing; as long as we deem our ways and wisdom as supreme, we can

## **56-How to Live**

never experience the saving, soul-healing of Christ.

Sometimes the Lord must allow us to bring ourselves to the point of sickness or to a place where we at least realize we are weak and fallible, so that we will turn to Him for strength and wisdom. Our high self-estimate must be lowered and we must be willing to sincerely pray. 'Thy will, not mine, be done.'

Even though we may suffer some physical pain, we may rest assured our case is with the Mighty Healer.

"Often your mind may be clouded because of pain. Then do not try to think, You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms." MH 251.

Often those who are in health forget the wonderful mercies continued to them day by day, year after year, and they render no tribute of praise to God for His benefits. But when sickness comes, God is remembered. When human strength fails, men feel their need of divine help. And never does our merciful God turn from the soul that in sincerity seeks Him for help. He is our refuge in sickness as in health.

"Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame;

"Fools, because of their transgression, and because of their iniquities, are afflicted; Their soul abhorreth all manner of meat; and they draw near unto the gates of death. Then they cry unto the Lord in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destruction's. " Psalm 103:13,14; 107:17-20.

"God is just as willing to restore the sick to



## **57-How to Live**

health now as when the Holy Spirit spoke these words through the Psalmist. And Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity...

"The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon His strength... Christ desires to manifest His presence in the sick-room, filling the hearts of physicians and nurses with the sweetness of His love. If the life of the attendants upon the sick is such that Christ can go with them to the bedside of the patient, there will come to him the conviction that the compassionate Saviour is present, and this conviction will itself do much for the healing of both the soul and the body.

And God hears prayer. Christ has said: "If ye shall ask anything in my name, I will do it." Mark 16:18.

Again He says: "If any man serve me... him will my Father honor." John 12:26.

If we live according to His word, every precious promise He has given will be fulfilled to us.

We are undeserving of His mercy, but as we give ourselves to Him, He receive us. He will work for and through those who follow Him.

"When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God. If we are called upon to meet bereavement, let us accept the bitter cup, remembering that a Father's hand holds it to our lips.

"But should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator." MH 225-233.

How thankful we should be that God has a wonderful future in store for His children, even be

## **58-How to Live**

yond the trials of this careworn planet. It will be a heaven upon earth, for pain cannot exist in the atmosphere of heaven.

"There will be no more tears, no funeral trains, no badges of mourning.

"There shall be no more death, neither sorrow, nor crying... for the former things are passed away.

"The inhabitants shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity." Rev. 21:4; Isaiah 33:24.

We cannot imagine the glories of the new earth;, for:

"Eye hath not seen, nor ear hear, neither have entered into the heart of man, the things which God hath prepared for them that love Him. " 1 Cor. 2:9.

"There, immortal minds will contemplate with never-failing delight the wonders of creative power, the mysteries of redeeming love. There will be no cruel, deceiving foe to tempt to forgetfulness of God. Every faculty will be developed, every capacity increased. The acquirement of knowledge will not weary the mind or exhaust the energies. There the grandest enterprises may be carried forward, the loftiest aspirations reached, the highest ambitions realized; and still there will arise new heights to surmount, new wonders to admire, new truths to comprehend, fresh objects to call forth the powers of mind and soul and body.

"All the treasures of the universe will be open to the study of God's redeemed. Unfettered by mortality, they wing their tireless flight to world afar--world that thrilled with sorrow at the spectacle of human woe and rang with songs of gladness at the tidings of a ransomed soul.

With unutterable delight the children of earth enter into the joy and the wisdom of unfallen beings.

## **59-How to Live**

They share the treasures of knowledge and understanding gained through ages upon ages in contemplation of God's handiwork. With undimmed vision they gaze upon the glory of creation--suns and stars and systems, all in their appointed order circling the throne of Deity.

"And the years of eternity, as they roll, will ring richer and still more glorious revelations of God and of Christ. As knowledge is progressive, so will love, reverence and happiness increase. The more men learn of God, the greater will be their admiration of His character." GC 677-8.

What a future. Jesus said: "I come that they might have life, and that they might have it more abundantly." John 10:10.

It is not only this life that is promised, but a new immortal, eternal life. Those who accept Jesus as their Saviour will rise again at the second coming of Christ, and those who are alive in that glad day, will "be caught up together with them (the resurrected ones) in the clouds, to meet the Lord in the air; and so shall we ever be with the Lord." 1 Thes. 4:16,17.

Ellen G. White believed the words of her Saviour Jesus Christ, and she now lies in her grave awaiting the call of the Life-Giver.

To all men and women everywhere, Ellen wrote:

"Keep your wants, your joys, your sorrows, your cares, and your fears before God... The Lord is very pitiful and of tender mercy. His heart of love is touched by our sorrows, and even by our utterance of them..."

"Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in

## **60-How to Live**

our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no sincere prayer escape the lips, of which our Heavenly Father is unobservant, or in which He takes no immediate interest... "

"He healeth the broken in heart, and bindeth up their wounds."" Ps. 147:3; STC 177.

## **EXERCISE**

There are many kinds of exercise, but not all being healthful for the mind, as well as the body. There are many amusements that over-stimulate the nerves of the brain, and actually cause a following depression. True recreation is to restore any imbalance of our physical mental and spiritual powers.

Those who are inactive, sedentary, or who devote much time to mental work, especially need the proper exercise which takes them out of doors in the air and sunshine.

"God designed that the living machinery should be in daily activity; for in this activity or motion is its preserving power." Health Reformer.

### **Useful Labor**

"When useful labor is combined with study, there is no need of gymnastic exercises; and much more benefit is derived from work performed in the open air than from indoor exercises. The farmer and the mechanic each have physical exercise; yet the farmer is much the healthier of the two, for nothing short of invigorating air and sunshine will fully meet the wants of the system. The farmer finds in his labor all the movements that were ever practiced in the gymnasium. And his movement room is the open

## **61-How to Live**

fields; the canopy of heaven is its roof, the solid earth is its floor." Signs of the Times 1886 no. 33.

### **Gardening**

"Brethren, when you take time to cultivate your gardens, thus gaining the exercise needed to keep the system in good working order, you are just as much doing the work of God as in holding meetings." GW 174.

### **Walking**

"There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved... Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all of the organs of the body are brought into use." 3T 78.

### **Daily**

"Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled." 2T 533.

### **After a Meal**

"Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better." 2T 530.

### **Not Violent After Eating**

"Neither study nor violent exercise should be engaged in immediately after a full meal; this would be a violation of the laws of the system. Immediately

## **62-How to Live**

after eating there is a strong drought upon the nervous energy. The brain force is called into active exercise to assist the stomach; therefore, when mind or body is taxed heavily after eating, the process of digestion is hindered. The vitality of the system, which is needed to carry on the work in one direction, is called away and set to work in another." 2T 413.

### **Morning exercise**

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, the lungs, and a hundred other diseases." Health Reformer.

### **Circulation**

"The more we exercise the better will be the circulation of the blood." 2T 525.

### **Diseased Stomach**

"The diseased stomach will find relief by exercise." 2T 530.

### **Digestion**

"Exercise is important to digestion, and to a healthy condition of the body and mind." 2T 413.

### **Invalids**

"If invalids who can would engage in light, useful labor in the open air a portion of each day, they would find physical exercise one of God's appointed agents for the benefit of man." Health Reformer.

## **63-How to Live**

### **Vital Organs**

"By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work." 2T 533.

### **Mind Strengthened**

"Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of these organs." 3T 525.

### **Heart Improved**

"If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body." p. 490.

### **Enjoyable**

"If work is performed without the heart's being in it, it is simply drudgery, and the benefit which should result from the exercise is not gained." Health Reformer.

### **Walk All Weathers**

"When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter... A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe." 2T 529.

"The spirit of unselfish labor for others gives depth, stability, and Christlike loveliness to the character, and brings peace and happiness to its posses

## **64-How to Live**

sor. The aspirations are elevated. There is no room for sloth of selfishness.

"Those who thus exercise the Christian graced will grow, and will become strong to work for God. They will have clear spiritual perceptions, a steady growing faith, and an increased power in prayer..

"Strength comes by exercise; activity in the very condition of life. Those who endeavor to maintain Christian life by passively accepting the blessings that come through the means of grace, and doing nothing for Christ, are simply trying to live by eating without working...

"A man who would refuse to exercise his limbs would soon lose all power to use them. Thus the Christian who will not exercise his God-given powers, not only fails to grow up into Christ , but he loses the strength that he already had." STC 80.

## **WATER**

The body requires water constantly. In fact, it requires 40 glasses of water every day. Most of this water -- 39 glasses -- is recycled in the body itself, however, it must have a replacement of eight glasses per day.

Cleansing of waste materials is a daily task for the body, not only from its own wastes, but from the constant bombardment of germs and viruses, and in today's society, from chemicals and drugs. If the body is unable to be thoroughly cleansed, it is forced to breakdown, and in millions of people, the final result is death.

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health--Drunk freely, it helps to supply the necessities of the system, and assists nature resist disease."



## **65-How to Live**

MH 237.

### **Drinking**

"Water is the best liquid possible to cleanse the tissues. Drink some little time before or after the meal." RH 1884 no. 31.

### **Washing and Bathing**

"Frequent bathing is very beneficial, especially at night before retiring, or upon rising in the morning." CT 141.

"Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it the muscles become more flexible, the body and mind are alike invigorated, the intellect is made brighter, and every faculty becomes livelier.

"The bath soothes the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and the urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system's being weakened, it is strengthened... and a more easy and regular flow of the blood through all the blood vessels is obtained." 3T 70.

### **The Pores**

"Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter." HTL CH4 60.

### **Clothing**

"If the garments worn are not frequently

## **66-How to Live**

cleansed from their impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs." HTL CH4 60.

### **Sickness**

"Thousands have died for want of pure water and pure air, who might have lived...These blessing they need in order to become well. If they would become enlightened, and let medicine alone (meaning drugs), 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 would be comparatively well and happy instead of dragging out a miserable existence." Ibid 56.

### **Fever**

"Reduce the feverish state of the system by a careful and intelligent application of water. These efforts will help nature in her struggle to free the system of impurities... The use of water can accomplish but little if the patient does not feel the necessity of also strictly attending to his diet." Ibid 60.

"Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers and what is termed disease. But even then, If those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented." Ibid 60.

### **Hydrotherapy**

"If, in a fevered state, water is given freely to drink, and applications made externally, long days and nights of suffering will be saved, and many precious lives spared.

## **67-How to Live**

"But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burned up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst!" Ibid 62.

"Water... the blessed, heaven-sent water, skillfully applied, would quench the devouring flame, but it is set aside for poisonous drugs." Test. 31 p 191.

### **Fasting**

"Fast for one or two meals, and drink only pure, soft water. The loss of a meal or two will enable the overburdened system to overcome slight indispositions; and even graver difficulties may sometimes be overcome by this simple process." Health Reformer.

### **Drinking With Meals**

"Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must be first absorbed..." RH # 31, 1884.

### **Hot Drinks**

"Hot drinks are debilitating to the stomach." 2T 68.

### **Cold Drinks**

"Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or iced lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient

## **68-How to Live**

warmth to the stomach to enable it to take up its work again..." RH #. 31.

### **Drink Before Meals**

"If anything is needed to quench thirst, pure water, drunk some little time before or after a meal, is all that nature requires." Ibid.

The suggested time is half an hour before and one hour to an hour and a half after the meal is completed.

"Draughts of clear, hot water taken before eating, (half quart, more or less), will never do any harm, but will rather be productive of good." W-35, 1890.

The hot water is an excellent way to begin the day, before anything else has been placed in the system, as it assists the bowel in its elimination.

### **Pure Soft Water**

Ellen White always mentions pure, soft water as beneficial to the system. Unfortunately in today's society, it is difficult to get water that fills this description. Much of the water is polluted simply because of our environment, but it is again polluted because of added chemicals, such as chlorine and fluoride. Both are inorganic and harmful to the delicate organs of the body. Therefore it is suggested that we only drink purified water, either using a purifier or distilled water. Current research is showing that a lot of the purifiers do not adequately remove chemicals, especially fluoride. Distilled water is becoming very popular in the United States, it is not readily available in Australia. When purchasing a filter, check its performance. Reverse osmosis is excellent, but quite expensive. There is a filter recommended by the Anti-Fluoridation Association that is effective and rea

## **69-How to Live**

sonable priced.

The popular mineral water is not recommended, as the minerals make the water hard and harmful to the system.

### **Eight Glasses A Day**

The recommended quantity of water is eight glasses a day, summer and winter for the average adult. During sickness, this quantity should be increased greatly to give extra assistance to the body in its cleansing process.

"In health and in sickness, pure, soft water is one of Heaven's choicest blessings." MH 237.

"God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of living water bursting from a living spring, blessings flow out from Him to all His creatures.

"And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing." STC 77.

## **NUTRITION**

Proper nutrition is vital to good health. Food that is devitalized cannot supply the vitamins and minerals it lacks. Therefore, it is of utmost importance that we choose wisely the food that goes on our table.

In order to know what are the best foods, we must study God's original plan for man's diet --

"Grains, fruit, nuts and vegetables constitute the diet chosen for us by the Creator." MH 296.

"The Lord intends to bring His people back to live upon simple fruits, vegetables, nuts, grains. In these are found all the food elements that we need." Manu. 27.

## **70-How to Live**

Unfortunately, much of today's eating is too concentrated in meat and empty carbohydrate foods. This kind of diet actually robs the system of vital minerals and sets the scene for disease.

Vegetables and fruit should take up the greater portion of our meals, with whole grains, beans, legumes, seeds in a lesser amount. For greater nutrition, these four complex carbohydrate and high protein foods can be sprouted, thus increasing their nutritional value considerable. Nuts should be used sparingly, because of their high fat content.

### **Simplicity**

"Food should be prepared with simplicity, and yet with a nicety that will invite the appetite." 2T 63.

### **Variation**

"There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation." 2T 63.

### **Limited Variety**

"It would be better to eat only two or three different kinds of food at each meal than to load the stomach with many varieties." Unp. Test. Aug 30, 2896.

### **Fresh Fruit**

"The Lord desires those living in countries where fresh fruit can be obtained during a large part of the year, to awake to the blessing they have in this fruit. The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing." 7T 124.6.

"The large amount of cooking usually done is not at all necessary. Neither should the diet be poor,

## **71-How to Live**

either in quality or quantity." Unp. Test. NOv. 5, 1896.

### **Cook Properly**

"The proper cooking of food is a most essential requirement. Food should be thoroughly cooked, nicely prepared, and appetizing." Unp. Test. Nov. 5, 1896.

### **Liquid Food**

"I am advising the people wherever I go to give up liquid food as much as possible." Unp. Test. Oct. 29.

"Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point, you should educate your stomach to bear a more solid diet." 3T 74.

### **Dry Food**

"Dry food that requires mastication is far preferable to porridges. The health food preparations are a blessing in this respect...good vegetables, prepared in a healthful manner, are better than soft mushes and porridge.

Fruits, used with thoroughly cooked bread two or three days old, which is more healthful than fresh bread, slowly and thoroughly masticated, will furnish all that the system requires." Unp. Test. Jan. 11, 1897.

### **Appetizing**

"If the food eaten is not relished, the body will not be so well nourished. The food should be care

## **72-How to Live**

fully chosen and prepared with intelligence and skill."  
MH 300.

### **Science Of Cooking**

"The science of cooking is not a small matter. The skillful preparation of food is one of the most essential arts...Both physical and mental strength depend upon the food we eat; therefore the one who prepares the food occupies an important and elevated position." CT 312.

### **Bread**

"For use in bread making, the superfine white flour is not the best. Its use is neither healthful or economical. Fine flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. White bread is a cause of constipation and other unhealthful conditions. MH 300-2.

"There is practical religion in a loaf of good bread." CT 313.

### **Zwieback**

"Zwieback, or twice baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and if reheated before using, it will be as fresh as when new." MH 303.

### **Share Your Discoveries**

"No man is to think that he is the possessor of all knowledge regarding the preparation of health foods, or that he has the sole right to use the Lord's treasures of earth and tree in this work. "Freely ye



## **73-How to Live**

have received, Freely give."

"When the Lord gives one skill and understanding, let that one remember that this wisdom was not given for his benefit only, but that with it he might help others." MH 303.

### **Milk And Eggs**

"Great care should be taken to obtain milk from healthy cows and eggs from healthy fowls, that are well, and well cared for; and the eggs should be cooked as to be most easily digested." MH 320-321.

This counsel was given for those who were unable to obtain sufficient fruit and vegetables in their diet, and that if they used eggs and milk, it must be from animals that were known to be healthy.

The question is asked today: Should we use eggs and milk? The answer must come from the counsel: Are the animals known to be healthy? The answer to that question is unknown, however, when we consider that chickens are fed many chemicals and hormones to encourage and speed production of eggs, surely our answer must be "NO." Likewise, cattle are full of disease and documented evidence can show that pasteurization and homogenization does not destroy harmful bacteria.

Ellen White said in 1902:

"The time has not yet come when I can say that the use of milk and of eggs should be wholly discontinued..." B-135.

However, she also said the previous year:

"The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but my message is that you must not bring yourself to a time of trouble beforehand, and thus afflict yourself...Wait until the Lord prepares the way before you." K-37, 1901.

## **74-How to Live**

"The Diet reform should be progressive. As disease in animals increased, the use of milk and eggs will become more and more unsafe." MH 320-321.

Many health-conscious people believe the time has come. A recent case near Young, New South Wales, Australia, was reported where a family became total vegetarians in a hurry, eliminating all flesh and dairy products from their diet, because their neighbor's cattle were condemned by the Health Department due to every animal being infected with Venereal Disease. Reported in Prophetic Signs July/Aug. 1987 issue.

"If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn and oats are sent abroad everywhere, also beans, peas and lentils. These, with natural or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a diet that is complete without the use of flesh-meats...

"Wherever peaches and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers." MH 299.

"Not all the wisdom and skill of man can produce life in the smallest object in nature, It is only through the life which God Himself has imparted, that either plant or animal can live. So it is only through the life from God that spiritual life is begotten in the hearts of men...

"As with life, so it is with growth. It is God who brings the bud to bloom and the flower to fruit. It is by His power that the seed develops, 'first the blade, then the ear, after that the full corn in the ear.' Mark 4:28.

## **75-How to Live**

"The plants and flowers grow not by their own care or anxiety or effort, but by receiving that which God has furnished to minister to their life...The plant...grows by receiving from its surroundings that which ministers to its life, air, sunshine and food...

"Many have an idea that they must do some part of the work alone. They have trusted in Christ for the forgiveness of sin, but now they seek by their own efforts to live aright. But every such effort must fail.

"Jesus says, `Without Me ye can do nothing.'

"Our growth in grace, our joy, our usefulness--all depend upon our union with Christ. It is by communion with Him, daily, hourly--by abiding in Him--that we are to grow in grace. He is not only the author but the finisher of our faith. It is Christ first and last and always." STC 68-69.

## **THE DIGESTIVE SYSTEM**

A healthy body must have a healthy digestive system. It is one thing to take in food, it is another to receive the benefits. We can eat an abundance of food and yet not receive a large percentage of its many minerals and vitamins. On the other hand, a healthy digestion will receive every bit of nourishment available within even a meager supply of food.

If gastro-intestinal tract received the consideration due to its importance, we would not only benefit more from our food, but we would not suffer many of the degenerative diseases that are found throughout this system.

The following list of problems will give you some idea of the importance of the gastro-intestinal system: various ulcers, leukoplakia, quinsy, hiatus hernia, gastritis, cancer of the oesophagus, stomach,

## 76-How to Live

colon and rectum, coeliac disease, constipation, Crohn's disease, diverticular disease, gastroenteritis, giardiasis, hemorrhoids, pruritus, irritable colon, ulcerative colitis and so forth.

While some may be due to reasons beyond our control, in the main, these problems can be avoided with a healthy digestive system.

Studying the problem of society over a broad spectrum, reveals not only a lack of concern about the type of food eaten, but also the time it is consumed. These two failures give rise to the resulting problems of elimination.

Many authorities have discussed the importance of fiber in the diet and its relation to normal bowel elimination, but few have stressed the need for considering normal eating. A healthy digestive system can only be achieved when one considers both ends of the process -- regularity in eating and regularity of elimination. One follows the other -- there is no other way.

"Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness." MH 384.

It is through the misuse of the correct **time of eating**, that this wonderful system is broken down. Sooner or later, abuse in this area will produce degenerative diseases, purely through disobedience to the laws of health. Food taken in the mouth takes a variable time to pass through the entire intestinal tract. The longer this transit time from beginning to end, the longer food residue and toxic products remain in contact with the bowel lining.

If elimination of waste materials is not regular and over the shortest amount of time necessary, toxins return to the system through the bowel walls.

The end of digestion therefore, is just as impor

## **77-How to Live**

tant as its beginning.

"The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health." How to Live Ch 1 55-57.

To ensure proper rest and functioning of the digestive system, follow closely the counsel of Ellen White.

### **Regular Times**

"If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden... thus the system is overtaxed." Manuscript 1.

"Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished." Man. 1.

### **Eat Well Before Bed**

"For persons of sedentary habits, late suppers are particularly harmful." Letter 3. Often they are the beginning of disease.

"Many indulge in the pernicious habit of eating just before sleeping hours." HTL 45-57.

### **Hearty Breakfast**

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach... Make your breakfast correspond more nearly to the heartiest meal of the day." Letter 3.

### **Medium Lunch, Light Evening Meal**

"If a third meal is taken, it should be very light, and of food most easily digested . . . zwieback, fruit are the foods best suited for the evening meal." MH

## **78-How to Live**

321.

### **Do Not Overeat**

"Over-eating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Over-eating has a worse effect upon the system than over-working..." 2T 412-413.

### **Moderate Exercise After Meals**

"The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body... and renders the digestion of food more perfect, and induces sound and sweet sleep." 1T 702.

"To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit." 2T 530.

The custom of sitting down in an easy chair puts pressure on the stomach by the diaphragm pressing heavily upon it. It is far better to do the dishes!

### **Not Strenuous After Eating or Before**

"Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered."

### **Miss a meal if anxious, Excited or Hurried.**

"When one is excited, anxious or hurried, it is better not to eat until rest or relief is found." MM 306.

### **Eat With Enjoyment and Slowly**

"At mealtime, cast off care and anxious

## **79-How to Live**

thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings." MH 306

### **Chew Food Well**

"Food should be eaten slowly, and should be thoroughly masticated. This is necessary in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action." MH 305.

### **Do not Drink With Meals**

"Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach." CH 119-120.

### **Not Too Hot Or Too Cold**

"Food should not be taken very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place." MH 305.

"Hot food enfeebles the throat and digestive organs, although we may only feel it on the tongue."

### **Not Too Many Varieties**

"There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation." 2T 63.

### **Good Combinations**

"All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the hu

## **80-How to Live**

man stomach..." Letter 72.

"And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord." Gen. 4:3.

"And all the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is the Lord's: it is holy unto the Lord." Lev. 27:30.

"But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom." Matt. 26:29.

### **Fruit And Vegetables Separate**

"If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal. If the stomach is feeble, there will be distress, and the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next." YI 5-31-1894.

Sometimes it is difficult for us to determine which are fruit and which are vegetables. A good rule is to treat the seed and the pod as fruit, and the root, stem and leaves as vegetables.

This would mean a lettuce, celery, potatoes, swede, spinach, silver beet, cabbage, brussels sprouts, carrots, parsnips, kale, parsley, onion, herbs and other such foods are all vegetables.

Of the fruits, sometimes we eat the seed, as in pomegranates, and sometimes we eat the pod, as in peaches, plums, apples etc. Other fruit, we eat both the seed and the pod, as in tomatoes, cucumbers and many more.

According to this rule, the pumpkin, zucchini, capsicum, squash, and similar seeds and pods, they would be classed as fruit.

Those who have studied in this area find that this distinction is beneficial for good digestion, but if



## **81-How to Live**

something disagrees with your system, separate it from other foods, or to leave it alone. Grains can be eaten with fruit or vegetables, but it is best to not include beans, legumes and nuts at the same meal, unless sprouted. Beans, legumes and nuts can be eaten with fruit or vegetables. But then the grains would be eliminated. Some foods appear to be neutral, and can be eaten with fruit or vegetables-sprouts, tomatoes, avocado, pineapple and citrus.

There are other complicated combination charts, but many have found this simple classification helpful. The information is not from the pen of Ellen White, however, the principle of keeping fruit and vegetables apart is her counsel.

"Vegetables and fruit should not be eaten at the same meal. At one meal, use bread and fruit, at the next use bread and vegetables." ST Nov.30,1897

"All are required to do what they can to preserve healthy bodies and sound minds. If they will gratify a gross appetite, and by so doing blunt their sensibilities, and becloud their perceptive faculties so that they can not appreciate the exalted character of God, or delight in the study of his word they may be assured that God will not accept their unworthy offering any sooner than that of Cain.

"God requires them to cleanse them selves from all filthiness of the flesh and spirit, perfecting holiness in the fear of the Lord. After man has done all in his power to insure health, by the denying of appetite and gross passions, that he may possess a healthy mind, and a sanctified imagination, that he may render to God an offering in righteousness, then he is saved alone by a miracle of God's mercy, as the ark upon the stormy billows." Facts of Faith Vol 2, 148-9.

"Let it ever be kept before the mind that the

## **82-How to Live**

great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature-which are the laws of God - are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in the preparation for the life to come." CTBH 120.

### **CLEAN AND UNCLEAN MEAT**

Often when the subject of vegetarianism comes up, people are concerned that it does not contain sufficient nourishment, and that without meat, a person would not have sufficient energy or stamina. However, this misconception has been adequately proven false by medical science today.

In 1896, Ellen White wrote:

"One of the great errors that many insist upon is that muscular strength is dependent upon animal food. But the simple grains, fruits of the trees, and vegetables have all nutritive properties necessary to make good blood." Unpublished Testimony.

"The diet of animals is vegetables and grains. Must the vegetables be animalized, must they be incorporated into the system of an animal, before we eat them? Must we obtain our vegetable diet by eating the flesh of dead animals?" Ibid.

"Those who eat flesh are but eating grains and vegetables at the second hand; for the animal received from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of animals.

How much better to get it direct by eating the food that God provided for our use." MH 313-5.

For those who are eating meat, it is important that only clean, healthy flesh is placed on the table.

## 83-How to Live

Ellen White supports the Biblical distinction between clean and unclean animals of Leviticus 11 and Deuteronomy 14.

You may recall at the time of the flood, there came into the ark seven pairs of clean animals two by two, and one pair of unclean animals. Genesis 7:2. Only clean animals were used for sacrifices and only clean animals were to be permitted as food.

Hear the words of the Lord:

These are the animals ye shall... not eat... the camel, the coney (rock badger), the hare (and the rabbit), the swine..." Leviticus 11:4-8.

The code listed in Leviticus 11:3 identifies other animals that would also be forbidden: the monkey, elephant, lion, tiger, horse, Kangaroo, cat, dog, bear, walrus, and many others, because they do not chew the cud or are not cloven-footed.

Various kinds of birds are also forbidden: the eagle, hawk, vulture, kite, raven, owl, cuckoo, cormorant, stork, heron, lapwing, bat, and other obvious scavengers. Of the fish, only those that having scales and fins are allowed. Thus the shark is forbidden, commonly called flake, also sword fish, oysters, muscles, crayfish, crab, and other such creatures.

To date, medical science does not have all the answers, however, the flesh of the swine is without question, as it harbors *Trichinella spiralis* and other intestinal parasites.

When a person eats pork, he must sincerely hope that the parasites have been destroyed in cooking. Once a living worm has been transferred from the pig's flesh to man, the female begins to lay thousands of babies that travel to all parts of the body. There they may lie dormant, encased in a fatty cyst produced by the body to keep the invaders from destroying the organ.

## **84-How to Live**

However, not all patients find them thus contained, instead, the parasites multiply throughout the whole body, and death is the result.

"Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show His authority but because it is not a proper article of good for man.

"God never created the swine to be eaten under any circumstances. It is impossible for the flesh of any living creature to be healthful when filth is its natural element, and when it feeds upon every detestable thing." CTBH 47-48.

"The tissues of the swine swarm with parasites... Swine are scavengers, and this is the only use they were intended to serve." MH 313-315.

Herbert O Swartout MD, PhD, a member of the American Board of Preventative Medicine and Public Health has warned:

"Pork moreover is objectionable from other points of view than the danger of contracting trichinosis. It contains a larger proportion of fat than most other flesh foods. It is difficult to digest. The undulant fever due to the swine type of germ is on the average more severe than that due to either cat or the goat type.

"It is no wonder than from the earlier times of Old Testament history, swine have been classified as unclean." The Missing Link, Dr. Jay Hoffman 142.

The following is an advertisement that appeared in the Philadelphia Daily News:

"Mayor Dilworth is interested in pigs because they eat 150,000 tons of garbage in the cities each year."

"The eating of pork has produced scrofula, leprosy and cancerous tumors. Pork-eating is still caus

## **85-How to Live**

ing the most intense suffering to the human race. Depraved appetites crave those things which are the most injurious to health... But it is not physical health alone which is injured by port-eating. The mind is affected, and the finer sensibilities are blunted by the use of this gross article of food.

"It is impossible for the flesh of any living creature to be healthy when filth is their natural element, and when they will feed upon every detestable thing. The flesh of swine is composed of what they eat. IF human beings eat their flesh, their blood and their flesh will be corrupted by impurities conveyed to them through the swine." How to Live 58-59.

But it is not the swine alone that is forbidden, it is every creature declared by God as unclean. Medical science has made discoveries as to why the sword fish and oysters are not good for human consumption, but as yet the findings are incomplete. However, we do not have to wait until man catches up with the Creator of the universe!

Now while it is true that God allowed clean animals for food approximately 4000 years ago, in the nineteenth century, Ellen White wrote of reasons why it is time we began to follow the original diet of our Creator rather than continue meat-eating, even though it be clean meat.

"Could you know just the nature of the meat you eat, could you see the animals when living from which the flesh is taken when dead, you would turn with loathing from you flesh meats.

"The very animals whose flesh you eat, are frequently so diseased, that, if left alone, they would die of themselves; but while the breath of life is in them, they are killed and brought to market You take directly into your system tumors and poison of the worst kind, and yet you realize it not." 2T 404-405

## 86-How to Live

"The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. Thus tumors are introduced into the system. And if the person already has impure blood it is greatly aggravated by the eating of the flesh of these animals. The liability to take disease is increased tenfold by meat-eating." 2T 60-64.

"Often animals are taken to market and sold for food, when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter.

"Animals are often transported long distances and subjected to great suffering in reaching a market. Taken from the green pastures and traveling for weary miles over the hot, dusty roads, or crowded into filthy cars, feverish and exhausted, often for many hours deprived of food and water, the poor creatures are driven to their death, that human beings may feast on the carcasses...

"In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewerage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger." MH 313-315.

Read carefully the description of meat-eating by Dr. Jay Hoffman:

"Meat is dead flesh -- something dead, whether

it be an animal or fowl or a fish. It is still dead. Anything that is dead ought to be buried and not put into our stomachs because our stomachs are not graveyards." The Missing Link 131.

"The kidneys extract uric acid from the blood stream and send it to the bladder to be passed out with urea as urine. If the animal, fish or fowl had lived, the animal's own kidneys would have done so.

"If you eat the animal, you receive all that extra uric acid in your bloodstream... This is what gives flavor to the meat!" The Missing Link 133.

Ellen White wrote:

"The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals is consumed as a luxury. But the Lord has given special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system..." Unp. T, March 1886.

"If we could be benefited by indulging the desire for flesh foods, I would not make this appeal to you; but I know we can not. Flesh foods are injurious to the physical well-being, and we should learn to do without them." 9T 156-160.

"The weakness experience on leaving off meat is one of the strongest arguments that I could present as a reason why you should discontinue its use.

Those who eat meat feel stimulated after eating this food, and they suppose that they are made stronger. After they discontinue the use of meat, they may for a time feel weak, but when the system is cleansed from the effect of this diet, they no longer feel the effect of this diet, they no longer feel the weakness, and will cease to wish for that which they have pleaded as essential to strength." How to Live 446.

## **88-How to Live**

"Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful.

"God demands that the appetite be cleansed, and that self-denial be practiced in regard to those things which are not good. This is the work that will be done before His people can stand before Him a perfected people." 2T 153-154.

Do a study of the diet of the athletes, what diet do they use to bring the body to its best optimize performance?