

Cayenne, a cruel slow poison

"Health Reformer Articles" which Sister White endorses~

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<http://documents.adventistarchives.org/Periodicals/HR/HR18850701-V20-07.pdf>

"Cayenne pepper may be selected as a typical example of a condiment properly so called. Mustard is a food and condiment combined; this is the case with some others. Curry powders are mixtures of very potent condiments with more or less of farinaceous materials and sulphur compounds, which, like the oil of mustard, onions, garlic, etc., may have a certain amount of nutritive value (can be used medicinally, but not on a regular). The mere condiment is a stimulating drug that does its work directly upon the inner lining of the stomach, by exciting it to increased and abnormal activity. A dyspeptic may obtain immediate relief by using cayenne pepper. Among the advertised patent medicines is a pill bearing the very ominous name of its compounder, the active constituent of which is cayenne. Great relief and temporary comfort are commonly obtained by using it as a "dinner-pill." If thus used only as a temporary remedy for an acute and temporary, or exceptional, attack of indigestion, all is well, but the cayenne, whether taken in pills or dusted over the food or stewed with it in curries or any otherwise, is one of the most cruel of slow poisons when taken habitually. Thousands of poor wretches are crawling miserably toward their graves, the victims of the multitude of maladies of both mind and body that are connected with chronic, incurable dyspepsia, all brought about by the habitual use of cayenne and its condimental cousins..."

392. **What, aside from spirituous liquors, may be considered the most injurious stimulants?** {1868 JNL, HBH 184.3}

Tea, coffee, tobacco, mustard, **cayenne**, black pepper, allspice, cinnamon, cloves, mace, nutmeg, ginger, etc. Of all these the best physiological rule to adopt in regard to their use is - "**The less the better.**" {1868 JNL, HBH 184.4}

According to the editor of South Africa, the drink supplied to the natives in the canteens of the Transvaal, and doubtless in many other parts, is very largely a compound of bluestone, **cayenne pepper**, tobacco-juice, and other ingredients. This soon **ruins those who consume it**, and is responsible for most of the crimes they commit. Perverted nature has taught nearly every native tribe how to make some intoxicating drink, but it takes a civilised depravity to devise the most desperately wicked concoctions. {April 9, 1896 EJW, PTUK 240.5}

"Such is medical divinity - it is the theology of the still and the stall, and paves the way to the abode of devils till the track is like a turnpike. Now take the other bill of fare. {1865 JW, HHTL 391.3}

"Let me run a contrast; Peaches against pork, apples against beef, plums against mutton, strawberries against tallow, cream against lard, unleavened bread against leavened bread, course flour against fine, water against teas and coffee, potatoes, peas, beans, against pound-cake and preserves, keen taste, **good appetite, against pepper**, salt, allspice, cinnamon, cloves, **cayenne**, and many other things which only **the Genius of all evil, habited gastronomically, knows and impels to be mixed with your food. Is not the contrast great?** {1865 JW, HHTL 391.4}

"To the use of flesh-meats do we charge in large measure the prevalence of drunkenness in the United States. This frightful evil, which has left its blood-stain on the door-post of every household in the land, has met the uncompromising hostility of good men and women for the last thirty years; and much as they have done, they have only kept it at bay. They have not conquered it; they have not even crippled it; it is rampant

to-day, defying them to battle. There is a reason for this persistence of the people in the use of the strong drinks. It has been accounted for on a variety of grounds, but these have all proved insufficient and ultimately unsatisfactory. But from this stand-point, the whole evil becomes perceptible. **Meat** is in the United States the staple of our food. No family, unless vegetarian, does without it. In the majority of families it is eaten three times a day, and from the oldest to the babe tied in a chair, the members eat it. **It has its adjuncts or correspondents; these are spices**, such as pepper, black and **cayenne**; mustard, horse-radish, common salt, butter, tea, coffee and chocolate. Of vegetables and fruits which are edible, there are aside from potatoes a minimum quantity. Add to this list fermented bread, and you have the framework of a dietary; but enlarge it, or diminish it as you will on no consideration is meat to be dispensed with. Now, when in addition to this universal and habitual use of meat is taken into account that it excites the nervous system, increases the heart's action, pushes the digestive and assimilative organs to undue effort; in fine that its presence in the stomach and as pabulum to the blood rouses the whole vital machinery to exalted and extraordinary exhibition, causing more power to be spent than occasion warrants, how far does one's imagination need to wander beyond the limits of fact, to take on the impression that whenever the hour of reaction comes, and depression takes the place of previous exaltation, the subject will find within him a clamor for strong drink. The correctness of this view can be tested in several ways. {1865 JW, HHTL 27.3}

Stop your meetings because your brother has sinned! **Would you stop eating because the man who dines with you has choked himself with cayenne pepper?** Stop praying because your brother has sinned! Would a sea captain forsake the helm of his ship in a stormy night because his mate had a drunken fit? {October 24, 1865 UrSe, ARSH 166.6}