

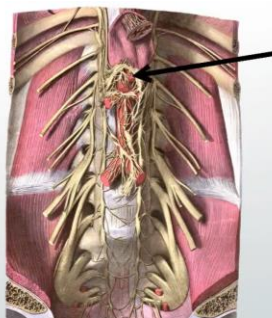
BREAD ACADEMY (THE STOMACH & YEAST)

First a few statements about the stomach from Dr. Jackson's book, "How to Treat the Sick without Medicine" from the Chapter entitled, "Dyspepsia". (1871):

"No one of the vital organs in the human body holds a more important office than **the stomach**. It is the pendulum to the whole system. (pg. 290)

"Of the more common and ordinary forms of the diseases which **the stomach** suffers, **dyspepsia** stands prominent. This may be classified into two kinds; one **mucous**, and the other **nervous dyspepsia**. (pg. 291)

"Nervous dyspepsia is of much more significance, because it never exists in a well-developed form without passive inflammation of the **solar [aka celiac] plexus** of nerves. (pg. 293)



solar plexus

a collection of two bundles of nerves, or 'ganglion,' that intertwine and pass each other at a central location in the abdomen

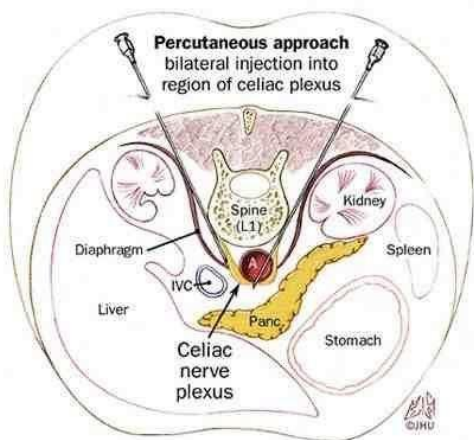
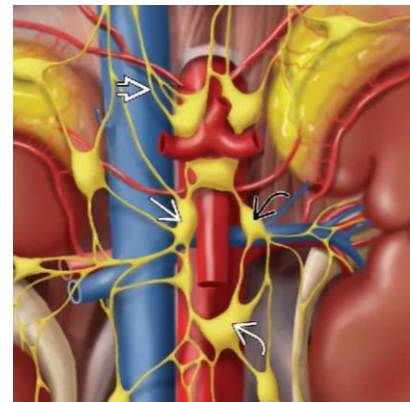
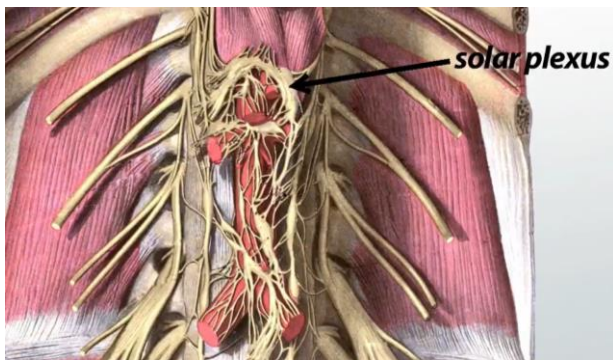
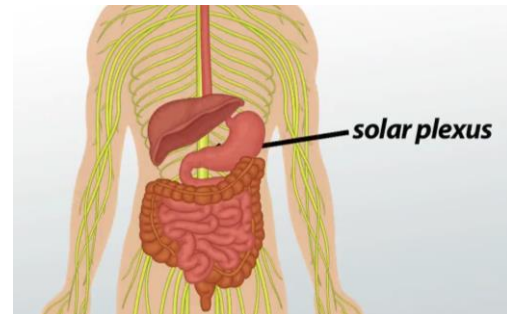
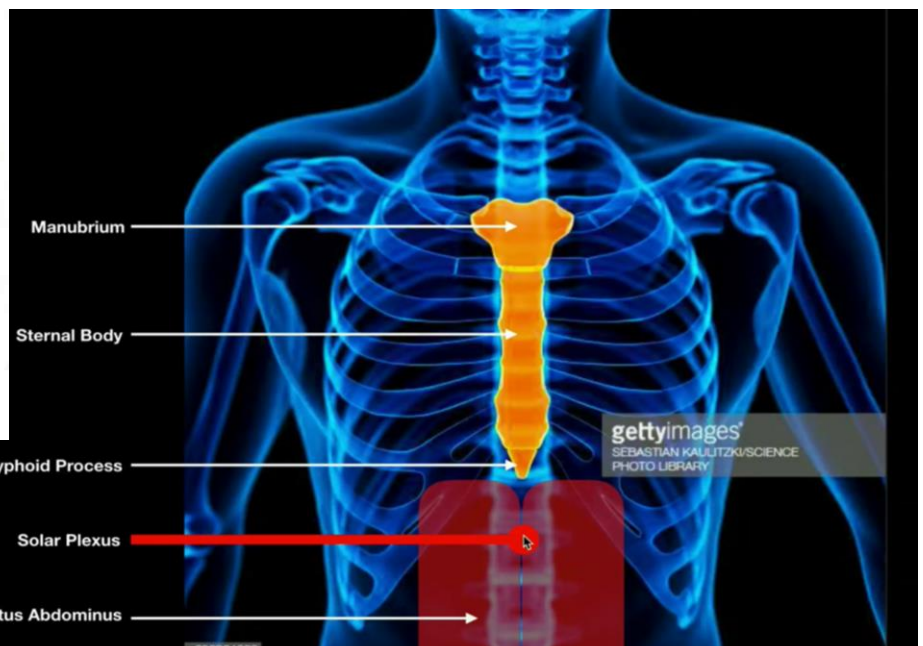


Figure 25A - Percutaneous celiac plexus nerve block



“If, therefore, we are to reason from phenomena to structure, from facts to principles, from effects to causes, we shall see that **whoever has a derangement of the nutrient system, involving the solar plexus of nerves and of the ganglionic-nervous system at large, will show types of disease** far different in their manifestations, and in their effects on his personal action, than those which will be seen where the cerebro-nervous system alone is affected.

“Now, **nervous dyspepsia is a disease resulting from abnormal vital action of the solar plexus.** ... **This network of nerves has its conditions determined mainly by the conditions of the stomach.** ... **Nervous dyspeptics**, in a very important meaning of the term, are deranged persons; they have lost mental and moral balance. (pg. 293-95)

Two-thirds of all the apostasies from truth and right which we see amongst our public men are to be attributed to bodily conditions, clearly indicating the existence of nervous dyspepsia. (pg. 298)

“In large measure the unhappiness which is to be seen in social life is to be attributed to this disease. As I have said in another chapter, drunkenness is only one form of this disease. **I think no human being ever committed suicide whose solar plexus of nerves was not inflamed.** (pg. 298)

“Nervous dyspepsia will be found almost exclusively to affect men and women of the sanguine-nervous or the nervous-sanguine temperaments. (pg. 299)

No nervous dyspeptic should ever eat flesh-meats habitually; nor should he drink tea or coffee; nor should he in any way use tobacco or alcoholic liquors; nor should he in any direction take drug-medicines; ... He should live simply on farinaceous foods and fruits; drink nothing as a beverage but water, and never forget to impose upon himself plenty of physical exercise, ... should have regular physical exercise;... (pg. 300-301)

Wikipedia~

FARINACEOUS, a. [from L. farina, meal.]

1. Consisting or made of meal or flour; as a farinaceous diet, which consists of the meal or flour of the various species of corn or grain.

Sister White ~ Please notice the connection to the stomach [solar plexus]/ digestive organs & dyspeptics as cited above by Dr. Jackson:

“For use in bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions. {TSDf 10.7}

Wikipedia~

Sourdough bread is made by the fermentation of dough using naturally occurring lactobacilli and yeast. Sourdough bread has a more **sour** taste ...

“I went into the bakery, and there saw an error in the work. It was done with more regard for appearance than for the health of those who should partake of the food. I tasted of the bread,—it was sour; of the crackers,—they were sour; and this was the kind of food to be given to sick people. Sweet, nice bread could not be obtained. Fashion, with its unhealthful evils, was brought into the very institution for curing the sick. Bread should be prepared in the most natural way, and the greatest pains should be taken to make it good and sweet. Here is a field to exercise care and skill and faithfulness. **Sour bread injures the digestive organs, and makes a bad quality of blood.** There is the most positive necessity for reforms in cooking. With proper care, bread may as well be made sweet as to be left to become sour in rising. In order to be properly prepared for the stomach, bread should be thoroughly baked, as well as perfectly sweet. Joseph Smith does not act from principle in his bread-making, and he is preparing it in a manner to produce disease, which results in great suffering. This need not be. It is an indulgence of pride, to gratify the desire for approbation. If there are any who cannot in their position of duty, firmly and conscientiously carry out reforms at the Sanitarium, they should be discharged, and others employed who will not follow in fashion’s wake, but will, from conscientious motives, be willing to be singular. **Bread is the staff of life; that which we eat is to be converted into blood, nerve, and muscle;**

and it is of the greatest consequence that bread be prepared in the most healthful manner. Until this object has been fully gained, there should be persevering efforts to bring about a reform. {PH100 91.2}

"In many families we find **dyspeptics**, and frequently the reason of this is the **poor bread**. The mistress of the house decides that it must not be thrown away, and they eat it. Is this the way to dispose of poor bread? Will you put it into **the stomach** to be converted into blood? Has **the stomach** power to make **sour bread sweet**? heavy bread light? moldy bread fresh? {1T 682.2}

"Religion may be brought into every phase of the home life. It may be brought into bread making. **Sour bread causes choleric, headache, and indigestion**. Religion will lead mothers to make bread of the very best quality. Some have educated the appetite to desire new bread and hot biscuits. They refuse to see the evil effects of these articles, because they enjoy eating them. But this does not make it right to eat them. **Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry**. Bread is the real staff of life, and therefore every cook should excel in making it. {Ms34-1899.6}

YEAST

First a few statements about yeast's effects on the stomach from Dr. Jackson's book, "How to Treat the Sick without Medicine":

"I have no question but what many of the scirrhus or **cancerous diseases** with which persons are afflicted, and which generally, sooner or later, kill them, could be overcome by ordinary hygienic methods of living, to which should be added a diet to consist mainly of sub-acid fruits without much else, or if to it anything else should be added, it should be only food made out of unbolted wheat-flour and water.

In all diseases of the stomach, no matter what these may be, no worse element in the way of food can be readily introduced than that of yeast, whether it be taken in the form of bread or in any other form. To the stomach of a human being a substance like that of **yeast is, in its nature, unhealthy. Raised bread, therefore, is one of the worst foods eaten by the American people.** In many instances the fungi of the yeast are so infinitesimally small as to pass, by interstitial absorption, directly into the blood, and create, when there, **inflammatory states** of it, oftentimes producing fevers of the most violent and perhaps fatal nature. **Thousands of persons have been led to have dyspepsia which nothing would cure;** thousands of persons have had **colics** which they could only overcome for the time being, but which would reappear again in a little while with more than usual violence; **a great many persons have had cancerous growth in the stomach** or scirrhus conditions of it, **either induced, or aided to be induced, by the use of foods in which the yeast principle had been incorporated.** (pg. 308-09)

Sister White on raised bread. ~ Please read carefully her statement on yeast in comparison with above quote & the fact that unleavened bread is actually more wholesome than the 'yeast' counterparts. If yeast breads are used, they should be dried until all moisture is absent to make it more digestible.

"**The use of soda or baking powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system.** Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable. {TSDF 10.8}

"**Bread should be light and sweet. Not the least taint of sourness should be tolerated.** The **loaves should be small, and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed.** When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. **This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.** . . . {TSDF 10.10}

"**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. {TSDF 10.11}

“Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry. Bread is the real staff of life, and therefore every cook should excel in making it.”
{Ms34-1899.6}

How to Dehydrate Breadcrumbs

Place slices of bread on the dehydrator trays.

Dehydrate @ 125° F (52° C) for approximately four- six hours.

There should be no sponginess left in the bread or it might spoil later.

When the bread is dry, it will break easily by hand into large crumbs for use as a chili topping or in dessert recipes.

For making breadcrumbs with a fine texture, pulse a few times in a food processor or reduce with a rolling pin or tenderizing mallet.

Store in an air-tight container until ready to use.

Recipes taken from “Health or How to Live”. Keep in mind that the light on the health message was progressive and we know that dairy: eggs, butter, milk etc. are no longer to be included in the diet.

BREAD. UNLEAVENED BREAD

GEMS. - Into cold water stir Graham flour sufficient to make a batter about the same consistency as that used for ordinary griddle cakes. Bake in a hot oven, in the cast-iron bread pans. The pans should be heated before putting in the batter. {1865 JW, HHTL 32.1}

NOTE. - This makes delicious bread. No definite rule as to the proportions of flour and water can be given, owing to the difference in the absorbing proportion of various kinds of flour. If too thin, the cakes will be hollow; if too thick, not so light. A little experience will enable any person to approximate the right proportions with sufficient exactness. The flour should be stirred into the water very slowly, in the same manner as in making mush. If hard water [mineral content of 100 ppm and above] is used, they are apt to be slightly tough. A small quantity of sweet milk will remedy this defect. {1865 JW, HHTL 32.2}

SISTER WHITE regarding MILK:

“In the making of raised or yeast bread, **milk should not be used in place of water.** The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach. {MH 301.1} 1905

“Bread should never have the slightest taint of sourness. **It should be cooked until it is most thoroughly done. Thus all softness and stickiness will be avoided.... Milk should not be used in place of water in bread making.** All this is extra expense, and is not wholesome. If the bread thus made is allowed to stand over in warm weather, and is then broken open, there will frequently be seen long strings like cobwebs. Such bread soon causes fermentation to take place in the stomach.... Every housekeeper should feel it her duty to educate herself to make good sweet bread in the most inexpensive manner, and the family should refuse to have upon the table bread that is **heavy and sour, for it is injurious.**—Unpublished Testimonies, January 11, 1897. {HL 80.7}

GRAHAM BISCUIT. - Pour boiling water on Graham flour, stirring rapidly till all the flour is wet. Too much stirring makes it tough. It should be about as thick as can be stirred easily with a strong iron spoon. Place the dough, with plenty of flour, upon the moulding board, form it into a roll, and slice with a knife into cakes three-fourths of an inch thick, and bake in a hot oven. {1865 JW, HHTL 32.3}

GRAHAM BISCUIT. - (Another form.) Stir into cold water Graham flour enough for a rather soft dough; knead it five minutes, roll three-fourths of an inch thick, and cut into cakes with a common biscuit cutter. Bake from twenty to thirty minutes in a hot oven. {1865 JW, HHTL 32.4}

WHEAT MEAL CRISPS. - Make a very stiff dough of Graham flour and cold water; knead thoroughly, roll very thin, and bake from ten to twenty minutes in a hot oven. {1865 JW, HHTL 32.5}

STEAMED BREAD. - Make mush as for the table - Graham, hominy, or corn-meal mush - as preferred. When cool, to one quart add one pint of hot, boiled potatoes mashed through a colander, half a cup of molasses, one tea-cup of boiling milk, and equal parts of Indian meal and Graham or rye flour sufficient to make a rather soft dough. Place it in a deep basin or pan; smooth it evenly over the top; cover it tightly and steam four hours. {1865 JW, HHTL 32.6}

RYE AND INDIAN BREAD. - Take one part rye meal, or coarse wheat meal, and two parts of Indian; pour boiling water, ~~or sweet milk~~, over the Indian, and stir it till the whole is sufficiently wet to work in the meal without adding any more water, and then, ~~when about milk warm~~, work in the meal. Should the dough be too stiff, add as much warm, but not hot, water as may be necessary; bake in a round iron dish from three to five hours. This bread, when new, or a day or two old, may be sliced and toasted; it is very sweet and wholesome. The crust is apt to fall off; this may be wet in water and put in a stone jar with some moderately tart apples, peeled and sliced, nicely covering the apples with the crust; then add a little water, and cover the dish with a tightly fitting cover; set it on the stove till the apples are cooked, and then take the crust off into the plates; sweeten the apples to suit the taste, and spread it over the crust. This is an excellent dish, if care has been taken to prevent burning the crust. {1865 JW, HHTL 33.1}

CORN BREAD. - One pint of corn meal, ~~one quart of milk~~; ~~boil the milk and scald the meal thoroughly~~; ~~beat up three eggs~~; thin your dough to a batter with ~~cold milk~~; add a piece of ~~butter~~ half as large as an egg; put in your ~~eggs~~, with a little salt, pour in shallow pans, and bake brown. {1865 JW, HHTL 33.2}

CORN CAKE. - Pour one quart boiling water on one quart corn meal, and stir quickly. Wet the hands, and form the dough into small round cakes one-half of an inch thick. Bake in a hot oven. The addition of a few raspberries, huckleberries, or any sub-acid fruit, is a decided improvement. Sweet apples, chopped fine, are also excellent. {1865 JW, HHTL 33.3}

CORN MEAL GEMS. - Stir slowly into one quart of ~~new milk~~, corn meal sufficient to make a thin batter. Bake in a hot oven in the bread pans. {1865 JW, HHTL 33.4}

SNOW CAKE. - Take one part of Indian meal and two parts of dry snow; or if the snow be moist, use equal parts of meal and snow; add little sugar; mix well in a cold room. Fill the pans rounding full, and bake immediately in a very hot oven. This makes an excellent cake. {1865 JW, HHTL 33.5}

RUSK. - Bread and crackers which are too old for the table, may be used for this. Dry them thoroughly in an oven; when dry, break in a mortar and grind coarsely in a hand or coffee mill. It can be eaten when soaked in milk or warm water, and is relished by almost every one. This is a standard article for the table. {1865 JW, HHTL 34.1}

FINE FLOUR GEMS. - Gems made of fine flour in the same manner as of Graham, the batter being rather stiffer, however, say about like ordinary bread sponge, and baked in the bread pans, are as light, and far sweeter, than any soda biscuit, and by all who have tasted them, are pronounced excellent. {1865 JW, HHTL 34.2}

PUFFS. - One pint of ~~sweet milk~~, ~~three eggs~~, twelve heaping tablespoonfuls of fine flour. Beat the eggs thoroughly, make a smooth paste of the flour and part of the milk, add the eggs and the remainder of the milk, and bake in the bread pans in a quick oven. {1865 JW, HHTL 34.3}

An interesting note from one of our early pioneers:

UNFERMENTED BREADS.

The earliest forms of bread were made without fermentation. Grain was broken as fine as possible by pounding on smooth stones, made into dough with pure water, thoroughly kneaded, and baked in some convenient way. Such was the "unleavened breads" or "Passover cakes" of the Israelites. In many countries this bread is the only kind used. Unleavened bread made from barley and oats is largely used by the Irish and Scotch peasantry. In Sweden an unleavened bread is made of rye meal and water, flavored with anise seed, and baked in large, thin cakes, a foot or more in diameter.

Some savage tribes subsists chiefly upon excellent corn bread, made simply of meal and water. Unleavened bread made of corn, called *tortillas*, forms the staple diet of the Mexican Indians. The corn, previously softened by soaking in lime water, is ground to a fine paste between a stone slab and roller called a *metate*, then patted and tossed from hand to hand until flattened into thin, wafer-like cakes, and baked over a quick fire, on a thin iron plate or a flat stone.

Unquestionably, unleavened bread, well kneaded and properly baked, is the most wholesome of all breads, but harder to masticate than that made light by fermentation, but this is an advantage; for it insures more thorough mixing with that important digestive agent, the saliva, than is usually given to more easily softened food. {Science in the Kitchen pg. 149 by Mrs. E.E. Kellogg (Harvey Kellogg's wife)}

LEAVENED BREAD

SISTER WHITE

"Fruits used with thoroughly **cooked bread, two or three days old**, which **is more healthful than fresh bread**, with **slow and thorough mastication**, will furnish all that the system requires. {GCDB March 2, 1897, par. 2}

GRAHAM BREAD. - Into three pints of warm water stir Graham flour sufficient to make a batter about as thick as can be well stirred with a spoon. To this add two large spoonfuls of hop yeast. Cover and set in a warm place to rise. When light stir again, and let it rise the second time. This will make two ordinary loaves of bread. Put into tins and set in a warm place about ten minutes, or till it begins to rise a third time. Bake about one hour. {1865 JW, HHTL 34.4}

NOTE. - If mixed too thick the bread will be dry and hard; or if it gets too light before baking, it is not so good; but made just right, it will be nearly as fine-grained and spongy as the best fine flour bread. {1865 JW, HHTL 34.5}

SWEET BROWN BREAD. - Take one quart of rye flour, two quarts of coarse Indian meal, one pint wheat meal half a teaspoon of molasses or brown sugar, and one gill of potato yeast. Mingle the ingredients into as stiff a dough as can be stirred with a spoon, using warm water for wetting. Let it rise several hours, or overnight; then put it in a large deep pan, and bake five or six hours. This would be a much more wholesome "wedding cake" than we are accustomed to have proffered us on certain interesting occasions. {1865 JW, HHTL 34.6}

BUNNS. - One cup ~~sugar~~, three pints of milk, one cup yeast, and flour enough for a batter like common bread "sponge." Let it stand overnight, then add one cup sugar, one cup of ~~butter~~; mould like biscuit, and let it rise again before baking. {1865 JW, HHTL 35.1}

POTATO OR HOP YEAST. - Wash, pare, and grate, one dozen large potatoes. Boil two large handfuls of hops in five pints of water, and strain it on to the grated potatoes. Add a teacupful of sugar and one-half teacup of salt. Put all in a tin pail or pan, and set into a kettle of boiling water, and stir occasionally till thoroughly cooked. When nearly cool add a pint of good yeast and let it rise. One tablespoonful of this

yeast is sufficient for an ordinary loaf of bread. If in a cool place it will keep several months in summer without souring. {1865 JW, HHTL 35.2}

Gems / Baked in a Cast Iron Gem Pan ~ A part of American Culinary History



Gem pans are heavy, muffin pan-like trays that are traditionally made from cast iron. Mini muffins, simple gem breads, and other small desserts can be baked in a gem pan. Most of these types of pans are designed to yield 12 to 24 muffins, though some specialized sizes may produce less.

A cast iron gem pan is considered the ideal tool to use when baking gems; it is also dubbed the proper pan for this use. Cast iron is the preferred medium for these types of pans. Modern gem pans, however, can be made from other materials, such as heavy-gauge steel and metals treated with nonstick coating. Cups can range from deep to shallow, depending on the cook's needs.

The size of the cast iron gem pan makes it ideal to create bite-sized treats and mini breads. The most commonly used cup sizes measures 1.5 inch (3.8 cm) in diameter. The pans themselves typically measure 13.125 inches (33 cm) by 7.75 inches (19.5 cm). Small pastry puffs, popovers, brownies, savory mini quiches, and mini cornbread can all be made with the pan.

One of the most common uses for this baking pan is its namesake, the gem. A very simple form of bread, gems consist of very few ingredients. They can be used as meal accompaniments, desserts, or snacks, depending on the recipe preferred. Gems may also be referred to as gem cakes.

The term Gem comes from small cakes that resemble gems. There was a kitchen housewares company named Gem that sold a pan that was generically referred to as a Gem Pan. A Gem can be referred to as a muffin but a muffin is not necessarily a Gem. They were first popularized in the 19th century and were always made with Whole Wheat Graham Flour and baked in heavy cast iron gem pans.

Nathaniel Waterman of Boston, Massachusetts is believed to be the first person to patent the design of the Gem Pan in 1859. It was also referred to as an Egg Pan. The cast iron pan featured cups, or wells, that were connected together to promote the conduction of heat through the iron.

The gems were made with Graham Flour. A type of whole wheat flour named after the American Presbyterian minister Reverend Sylvester Graham (1794 - 1851). Graham despised the discarding of nutrients (bleaching flour), and believed in using all of the grain, without adding chemicals in the milling process.

How to Use Graham Flour

A Sister in Michigan wishing some knowledge in the use of Graham flour, or wheat meal, has asked me for information. Thinking perhaps others might derive some little light on this subject, from what I may say, I venture to give it through the Review. I do not profess much skill in this branch of cookery, and therefore may not impart a very perfect knowledge of it, but simply give some suggestions which are useful and good. The old adage, "Practice makes perfect," will apply well here if any where; so any one who has never used Graham flour need not despair at a failure on the first attempt. {November 1, 1864 UrSe, ARSH 178.11}

We have used it in our family for several years, and can safely recommend it as healthful, economical, and palatable. {November 1, 1864 UrSe, ARSH 178.12}

Perhaps some who read this may not know what is meant by the term, Graham flour. It is simply this: Wheat ground without bolting, and is used, bran and all, without sifting. Mr. Sylvester Graham, some years since, originated this

healthful article of diet. It should not be ground fine, as in that case bread cannot be made as light. This flour is converted into puddings, crackers, biscuits, cakes, leavened and unleavened bread, or may be cooked in every way as fine flour. Pancakes are nice raised with yeast like buckwheat. {November 1, 1864 UrSe, ARSH 178.13}

The most common mode of use with us is leavened and unleavened bread, and puddings; and I will say here, that to be without some one of these articles on our table is an uncommon occurrence; in fact, nothing could fill their place as articles of diet. With us, Graham flour is the rule, and fine flour the exception. **Leavened Graham bread is also very nice, though not considered so healthy as unleavened.** It is made the same as with fine flour yeast bread, excepting to be stirred instead of kneaded. I add molasses or sugar, which improves it. It should rise the third time, and not be stirred too stiff, or it will be dry. When light, bake about an hour. This kind of bread we use as common as some do fine-flour bread. {November 1, 1864 UrSe, ARSH 178.14}

Perhaps some would think of this somewhat as the man did the first time he tasted of a Rye and Indian loaf, that it was mixed with gravel stones; but when made good and light, a healthy appetite will relish it. And here comes to mind the couplet so common to all, {November 1, 1864 UrSe, ARSH 178.15}

"If at first you don't succeed, Try, try, again." {November 1, 1864 UrSe, ARSH 178.16}

Do not give up and condemn your flour if you do not succeed so well at first. **It is certainly more healthy,** and often adds much to variety on the table. {November 1, 1864 UrSe, ARSH 178.17}

To make **unleavened bread, or cakes,** I offer a recipe given in the "Laws of Life," which is my mode exactly. **To make these, requires more skill than any other part of cookery I know of.** {November 1, 1864 UrSe, ARSH 178.18}

A woman who can make nice, light, brown cakes, from Graham flour and cold water, any one would call a good cook. Doubtless many will think and say, this cannot be done, but hundreds will testify that it has been done, and they are good enough for a king. {November 1, 1864 UrSe, ARSH 178.19}

To do this, stir into cold water your wheat meal till a batter is formed a little stiffer than pancakes; I add a little salt, though this is not in the original recipe. This batter is put into baking-irons, holding as much as a large pastry spoon. These irons may be had at the Review Office; or patty tins will do, though not so good. **Heat the irons hot upon the top of the stove, and fill them full of batter.** Have your oven heated very hot, though not so hot as to immediately burn your cakes. They will bear a strong heat, and **their lightness depends upon the heat of the oven when they are first placed in it.** In baking cakes on two sets of the irons at a time, I place one upon the top slide and one upon the bottom slide, unless the top slide will hold both. **Let them remain till they are brown, or from five to ten minutes, then change them and let the others brown, then place both on the bottom slide and bake about twenty minutes longer, and they are ready for the table.** They should rise as high again as the iron, while baking. These are much nicer than any cakes made of cream, and **considered by far the healthiest.** Many people, it is true, have been so accustomed to fine flour bread, rich cakes, and pastry, that they call such bread insipid. See Num. xxi, 5. **We can only think that such have depraved appetites, which with a little discipline might in time be brought to relish unleavened bread.** {November 1, 1864 UrSe, ARSH 178.20}

Our appetites have, no doubt, by an intemperate course of diet, become unnatural, and crave unhealthy food, but in this time, when sickness and death are so common, do we not do well to take care of our health, even at the sacrifice of what may taste nice? {November 1, 1864 UrSe, ARSH 178.21}

To make Graham flour puddings, you have only to substitute wheat meal in place of Indian meal, as for Indian pudding, and you have it. I do not make it as thick, however, and boil it about, half an hour, or more. This is nice with fruit stirred in after cooking, such as dried cherries, plums, raisins, or dates, then moulded into cups and eaten with cream. It excels corn starch pudding. {November 1, 1864 UrSe, ARSH 178.22}

Those who look with doubt upon the virtues of Graham flour, need only to try it thoroughly to be persuaded of its healthfulness and palatability. I know some who have commenced its use for health's sake, although they had no relish for it at first. I can here speak from experience. But soon the appetite changes and it is eaten with fondness. I also can vouch for its healthfulness, having been troubled with scrofulous humor from childhood. But since adopting a Graham regimen, and the disuse of animal food, it has entirely disappeared, and I enjoy better health than for years. {November 1, 1864 UrSe, ARSH 178.23}

There are other ways for using Graham flour, and I would here refer any who wish for information to Dr. Trall's and Jackson's Cook Books found at the Review Office. {November 1, 1864 UrSe, ARSH 179.1}

It is certainly for our interest to heed the Heaven-sent admonitions we have received upon points of health, and our diet is one very essential item. We are taught in Scripture to do everything to the glory of God. Then should we not seek for understanding to do this, that the temple of God may be holy, which temple ye are.

M. D. Amadon. {November 1, 1864 UrSe, ARSH 179.2}

Health and Temperance, Alcohol a Poison.—The last word of science, after exact research in all the domains, is that **alcohol is a poison**. It has been found to be **a hydrocarbon of the formula C 2 H 6 O, that is produced by the process of fermentation, and is the toxin, or liquid excretion or waste product, of the yeast or ferment germ**. According to the universal law of biology, that the toxin of one form of life is a poison to all forms of life of a higher order, **alcohol, the toxin of the low yeast germ, is a protoplasmic poison to all life, whether plant, animal, or man, and to all the living tissues and organs**.—Id., p. 3. {1919, SBBS 197.6}

From a spiritual perspective:

Christ was interrupted on this occasion as on many similar occasions. And he wished his disciples to listen to the words he had to say, and not allow anything to attract and hold their attention. Therefore he warned them, "**Beware of the leaven of the Pharisees, which is hypocrisy**." They feigned a desire to get as close as possible to the inner circle. As the Lord Jesus presented truth in contrast to error, the Pharisees pretended to be desirous of understanding the truth, yet they were trying to lead his mind in other channels. **Hypocrisy is like leaven, or yeast. Leaven may be hidden in the flour, and its presence is not known until it produces its effect. By insinuating itself, it soon pervades the whole mass**. Hypocrisy works secretly, and if indulged, it will fill the mind with pride and vanity. There are deceptions practiced now similar to those practiced by the Pharisees. When the Saviour gave this caution, it was to warn all who believe in him to be on guard. Watch against imbibing this spirit, and becoming like those who tried to ensnare the Saviour. {February 17, 1897 N/A, GCDB 58.6}

"As a man thinketh, so is he." If the appetite is allowed to rule, then the mind will be brought under its control. When the stomach is educated to discard that which will prove only an injury to it, the simplest kinds of food will satisfy the hunger."

{GCDB March 2, 1897, par. 3}

"Your glorying [is] not good. Know ye not that a little leaven leaveneth the whole lump? Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened [bread] of sincerity and truth."

1 Cor. 5:6-8

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

1Cor 10:31