

Whosoever Will Save His Life

Excerpt from My Favorite Bible Text,

The Southern, Publishing Association, Nashville, Tennessee

For whosoever will save his life shall lose it: and whosoever will lose his life for My sake shall find it. (Matthew 16:25)

Here are words of life—stern, demanding, yet leading to salvation. The truth embodied in them has a much wider significance than is commonly ascribed to it. . . . The student recognizes, in this paradox an epitome of all history. Those who live only for themselves live little lives. Those who devote their lives to a cause greater than themselves always find a larger, fuller life than the one they surrendered. Wendell Phillips expressed that thought in graphic fashion when he said: "What imprudent men the benefactors of the race have been! How prudently most men sink into nameless graves, while now and then a few forget themselves into immortality." How true it is that we achieve success, not by remembering ourselves, but by forgetting ourselves in devotion to things larger than ourselves.

Read the inscriptions on the monuments reared by grateful hands in honor of those whom the world calls great, and you will find that they record not what those honored dead have received from the world but what they have given to the world. Their epitaphs prove in truth that "it is more blessed to give than to receive." Acts 20:35. Too often we measure the value of a human life by its income. The divine measure of the value of a human life is not its income, but it's outgo—its overflow—its contribution to the needs of the world.

Throughout all the long and wearying ages the story of man clearly indicates that we can never find this larger life by striving after it. The shoreline along the great ocean of time is thickly strewn with derelict wrecks of selfish, self-centered

Our aim is to urge men and women to stand for truth and resist error. We pray that in times of serious compromise our ministry will equip you with solid information on current end-time issues and trends, and encourage you to live a life apart from worldly influences.

Faith on the Line is published quarterly by Amazing Discoveries

Managing Editor
Wendy Goubej

Contributing Writers

Tammie Burak, Rene Noorbergen, Raymond Moore, Arthur White, John D. Snider, Ellen G. White, Clive McCay, W. Timms

Copy Editor

Tammie Burak



Contact

PO Box 860 150 Mile House BC VOK 2G0 Canada

> PO Box 3140 Blaine WA 98231-3140 USA

Telephone

Toll Free: 1-866-572-9457

Web

www.amazingdiscoveries.org

E-mail

editor@amazingdiscoveries.org

Subscription

\$25/yr for US and Canada \$30/yr for International

Copyright 2021 Amazing Discoveries.
Articles reflect the opinion of their authors.
Permission to quote excerpts is granted
where credit is given.





In this issue:



Prophet of Destiny 16
Rene Noorbergen

A Nap or a Walk after Meals?*

Non-SDA's Recognize Value of Mrs. White's Counsel	24
Cancer and Causative Factors*	26
God Has Promised continued	30



Tobacco: Lung Cancer and other Killing Diseases* ... 36

Experimenting with Ellen Whites' Counsel 40 Raymond Moore

Physical Activity for the Sick and the Convalescent*.......42

A Nutrition Authority
Discusses Mrs. White 44

Clive M. McCay

My Escape from the Auto de Fé

*Medical Science & the Spirit of Prophecy

The Ellen G. White Estate General Conference of Seventh-day Adventists

MEDICAL SCIENCE



A UNIVERSITY PROFESSOR DISCUSSES Ellen G. White

he late Clive McCay, Ph.D., former professor of nutrition, Cornell University, Ithaca, New York, in March, 1958, before a large group of persons at Memphis, Tennessee, made the following introductory and concluding remarks:

In 1915 at the ripe age of 88 died one of the most remarkable women that America has produced. Her name was Ellen G. White. Although she had only a few months of formal schooling when a child, her list of books even today numbers about 60. Some of these are books about her or compilations from her lectures. Unfortunately these writings are buried in a few stores dealing with

religious books and listed in a catalogue entitled Spirit of Prophecy volumes.

The chief book of Ellen G. White which deals with nutrition is entitled Counsels on Diet and Foods.

This work consists of excerpts starting in 1863, at the time of our War Between the States and extending until 1909 or nearly until World War I....

The writings of Ellen G. White... provide a guide to nutrition that comprehends the whole body.

Much of this wisdom of the past is not understood today, and we attempt to attain miracles by eating vitamin tablets, mixtures of trace minerals or protein concentrates.

EXCERPT FROM A BOOK ENTITLED MEDICAL SCIENCE AND THE SPIRIT OF PROPHECY PUBLISHED IN 1971 BY THE ELLEN G. WHITE ESTATE

the Spirit of Prophecy

Ellen White died before modern biochemistry . . . when the composition of foods [became generally known], but if people followed her plan even today they would be far better fed than they are in their attempts to eat bad diets and then compensate by miracle foods. She advocated simple, natural diets, low in fat, low in salt, well prepared and modest in amount. Gradually she became a vegetarian, but included eggs and milk in her food pattern . . . We can read over and over the writings of such leaders as Ellen G. White, who taught the importance of good food for health and the essentiality of a healthy body if we are to have a good soul.¹

Dr. McCay often spoke of the treasure that Seventh-day Adventists possess in the health writings of Mrs. White. One such occasion was a presentation he made in April, 1958, to the Men's Club of the Ithaca, New York, Unitarian church. What he presented he later expanded to three articles, which appeared in the *Review and Herald* of February 12, 19, and 26, 1959. The concluding portion of the first article follows:

When one reads such works by Mrs. White as Ministry of Healing or Counsels on Diet and Foods he is impressed by the correctness of her teachings in the light of modern nutritional science. One can only speculate how much better health the average American might enjoy, even though he knew almost nothing of modern science, if he but followed the teachings of Mrs. White.²

- ¹ Published in Natural Foods and Farming, May, 1958
- ² Review and Herald, Feb. 12, 1959



On Record:

Outsiders' Reflections on Ellen G. White

WHAT THOUGHT-LEADERS WHO ARE NOT SEVENTH-DAY
ADVENTISTS HAVE SAID ABOUT THE SPIRIT OF PROPHECY

by Tammie Burak

And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ. For the testimony of Jesus is the spirit of prophecy.

One of the distinguishing features of the remnant church is that it has the "testimony of Jesus Christ" which is "the spirit of prophecy" (Revelation 19:10). God bestowed the spirit of prophecy upon Ellen G. White and has guided His remnant people through the visions and dreams He gave her.

Revelation 12:17, 19:10

Just like other prophets, Ellen White faced mixed reviews from the people she was called to minister to. Those mixed reviews continue to this day. Some love her and cherish her counsel. These apply to Ellen White such endearing epithets as "Sister White," "Spirit of Prophecy," "the Pen of Inspiration," and "the Servant of the Lord," to name just a few.

Others claim to love her but misuse her writings, wielding her words as weapons against those who differ with them on various matters, spiritual or otherwise. Ellen White felt troubled by such a use of her words and wrote,

"They say it is for the good of the cause of God that they desire my counsel, not that they have any personal trial themselves, but they use my words frequently to give strength to their own personal feelings, to sustain their own ideas, and to vindicate themselves as being in the right and others in the wrong." Still others, both within and outside the church, openly express unbelief and criticism. Ellen White has been accused of hypocrisy, lying, plagiarism, and of being a false prophet. Her third-grade education has been derided. Her authority to expound the Scriptures has been disparaged. Her counsels have been relegated to the trash can of dusty, outdated notions, or pushed into a corner like faded, old family pictures stored in the attic—irrelevant to us today. Her books end up in garage sales, second-hand stores, and used books stores. Some have even taken fiendish delight in burning her books.

None of this should disturb us, however, since Jesus said His followers should expect these things.

Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

(Matthew 5:11-12)

No, the criticism Ellen White has received by church members and non-Adventists alike is not surprising. It's simply the lot of being a servant of God because the "dragon was wroth with the woman (God's church)" (Revelation 12:17) and is waging war against the church. Satan has always especially targeted the prophets of God.

What may come as
a surprise, though, is
the esteem garnered
by Ellen White from
many reputable people
outside the church.
Unprejudiced professionals,
experts in the fields of health and
nutrition, education, journalism, and ar-

chaeology recognized extraordinary wisdom and ability in Ellen White. Here is a sampling

of some of the acclaim that is on record.

HEALTH

Ellen White's first vision on health came to her in 1848 on the dangers of using tobacco, tea, and coffee.² In the mid-1800s, about half of American Seventh-day Adventists died before they reached 30 years of age.³ At a time when physicians were using cocaine as an anesthetic for eye surgery and tooth pain, when Bayer launched an advertising campaign marketing heroine as a cold medicine for children, and smoking was considered a treatment for cough, God sent Ellen White with messages that would protect His people from the quagmire of harmful information in circulation at the time.

Going against a tide of misinformation on health, Ellen White's first health messages spoke out against the use of drugs and tobacco. "Drug medication, as it is generally practiced, is a curse," she wrote and "Tobacco is a slow, insidious, but most malignant poison." This is common knowledge today, but it wasn't when she wrote it.

1 6LtMs, Ms 24,
 1889, par. 14
 2 Roger Coon,

"Ellen G. White and the SDA Health Message," https:// www.andrews. edu/~fortind/ EGWHealth-Message.htm

⁴CCh 105.4 ⁵MHH 183.3

CLIVE McCAY

(1898-1967)

National Research Council Fellow, Yale University (1925-1927)

Professor of Nutrition, Cornell University (1927-1963)

Member of the National Institutes of Health, Gerontology Study Section (1946-1950)

CLIVE McCAY

Clive McCay who taught a course in *History of Nutrition* at Cornell University in the 1950s understood the milieu of muddled half-truths, erroneous theories, and outright deceitful advice on health that existed in the 19th century. McCay had been given a copy of *Counsels on Diet and Foods* by his graduate student Helen Chen. McCay was amazed that an uneducated woman would have nutrition knowledge so far in advance of her times. His introduction to her writings piqued a deep interest in Ellen White. So much so, that in 1958 he presented a lecture to members of his Unitarian Church's men's club on Ellen White's life and teachings.

As a result of that presentation, Clive McCay was invited to write a series of articles about Ellen White's health messages in the *Review* and *Herald*. His articles were published in 1959.

He wrote that modern science had confirmed her ideas on diet and health.

Learning of allegations that she had "borrowed" her ideas from others only deepened McCay's admiration for her. He countered that if she had used others' work in her own writings,

"She would have had to be a most amazing person with knowledge beyond her times" to do even this since she would have had to choose from a "bewildering array of theories and health teachings current in the nineteenth century."

McCay also expressed respect for Mrs. White's leadership in influencing so many people to improve their diets and wondered how to make her teachings more widely known so that more could benefit from the health-saving information. He wrote,

"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."8

Professor McCay would have been pleased to know that much of Ellen White's health counsels were verified by a student of his, T. Colin Campbell, a biochemist who participated in the 20-year China-Cornell-Oxford Project. Expanding on the research findings, Campbell co-authored a worldwide bestselling book, *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling*





Implications for Diet, Weight Loss and Longterm Health. The book looks at the connection between the consumption of animal products and chronic illnesses. It recommends exposure to sunshine and eating a predominantly vegan diet low in processed and refined foods. This same Thomas Colin Campbell later appeared in the documentary Forks Over Knives, promoting a whole foods plant-based diet.

NATHAN PRITIKIN

Before T. Colin Campbell became a household name, a layman had made a name for himself in the 1970s promoting lifestyle changes to fight cardiovascular disease. Not discouraged by his doctor's claim that it was impossible to lower his cholesterol without drugs, Nathan Pritikin had cured his own heart disease by implementing lifestyle changes that included

adopting a vegetarian diet and exercise program.

He wrote a book and gathered a large following, fueled by reports of the "miracle cure" experienced by those who adopted his lifestyle.

In 1978, Seventh-day Adventist pathologist, Dr. Ethel Nelson, interviewed Nathan Pritikin for *Ministry Magazine*. When Pritikin was asked if he was "aware of the Adventist health writings, many of which are more than a century old," he replied, "You mean the writings of Ellen G. White? I have read all her books dealing with

NATHAN PRITIKIN

(1915-1985)
Bestselling author on nutrition
Engineer and inventor
Chemical and electrical products patent developer

health topics." He added, "I feel that if you Adventists had followed the teachings in these books, you would be a much healthier group.

I think that the Adventist dietary plan is really very close to our nutritional recommendations.

It was marvelous that this woman was able to write all that she did without any real scientific background." When Dr. Nelson stated, "We believe that she was inspired" Pritikin responded, "She had to have been inspired."

Other non-Adventist experts who have been positively influenced by Ellen White's health message include Dr. Joel Fuhrman who frequently cites the Adventist Health Study; Paul Wenner, who'd read Ellen White as a teen and later created the Gardenburger; and health and juicing guru, Jack LaLanne, whose mother was a Seventh-day Adventist.

Ethel Nelson, "Nutrition and Health: An Interview with Nathan Pritikin," Ministry: International Journal for Pastors, https://www.ministrymagazine.org/archive/1978/04/nutrition-and-health

CONTINUED ON NEXT PAGE



PAUL HARVEY

(1918-2009)
American radio broadcaster
(1945-2009)
Host of the popular
The Rest of the Story
radio program





Paul Harvey was a popular radio personality who spoke to as many as 24 million listeners each week. Although he was not a baptized Seventh-day Adventist, he and his wife, Angel, regularly attended an Adventist church for the last 20 years of his life.

On September 25, 1997, Harvey featured a story about Ellen White on his radio show. He said, "Women have been honored on American postage stamps for more than 100 years. . . . But I can name an American woman author who has never been honored thus, though her writ-

ings have been translated into 148 languages.

More than Marx or Tolstoy, more than Agatha Christie, more than William Shakespeare. Only now is the world coming to appreciate her recommended prescription for optimum spiritual and physical health."¹⁰

In a newspaper column about Ellen White's health message, Paul Harvey wrote,

It has tended to reaffirm the faith of the faithful to discover that the most advanced scientific findings support what was written and taught by this amazing little lady, Ellen White, more than a century ago. If future scientific findings continue to support hers, let's see what tomorrow's doctors will be prescribing:

• Ellen White advised against overeating. Also against crash dieting.
('Do not go to extremes.') Minimal sweets. (She said that sugar is not good for the stomach.)

- She recommended grains,
- vegetables, fruits—especially apples. ('Apples are superior to any fruit.')
 - She recommended against

meat. Coffee, and tea.

And, sorry, no hot biscuits.

If some of her recommendations sound extreme, imagine how they must have sounded in 1863. Yet modern science continues more and more to say, 'She was right'!"

FLORENCE STRATEMEYER (1900-1980)

Faculty, Teachers College,
Columbia University (1930-1965)
Professor, Curriculum and Teaching
Developed curriculum based on direct
experience

Education FLORENCE STRATEMEYER

Florence Stratemeyer was a faculty member at Columbia University who developed an innovative approach to training teachers. In turn, her philosophy of education influenced many teacher educators and school of education deans across America. Many well-known leaders in education had been Stratemeyer's doctoral students.

Stratemeyer was invited once to address a convention of Seventh-day Adventist teachers. She said,

egwwritings.org/en/book/652.315#333

¹¹ AGOL 56, https://m.

should-know

¹⁰Paul Harvey, "Someone

The Truth About Ellen

G. White, https://www.

ellengwhitetruth.com/

life-times/someone-you-

You Should Know,"

Recently the book Education, by Ellen G. White, has been brought to my attention. Written at the turn of the century, this volume was more than fifty years ahead of its times. And I was surprised to learn that it was written by a woman with but three years of schooling.

The breadth and depth of its philosophy amazed me. Its concepts of balanced education, harmonious de velopment, and of thinking and acting on principle are advanced educational concepts

I am not surprised that members of the Seventh-day Adventist Church hold the writings of Mrs. White in great respect and make them central in developing the educational program in their schools.¹²

TSUNEKICHI MIZUNO

While studying at the University of Illinois, Tsunekichi Mizuno pulled the book *Education* by Ellen G. White from a library shelf and studied it. The book made a great and lasting impression on him that influenced education in Japan and reflected positively on the work of Adventist missionaries in Japan.

Dr. Mizuno came to the aid of Seventh-day Adventist educators at Japan Missionary College in 1954 when the school was seeking accreditation for their teacher education program after numerous attempts for accreditation had already failed. During a visit from several high-ranking government officials, it was suggested that the college try to establish affiliation with the elite Tamagawa University in Tokyo.

TSUNEKICHI MIZUNO

National Director of Social Education, Japan Director, Museum of Science, Japan

To Raymond Moore, the college's president at the time, the suggestion seemed an impossibility. They had already failed at establishing affiliation with two other colleges. Affiliation must meet the college's requirements which included a tight budget, curriculum that adhered to Seventh-day Adventist beliefs, and Sabbaths off. These criteria were simply too restrictive for Japanese colleges.

The UN official who had suggested affiliation with Tamagawa encouraged Moore to try anyway, adding that Tamagawa University's educational philosophy was similar to that of the Adventist college. So Moore arranged a meeting with Dr. Mizuno, the director of extension and teacher education.

Dr. Mizuno embraced the affiliation proposal. However, when he presented the proposal to the faculty council, he faced strong opposition. Nevertheless, he convinced them by assuring them he would take personal responsibility for the alliance. He faced another hurdle when every one of the college's students failed Tamagawa's entrance exam. Dr. Mizuno persuaded university faculty to make an exception for the students, again saying that he would take personal responsibility.

Affiliation with Tamagawa University presented challenges to Japan Missionary College as well. The association with Tamagawa meant that the college's students were instructed by Missionary College staff while reports and examinations were graded by professors at Tamagawa University.

https://m.egw-writings.org/en/book/652.315#333

CONTINUED ON NEXT PAGE



Book US\$ **13** (A\$ 18

SPIRITUAL GIFTS I - II

BY ELLEN G. WHITE

Volume I (219 pages) **Volume II** (304 pages)



US\$ **13**

SPIRITUAL GIFTS III - IV

BY ELLEN G. WHITE

Volumes III (304 pages) **Volumes IV** (160 pages)



Book US\$ **74** CA\$ 100

THE HISTORY OF REDEMPTION

BY ELLEN G. WHITE

This is a Collection of Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles, The Great Controversy, and others.



US\$ **95**

KJV BIBLE & HISTORY OF REDEMPTION COMBO

BY ELLEN G. WHITE

This is a combination of the KJV bible and *History of Redemption*.

This arrangement placed the college's staff and students under a great deal of pressure. In addition, the college operated a farm and students were required to work 20 hours per week, a requirement the college felt they could not waive, even in face of the need for extra study time.

In spite of heavy academic and practical work loads, by God's grace Japan Missionary College's students excelled. That first quarter, Moore reported, "every one of our students...

received all A's in all subjects!"

Influenced by the book *Education*, and his experience with faculty and students of Japan Missionary College, Dr. Mizuno, a man of renown, held the Adventist college in high regard and seemed to consider the college's faculty as his colleagues. Moore called him "a really great educator of the world." ¹³

Writing about the book *Education*, Dr. Mizuno wrote,

Education, written with the inspired pen of Ellen G. White, has for fifty some years been a well-known book which has rendered the greatest possible service and joy to students, teachers, and parents the world over.

When I was studying at the University of Illinois, it was my privilege to read the book in its original language. I was profoundly moved by the book at that time [Professor Mizuno is not a Christian and professes no particular religion], and it has been my

desire ever since to recommend it to the educators in Japan. It is my sincere joy to hear that the book has been finally translated into the Japanese language.¹⁴

RAJA R. RADOSAVLYEVISH

Minister of Education, Serbia

RAJA R. RADOSAVLYEVISH

In 1912, the minister of education for Serbia published a translation of Education under his own name. He had apparently come across the book while studying in Illinois. He must have been exceedingly impressed by it to be willing to run the risk associated with pretending he'd written it himself. In the book's foreword, he stated his recognition of the need for such a book and said he was pleased to fulfill that need for his country. James and Ellen's grandson, Arthur L. White, in a letter to Dr. A. N. Nelson in 1961,15 explained that because the church's work in Serbia was small and it was good for the Serbian people to have the message contained in the book, they decided to let the matter slide.

Although others may have been guilty of plagiarizing her works, no accusation of plagiarism by Ellen White has ever been tried in the courts,

though many allegations have been made. It is unlikely that any would attempt to charge her with plagiarism, especially in light of the legal opinion provided by copyright attorney Vincent Ramik.

Legal VINCENT RAMIK

In 1981, Attorney Vincent Ramik, a specialist in patent, trademark, and copyright law, was hired to investigate accusations of plagiarism against Ellen White. Ramik was given all the allegations of plagiarism from the first raised in 1889 to 1981. He examined all the relevant books by Mrs. White. After more than 300 hours of research, he concluded that Ellen White was not guilty of either copyright infringement or literary theft. He stated that if she were alive and had been the subject of litigation, he would

volunteer his services to defend her in court, so sure was he of her innocence.¹⁶

When the findings were published, Ramik was accused of siding with Ellen White because he'd been hired by the church and had received a lot of money. Ramik replied that the fee for his service to investigate Ellen White was one-tenth of one percent of his firm's earnings for the year. He added, "A lawyer's job is to protect his client, by presenting the worst possible scenario in every instance."

Most significantly, Attorney Ramik, a Roman Catholic, was personally affected by the books that were part of his investigation. These included *The Great Controversy*, which he read in its entirety. In an interview for the *Review*, Ramik said,

VINCENT RAMIK

Senior partner of Diller, Ramik & Wight Patent, trademark, and copyright law

The bottom line is: What really counts is the message of Mrs. White, not merely the mechanical writings—words, clauses, sentences—of Mrs. White. . . . Too many of the critics have missed the boat altogether. And it's too bad, too!

I, personally, have been moved, deeply moved, by those writings. I have been changed by them. I think I am a better man today because of them. And I wish that the critics could discover that!

We have these few testimonies on record to demonstrate the credibility and respect expressed by unbiased non-Adventists who have taken an honest look at Ellen White. Only in heaven will we know the full impact Ellen White has had upon those outside who took the time to investigate her for themselves. It's time Seventh-day Adventists did the same.



¹³Raymond Moore, "Providence in Japan," The Journal of True Education (Vol. 16, No. 3, February, 1954) https://documents.adventistarchives. org/Periodicals/JTE/JTE19540201-V16-03.pdf
¹⁴AGOL 57, https://m.eawwritings.org/en/

¹⁴AGOL 57, https://m.egwwritings.org/en/book/652.315#343

¹⁵Ellen G. White Estate—Question and Answer File, https://drc.whiteestate.org/files/6533.pdf

https://www.andrews.edu/~jmoon/Documents/ GSEM_534/Class_outline/05b.pdf

¹⁷Was Ellen G. White a Plagiarist? A reprint of articles published in the Adventist Review, September 17, 1981. "There Simply is No Case," https://adventistbiblicalresearch.org/sites/default/files/pdf/plagiarist.pdf

MEDICAL SCIENCE



BENEFICIAL EFFECT OF SUNLIGHT

Witness of Science

Some eighty years after Mrs. White's first statement on this point Dr. Lawrence P. Garrod, professor of bacteriology, at the University of London, performed studies on the effect of light on the bacteria in the dust of sickrooms. He reported that dust on the floor near the beds of patients suffering from an infectious disease contained many of the bacteria producing this disease. This was also true of the dust under the bed and in every dark place in the room. But dust from near the window and from the window sill contained none, even in rooms with a north exposure without any direct sunlight. This was true even in winter, when the light had to penetrate through two layers of window glass. He concludes:

It must now be recognized that ordinary diffuse daylight, even on a cloudy day and even in winter in England, can be lethal [deadly] to bacteria, and that glass is no absolute bar to this effect.¹

Spirit of Prophecy

1865—Rooms Purified by Light

Rooms that are not exposed to light and air become damp.... The atmosphere in these rooms is poisonous, because it has not been purified by light and air.²

1905—Sunlight Essential to Freedom From Disease

In the building of houses it is especially important

to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house.³

Every form of uncleanliness tends to disease.

Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.⁴

¹ British Medical Journal 1:247, 1944.

² How to Live, p. 62. Republished in Selected Messages, book 2, p. 462.

³ The Ministry of Healing, p. 274.

⁴ Ibid., p. 276.

the Spirit of Prophecy

THE YEAST GERM IN BREAD

Mrs. White did not take up nutritional ideas that were fads in her time. Points clearly made by her, while at times called in question, are often confirmed later as there is an advance in scientific investigation; e.g., she accepted the use of yeast breads but called for the killing of the yeast germ in baking. Note the following:

Spirit of Prophecy

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**.⁶



⁵ The Ministry of Healing, p. 301 (1905).

Witness of Science

Thirty years ago the use of live yeast was advocated as having therapeutic value as a source of vitamins. It contains vitamin B in appreciable amounts. For years the readers of popular magazines were urged to eat a cake of live yeast every day. The Spirit of Prophecy statement was called in question. But now it is known that yeast cells are capable of passing through the acid contents of the stomach without destruction and later proliferate in the intestines. Here they produce fermentation to some extent, and have a laxative action. But this is not all. The following fact is significant:

Live yeast cells . . . take up B vitamins from the food material in the intestine, thus making them unavailable for the body. If the effect of B vitamins in combating constipation is desired, it is better to take dried brewer's yeast (dead cells) or wheat germ.⁵

With live yeast actually robbing the body of that which it was thought to give, no advertisements are seen today advocating the ingestion of live yeast. The Spirit of Prophecy counsels of 1905 stand with solid scientific support. It should be observed that, as noted, brewer's yeast is an acceptable and valuable food supplement rich in the B-complex vitamins.

⁶ L. Jean Bogert in Nutrition and Physical Fitness, 7th ed., p. 406 (W. B. Saunders).

PROPHET & DESTINY

Excerpt from Ellen G. White: Prophet of the Last Days

by Rene Noorbergen

n June 16, 1971, many of the nations' newspapers carried a story headlined, "New York Epidemic of Cancer Cited," describing an outbreak of contagious Hodgkin's disease, a type of cancer of the lymphatic glands.

Discussing thirteen cases of a rare cancer that spread from the members of the 1954 graduating class of New York's Albany High School, scientists quoted in the article suggested that they were dealing with "an infectious disease condition with a carrier state and a long (eight to nine years) incubation period." "Since Hodgkin's disease skipped some members of the class of 1954, while attacking their close rel-

atives," the story reported, "the investigators concluded it (the cancer) can lie dormant in a carrier state."

It was news of far-reaching scientific importance and opened up a new phase of research in the world-wide battle against cancer. Yet as far back as 1864, exactly this development had been forecast by a woman with the name of Ellen G. White, simply, unassumingly repeating to those around her what had been revealed to her in a vision.

Guided by the Holy Spirit during a period of approximately seventy years, she presented insights into the causes of diseases. She also warned of labor troubles. church-state controversies, and riots that would tear our nation apart.

Who was Ellen G. White?

In our day when 10,000 astrologers influence the daily affairs of some 40,000,000 Americans through horoscope columns and private astrological readings; when 140,000 fortune tellers, mediums, clairvoyants, and psychic seers attempt to fuse the future with the present; and when some of the country's major universities offer courses in witchcraft, sorcery, and astrology; some might be inclined to call her a psychic. Yet believing her to be a psychic would be a great inaccuracy.

orn in Gorham, Maine, in 1827, she lived an outwardly uneventful life until she received her first vision at the age of seventeen. Being spiritually committed to the Millerite movement, a religious group that focused attention on the soon second coming of Christ, she became, through her visions, deeply involved in the spiritual awakening that shook the country. From her seventeenth (1844) to her eighty-seventh (1915) year, she led, counseled, and guided the members of the Advent Movement into a deeper spiritual and social awareness. But she did more than that. Her medical, nutritional, and spiritual insight, gained through more than two thousand visions and prophetic dreams, provided her with a knowledge which was in many cases more than a hundred years ahead of her time.

Medical researchers and nutritional experts still marvel at the foresightedness and accurate diagnosis of a woman who, with only a third grade education, evinced medical insights far beyond her day, which medical research is just now discovering. Even though most of her work was of a prophetic nature (delivering God's messages), her deep humility and constant dependency on God kept her from boastful-

ly claiming the title of "prophet." On numerous occasions the question was asked whether she thought of herself as a prophet. Her answer was invariably the same:



"Why have I not claimed to be a prophet?" she would reply. "It is because in these days many who boldly claim that they are prophets are a reproach of the cause of Christ, and because my work includes much more than the word 'prophet' signifies."

Now, nearly sixty years after death closed in on her, and more than a hundred years after her first prophecies reached the public, she is attaining new heights because of the timeliness of her predictions and insight. Guided by her grandson, Arthur White, as secretary of the Board of Trustees of the Ellen G. White Estate, the 100,000 pages of manuscript material she penned during her productive years are constantly re-examined. They always reveal more deeply the spiritual depth of this woman.

Taking her writings as an aid to a deeper understanding of prophecy, we see that the years ahead will bring more controversy and hate than any other period in recorded history. Yet, and this is undoubtedly her strength, she also shows an alternative. She points humanity along the road to survival from the final tragedy it is preparing for itself.

Since writing Jeane Dixon: My Life and Prophecies, I have become fascinated by prophetic and psychic phenomena. Not from the standpoint of sensationalism, but because of its eternal implications and the way it has managed to entrap millions of people in its stronghold.

Ellen White arrived on the scene when much of the country found itself confused by the social and moral convulsions that spread throughout the land. The feeling that the local community was the center of all activity was slowly being dissipated by the influx of new immigrants who, with their new ideas and strange concepts, created changes. Economic expansion was in the wind and agrarian reform around the corner. As these radical moves began to make inroads on society, the stresses and strains of the uncontrolled growth began to appear. Community life was bursting at the seams as old ways made place for new.

With the newcomers, not only new ideas but some old ones too crept into emerging America. Old superstitions and faith in psychic predictions of such ancient seers as Nostradamus, St. Odile, and St. Bearcan accompanied many an immigrant, adding to the growing confusion. Groping for light that would guide them out of the stranglehold of contradiction, superstition, and expansion, many turned to the Bible for the answer. It was left to an ex-United States Army captain in the War of 1812, William Miller, to popularize what would soon become the backbone for the preaching of many religious reformers. Miller, predicting the second coming of Christ in the early 1840s, was soon joined by other men of spiritual stature. Charles Fitch, Joshua V. Himes, Josiah Litch, and Joseph Bates took up the challenge. With only a short time

to go, their evangelistic efforts soon reached a feverish pitch.

The legitimate time prophecies of the Bible reached fulfillment in 1844, and the consequent feeling of approaching doom among the conservative believers was terrifying. Then came the Great Disappointment. Christ did not come.

The world was ripe for new spiritual counsel. Not to replace the Bible but to strengthen it. And Ellen Gould Harmon became the channel. Soon after this time of historical uncertainty and anxious expectation, Ellen Harmon began her work. With her came a foreknowledge and an insight into world and religious affairs unknown since Biblical times.

There is a reluctance on the part of many to believe in prophetic phenomena aside from that manifested by prophets of Biblical times. This hesitance is understandable, for ever since the beginning of time prophetic guidance and psychic phenomena have developed side by side.

From time immemorial, the idea of supernatural powers interfering with or controlling the affairs of man has always been a rather frightening concept. The first book of the Bible talks plainly about face-to-face communication between the Creator and His creation in the Garden of Eden. But the fall of Adam and Eve changed all that. So, ceasing His direct personal contact with man, God appointed intermediaries—prophets—to supplement the fading memories of the messages given man under the original method of communication.

Developing simultaneously, however, were psychic manifestations which also had their start in Eden when a voice spoke through the mouth of a serpent. Side by side the supernatural manifestations of the two opposing powers grew and developed. Today we find that many of the Christian churches are accepting the false manifestations as legitimate and divinely inspired.

To many, psychics and prophets are synonymous. Without using the Bible as absolute criteria, there would be no way to separate the two. It's interesting that psychics, pressed to produce proof of their claim that God is the originator of their gift of prophecy, resort to the Bible to substantiate this claim.

"The spirit of prophecy that worked through John the Baptist and Elijah is the same spirit that works through me," the Washington seeress Jeane Dixon told

me repeatedly. To test this "spirit of prophecy" and see whether it is supported by the true God, it might be well to compare the psychics' methods, as well as Ellen White's, to the Biblical tests given for true prophets.

In my recent book, *Ellen G. White: Prophet of Destiny*, I listed ten major Bible tests, by which one can distinguish between the true and the false prophets:

1)

A true prophet does not lie. His predictions will be fulfilled. Jeremiah 28:9

Psychics, who claim less than 100 percent accuracy, fail this test.

2)

A true prophet prophesies in the name of the Lord.

Not in his own name.

2 Peter 1:21

3)

A true prophet does not give his own private interpretation of prophecy.

2 Peter 1:20

4)

A true prophet points out the sins and transgressions of the people against God.

Isaiah 58:1

5)

A true prophet is to warn the people of God's coming judgment. Isaiah 24:20, 21 Revelation 14:6, 7

6)

A true prophet edifies the church, counsels and advises it in religious matters.

1 Corinthians 14:3, 4

7)

A true prophet's words will be in harmony with the words of the prophets that have preceded him. Isaiah 8:20

8)

A true prophet recognizes the incarnation of Christ. 1 John 4:1-3 9)

A true prophet can be recognized by the results of his work.

Matthew 7:16-20

10)

A true prophet must act in accordance with the will and approval of God.

Deuteronomy 18:9-12

"Thou shalt not learn to do after the abominations of those nations. There shall not be found among you anyone...that useth divination (fortune-teller), or an observer of times (astrologer), or an enchanter (magician), or a witch, or a consulter with familiar spirits (medium possessed with a spirit or a "guide"), or a wizard (clairvoyant or psychic), or a necromancer (medium who consults the dead). For all that do these things are an abomination unto the Lord."

CONTINUED ON NEXT PAGE

Based on these tests it becomes abundantly clear that not everyone who claims to be a prophet is one. There is more to it than predicting the outcome of a horse race, forecasting a political assassination, "feeling" the vibrations of the Russian political masterminds, or foretelling the future either by the use of astrology, palmistry, or communication with unseen forces. A true prophet is not someone who performs with the aid of a mental or spiritual crutch, such as a crystal ball, but is someone whose mind is controlled in a special way at specific times by God, who has absolute knowledge of both past and future.

The power behind Ellen G. White guided her into a complete and absolute fulfillment of the Biblical tests for a true prophet. Her medical and health-related insights, for example, were (and still are) so startling that many medical and nutritional experts still marvel at her predictions.

"The whys and wherefores of this I do not know," she confessed in 1901 when referring to a point she had made in the field of nutrition, "but I give you the instruction as it is given me."

Before her death in 1915, Mrs. White had completed writing a veritable library of books. It was in these printed works that her amazing perceptions were recorded clearly and positively and, above all, dated beyond dispute by the year of their publication.

In 1905, in *The Ministry of Healing*, she spoke of "cancerous germs" that could lie dormant in the human body for many years before embarking on their destructive journey. During the twentieth century much scientific research has been carried on to isolate the causative agent of cancer. A breakthrough of sorts came in 1956, when Dr. Wendell Stanley, winner of the Nobel Prize in chemistry, reported his conviction that "germs" (he called them viruses) cause most cancer.

In The Ministry of Healing she said, "The man who has formed the habit of using intoxicants is in a desperate situation. His brain is diseased, his willpower is weakened." Scientific backing for this came finally in 1969 when Dr. Melvin H. Knisely of the Medical University of South Carolina in Charleston issued a report on the effects of alcohol. As summarized in the December 1969 issue of the magazine Listen, it states,

"Every time a person takes a few drinks of an alcoholic beverage— even a few beers or cocktails at a social function—he permanently damages his brain, and probably his heart and liver also."

This is only a tiny part of it. She warned against tobacco as early as in 1864 calling it "a poison of the most deceitful and malignant kind. . . . It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable."

In 1896 she cautioned against the use of saturated fats in the diet as leading to heart disease. In 1869 she spoke of "electric currents in the nervous system" and in 1872 of "the electrical force of the brain." Sixty years later the existence of brain waves was officially recognized.

In 1890 she foresaw anarchy, bloodshed, riots, et cetera. In 1891 she perceived youth unrest and drug addiction.

Yet, more than just making predictions dealing with the development of medical knowledge, she devoted her energy to relaying those messages that were given to her in the course of God's total involvement with the future of mankind.

Was Ellen G. White truly a prophet equal to those of Old Testament times? Comparing her life and work to the Biblical requirements, the only possible conclusion is that she was indeed, even though she personally never professed such distinction. Not only did she differ from the psychics in her strict adherence to these inspired principles, but her vision far surpassed theirs.

Within the secret corridors of her mortal mind she witnessed the dawn of history and trod the world scene. Her insights ended not just with revelations of final destruction and total devastation, but with a divinely inspired view of an earth made new and an award awaiting the just. On many occasions she felt that she was part of the remnant of humanity, fleeing the distressing scenes, traveling mentally to the Promised Land. And floods of overwhelming joy and gratitude surged through her being as she walked the streets of gold, far beyond the glittering chasms of the great nebula in Orion.

Was her total commitment worth it?

It undoubtedly was. And what's more, the results bear out the correctness of the Source that moved her as she and her husband and their associates pioneered the Seventh-day Adventist Church, a world religious movement with its vast publishing, educational, and medical programs, all based on her inspired insight. Today, her "spiritual estate" has grown to a missionary movement that encompasses 193 countries. More than 230 languages are used in heralding the good news of salvation to the world, and 46 publishing companies, two universities, 460 colleges and academies, 4,100 elementary schools, 138 hospitals, 166 clinics, et cetera, can testify to the value of her counsel.

Was she truly inspired? Was she truly led?

When the counsels of her visions were heeded, prosperity marked the work. When neglected, the result was great loss. "By their fruits ye shall know them."

Matthew 7:20

The Scripture declares, "Believe His prophets, so shall ye prosper."

In the case of Ellen G. White, the record speaks for itself.



MEDICAL SCIENCE



A NAP OR A WALK AFTER MEALS?

Through the Spirit of Prophecy we are urged to exercise moderately after our meals. A short walk is recommended.

A German investigator in 1964 found that cardiac victims often consumed large meals a few hours before death. Many died within seconds after waking from an afternoon nap. Autopsies often revealed fat particles up to 50 microns in diameter within the coronary vessels. Such fat particles could easily precipitate fatal coronary attacks.

Witness of Science

1964—Gerhard Volkheimer, Medical World News, September 25, p. 46:

A peaceful after-dinner nap may be only the lull before the cardiac storm Dr. Gerhard Volkheimer of Humboldt University Medical School, Berlin, finds that physical inactivity can lead to the accumulation of chyle in the thoracic duct. And any sudden movement can apparently propel enough chyle into the blood to produce a coronary embolism.

Dr. Volkheimer conducted a series of studies in which he would feed the laboratory animals then put them to sleep for an hour. It was

found that the fat accumulated in the thoracic duct and when the abdominal wall was contracted large quantities of chyle, or fat, were thrown into the blood stream. In one group of animals he found a large number of very tiny vessels of the coronary arteries plugged by these fatty drops. It seemed the longer the fat remained in the thoracic duct the larger the fat drops became. This effect was the most marked after the animals were fed bacon fat. When the animals were fed germ oils the fat particles did not tend to clump and grow in size.

Although his work was done on animals, Dr. Volkheimer feels that this could very well be the explanation for human coronary attacks following naps after heavy meals. When the doctor's animals were allowed a half-hour walk around the block after eating there was no accumulation of fat droplets. Dr. Volkheimer strongly advocates an after dinner stroll instead of a siesta if you want to avoid the risk of a coronary attack.



the **Spirit** of **Prophecy**

THE HEALTH REFORMER NOVEMBER 1.

1869, pgs 85 - 86 "Vaccination."

Spirit of Prophecy

1892—Counsels on Health, pp. 565, 566:

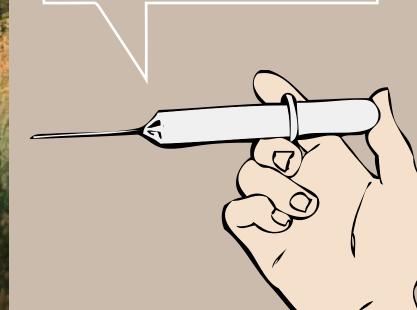
At mealtime cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all His blessings. And do not engage in brain labor immediately after a meal. Exercise moderately, and give a little time for the stomach to begin its work.

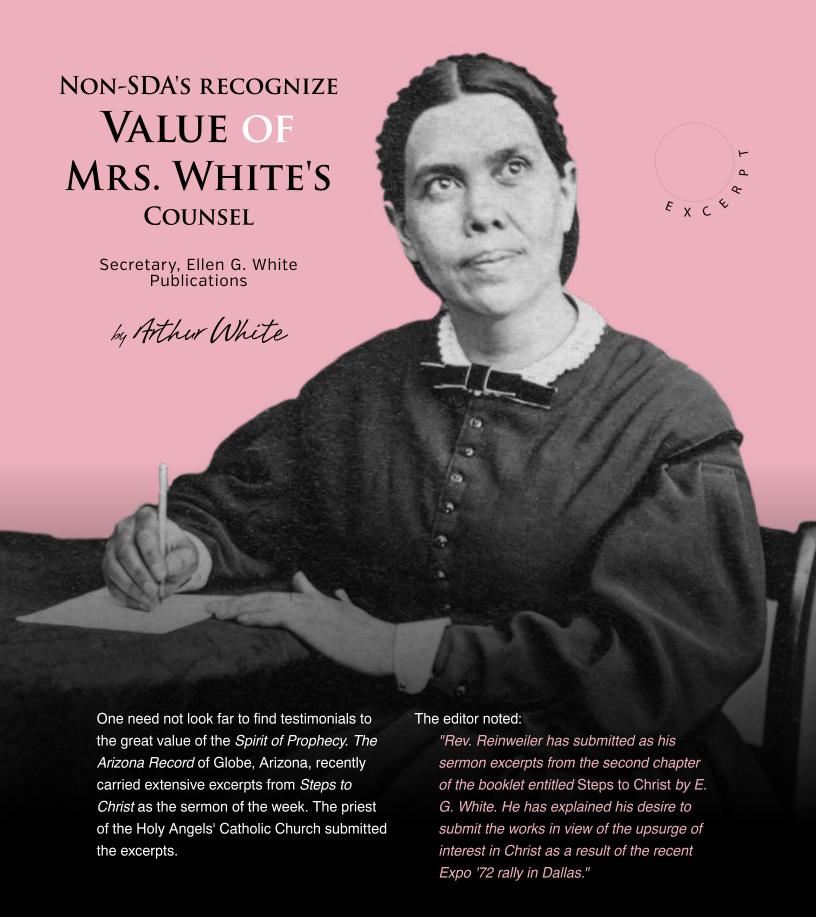
This is not a matter of trifling importance. We must pay attention to it if healthful vigor and a right tone are to be given to the various branches of the work.

1890—Counsels on Diet and Foods, pp. 103. 104:

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in deep study or violent exercise immediately after eating, hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit.

we are opposed to curing primary diseases by producing drug diseases, so we cannot see the propriety of curing or preventing contagious or infectious diseases by inoculating the system with venoms and viruses. We have known the worst forms of scrofula, and the most loathsome conditions of venereal disease, to be traceable directly to vaccination. Even if the vaccine matter could be had pure, we should oppose the practice of preventing any disease by means of a virus introduced into the blood; but it so happens that we seldom can have any assurance that the animals, or persons from whom the matter is obtained, are not diseased.





Under the title "The Sinner's Need of Christ," large portions of this chapter appeared.

Paul Harvey, in his ABC program in March, 1969, presented Ellen White as publishing 100 years ago advice in the fields of nutrition which measure with "the latest medical knowledge." He pointed out that recent careful investigations disclosed that Seventh-day Adventists live longer and suffer less disease. With the church body as a whole refraining from tobacco and alcohol, and 50 percent following a vegetarian dietary program, Seventh-day Adventists have a definite advantage.

But Paul Harvey pointed out that this advantage comes as a benefit of Ellen White's teachings. He concluded that research has

"tended to reaffirm the faith of the faithful to discover that the most advanced scientific findings support what was written and taught by this amazing little lady, Ellen White, more than 100 years ago."

He concluded with a number of terse statements and conjectures:

"If some of her recommendations sound extreme, imagine how they all must have sounded in 1863. Yet modern science continues more and more to say, 'She was right!""

The late Dr. Clive McCay, nutritionist and long researcher and instructor in the

graduate school at Cornell University, after reading some of Ellen White's books, addressed the Men's Club of the Ithaca, New York, Unitarian Church.

He declared:

"When one reads such works by Mrs.
White as The Ministry of Healing or
Counsels on Diet and Foods, he is
impressed by the correctness of her
teachings in the light of modern nutritional science. One can only speculate
how much better health the average
American might enjoy, even though he
knew almost nothing of modern science,
if he but followed the teachings of Mrs.
White."

-Review and Herald, Feb. 12, 1959.

And he concluded:

"In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today."

—Ibid., Feb. 26, 1959.

Every reader of the E. G. White books recognizes the internal evidence in the messages themselves as did two parish priests recently when an Adventist traveling companion shared with them on the plane *The Desire of Ages*. They read a few pages. Passing the book back one commented:

"The writer of those words was inspired by God." AD

MEDICAL SCIENCE

CANCER AND CAUSATIVE FACTORS

In 1905, in *The Ministry of Healing*, page 313, Ellen G. White makes reference to "cancerous germs." Thirty years later as an investigation of cancer was undertaken in intensive form, the best men of science declared that there was no cancer germ, and that there was no infectious factor in cancer. Then in 1956, Dr. Wendell Stanley, virologist of the University of California, declared that it was his belief that "viruses cause most or all human

cancers." Dr. Stanley characterized viruses as "midget germs." He theorized that cancer virus might remain dormant in the human body and then "become active" "by aging, dietary indiscretions, hormonal imbalance, chemicals, radiation, or a combination of these stresses." With scientific evidences ever strengthening in favor of the virus theory, most cancer research today is in that area, and supports the reference to "cancerous germs."

Breakthrough of **Science**

A review of the development of the concept of "viral etiology"

1958—Viruses and the Origin of Cancer-Time, October 27:

> One thing that medicine's learned men once knew, or thought they knew, was that cancer is not infectious. Therefore, no "infectious agent " could be involved in its origin. . . . Today no line of investigation into the origins of human cancer is being pressed more vigorously than that implicating viruses as at least partly responsible.

1956—Viruses and Activating Factors in Cancer-Newsweek. June 18:

> In Detroit last week, at a meeting of the third National Cancer Conference, Dr. Wendell Stanley, University of California virologist and Nobel Prize Winner, went so far as to state without qualification that he believes "viruses cause most or all human cancers." "It is known that viruses can lurk in the human body for years, even a lifetime; some cause trouble, some do not. . . . In some cases." Dr. Stanley theorized, "the cancer viruses might become active, through circumstances such as aging, dietary indiscretions, hormonal imbalance. chemicals, radiation, or a combination of stresses, and malignancies may follow."

1956—Ludwick Gross, M.D., "Theory of Viral Etiology Gains Momentum," Journal of the American Medical Association, December 1:

> During the past decade the concept of viral etiology of cancer and allied diseases has gained considerable momentum. Experimental data began to accumulate pointing more and more to the possibility that many, if not all, malignant tumors may be caused by viruses. Thus, a large number of malignant tumors of different morphology and in different species of animals could be transmitted from one host to another by filtered extracts.

the Spirit of Prophecy

1960—"Cancer" Virus Isolated-New York Times, September 29:

> A virus has been linked with eight human cancers in findings to be reported today by scientists at the Sloan-Kettering Institute for cancer research. The virus was isolated from transplanted tumors of the mouth, muscle, ovary and other tissues, and from the noncancerous livers and spleens of cancer patients, the report says.

1970—New Clues in Virus—Cancer Mystery—Today's Health, June, p. 32:

> For centuries, scientists have sought the cause of one of man's most baffling diseases-cancer. Today, evidence is rapidly accumulating that viruses, long known to cause cancer in animals, also may cause cancer in humans. (See also Today's Health, September, 1968, "Dr. Burkitt Tracks a Cancer Clue.")

1961—Robert J. Huebner, "Simply Infectious Diseases," Newsweek, March 27:

> "There isn't the slightest doubt in our minds that human cancers are caused by viruses. To this extent, they are simply infectious diseases."

This emphatic statement—the most positive affirmation to date that cancer is a virus disease—came last week from Dr. Robert T. Huebner, chief of the Laboratory of Infectious Diseases at the National Institutes of Health at Bethesda, MD.

Dr. Huebner bases his theory on the belief that the cancer virus lies dormant in the body until certain conditions—hormones, age, or irritating chemicals—give it a chance to cause a malignancy.

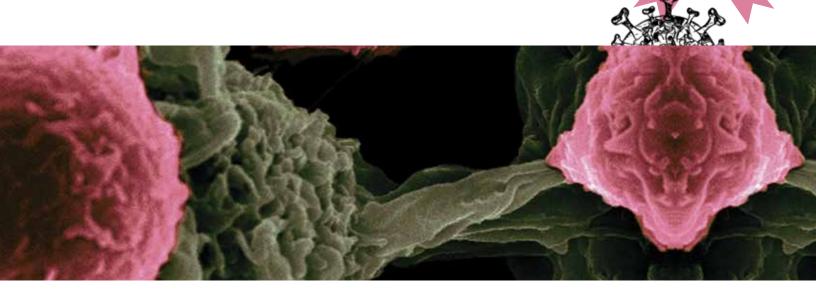
1963—In Medical World News of May 10, 1963, viruses are said to be strongly suspected of causing "at least some human neoplasms." And the viruses themselves, which have so stubbornly avoided the electron microscope (they have been described as "the little man that wasn't there"), are now obliging the research scientists.

One of the best-known researchers, Dr. Robert J. Huebner, says that they leave behind them "a trail of tell-tale antigens in tumor tissues." These "can be detected long after the viruses themselves have disappeared." And Dr. Albert B. Sabin, of the University of Cincinnati, has said that "small amounts of the infectious virus can be 'resurrected' after it has apparently vanished."



Revealing work has been done recently on the production of carcinogenic (cancer-producing) hydrocarbons in the cooking of flesh food. As high as 50 micrograms of carcinogens per kilogram of charcoal-broiled meats have been reported. (See W. Lijinsky and A. E. Ross, Food and Cosmetics Toxicology 5, 343, 1967.) Benzo(a)pyrene, a carcinogen, is found in such cooked meats.

MEDICAL SCIENCE





CANCER AND CAUSATIVE FACTORS



Spirit of Prophecy

1905—Cancerous Germs-The Ministry of Healing, p. 313:

People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.

1864—Aging—"An Appeal to Mothers," p. 27:

Cancerous humor, which would lay dormant in the system [throughout] their life-time, is inflamed, and commences its eating, destructive work.

1875—Dietary Indiscretions, Including Use of Flesh Meat; Testimonies, vol. 3, p. 563:

Flesh meats constitute the principal article of food upon the tables of some families, until their blood is filled with cancerous and scrofulous humors.

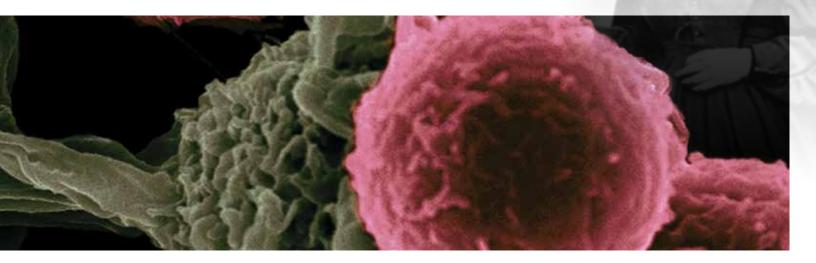
1909—Testimonies, vol. 9, p. 159:

If meat eating was ever healthful, it is not safe now. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.

1902—Counsels on Diet and Foods, p. 267:

Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists.

the Spirit of Prophecy



1865—Chemicals (Drugs)-Selected Messages, book 2, pp. 447, 449:

1864—Hormonal Imbalance-Appeal to Mothers; Child Guidance, pp. 444, 445:

If the practice [secret vice] is continued from the ages of fifteen and upward, nature will protest against the abuse she has suffered, and continues to suffer, and will make them pay the penalty for the transgression of her laws, especially from the ages of thirty to forty-five, by numerous pains in the system and various diseases, such as affection of the liver and lungs, neuralgia, rheumatism, affection of the spine,

diseased kidneys, and cancerous humors. Some of nature's fine machinery gives way, leaving a heavier task for the remaining to perform, which disorders nature's fine arrangement; and there is often a sudden breaking down of the constitution, and death is the result.



God Has Promised

by Ellen G. White

When Death Comes

Let the peace of Christ come into your soul. Be true in your trust because He is true to His promise. Lay your poor, nervous hand in His firm hand and let Him hold you and strengthen you, cheer and comfort you. (25M, 254)

God would not have us remain pressed down by dumb sorrow, with sore and breaking hearts, He would have us look up and behold His dear face of love. The blessed Saviour stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp our hands, to have us look to Him in simple faith, permitting Him to guide us. His heart is open to our griefs, our sorrows, and our

trials.... He will lift the soul above the daily sorrow and perplexity, into a realm of peace. (MB, 12)

If with a humble heart you seek divine guidance in every trouble and perplexity, His word is pledged that a gracious answer will be given you. (57, 427)

In the darkest days, when appearances seem most forbidding, fear not. Have faith in God. He knows your need. He has all power. His infinite love and compassion never weary. Fear not that He will fail of fulfilling His promise. He is eternal truth. Never will He change the covenant He has made with those who love Him. And He will bestow upon

His faithful servants the measure of efficiency that their need demands. *(PK, 164-165)*

When in trouble, many think they must appeal to some earthly friend, telling him their perplexities, and begging for help. Under trying circumstances unbelief fills their hearts, and the way seems dark. And all the time there stands beside them the mighty Counselor of the ages, inviting them to place their confidence in Him. Jesus, the great Burden Bearer, is saying, "Come unto me, . . . and I will give you rest." Shall we turn from Him to uncertain human beings, who are as dependent upon God as we ourselves are? (MH, 512)

Those who have borne the greatest sorrows are frequently the ones who carry the greatest comfort to others, bringing sunshine wherever they go. Such ones have been chastened and sweetened by their afflictions; they did not lose confidence in God when trouble assailed them, but clung closer to His protecting love. Such ones are a living proof of the tender care of God, who makes the darkness as well as the light, and chastens us for our good. (25M, 274)

We have a living, risen Saviour. . . . The Lifegiver is soon to come. . . . He is to bring forth the captives and proclaim, "I am the resurrection and the life." There stands the risen host. The last thought was of death and its pangs. . . . But now they proclaim, "O death, where is thy sting? O grave, where is thy Victory?" . . . (MH, 512)

Here they stand, and the finishing touch of immortality is put upon them, and they go up to meet their Lord in the air. The gates of the city of God swing back upon their hinges, and the nations that have kept the truth enter in. (6BC, 1093)

Go right forward as if every prayer offered was lodged in the throne of God and responded to by the One whose promises never fail. Go right along, singing and making melody to God in your hearts, even when depressed by a sense of weight and sadness. . . . Light will come, joy will be ours, and the mists and clouds will be rolled back.

(2SM, 242-243)

CONTINUED ON PAGE 33

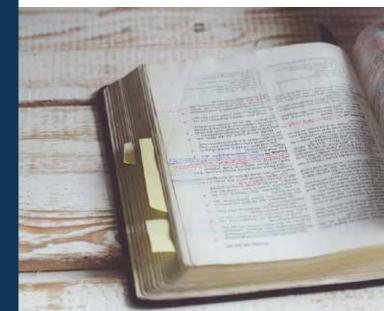




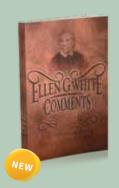


If you have ever desired to give Bible studies and Biblical presentations, we have a place where God can use you!

Email client-care@amazingdiscoveries.org for more information on the application process.



More from Ellen G. White



ELLEN G. WHITE COMMENTS

BY ELLEN G. WHITE

This is a sifting of the multitude of her writings including out of print and unpublished manuscripts. (692 pages)

Book US\$ 16.50 CA\$ 22.00



ANSWERS TO PRAYER

by Ellen G. White

This is an in-depth presentation of *Spirit of Prophecy* statements on the subject of prayer. (104 pages)

Book US\$ 12.00 CA\$ 16.50

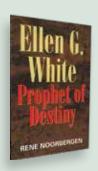


1888 SERMONS

BY ELLEN G. WHITE

These nine sermons were presented at the *General Conference*Session and the *General Conference*Institute. (94 pages)

Book US\$ 11.00 CA\$ 15.50

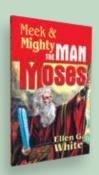


ELLEN G. WHITE - PROPHET OF DESTINY

BY RENE NOORBER-GEN

A full and fascinating portrait of a truly remarkable, yet strangely little-known woman. (241 pages)

Book US\$ 16.00 CA\$ 21.50

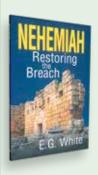


MEEK & MIGHTY THE MAN MOSES

BY ELLEN G. WHITE

Follow the life of this extraordinary man, finding lessons to be learned from not only his successes but his failures as well. (148 pages)

Book US\$ 13.50 CA\$ 18.50



NEHEMIAH: Restoring the Breach

BY ELLEN G. WHITE

Ellen G. White is dealing with the work of Nehemiah. It provides leaders and people among the remnant church with study material. (111 pages)

Book US\$ 11.00 CA\$ 16.00



CONFLICT & COURAGE

BY ELLEN G. WHITE

Prophets and priests, kings and apostles, parade through the inspired pages of this daily devotional. (384 pages)

Book US\$ 16.00 CA\$ 22.00

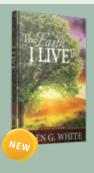


LETTERS TO Young Lovers

by Ellen G. White

Throughout her life, Ellen G. White had opportunity to offer advice to young lovers. (94 pages)

Book US\$ 10.00 CA\$ 14.00

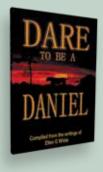


THE FAITH I LIVE By

by Ellen G. White

This is an inspiring and instructive devotional dedicated to covering the principal doctrines of the Christian faith. (383 pages)

Book US\$ 18.00 CA\$ 24.00



DARE TO BE A DANIEL

by Ellen G. White

"The greatest want of the world is the want of men-men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, ..." (Education, p. 57). (110 pages)

Book US\$ 10.00 CA\$ 14.00



THAT I MAY KNOW HIM

by Ellen G. White

More than half of the book is drawn from the wealth of inspired material in the articles from Ellen White's pen that appeared during her long lifetime. (383 pages)

Book US\$ 14.00 CA\$ 19.00

To order visit: amazing discoveries.org or call 1-866-572-9457

Do You Need Guidance?

So long as we surrender the will to God, and trust in His strength and wisdom, we shall be guided in safe paths, to fulfill our appointed part in His great plan.

(DA, 209)

Those who decide to do nothing in any line that will displease God, will know, after presenting their case before Him, just what course to pursue. And they will receive not only wisdom, but strength. (*DA*, 668)

Our fondest hopes are often blighted here. Our loved ones are torn from us by death. . . . But hope bears our spirits up. We are not parted forever, but shall meet the loved ones who sleep in Jesus. They shall come again from the land of the enemy.

The Life-giver is coming. Myriads of holy angels escort Him on His way. He bursts the bands of death, breaks the fetters of the tomb, the precious captives come forth in health and immortal beauty.

(2SM, 259-260)

As we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory. (DA, 331)

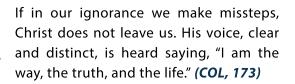
We are to exercise wisdom and judgment in every action of life, that we may not, by reckless movements, place ourselves in trial. We are not to plunge into difficulties, neglecting the means God has provided, and misusing the faculties He has given us. Christ's workers are to obey His instructions implicitly.

The work is God's, and if we would bless others His plans must be followed. Self cannot be made a center; self can receive no honor. If we plan according to our own ideas, the Lord will leave us to our own mistakes. But when, after following His directions, we are brought into strait places, He will deliver us. (*DA*, *369*)

We have not wisdom to plan our own lives. It is not for us to shape our future... We [should] depend upon God, that our lives may be the simple outworking of His will. As we commit our ways to Him, He will direct our steps. (MH, 478-479)

If we surrender our lives to His service, we can never be placed in a position for which God has not made provision. Whatever may be our situation, we have a Guide to direct our way; whatever our perplexities, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend.

CONTINUED ON NEXT PAGE



In His loving care and interest for us, often He who understands us better than we understand ourselves refuses to permit us selfishly to seek the gratification of our own ambition. He does not permit us to pass by the homely but sacred duties that lie next us.

Often these duties afford the very training essential to prepare us for a higher work. Often our plans fail that God's plans for us may succeed. (MH, 473)

If you will seek the Lord and be converted every day; if you will of your own spiritual choice be free and joyous in God; if with gladsome consent of heart to His gracious call you come wearing the yoke of Christ--the yoke of obedience and service--all your murmurings will be stilled, all your difficulties will be removed, all the perplexing problems that now confront you will be solved. (MB, 101)

We need to follow more closely God's plan of life. To do our best in the work that lies nearest, to commit our ways to God, and to watch for the indications of His providence--these are rules that ensure safe guidance in the choice of an occupation. (Ed, 267)

Ellen G. White Audio



BIBLE STUDY COMPANION SET

BY ELLEN G. WHITE

Now you can get the entire Bible Study Companion Set Audio MP3 Library at an incredibly low price! This album contains *Patriarchs & Prophets, Prophets & Kings, Desire of Ages, Acts of the Apostles*, and *The Great Controversy*.



Audio MP3 USB / MP3 Audio CD

US\$ 126 CA\$ 176

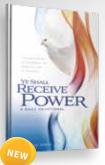
The USB STICK comes without the original box.

THE TESTIMONIES FOR THE CHURCH

BY ELLEN G. WHITE

Perhaps some of the most practical hands-on counsel from the pen of Ellen G. White, these volumes cover a wide range of insight into everything from good business principles to health and encouragement for your Christian walk.

Devotional Books from Ellen G. White

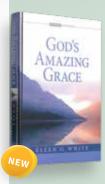


YE SHALL Receive power

by Ellen G. White

"Behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high" (379 pages)

Book US\$ 17.50 CA\$ 22.00

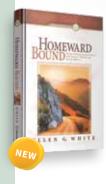


GOD'S AMAZING Grace

BY ELLEN G. WHITE

Ellen White described Grace as "an attribute of God exercised toward undeserving human being. We did not seek after it, but it was sent in search of us" (The Ministry of Healing, P. 161). (383 pages)

Book US\$ 18.50 CA\$ 25.00



HOMEWARD Bound

BY ELLEN G. WHITE

Homeward Bound marks a century's passing since the death of Ellen G. White and is a special collection that covers some of the major themes she wrote about through the years. (396 pages)

Book US\$ 18.00 CA\$ 24.00



IN HEAVENLY PLACES

BY ELLEN G. WHITE

This daily devotional book has been compiled largely from unpublished and out-of-print Spirit of Prophecy materials of Ellen G. White. (381 pages)

Book US\$ 16.00 CA\$ 22.00



LIFT HIM UP

BY ELLEN G. WHITE

Are you seeking a more intimate relationship with Jesus? Are you struggling to connect with Him in a world that continually seeks to tear Him away from you? (384 pages)

Book US\$ 16.00 CA\$ 22.00



MARANATHA THE LORD IS COMING

BY ELLEN G. WHITE

"One of the most solemn...truths revealed in the Bible is that of Christ's second coming" Ellen White (p. 13). (383 pages)

Book US\$ 17.50 CA\$ 24.00

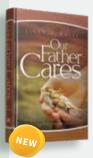


MY LIFE TODAY

BY ELLEN G. WHITE

Can we conceive of a more intimate relation to Christ than this? The fibers of the branch are almost identical with those of the vine. (377 pages)

Book US\$ 22.00 CA\$ 30.00

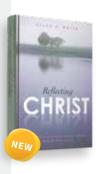


OUR FATHER Cares

by Ellen G. White

A devotional with His great love for you in mind. As you meditate on each passage you will come to appreciate more than ever how much God cares for you. (384 pages)

Book US\$ 16.00 CA\$ 22.00



REFLECTING CHRIST

BY ELLEN G. WHITE

A mirror turned away from the sun cannot reflect the sun's rays. And a human being turned away from God's Son cannot reflect His love to others. (383 pages)

Book US\$ 16.00 CA\$ 22.00

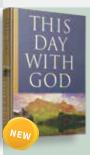


THE UPWARD LOOK

by Ellen G. White

"Looking unto Jesus, ... let us go forward, having confidence that He will supply us with all the strength that is needed for every duty." (383 pages)

Book US\$ 15.00 CA\$ 20.00



THIS DAY WITH GOD

BY ELLEN G. WHITE

The devotional writings of Ellen G. White are a rich source of inspiration to millions of people throughout the world. (383 pages)

Book US\$ 15.00 CA\$ 20.00



To order visit: amazing discoveries.org or call 1-866-572-9457

MEDICAL SCIENCE



TOBACCO: LUNG CANCER

and Other Killing Diseases

Tobacco, declared by Ellen G. White in 1864 and again in 1905 to be a "slow, insidious, but most malignant poison," is found in the United States in 1970 to be the almost exclusive cause of approximately 60,000 deaths annually from lung cancer and to be a major factor in 100,000 annual deaths from cardio-vascular diseases. Experts relate the tobacco habit to emphysema and chronic bronchitis.

Witness of Science

Alton Ochsner, M.D., who has probably seen and treated more cases of lung cancer than any other physician, (in a book he wrote entitled Smoking and Health), reported:

1957—Smoking and Health, p. 40:

In 1957 the American Cancer Society, the American Heart Association, the National Cancer Institute, and the National Heart Institute (the last two are federal agencies) appointed a committee of seven scientists to study and evaluate all the available data regarding the effects of smoking on health. These scientists were chosen because of their integrity and ability to critically analyze experimental and clinical investigations. After an intensive study of one year, they concluded: "The sum total of scientific evidence establishes beyond reasonable doubt that cigarette smoking is a causative factor in the rapidly increasing incidence of human epidermoid carcinoma of the lung."

1962—Alton Ochsner, M.D.-Smoke Signals, July-September, 1962, p. 1:

Lung cancer is a disease that began primarily in the mid-thirties [1930s]. The reason is that twenty years previously men began to smoke cigarettes heavily in the United States, beginning during World War I. It takes about twenty years for the cancer-producing effect of cigarette smoking to become evident. Prior to the mid-thirties, cancer of the lung was an extremely rare disease in both sexes, but affected both sexes with equal frequency This is a disease which is preventable. It doesn't develop naturally. It is caused by smoking.

Writing candidly about the direct relationship between emphysema and smoking, Richard Overholt, M.D., stated: "The lung naturally carries the greatest of the burdens of smoke inhalation. These ill effects can be enumerated The most important permanent damage is called emphysema. Continued chemical irritation of the bronchial system results in scar tissue replacement, stiffening of the lung, and a change in the airsac system. . . . As the efficiency of the lung is reduced, shortness of breath becomes noticeable on less and less exertion. Many smokers over a period of thirty to forty years lose 50 to 75 percent of their lung reserve. Emphysema is almost an unknown condition in nonsmokers. It has become one of the most important causes of total disability among older people.—Ibid., July, 1966

the Spirit of Prophecy

Smoking in Pregnancy

Four out of ten expectant mothers in the USA are smokers. According to Dr. Lindsay R. Curtis, babies born to smoking mothers are more apt to be of a "low birth weight" and premature. This low-weight characteristic continues for at least twelve months after birth. "One investigator estimates that one out of every five unsuccessful pregnancies in women who smoked regularly would have been successful if the mother had not smoked regularly."—Ibid., August, 1970.

Smoking and Nerves

Nicotine first stimulates, then tends to sedate the nervous system The basis of any satisfaction in smoking is this drug effect. As Dr. Richard H. Overholt phrases it, "The body of the long-term smoker requires a replenished supply for a feeling of well-being. He is the victim of a drug addiction."—Ibid., June, 1964, p. 2.

Smoking and Heart Disease

Smokers show high death rates for coronary artery disease; in fact, for every ten nonsmokers who die of this disease, seventeen smokers on the average die. In this connection, it is significant to recall that the overall death rate among cigarette smokers is 70 percent higher than among nonsmokers, according to the findings of the Surgeon General's panel of experts. . . .

According to Dr. G. E. Wakerlin of the American Heart Association some 60,000 premature deaths from coronary heart disease among men aged 40 to 69 in the United States occur annually because of smoking.—Ibid., December, 1964

Ninety-seven percent of 500 physicians questioned in a recent poll linked smoking with lung cancer as a contributing cause. Ninety-three per cent of the doctors associated smoking with heart disease and identified it as a dangerous health hazard. (See Life, October 2, 1970, p. 69.)

Medical men are appalled as they face the prospect that no less than 1 million children presently in school will die of lung cancer, if cigarette consumption continues at its present rate. Ten million Americans have emphysema. Ten percent of all males have it. Its death rate has increased about 300 per cent since 1950. "A person with emphysema who smokes might as well take a dose of poison," says Dr. Eugene F. Fundergurk, of Lake Worth, Florida.



the Spirit of Prophecy

TOBACCO: LUNG CANCER

and Other Killing Diseases

Spirit of Prophecy

1864—Spiritual Gifts, vol. 4a, p. 128; Temperance, p. 57:

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. Multitudes have fallen victims to its poisonous influence. They have surely murdered themselves by this slow poison.

1905—The Ministry of Healing, pp. 327, 328:

Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system.

1876—Signs of the Times, January 6:

Those who acquire and indulge the unnatural appetite for tobacco, do this at the expense of health. They are destroying nervous energy, lessening vital force, and sacrificing mental strength.



US\$ **100**

THE TESTIMONIES FOR GOD'S LAST-DAY PEOPLE

BY ELLEN G. WHITE

These volumes cover a wide range of insight into everything from good business principles to health and encouragement for your Christian walk.



Ellen G. White Books



CONFLICT OF AGES SET

BY WHITE

Get the 5-Vol Set for a special price!

Book US\$ 85.00 CA\$ 105.00



PATRIARCHS AND PROPHETS

BY WHITE

A panorama of human history from the creation of Earth to the reign of Israel's King David. (805 pages)

Book US\$ 18.00 CA\$ 24.00



PROPHETS And Kings

BY WHITE

From the story of Solomon's glorious reign over Israel and to the nation's exile and captivity. (752 pages)

Book US\$ 18.00 CA\$ 24.00



DESIRE OF AGES

BY WHITE

Ellen White's classic on the life of Jesus – the One who stands at the center of all human history. (866 pages)

Book US\$ 18.00 CA\$ 24.00



ACTS OF THE APOSTLES

BY WHITE

The amazing story of the early Christian believers after Jesus returned to heaven. (634 pages)

Book US\$ 18.00 CA\$ 24.00



THE GREAT CONTROVERSY

BY WHITE

The story of the controversy between God and Satan to its ultimate and glorious conclusion. (720 pages)

Book US\$ 18.00 CA\$ 24.00



THOUGHTS FROM THE MOUNT OF BLESSING

by Ellen G. White

The Sermon on the Mount was given to mankind to be to them the law of duty and the light of heaven. (172 pages)

Book US\$ 10.00 CA\$ 13.50



FAITH AND WORKS

BY ELLEN G. WHITE

That is the message of these 18 readings on the topic of salvation. The gem of the collection is an 1890 manuscript. (121 pages)

Book US\$ 16.00 CA\$ 20.50



CHRIST'S OBJECT LESSONS

BY ELLEN G. WHITE

Ellen G. White's collection of the best-loved teachings of Jesus. (436 pages)

Book US\$ 15.50 CA\$ 22.00



YOUTH'S INSTRUCTOR

BY ELLEN G. WHITE

The greatest want of the world is the want of men—men who in their inmost souls are true and honest. (110 pages)

Book US\$ 56.00 CA\$ 73.00

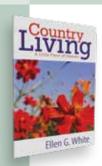


COUNSELS ON AGRICULTURE

By Ellen G. White

100 years before the terms "organic", "local" and "sustainable" were in vogue, Mrs. White was urging to return to the land. (185 pages)

Book US\$ 16.00 CA\$ 21.50



COUNTRY LIVING

By Ellen G. White

Through the years thousands of Seventh-day Adventists have been guided in the choice of home environments. (32 pages)

Book US\$ 5.50 CA\$ 7.50

To order visit: amazing discoveries.org or call 1-866-572-9457



EXPERIMENTING

WITH ELLEN WHITE'S COUNSEL

Hewitt Research Center

by Raymond Moore

Either the writings of Ellen White are true, or they are not. Some authors may ride two sides of the fence, mixing truth and error but never one who claims inspiration from God. And such a one must be tested. In this case the person must be tested against God's words:

"If they speak not according to this word, . . . there is no light in them." Isaiah 8:20

Ellen White invites exactly such a test. No other modern "prophet" has been able to do this. Mrs. White insists that her writings are "the lesser light" designed "to lead men and women to the greater light" of the Scriptures. "The Word of God is sufficient," she says, "to enlighten the most beclouded mind." Her writings were given by God to provide more detail in this time of great speed, stress, and the increase of knowledge and deception.

Only "the truth shall make you free." John 8:32.

And Jesus said, "I am the ... truth."

John 14:6.

We can try to free ourselves by rationalizing, justifying, or excusing ourselves, saying that her words were for older times. But we will never then be free.

If we have read her words carefully and thoroughly and still do not believe them, we really have no right to call ourselves Seventh-day Adventists. And if we do believe them, we should live by them fully.

Have you found these writings lacking in any respect? If so, by what means? Your habits? Tastes? Intuition? Tradition? Or by God's Word?

Have you read these writings thoroughly? Have you experimented with them determinedly? If not, why? Are they out-of-date? If you think so, note these words, for example, which refer to our schools.

"Though in many respects our institutions of learning have swung into worldly conformity, though step by step they have advanced toward the world, they about their workings that they need to remain helpless and in uncertainty. If they will listen to His voice and follow in His ways, God will correct and enlighten them, and bring them back to their upright position of distinction from the world."

(6T, 145)

Those who determine to live completely by the Scriptures and on the *Gift of Prophecy* will be fulfilled in happiness with lives of love, forgiveness, patience, and service. The blessings—spiritual, physical, mental, and material—will make their cups run over.

But this will require sacrifice, and change—made easy only by complete surrender to Christ. When this happens to the larger number of us, our campuses and our churches will see remarkable changes in many things—our attitudes, our motives, our dress, our diet, our recreation, our work, our speech, and our very thoughts.

All teachers and all students will be working together daily.



Our personal standards will be measured by the glory of God. Our campus will ring with harmony and love. And the Holy Spirit will be poured out in a measure never known on this earth, not even at Pentecost.

Some have partly tasted this by experimenting with God's Word and instructions through Ellen White. Such a taste calls for more, much more of such experimentation here now—and then eternally.

"Success in education depends on fidelity in carrying out the Creator's plan." (Ed, 50.4)

"It is the degree of moral power pervading a school that is a test of its prosperity." (6T, 143.2)



MEDICAL SCIENCE



PHYSICAL ACTIVITY FOR THE SICK

and the Convalescent

Witness of Science

1960—Mervyn G. Hardinge, M.D., Dean, School of Health, Loma Linda University, *Review and Herald*, November 3:

At the time of the first publication of this [Ellen White] counsel (1867), leaders in medicine; both in America and in Europe, were vigorously propounding the doctrine of complete rest in the treatment of the diseased and injured. Dr. Weir Mitchell, a noted neurologist, advocated the "rest cure" for nervous breakdown, nervous fatigue, neurosis, et cetera, and prescribed vacations, relaxation treatment, and rest in bed. Dr. Hugh Owen Thomas, a famous orthopedic surgeon, in the treating of injured and broken bones, taught that "rest must be enforced," uninterrupted and prolonged." Dr. Allen K. Krause, specializing in the problem of tuberculosis, introduced the principle that "rest must be first, and always first in the treatment of tuberculosis." Through the years these concepts, once so firmly implanted in the minds of medical men, have gradually been replaced by the emerging evidence that productive activity is a potent aid in treating the sick. The "rest cures" of the recent past have today given way to programs of occupational and educational therapy.

1954—Time, August 9:

As therapy for convalescing housewives, the municipal hospital at Durham, England, has built a modern kitchen, specially fitted to accommodate crippled patients. Hospital authorities have found that working in the kitchen keeps a woman's mind off her illness and helps get long-idle muscles back in shape.

1963—Reader's Digest, June:

New hope for emotionally disturbed children is flowering in gardens at the state hospital in Pontiac, Michigan. Through gardening, the troubled youngsters are learning to grow out of themselves. In addition, gardening is developing their ability to learn. Such subjects as English and mathematics are tied into their work with the soil. Working alongside each young gardener is a volunteer from the community.

Of the children's gardening at Pontiac, Dr. James McHugh, former director of the Children's Unit, states: "This program, through giving children a new level of participation, brings them out of the cycle of feeling that they are unworthy, for the growing flowers and vegetables are dependent upon them. In this setting, space opens up and they no longer feel hemmed in. These children are, literally, digging their troubles into the soil."

the Spirit of Prophecy

Spirit of Prophecy

1867—Testimonies, vol. I, p. 555:

For years I have from time to time been shown that the sick should be taught that it is wrong to suspend all physical labor in order to regain health.... The view that those who have abused both their physical and mental powers, or who have broken down in either mind or body, must suspend activity in order to regain health, is a great error.

1870—Testimonies, vol. 2, p. 529:

If invalids would recover health, they should not discontinue physical exercise; for they will thus increase muscular weakness and general debility. Bind up the arm and permit it to remain useless, even for a few weeks, then free it from its bondage, and you will discover that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system. The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise.



Ellen G. White on a Healthy Life Style



Book US\$ **16.00** CA\$ 22.00

HEALTHFUL LIVING

by Ellen G. White

The principles presented in this work are a part of the divine order appointed for the human family. (330 pages)



US\$ **2.**25

HERBS FOR HEALTH BY ELLEN G. WHITE

Ellen White set forth principles of health-ful living that have stood the test of time and scientific research. (23 pages)



US\$ **16.**50

MINISTRY OF HEALING

BY ELLEN G. WHITE

How the sickness of the soul finds the healing balm by trusting God for all things. (540 pages)

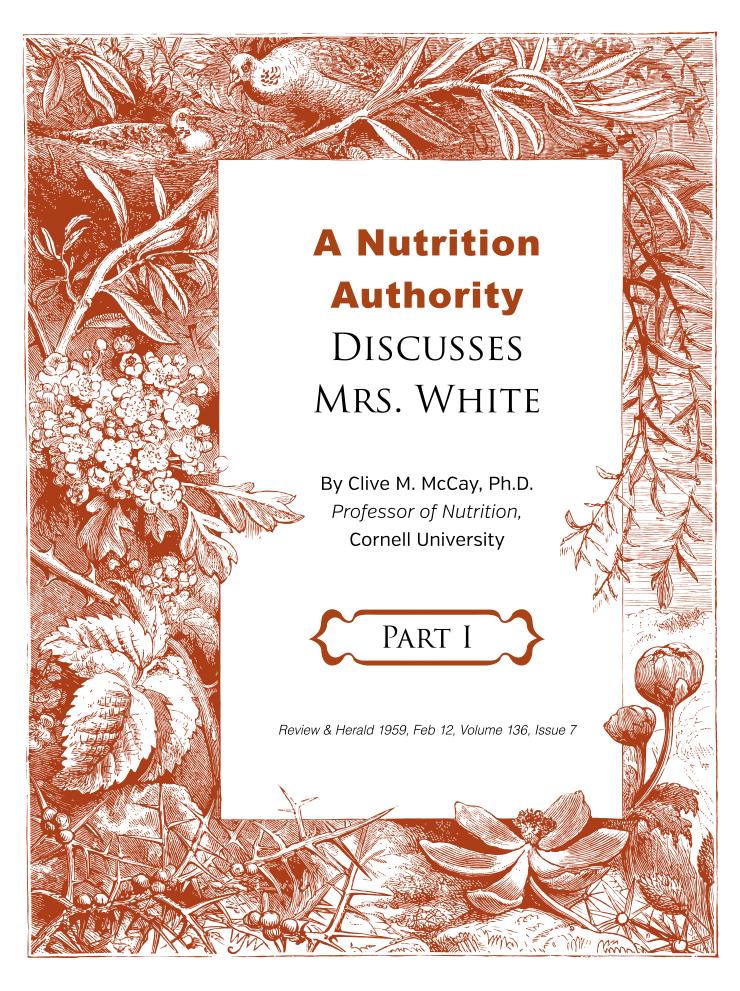


US\$ **18.00**CA\$ 25.00

COUNSELS ON DIET AND FOODS

BY ELLEN G. WHITE

Ellen G. White points out the connection between the food we eat and our physical and spiritual welfare. (511 pages)











he fascination of history is never-ending discovery of remarkable people to whom one is deeply indebted for advances in knowledge. One seldom comes to know about such people suddenly. Like living acquaintances, he first meets them at various places. Gradually he comes to know them more intimately and studies their lives and writings in detail. This is particularly true as regards the people one meets in studying the history of nutrition.

For the past quarter of a century I have taught a course for graduate students on the history of foods and nutrition. In this course are presented original materials, starting with the early Greek work by Athenaeus who lived in Rome at the end of the second century A.D. Down through the succeeding centuries notable names appear. For example, in the middle of the thirteenth century Petrus Hispanus published much about diet. Shortly after the discovery of America one of the greatest books about nutrition and old age was written by Luigi Cornaro (?-1566). Later centuries, on down to the twentieth, provide a remarkable array of books that present the theories, and sometimes the research, of the writers, on the broad subject of nutrition and foods. Such historical works must be scrutinized

critically, for they contain much that is not true. In fact, most of these works are a curious mixture of truth and error.

Among the thousand historical acquaintances in my files, one of the most worth-while is Ellen G. White.

As near as one can judge by the evidence of modern nutritional science, her extensive writings on the subject of nutrition, and health in general, are correct in their conclusions. This is doubly remarkable: Not only was most of her writing done at a time when a bewildering array of new health views-good and bad-were being promoted but the modern science of nutrition, which helps us to check on views and theories, had not yet been born. Even more singular, Mrs. White had no technical training in nutrition, or in any subdivision of science that deals with health. In fact, because of her frail health from childhood she completed only a part of a grammar school education.

I do not know when I first heard of Mrs. White. While a college student I worked for a few weeks in a machine shop in Battle Creek, but I cannot recall her name from that period. From time to time I have had visits from a few Adventist physicians and have come to admire them for their sincerity in service and interest in nutrition. Gradually, through the years, and more particularly in recent times, I have acquired a number of Mrs. White's writings.

However, my knowledge of the wisdom of Mrs. White has only begun, and the following notes must be considered as very incomplete and inadequate.

In order to place her health teachings in the proper perspective, I must first set down briefly certain historical facts.

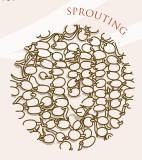
Until modern times men lived in rather restricted areas of the earth. because they could not travel far nor rapidly. Men in each area were adjusted to the foods available. A physician in England has written an interesting summary of this relation of man to available foods under the title "The Neglect of Natural Principles in Current Medical Practice."1

All plants and animals that serve as food for man and other animals have long been known to be very complex mixtures, often combined into hundreds of semi-living compounds called enzymes. Some of the organic compounds can be made by the body of man. Many are made by plants, but are essential for the animal body. Without such compounds, vitamins, essential amino acids or fatty acids, the animal body sickens and dies.

¹ Journal of Applied Nutrition, 1958, 11, 116

MAN'S DIET IN EARLIER AGES

In earlier ages man did not destroy the complex nutrients of natural foodstuffs, because his supply was often marginal and he had to eat the whole product in the form in which it grew. Cookery was probably the first method evolved that tended to destroy part of the vitamins of food. However, early man was migratory, within limits, and often had little fuel available. Hence he cooked briefly as many Eastern people do today, because of limited fuel supplies. Early man learned to sprout certain seeds such as soybeans that are difficult to eat without long cookery. Sprouting conserved the natural food values and made short-time cookery possible.



Man first learned to destroy most of the value of natural foods when he discovered the distillation of alcohol, more than a thousand years ago, and when he learned to crystallize sugar, about two thousand years ago. Distillation and crystallization are human methods of removing most of the vitamins and other essentials of natural foods. When grain, such as corn, is fermented and then distilled, all of the protein, fats, vitamins, and minerals are left in the retort.

Today these essentials are fed to animals, and man drinks the alcohol in the form of vodka or whisky. When sugar cane or sugar beets are grown they are rich in many essentials, like other foods, but crystallizing out the sugar leaves the essentials behind, just as much as does distillation.



MODERN SCIENTIFIC ERA

Until modern times these processes had little importance in human nutrition, because man could not work on a large scale to produce thousands of tons of alcohol and sugar. He lacked the equipment for large scale processing. Furthermore, he had no means of assembling the ingredients for making sugar or alcohol on a vast scale, even if the natural foods could have been grown in large amounts. Two hundred years ago a bill to restrict the growth of London was debated in Parliament because of the difficulty of transporting sufficient food to the people by means of horses and carts. In past ages the amounts of alcohol and sugar that were produced were small enough to make these products luxuries.

About 150 years ago the sciences of chemistry, physics, and physiology started to advance rapidly. These sciences finally made it possible to produce and distribute the vast array of foods that flood the American markets today. At the same time they made it easy to produce and sell huge amounts of highly processed materials such as sugar and alcohol that appeal to the taste of man but may lead him downward in well-being. Today, increased means of communication such as the television and a growth in the knowledge of the psychology of selling make it possible to sell man ever-increasing amounts of these deteriorated products.

With the development of the natural sciences came a better understanding of human nutrition. The chemist gradually, in the course of the past 150 years, came to appreciate that natural foodstuffs were composed of numerous essentials such as minerals, amino acids, protein, and unsaturated fatty acids. However, this growth of scientific knowledge has not insured man against malnutrition and ill health, because such knowledge is very incomplete. Hence even today human nutrition must rest upon experience and the teaching of the past.



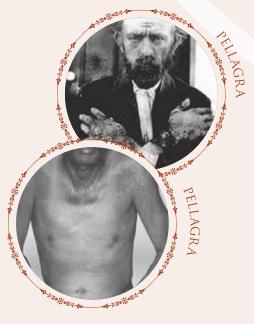
As the basic knowledge of nutrition advanced, men set up standards that purported to show what every person should consume if he desires to be healthy and well fed. The first of such standards was set up by a chemist named Prout, more than a century ago. The most recent of these was formulated by various health agencies—scientific and governmental—in different countries.

Even today, such standards are merely rough guides and are very incomplete because we know so little about human nutrition. Ingesting foods to provide all of the nutrients of these standards will not insure freedom from malnutrition today, any more than it would a hundred years ago.

CERTAIN FALLACIES
IN NUTRITIONAL
STANDARDS

In some respects such standards have had a very bad influence, because the teachers of nutrition make their pupils think that there can be no malnutrition in a nation whose people consume foods that provide the levels of vitamins or compounds suggested in these standards. Such teaching gives free rein to those who sell alcohol, soft drinks, sugar, and refined products to increase their business, because they can constantly assert that the people are fed adequately.

Nutritional scientists who worship at the shrine of so-called standards have been equally inconsistent from the beginning. A century ago the disease pellagra was common in America and some of the corn-eating areas of Europe. About this time the disease was eliminated from France by decreasing the amount of corn consumed and having the people eat more milk, eggs, and meat. The French chemist, Roussel, knew how to prevent pellagra as early as 1840, but more than seventy years were to pass before Americans made use of this knowledge. The nutritional standards of the pellagra era would have made man think he was adequately fed. The truth was the opposite.



Today the same condition exists, in principle, in America. The exponents of the standards assert that Americans are the best fed in the world. At the same time thousands of Americans are dying from the diseases of heart and arteries.

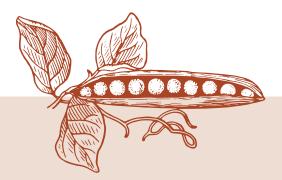
There is growing and impressive evidence that these diseases are the reflection of bad diet, but they occur in those who abide by the so-called adequate nutritional standards, which fact forces us to admit that the whole science is still too primitive to provide wholly adequate guidance, even though much is known.

Health has been a matter of little individual concern to most people in our nation during its whole history. Among the 170 million people in America today there are probably not more than 10 million who are willing to devote substantial thought and self discipline to maintain healthy bodies. Only after they have lost their health are most people willing to give any attention to the care of their bodies.

While the selection and preparation of food plays a key role in the maintenance of health, few people select food on the basis of its nutritive value. Most select it on the basis of its taste, the way the product is packaged, the pressure of advertising, or the ease of preparation. Hence, the large food processors orient their research programs toward packaging, taste, and convenience rather than toward nutritive value.

A sound nutrition program takes account of more than just the purchase of food. A healthy body, a satisfactory program of living, and a tranquil mind are all part of the essentials for sound nutrition, since the glands that insure digestion and assimilation of food cannot function when under the influence of a disturbed mind.







SETTING FOR COMMENTS ON MRS. WHITE

I have given this brief summary to provide the setting for my comments on the teachings of Ellen G. White, particularly in terms of the usefulness of her teaching today for the population of America. Whatever may be the reader's religion, he can gain much in the midst of this confused world in which we live, by a study of the writings of Mrs. White. Also, every thoughtful modern nutritionist must be impressed by the soundness of Mrs. White's teachings in spite of the fact that she began to write nearly a century ago.

Only a small fraction of people seem to grasp the importance of the concept

of "balanced living" or the "wholeness" of life. This is expressed very well in the small compilation of writings by Mrs. White that are included in From City to Country Living. In this age, when problems of crime and juvenile delinquency are ever increasing, her writings have special interest to the sociologist. But to the modern nutritionist they also have special appeal because vast numbers of people have now moved to the edge of cities. They have facilities for producing much of their own vegetables and fruits with a minimum of poisonous spray residues. They have the space to grind their own wheat and make their own bread. They can even raise their own potatoes and squash. Mrs. White understood the value of such foods for better nutrition, and the value of the experiences of gardening as human recreation.

When one reads such works by Mrs. White as *Ministry of Healing or Counsels on Diet and Foods* he is impressed by the correctness of her teachings in the light of modern nutritional science. One can only speculate how much better health the average American might enjoy, even though he knew almost nothing of modern science, if he but followed the teachings of Mrs. White.

To understand better the remarkable nature of her teachings, we should study them in the setting of the intellectual climate that prevailed during the earlier years of her life. This climate provided her with the problems that needed answers. Some of the problems press for solution even more today, because of the greater complexity of living and the increase in the world populations.









A Nutrition Authority

DISCUSSES MRS. WHITE

By Clive M. McCay, Ph.D., Professor of Nutrition, Cornell University



PART II

SCIENCE CONFIRMS OUR HEALTH TEACHINGS

Review & Herald 1959, Feb 19, Volume 136, Issue 8

To understand rightly the great need for dietary reform that existed at the time Mrs. White began to write, let us note the kind of foods available to the average family during the first part of her life—that is, from 1827 to the outbreak of the Civil War in 1861. During that period the typical farm family—and most families lived on a farm, from Maine to Indiana—had some chickens, swine, sheep, and a few cows. The housewife looked after the garden and the chickens while the husband labored in the field. The diet was reasonably satisfactory from the time rhubarb checked latent scurvy in April until most of the fresh foods had disappeared by Thanksgiving.

From Thanksgiving until Easter the diet grew progressively worse, with outbreaks of disease in February and March. Although the French scientist Appert patented methods for canning food in 1810, housewives had no con-

tainers for doing this until more than a half century later. Therefore, they had to depend upon drying apples, sweet corn, peas, and beans over the kitchen stove. Vinegar was available because the common fruit was apples. Salt was the other common preservative. Most meat was salted and smoked, although pork was often fried and stored in earthenware jars with the meat sealed and sterilized by pouring hot lard over it. Pickles could be preserved, and families of Germanic origin made sauerkraut.

Walnuts, hickory nuts, and in some areas, chestnuts, were available. Salted fish was commonplace. Eggs were plentiful in summer and scarce in winter because there was no good way to preserve them, except by storage in lime or sawdust.

Cellars preserved the potatoes and apples, although the potatoes were often nearly exhausted by spring.

The Indiana children took corn bread for their lunch at school until well after the middle of the century.

At home they had much corn-meal mush and hominy. Highly refined white flour did not become common until after the middle of the century, because the roller mills that could take out the germ and the vitamins from wheat flour were invented only about the middle of the nineteenth century.

Butter could be stored in crocks, but was usually quite rancid.

Foods bought at the country stores usually consisted of salt fish or salt meat, some coffee or tea, some sugar, and a jug of thick molasses. Since the molasses came north from New Orleans, the supply was cut off during the sixties, and areas like Indiana developed a taste for the sour sorghum molasses.



Well before the birth of Mrs. White there were a few Americans protesting the bad diet, the smoking, and the drinking. Even from early antiquity there had been groups outside the Jewish traditions that subscribed to vegetarianism. Sylvester Graham, who was born in 1794, stirred the young American nation with his lectures advocating vegetarianism, the improvement of bread, the abolishment of alcoholic beverages, and more healthful living. He had much influence during the first half of the nineteenth century, but left no permanent group of followers. The vegetarian church was founded in Philadelphia in 1817, but it soon disbanded.



About 1840 the Shakers stopped the use of pork, strong drink, and tobacco. Many turned to vegetarianism. Their rules of health included the following:



Supply at least one kind of coarse-grain bread per meal. Avoid cathartics.



Have the sickly and weakly cease using animal foods, especially fats.



Keep the skin clean by regular bathing.

But the Shakers reached their peak about 1850 and have now—thanks to their celibate views—almost perished.

In Mrs. White's *Life Sketches* one learns much about both the bad food served in most homes and the toll of diseases that resulted. It is no wonder that the relationships between food and diseased people were deeply impressed upon the Whites as they traveled in New England and the Middle West a hundred years ago. The diet was a monotonous one of fat, salted meats, bread, potatoes, and butter. No wonder that Elder White developed dyspepsia. Poverty, then common, served to make the fare even more meager.

When foods were available the Whites were plagued by poverty, yet they kept their determination to remain free from debts. In 1847 Mrs. White wrote,

"I allowed myself and child one pint of milk each day. One morning before my husband went to his work, he left me nine cents to buy milk for three mornings. It was a study with me whether to buy the milk for myself and babe or get an apron for him. I gave up the milk, and purchased the cloth for an apron to cover the bare arms of my child."²

In 1852, when the Whites lived in Rochester, they had so little money that they could not afford potatoes and butter, but ate turnips and sauce.

At this time meals at hotels cost twenty-five cents. Hard liquor was five cents extra. Many men paid the extra, although it is doubtful that the per capita consumption of alcoholic beverages was equal to that of today, since few women drank. Although cigarettes were not to become accepted until much later, there was much smoking and chewing of tobacco on the steamers and in the public waiting rooms.

The Whites in their travels must often have thought, in the words of Pascal, that "nothing more astonishes me than to see that men are not astonished at their own weakness."

SPECIFIC ILLUSTRATIONS

So much by way of background. I earlier stated that Mrs. White was a remarkable woman, particularly in terms of her health views. I wish, now, to be specific, in support of this statement, by comparing certain of her teachings with present-day well-established facts on nutrition. Though, for convenience, I shall quote, in part, from her book *The Ministry of Healing*, first published in 1905, most of what she there sets forth was presented in various of her writings of much earlier days.

² Testimonies, vol. 1, p. 83.

Today there is a widespread movement to reduce the intake of fats, especially animal fats, in order to reduce the blood cholesterol and the dangers of atherosclerosis. Mrs. White wrote,

"Nut foods are coming largely into use to take the place of flesh meats. . . . When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat."

Near the end of Mrs. White's life in 1915 men began to appreciate that the milling of white flour removed most of the vitamins, part of the protein, and the important trace minerals such as iron. However, even nutritional authorities were very slow to inveigh against white bread. Today nutritionists know that these vital constituents are lost when the bran and germ are taken from the wheat. Mrs. White wrote,

"For use in breadmaking, 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."

In spite of her emphasis upon a given type of diet, Mrs. White appreciated that there were some people who could not tolerate foods that were well suited to the majority. Today it is well recognized that there are a few people with very sensitive intestines that suffer if the diet has much fiber. Mrs. White wrote,

"Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another. Some cannot use milk, while others thrive on it. . . . For some the coarser grain preparations are good food, while others cannot use them."⁵



DANGER OF OVEREATING

Today it is well recognized that overeating and overweight produce much ill health. This is one of the few areas in which all professional nutritionists agree. Mrs. White wrote.

"There should not be a great variety at any one meal, for this encourages overeating and causes indigestion."

"Abstemiousness in diet is rewarded with mental and moral vigor." "At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger."⁷

Throughout the whole period spanned by Mrs. White's life it was customary to eat elaborate meals upon the weekly holy day. She wrote,

"We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten in order that the mind may be clear and vigorous to comprehend spiritual things."8

All thinking people will agree with this today, though many fail to practice it.

Today many people are restricting their use of salt in order to lower their blood pressure or in the hope of preventing high blood pressure. Attempts are made to keep the sodium intake low by using baked products made with yeast instead of baking powder. Mrs. White wrote.

"Do not eat largely of salt." "The use of soda or baking powder in breadmaking is harmful and unnecessary."

Today we teach home economics throughout our whole nation. Mrs. White wrote,

"Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn. . . . To make food appetizing and at the same time simple and nourishing, requires skill."

Meals served in many courses have almost passed from the American home, due probably to the disappearance of maids rather than a comprehension of Mrs. White's philosophy that all food should be put on the table at once, instead of in courses, so that one will know what is available and not overeat. (See *The Ministry of Healing*, p. 306).

CONTINUED ON NEXT PAGE

³ The Ministry of Healing, p. 298.

⁴ *Ibid.*, p. 300.

⁵ *Ibid*., p. 320.

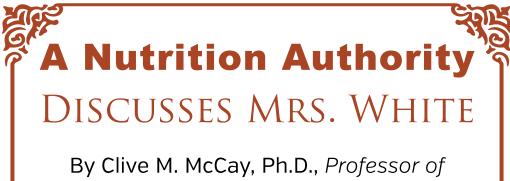
⁶ *Ibid*., p. 299.

⁷ *Ibid*., pp. 308, 310.

⁸ *Ibid*., p. 307.

⁹ *Ibid.*, pp. 305, 300.

¹⁰ *Ibid.*, pp. 302, 303.





By Clive M. McCay, Ph.D., Professor of Nutrition, Cornell University

PART III

OUR HEALTH TEACHINGS FURTHER CONFIRMED

Review & Herald 1959, Feb 26, Volume 136, Issue 9

A problem of much concern in America today is that children insist upon watching television and eating snacks in the late evening. They then arise too late in the morning to eat breakfast. Before noon they are tempted to eat snacks and thus spoil their lunch. Mrs. White wrote:

"Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them."

Every thinking person today would agree with such wise statements of Mrs. White as.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of

water, trust in divine power—these are the true remedies."12

"Parents should early seek to interest their children in the study of physiology and should teach them its simpler principles. . . . An education in the things that concern life and health is more important to them than a knowledge of many of the sciences taught in the schools."¹³

Or take these statements:

"The best food for the infant is the food that nature provides. Of this it should not be needlessly deprived."¹⁴

"In the entertainment of guests there should be greater simplicity."¹⁵

"Where wrong habits of diet have been indulged, there should be no delay in reform." 16

"Take active exercise every day, and see if you do not receive benefit."¹⁷

"One of the surest hindrances to the recovery of the sick is the centering of attention upon themselves."¹⁸

Mrs. White wrote:

"There is a large class who will reject any reform movement, however reasonable, if it lays a restriction upon the appetite. . . . By this class, all who leave the beaten track of custom and advocate reform will be opposed, and accounted radical." 19

Today this class is greatly strengthened in its opposition by the tremendous forces of advertising and the mass control of activities as described in such works as that of Vance Packard in *Hidden Persuaders*. Hence, improve-

¹¹ The Ministry of Healing, p. 384.

¹² *Ibid*., p. 127.

¹³ Ibid., pp. 385, 386.

¹⁴ *Ibid.*, p. 383.

¹⁵ *Ibid.*, p. 322.

¹⁶ *Ibid*., p. 308.

ment of the diet of people is probably far more difficult than it was in the time of Mrs. White.

Today most of us tolerate the smoke blown in our faces as we travel by air, and we try to avoid getting holes burned in our clothing as we ride with cigarette smokers on hotel elevators. Today the press is filled with stories relating to smoking—because they force increases in the advertising budgets of the tobacco companies-in an attempt to offset the truthful disclosures. Recent impressive research seems to point to a definite relationship between smoking and diseases of the heart and blood vessels, to say nothing of its relationship to lung cancer. Mrs. White wrote,

"Tobacco is a slow, insidious, but most malignant poison. . . . It is all the more dangerous because its effects are slow and at first hardly perceptible."²⁰

AREAS OF DISAGREEMENT

In some respects it might be easier to write about the areas in which nutrition specialists and the writings of Mrs. White may seem to disagree, because the area is so much smaller. These areas are probably owing to changes in food technology. The raw milk in the days of Mrs. White was a carrier for many contagious diseases, such as tuberculosis, dysentery, and typhoid

fever. This may explain, in turn, why she declared that cheese was not a satisfactory food. Perhaps on the same basis we should understand her further statement:

"The use of milk [in bread] is an additional expense, and it makes the bread much less wholesome."²¹

Products like dry skim milk, now used in bread making, were unknown in the lifetime of Mrs. White. Skim milk was fed to the pigs in her day. It contains the most important nutrients of the milk in terms of calcium, protein, and vitamins.

Mrs. White recognized the value of mixing a variety of grains. She wrote:

"All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutrifying properties separated from it." ²²

She recognized the truth from Ezekiel,

"Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof."²³

These additions supplement the proteins of wheat bread, as well as increase such essentials as calcium.

In his book, *The Geography of Hunger*, Josue de Castro has stressed the fact that millions of people in the world are suffering from malnutrition because of poor dietary practices. In parts of the

world this is owing to the few foods that are available. In the United States it is caused by the great surplus and poor selection owing to ignorance and the pressures of commercial industries that seek to force their products upon the public by subtle methods of advertising. The people of the world would serve themselves best if they produced part of their foods in their own gardens and if they followed a general plan of a wise leader such as Mrs. White.

PROBLEM OF POPULATION INCREASE

Among nutritionists there is an acute awareness of the problem of feeding the ever-increasing population of the world. This has been well summarized recently in the Journal of the New York Academy of Sciences in an article by J. G. Harrar entitled "Food, Science and People." He notes the increase in the population of the earth from a half billion in the year 1700 to five times this number in 1950. It is hazardous to venture a guess as to what the future holds in regard to population growth, because many developments are in the offing that may reverse the whole trend.



¹⁷ *Ibid*., p. 310.

¹⁸ *Ibid*., p. 256.

¹⁹ Counsels on Diet and Foods, p. 195.

²⁰ The Ministry of Healing, pp. 327, 328.

²¹ *Ibid*., p. 301.

²² Counsels on Diet and Foods, p. 321.

²³ Ezekiel 4:9

Large numbers of chemicals are finding their way into the human food supply in the form of additives, spray residues, drugs fed to poultry and meat animals, as well as radioactive fallout materials such as strontium90. Chemists are well on their way in developing compounds that will produce sterility when added to food supplies.

These and many unanticipated events may check or destroy the human population. However, if this population grows at the present rate basic changes are inevitable. When man feeds an animal such as a pig or a turkey upon the grains that he can eat, at least three fourths of the food value is lost. In other words four men can live upon plant foods directly, in comparison with the one man that can be fed if the food is first converted into meat and then consumed by man.

Mrs. White well stated that

"The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use!"²⁴

Man cannot eat much grass and hay, so the cow serves us in changing this to milk. However, the chemists are busy taking out of hay such products as the protein, so it can be eaten by man. Methods are being devised to break down the cellulose in plants so it can be digested by man. Each day in Wisconsin many tons of yeast are made from the wastes of paper mills. Yeasts are among the simpler plants

that are readily digested by man. Yeasts are among the richest foods in vitamins and protein.

As the population of the earth grows very great most people will have to turn largely to vegetarian diets. Furthermore, as the demand increases for grains for cereal foods, man will no longer be able to afford the luxury of alcoholic beverages. At present grains are fermented and the alcohol is distilled off. The valuable food residues of vitamins, protein, and minerals are now fed to animals to produce meat, milk, and eggs. In order to feed large populations, alcohol production will have to cease, since it involves the use of grains that can be eaten by man.

Likewise, as food becomes scarce man will no longer be able to afford the luxury of wasting land in the production of tobacco. Usually this is rich land for growing grains.

There is no basis for believing that these changes to universal vegetarianism, to the cessation of making alcohol, and the growing of tobacco will occur within our lifetime, but certainly they may be expected within a century unless vast numbers of people are killed, or the growth of the population is checked. At present our problem is to discipline ourselves in our food habits and ways of living in order to ensure the best possible health.

To sum up the discussion: Every modern specialist in nutrition whose life is dedicated to human welfare must be impressed in four respects by the writings and leadership of Ellen G. White.

In the first place, her basic concepts about the relation between diet and health have been verified to an unusual degree by scientific advances of the past decades. Someone may attempt to explain this remarkable fact by saying: "Mrs. White simply borrowed her ideas from others."

But how would she know which ideas to borrow and which to reject out of the bewildering array of theories and health teachings current in the nineteenth century? She would have had to be a most amazing person, with knowledge beyond her times, in order to do this successfully!

In the second place, everyone who attempts to teach nutrition can hardly conceive of a leadership such as that of Mrs. White that was able to induce a substantial number of people to improve their diets.

In the third place, one can only speculate about the large number of sufferers during the past century who could have had improved health if they had accepted the teachings of Mrs. White.

Finally, one can wonder how to make her teachings more widely known in order to benefit the overcrowded earth that seems inevitable tomorrow unless the present rate of increase of the world's population is decreased.

In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today.



Ellen G. White Books



COUNSELS FOR THE CHURCH

BY WHITE

A comprehensive selection of inspired materials from Ellen White to the church. (462 pages)

Book US\$ 16.00 CA\$ 22.00



COUNSELS ON SABBATH SCHOOL WORK

BY WHITE

The author provides inspired instruction on the qualifications of a teacher. (190 pages)

Book US\$ 15.00 CA\$ 20.00



STORY OF REDEMPTION

by Ellen G. White

The Story of Redemption explains the struggle between God and Satan. (445 pages)

Book US\$ 13.00 CA\$ 18.00



EARLY WRITINGS

BY ELLEN G. WHITE

This volume is a comprehensive selection of Ellen G. White's published writings from the 1850s. (322 pages)

Book US\$ 15.50 CA\$ 21.50



EVANGELISM

BY WHITE

Presenting God's last warning message to a doomed world is the "highest, greatest work" ever given to human beings. (746 pages)

Book US\$ 19.50 CA\$ 26.00



FUNDAMENTALS OF CHRISTIAN EDUCATION

BY WHITE

Education is to bring the student ever nearer to God. It begins at home and continues into the school. (573 pages)

Book US\$ 18.00 CA\$ 24.00



GOSPEL WORKERS

BY WHITE

This is a revised handbook of counsel to ministers and to missionary workers connected with the Seventh-day Adventist movement. (536 pages)

Book US\$ 17.50 CA\$ 24.00



LIFE SKETCHES

BY WHITE

A brief account of Ellen White's childhood days, and her early Christian experience with the great second advent movement of 1840 to 1844. (480 pages)

Book US\$ 16.50 CA\$ 22.00



PRAYER

BY WHITE

Ellen White writes about the power of prayer and its necessity from personal experience. (320 pages)

Book US\$ 17.00 CA\$ 22.00



TEMPERANCE

By White

Through the years E.G. White urged everyone to practice temperance and to promote it vigorously. (309 pages)

Book US\$ 15.00 CA\$ 20.00



MIND, CHARACTER AND PERSONALITY VOLUMES 1&11

BY ELLEN G. WHITE (Vol | 369 pages, Vol | 882 pages)

Book US\$ 30.00 CA\$ 41.00



LAST DAY EVENTS

by Ellen G. White

New compilation of Ellen White statements, released in 1992 about the end times. (330 pages)

Book US\$ 15.00 CA\$ 20.50

To order visit: amazing discoveries.org or call 1-866-572-9457

continued from page 2

men—men who were so intoxicated with desire for power, so inflamed by lust, and so controlled by greed that they either ignored or overlooked this emphatic mark of vital religion.

Really, what a strange and distorted idea of life most of us have. "Everybody is striving for what is not worth the having," wrote Thackeray a hundred years ago. Today the tremor of fear is quivering along the over-taut nerves of the world because the things in which men have trusted have tumbled down in the collapse of a world catastrophe. And still we spend our time, our energies, our very lives, in a wild scramble to get things things that will not hold one particle of value for us after the doctor signs our death certificate.

It is more blessed to give than to receive

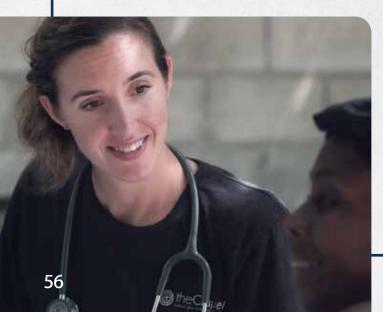
Always when we reach out to lay hold of some coveted possession that will gratify a selfish ambition, the words of the Saviour come home to us with fresh force, as though they had been spoken only yesterday: "He that findeth his life shall lose it." Matthew 10:39. In other words, we shall never find a life worth finding by selfishly seeking for it. This is worth pondering.

There is a way, though, the Master reminds us, to find this larger, richer life. But it is a way altogether different from any we might imag-

ine. "He that loseth his life... shall find it." Matthew 10:39. We do well to underscore that word "loseth," for so much of our living is on the cold, legal ground of work and reward. We like those who like us. We invite because we expect to be invited in return. We never give presents, we exchange them. But we can add no cubits to our stature in that way, for when we give to get, we never get. Only as we give with no thought of getting do we really get.

We call this Scripture a paradox, and so it is, but the form of its phrase concerns me little. Clearly the Master is saying that if we want to get done in life the best things we are capable of accomplishing, we must first take this puny, selfish self of ours and bury it so deep in things outside ourselves that we forget all about ourselves and grow up to the full stature of that glorious self God meant us to be.

Whittier's advice to a youth who sought his counsel is still to the point: "Young man,



if you would make the most of your life, join yourself to some righteous but unpopular cause." He that loseth his life in some great cause—"for My sake and the gospel's," Mark has it—shall find it again both here and hereafter. (Mark 8:35.) This is the great secret.

There is infinitely more for each of us in life than the little verdict of what

is going to happen to me. What is there in it for me? How much will it help me? We suffocate in such narrow confines, smothered by the tyranny of personal welfare. Never mind me! All humanity has a claim upon us, for we live in a time different from all other times. Truly these are tremendous days, brimful of call to daring and self-sacrifice.

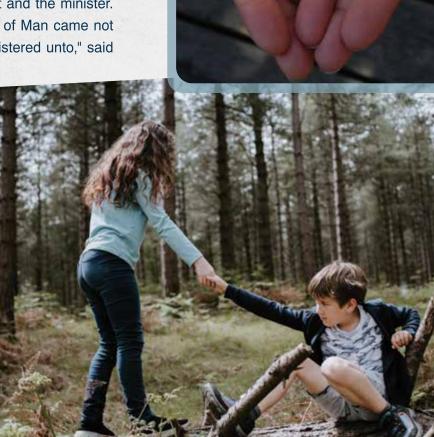
If the cause of God is to prosper, if the chariot of God is to, roll on, it needs your shoulder and mine pushing at the wheel. If the gospel of

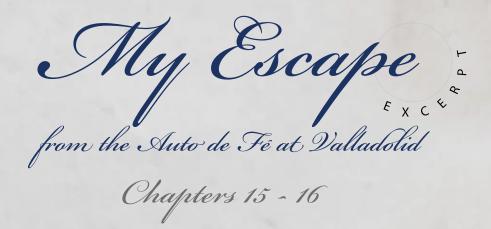
The Son of
Man came
not to be
ministered
unto, but to
minister

the kingdom is to go quickly to every nation, kindred, tongue, and people, the responsibility for sending it must not be left to the evangelist and the minister. "The Son of Man came not to be ministered unto," said

Jesus, "but to minister." Matthew 20:28. That was the Master's motive. And the Master's motive must be the master motive with us. That is life at its best.

AD







Summary

Don Fernando de la Mina, a nobleman of Spain, is arrested for his sympathy with the Protestant faith. Sentenced to death, he miraculously escapes during a thunderstorm, and happens upon a poor peddler in a hut who has been killed by the storm. Quickly changing clothes with the peddler, Fernando narrowly escapes his pursuers. Upon finding the poor peddler dressed in Fernando's clothes, his pursuers presume Fernando to have been stricken by divine justice and his body taken for burial. Disguised as a peddler, Fernando makes his way back to the city of Simancas to attend the Auto de Fé (Act of Faith),

where his coffin is brought along with several Protestant sympathizers that are to be publicly executed. Fernando hopes to find his beloved, the Doña Rosa de Riello so he can assure her that he is not dead.

Don Fernando discovers a plot to betray and arrest his betrothed and comes up with a plan to make contact with her. His intention is to gain her trust, as the buhonero (peddler) that he is disguised as. On a pretext, he establishes contact, and begins making himself indispensable to the Doña Rosa and her maid Ana.

Knowing that the Doña Rosa is under suspicion of being a heretic, they make their escape from the city Valladolid and head to Navarre (a territory of France). On the way, the Captain of the Guard finds them and tries to arrest them but thanks to Don Fernando's quick thinking, he is quickly made unconscious and the group continues to the next city where Don Fernando, now accepted as the Doña Rosa's faithful servant, disguises himself as a French courtier to match the two women's disguise as a French lady and her maid returning to Paris.

The company takes shelter in a northern town for several days.



But the fourth evening of our pleasant stay at the little town of Dueñasaeros was a very critical period in our adventures.

During that day a stranger joined me in the servants' room. He was a fat and rather reticent fellow and proclaimed himself to be a laybrother of the Convento de Miraflores at Burgos and servant of a priest who, he said, was due to arrive at the Fonda that evening. And sure enough about seven o'clock the gate bell rang. The laybrother thereupon rose slowly from his seat beside me and went out from our room into the patio in order to receive his superior. As he passed out I looked through the half-open doorway and perceived that the priest who was arriving at the Fonda was none other than Father Lorenzo! He whom I had overheard speaking with my cousin, Don Juan de Lario, in the wine shop at Valladolid a week before!

Instantly I suspected the purpose of his visit. The Captain of the Inquisition Guard, on his return to Valladolid four days before, had, of course, soon discovered the deception I played upon him on the evening of our fight, and now, having failed to trace the two countrywomen at either Valladolid or Cabezón, he and the priest were pushing their inquiries further northward to Dueñasaeros. The priest would seek for clues among the traveling guests at the various Fondas en route (the lay-

brother learning all he could among the servants), while the Captain would search the roads and hold himself in readiness to effect our arrest at any moment.

Now, you must know that the servants' room at the Fonda (as is usual at Spanish inns) was set in from the patio just at the further end of the courtyard. It was a small and rather dark room and was lighted by a window that overlooked the corner of the patio and through this window we servants could see the table where the supper was now being laid, and, by listening very carefully, as servants generally do, we could hear most of the conversation of our masters in the patio. My lady, I could see, was already seated at table and the priest was now descending down the open stairway from his bedroom.

Presently, through the window, I overheard Father Lorenzo say, in our beautiful Castellano, "Buenas noches, Senora," to which my beloved aptly replied, in the French tongue, "Bon soir, Monseigneur."

Then said the priest, accommodating himself to my lady's assumed tongue and speaking in most execrable French: "I hear, Madame, that you are returning to your home in Paris! I have a great many clerical friends there, and I should like to inquire who is your Father Confessor in Paris?"

"Father Ambrose, of St. Denis," replied the Dona Rosa with wonderful readiness.

"And to whom," persisted the priest, "to whom did he entrust your spiritual welfare at Valladolid, eh? Do you remember?"

"No," replied Madame, who was evidently beginning to be disconcerted by the cunning priest's persistency, "I do not remember at the moment, Father, but I daresay I can tell you when I refer to my tablets after supper. But why do you ask?"

Why did he ask indeed! The reason was all too obvious—at least it was obvious enough to me! So without staying to hear anymore, I hurried up to Ana's room, and, after telling all I had heard I bade her pack the luggage and valuables and these I at once carried down to the stables. Then I returned to Ana's room once more and bade her

tell our mistress to plead indisposition and retire to her room immediately after supper.

Down in the stable the genial ostler now helped me to load my mule and, when he had pocketed the silver piece that I had given him for his trouble, we began chatting together familiarly and confidentially as fellow servants should.

Said he, pointing across the patio to Father Lorenzo, who sat writing a letter at the further end of the supper table: "Some of these priests seem to think that servants like us ought never to be tired! It is past eight o'clock and, would you believe it, just before you came into the stable the Father came and bade me get ready to ride to Valladolid and deliver a letter to the Captain of the Inquisition Guard. Twenty miles! Why, I shan't be there till midnight!"

"No," thought I, "you won't. But if you deliver your letter at midnight, the Captain will be here with his warrant by the morning."

So I quickly saddled the Captain's horse, and then went up to the women's room and told them to put on their cloaks and leave a light burning in their room, and then go and hide themselves in the bedroom, which was fortunately just at the top



of the stairs. As soon as the women were safely hidden in my bedroom, I descended very slowly and solemnly into the patio and there, gravely approaching the priest, I said: "Father, the French lady to whom you spoke at suppertime is lying in her bedroom very seriously ill, and she desires to see you."

Now, Father Lorenzo, like every earnest priest, Roman or Protestant, was true to his

sacred trust, and, cruel bigot though he was, he was ever ready to sacrifice himself in the cause of charity or suffering. As I approached him he turned his head and scrutinized me sternly. But when he saw my distressed look and heard my anxious appeal, he listened to my request with patience and sympathy. He immediately laid down his pen, then he pounced his unfinished letter with sand, folded it in his wallet, and prepared to follow me up the staircase intent only on ministering priestly solace to a suffering soul—and I almost hated myself for deceiving so sincere and kindly a man! But three innocent lives were at stake.

Respectfully I preceded him up the stairs and along the gallery and there I very, very slowly opened the door of Madame's empty room. Father Lorenzo, who was taken quite off his guard stepped unsuspectingly into the dimly lighted chamber—



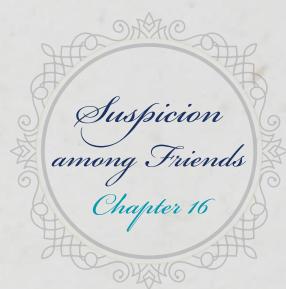
and I followed him! But just as I came near to the niche in the wall where the lighted bronze lamp stood, I carefully stumbled over something in the darkness and overthrew the lighted lamp upon the brick floor.

Profoundly humble in my whispered excuses, I begged that the Father would not venture to move in the darkness until I had brought another lighted lamp up from the kitchen. Then, groping my way to the door, I passed out and quietly secured it after me. Then I walked quickly along the gallery to my own bedroom and there, hastily gathering the women, I fled with them down the stairs and across the deserted patio into the stable. There, with the assistance of the ostler and me, the Doña Rosa and her maid mounted the Captain's large chestnut horse, while I bestrode my patient little mule.

We then bade a hasty adios to the friendly ostler and hurried out through the back stable exit, before the priest could realize my purpose or raise an alarm to prevent our escape.

Had I delayed my maneuver even a couple of minutes the priest would have finished his letter and dispatched it by the ostler and then, in his absence, it would have been impossible for us to leave the Fonda that night, and we should assuredly have been arrested when the Captain arrived with his warrant in the morning!





It was now nearly nine o'clock and a calm, cold night as we rode from the back exit of the warm stable into the Calle Vera Crux, and thence out upon the great north road that links Valladolid with Burgos. There on the open road beneath the starlit purple sky we three fugitives pressed on in silence hour after hour. Right through the night we rode, until a thin green thread of light on the eastern horizon heralded the dawn of day and warned us to leave the highway and pass into a less-frequented country road.

Cheered by the rising sun and gradually feeling more and more secure from immediate pursuit, we now began to talk about our recent perilous experience. But it was only Ana and I who talked and not the Doña Rosa. My lady remained strangely silent for quite a long time. She had evidently been thinking rather critically during the night, and now she suddenly turned to me and asked, with an air of marked suspicion: "Señor, how was it that you an uneducated buhoñero, so readily understood the questions that you overheard Father Lorenzo ask me at supper time? He spoke in French, and he spoke very rapidly too! You could not have become sufficiently proficient in the language to understand it so well with only four days' tuition!"

This question was an embarrassing one and caused me to think awhile before I could answer it discreetly. Then, turning to her with an engaging smile I replied: "Señora, when I had the honour of addressing you in the Plazuela del Hospicio a few days ago, I was, in very truth a buhoñero and nothing better than a buhoñero—with only my rags and a peddler's pack as my sole possessions in the whole wide world. But, Señora, I should like you to know that before I fell to that low estate I had enjoyed a modicum of wealth and learning and had mixed with men and women in exalted stations of life. But, during the past few months I have suffered the severest and strangest vicissitudes of fortune. May it please you to know that six months ago, before disaster overtook me, I was a Spanish nobleman's confidential secretary! I held all his secrets and knew his inmost thoughts. He and I were identical in our aims and dispositions. It was I who wrote all his correspondence. Sometimes I wrote in Latin to his Lutheran friends in Germany, and sometimes in French to his brother at the Court of the Prince of Conde in Paris."

"Secretary!" interrupted Ana, "then why did you employ the public escribano to write that note you sent to me—and why, if you can write, why did you sign that letter with a cross?"

"Señora," I replied, addressing myself to the Doña Rosa, "Señora, I have learned discretion in a very hard school. Six months ago the nobleman whom I served was destroyed by the religious vengeance that now threatens you, and the same catastrophe that ruined him has also ruined and degraded me even to the condition of the poor buhoñero whom you honoured by receiving into your service.

"Señora, in grateful fulfillment of Don Fernando de la Mina's behest, of which I have already told you, I have pledged my life and all that I have to the service of the Doña Rosa de Riello, and I hope to prove myself worthy of her confidence and to win advancement in my mistress's esteem equally with your Excellency's advancing fortunes."

The Doña Rosa listened to my proud speech with evident surprise, and with some slight show of indignation too, and she was just on the point of asking further awkward questions when our conversation was happily interrupted by the approach of a couple of countrywomen who passed across the road immediately in front of us. These women were laughing and singing and were followed by a group of talkative men and boys. They were, all of them, just about to start their day's work at the large olive farm which we ourselves were now approaching.

A man in the field, nearby, was leading an ox into the crushing shed. He opened the high barnlike doors and drove the ox through them, and then yoked the beast to the millbar and started him off upon his daily tramp round and round the crushing vat. Presently, some women entered the shed and proceeded to refill the vat with a fresh supply of olives and to adjust the panshons that received the oil which was now beginning to flow into them from the vents in the vat. And there everywhere around us the daily work of the farm began. Far away in the gardens on the rising ground men, women, and children were beating the trees with long rods. Some were up in the trees shaking the branches and some were picking up and basketing the olives that fell to the ground, while others were carrying heavy loads of the fruit toward the crushing mill. A D

to be continued ...



Sharing Books

Book

CA\$ 1.75

US\$ 1.50



GOD HAS PROMISED

BY ELLEN G. WHITE

Seventh-day Adventists find a great number of promises they know are of God in the writings of Ellen G. White. (64 pages)



THE GREAT CONTROVERSY

BY ELLEN G. WHITE

This is the 1911 edition of the Great Controversy by Ellen G. White. (473 pages)



Book

US\$ **7**.50

CA\$ 3.50

Book

CA\$ 2.50

Book

CA\$ 6.00

US\$ 4.50

SHELTER IN THE **STORM**

BY ELLEN G. WHITE

If your life is in a storm, here is the shelter. (216 pages)



Book US\$ 3.00

CA\$ 3.50

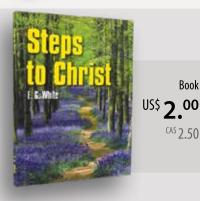
BLESSING

BY ELLEN G. WHITE

THOUGHTS FROM

THE MOUNT OF

The Sermon on the Mount has been called 'The Manifesto of the King' and 'The Magna Carta of the Kingdom.' It is the essence of the teaching of Jesus. (214 pages)



STEPS TO CHRIST

BY ELLEN G. WHITE

In just thirteen short chapters, you'll discover the steps to finding a forever friendship with Jesus. (128 pages)



Book US\$ 11.00

CA\$ 15.50

SCRAPBOOK STORIES

By Ellen G. White & LLOYD

Although these stories are from a hundred or more years ago, the same principles still apply to a child of today's world. With every story there is a moral lesson. (96 pages)





Make a donation to **Amazing Discoveries** by using **Amazon Smile** for your shopping. Visit **smile.amazon.com**. Select Amazing Discoveries as your charity. Shop as you normally do. Every 0.5% of every eligible purchase is donated to Amazing Discoveries. Remember to bookmark this link for future purchases!

