

A
CALL
TO



Personal Ministry

THROUGH MEDICAL
AND HEALTH EVANGELISM

Compiled by E. W. HON

English Electronic Edition 2000 - Health Ministries Department, EUD, Berne, Switzerland

First English Edition 1968 - Signs Publishing Company, Warburton, Victoria, Australia

Second English Edition 1976 - The Eusey Press, USA

Spanish Edition 1976 - The Eusey Press, USA

German Edition 1992 - Euro-Africa Division, Berne, Switzerland

Portuguese Edition 1995 - Publicadora Atlântico, Sacavém, Portugal

Rumanian Edition 1996 - Viață și Sănătate, Bucharest

Bulgarian Edition 1997 - Sofia

To My Friend
the late

DR. SIEGFRIED ARTHUR KOTZ

A Great Missionary
Administrator and Doctor
but Most of All
A Warm and Gentle Human Being

E. W. H.

Foreword to this Electronic Edition

The English edition of Elder Eric Hon's book *A Call to Personal Ministry* is out of print for over 25 years. Meanwhile the work of health promotion has grown all over the world and courses to train Health Educators are now offered in many countries. Despite the many good new books about nutrition, exercise and other scientific aspects of the modern diseases, we find no better organized textbook about the SDA philosophy of health than *A Call to Personal Ministry*. This present "electronic edition" was prepared to respond to the need of a reprint using the inexpensive, fastest electronic means now available. Special thanks must be given to Dr. Richard Hansen for scanning of text and proofreading, which was a labor of love for the advancement of our SDA health message.

Particular tribute appertains to the Hon family itself. To Mrs. Hazel Hon for giving us permission to translate this wonderful book into other languages and to Kelvin R. Hon for his keen support to this project.

A great revival of the medical missionary work has been predicted for these last days: "When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body." *Testimonies for the Church*, vol. 6, p. 327

Our hearts have been warmed as we reviewed these inspired references on medical missionary work, written long ago by Ellen G. White, prophetess to the SDA movement. Her timely counsels on a healthy lifestyle were more than 100 years ahead of modern science, and remain persuasive and valuable today in Christian health promotion around the world.

We chose the Portable Document Format (*.PDF) which allows to maintain all formatting features and can be read or printed by anyone using the free Acrobat Reader software.

The text of this book may be freely copied, printed and shared with friends and colleagues but should not be modified, except for section F (Useful Information) which in reality is not part of the original text and will need to be updated periodically.

It is our wish that this new form may be useful in your ministry for the Lord. Any feedback and suggestions are welcome and may be directed to

Health Ministries Department
Euro-Africa Division
Schosshaldenstrasse 17
3006 Berne
Switzerland

Foreword to the 1st Edition

The studies contained in this volume have been compiled by Pastor E. W. Hon to bring to the fore two very important aspects of our church programme.

1. Medical missionary work and its place in the gospel programme.
2. The health message as an integral part of present truth.

These studies will serve as an important aid in instructing church members in their personal responsibility to embrace the complete message of restoration through Christ, and to share the joy of salvation by ministering to human need through this particular avenue of missionary service.

Pastor Hon, who has had more than twenty years of firsthand experience in health and medical missionary work, is well qualified by this experience to set up these studies. He has studied and absorbed the wonderful fund of information that this denomination has on these two important areas of church work.

I can highly recommend these studies to ministers and church members and pray that great blessing will come as the church goes forward to minister to human need.

L. C. NADEN, President
Australasian Division of Seventh-day Adventists

Foreword to 1976 Edition

There is a special work that each church is called upon to do. “We have come to a time when every member of the church should take hold of medical missionary work.” *Call to Medical Evangelism and Health Education*, Ellen G. White, p. 10.

The Lord has long waited for the remnant people to “take hold.” Is it not now that we should “arise and shine” for certainly never has the world been so open and ready to accept our health message as NOW!

This book, newly revised and updated by Elder Eric Hon, is more than pleasant reading, or a mere guide to another good program for church members. This book is an experience, a most thrilling experience if you will act upon the instruction it contains. I know. I’ve seen what it can do in the lives of the students that faithfully follow the “Call to Personal Ministry.”

J. Wayne McFarland, M.D., *Associate Director*
General Conference Department of Health

Contents

SECTION	PAGE
A. A GUIDE TO MEDICAL MISSIONARY WORK	9
B. LEARNING FROM CHRIST THE TRUE MEDICAL MISSIONARY	14
1. Our example	17
2. His personal ministry	20
3. His basis of success and efficiency	23
4. His methods of approach to people	28
5. His untiring effort	31
6. His ministry to all classes in all places	34
C. MEDICAL MISSIONARY WORK: ITS PURPOSE, SCOPE, AND PRACTICE	39
7. Medical missionary work – an introductory study	42
8. A call to complete ministry	47
9. A call to personal ministry	52
10. Attributes essential to personal ministry	59
11. The scope of the medical missionary programme	72
12. The value of a soul	78
D. HOW TO DO MEDICAL MISSIONARY WORK	85
13. What to do in medical missionary work	87
E. HEALTH	92
14. In the beginning	96
15. Health through the ages	102
16. Health and medicine in the nineteenth century	108
17. The place of the health message in the advent movement	121
18. The timeliness of the health message	129
19. The church member and the health reform message	132
20. Extremism	143
21. Temperance	151
22. Precepts for healthful living	158
Air	159
Sunlight	160
Abstemiousness	161
Rest	166
Exercise	169
Diet	171
Water	181
Trust in Divine Power	183
23. Mental health	187
24. Social aspects	197
25. Stimulants and narcotics	205
Some concluding points	213
F. USEFUL INFORMATION	215

Introduction

By His example as the True Medical Missionary, Christ set the pattern for effective personal ministry. That the church today may follow in the footsteps of Jesus and minister to human need, God gave His people comprehensive instruction on medical missionary work. It is His ordained method of approach, whereby people in all walks of life may be reached on a person-to-person basis.

A thorough study of the books dealing with medical missionary work and health reveals the wide coverage of service which the church is to give to a world afflicted with troubles, trials, perplexities, distress, sorrow, and pain.

Medical missionary work used in its right relationship to the gospel is the means that the church is to employ, not only to minister to need, but to awaken a sense of need in the realm of the spiritual, to stir inquiry, and cause men to seek for the words of eternal life.

Because of its broad scope of activity, medical missionary work makes it possible for every church member to engage in some form of person-to-person ministry, which gives evidence that salvation lives in the hearts of those who profess to be followers of Christ.

A wonderful spiritual experience awaits those who will willingly give self, put time aside to study Scripture and the Spirit of Prophecy on Christ's methods of ministry, apply the principles, and then go, give, and share.

As an aid to study and the practical application of medical missionary work, this material has been assembled. The studies cover several areas, some of which have been designed to give step by step instruction on Christ's ministry. The Scriptural references have appropriate supporting material from the Spirit of Prophecy, giving enlightening detail on Christ's approach to human need. In a number of places there are references for further study, and these can be pursued with profit. Personal study will be richly rewarded as Christ's life and ministry comes more sharply into focus and His example is followed. His methods alone will bring true success in reaching the people.

The assembled material has been divided into five sections: A Guide to Medical Missionary Work; Learning from Christ, the True Medical Missionary; Medical Missionary Work; How to Do Medical Missionary Work; and Health.

The "Guide to Medical Missionary Work" gives information on how to get started, and a quick look at the over-all programme of medical missionary work. The section "Learning from Christ, the True Medical Missionary" brings to the fore Christ's life and example as the True Medical Missionary. The studies on "Medical Missionary Work" explain what is meant by medical missionary work, emphasizing the importance of personal ministry, and giving details on the many avenues of service in which the church can serve the community.

"How to Do Medical Missionary Work" sets out in brief those activities in which most churches can engage without great financial involvement, with perhaps one exception-the setting up of a church clinic. Even this would not be beyond achievement if the church would be willing to put forth a concerted effort.

The last section on "Health" is a series of studies showing God's guiding hand and concern for man's welfare from the beginning. These studies emphasize the importance of health in relationship to salvation and the individual's responsibility to obey the laws of nature as well as the law of God. Further, that it is the duty of every church member to become intelligent on nutrition and principles of healthful living as an essential part of life now, and for complete restoration.

The church has long delayed the full acceptance of medical missionary work and health as a vital part of Christian living. Let there be no further delay, for salvation is much nearer than we think. God waits upon us to take hold of the right arm of the work and use it with the gospel message, thus making it a complete ministry for man's complete restoration. As we do so, there will dawn a new day; our righteousness will go before us, and men and women will be drawn into the light of God's truth.

E. W. HON

SECTION A

**A GUIDE TO MEDICAL
MISSIONARY WORK**

A Guide to Medical Missionary Work

1. HOW TO START

The first essential is to know what medical missionary work is. Therefore we must study books dealing with the subject. There are six, known as the Health Classics:

"Ministry of Healing"

"Medical Ministry"

"Counsels on Diet and Foods"

"Counsels on Health"

"Temperance"

"The Story of Our Health Message"

There are sections and chapters to be found in:

"The Testimonies"

"Evangelism"

"Christian Service"

"Selected Messages" 1 and 2

"Counsels to Teachers"

"Welfare Ministry"

"Testimony Treasures"

"Colporteur Ministry"

"Gospel Workers"

"Testimonies to Ministers"

(More detailed references listed at end of study.)

Other publications:

"A Call to Medical Evangelism": Selections from the writings of Ellen G. White

"Doctrines of Healthful Living": F. D. Nichol.

"The Genius and Scope of Our Medical Work": F. D. Nichol.

Ideally it would be profitable to have all the books dealing with Medical missionary work. If, in the beginning, this is not possible, then set a target for at least four:- "Ministry of Healing," "Counsels on Diet and Foods," "The Story of Our Health Message," and "A Call to Medical Evangelism." Then, when possible procure the remaining Health Classics, to be followed by the other volumes as listed.

2. THEN START YOUR OWN EDUCATION

- a. Study thoroughly "Ministry of Healing," giving particular heed to the chapters on:

"Christ, the True Medical Missionary," pages 17-108.

"The Work of the Physician," pages 111-136.

"Medical Missionaries and Their Work," pages 139-216.

The instruction contained in the above three sections provides the pattern of work to be promoted and developed by the church. As an aid to study, use the especially prepared material under the headings: "Learning from Christ the True Medical Missionary" and "Medical Missionary Work." For further reading refer to "Medical Ministry" pages 237-289.

- b. To understand the relationship of health to salvation, the importance of diet, principles of health, read "Counsels on Diet and Foods" and "Counsels on Health."
- c. Read thoroughly "The Story of Our Health Message" by Robinson. This is essential in order to gain an appreciation of God's guiding hand in placing the all-important health message in the church; and further, indicating the important part this message has to play in personal preparation and outlining the responsibility church members have to those beyond the region of the church. As an aid to study of (b) and (c) refer to the series of studies on "Health."
- d. For further information on health and medical missionary work contact the conference Medical Missionary secretary. To those who are church Medical Missionary secretaries, there is available from the conference Medical department, "A Manual for Church Medical Missionary Secretaries."

3. GOALS TO WORK FOR

- a. Instruction in principles of health – for church members and others.
- b. Instruction in nutrition – for church members and others.
- c. Conducting cooking classes and demonstrations – for church members and others.
- d. Instruction in simple treatments for church members and others.
- e. Assisting in establishment of child-care work, temporary homes, and adoptions. (This is to be done under the guidance of the department responsible for the administration of child-care.)
- f. Stimulating interest for establishment of church health clinics in suitable areas.

- g. Promoting the establishment of at least one sanitarium-type nursing home in each conference.
- h. Seeking ways to combine health and medical. missionary work with public evangelism.
- i. Encouraging churches to become medical missionary centres to serve human need.
- j. Promoting the 5-Day Plan to Stop Smoking in conjunction with the Temperance department.

4. HOW TO ACHIEVE THESE GOALS

- a. Secure professional help needed to educate and train church members to serve.
- b. To achieve the above, conduct schools of health dealing with health principles, nutrition, simple treatments, etc. (For particulars see conference Medical Missionary secretary.)
- c. For step by step instruction on setting up the practical phases of medical missionary work-such as the establishing of a church health clinic, organizing a child-care service, promoting nutrition and cooking classes, see the section on "How to Do Medical Missionary Work."

5. FOR WIDER KNOWLEDGE STUDY ESPECIALLY THE FOLLOWING

a. The Aim of Medical Missionary Work

God's Purpose in Medical Missionary Work: "Testimonies," Vol. 8, pages 158-171.

The True Objective of Medical Evangelism: "Evangelism," pages 516-519.

An Entering Wedge: "Evangelism," pages 513-516.

The Pioneer Work: "Counsels on Health," pages 497-502.

The Unity in Our Work: "Testimonies," Vol. 6, pages 235-242.

Medical Missionary Work and the Third Angel's Message: "Testimonies," Vol. 6, pages 288-293.

The Ministry and Medical Work: "Counsels on Health," pages 557, 558.

The Church's Need: "Testimonies," Vol. 6, pages 261-268.

b. The Scope of Medical Missionary Work

The Extent of the Work: "Testimonies," Vol. 7, pages 51-61.

Work in Cities: "Counsels on Health," pages 549-553.

The Breadth of Our Work: "Counsels on Health," pages 509, 510.

Medical Evangelism in Cities: "Evangelism," pages 532-536.

Institutional Evangelism: "Evangelism," pages 536-543.

Balancing Cautions: "Evangelism," pages 547-551.

Medical Missionary Work in the Cities: "Testimonies," Vol. 7, pages 110-114.

The Restaurant Work: "Testimonies," Vol. 7, pages 115-123.

Object Lessons in Health Reform: "Testimonies," Vol. 6, pages 112-114.

Medical Missionary Work in the Great Cities: "Medical Ministry," pages 299-335.

c. The Christian's Duty to Medical Missionary Work

The Worker's Need: "Ministry of Healing," pages 469-616.

Talents: "Christ's Object Lessons," pages 325-365.

"Christian Service," (Compilation of E. G. White's writings.)

Doing for Christ: "Testimonies," Vol. 2, pages 24-37.

Leadership: "Testimonies," Vol. 3, pages 492-509.

Duty to the Unfortunate: "Testimonies," Vol. 3, pages 511-521.

Man's Duty to His Fellow Man: "Testimonies," Vol. 3, pages 521-529.

Industry in Ministry: "Testimonies," Vol. 3, pages 551-560.

True Benevolence: "Testimonies," Vol. 4, pages 55-67.

Accountability to God: "Testimonies," Vol. 4, pages 654-657.

Called to Be Witnesses: "Testimonies," Vol. 9, pages 19-29.

Home Missionary Work: "Testimonies," Vol. 9, pages 30-42.

Need of Earnest Effort: "Testimonies," Vol. 9, pages 43-48.

Methods of Labour: "Testimonies," Vol. 9, pages 109-124.

The Knowledge of Health Principles: "Testimonies," Vol. 7, pages 61-67.

The Gospel in Practice (Ministers) : "Counsels on Health," pages 530-534.

Relationship to Gospel Ministry: "Evangelism," pages 519-524.

The Consecrated Physician and the Missionary Nurse: "Evangelism," pages 543-546.

Medical Evangelism: "Counsels on Health," pages 501-508.

Educate the People: "Testimonies," Vol. 7, pages 132-317.

SECTION B

LEARNING FROM CHRIST, THE TRUE MEDICAL MISSIONARY

STUDY NO.

1. OUR EXAMPLE	17
2. HIS PERSONAL MINISTRY	20
3. HIS BASIS OF SUCCESS AND EFFICIENCY	23
4. HIS METHODS OF APPROACH TO PEOPLE	28
5. HIS UNTIRING EFFORT	31
6. HIS MINISTRY TO ALL CLASSES IN ALL PLACES	34

Introduction

"And Jesus went." These three words effectively portray the pattern that Christ followed in order to fulfil His mission. Most times Jesus did not wait for people to come to Him, He went to them. The Gospel records are filled with His journeyings – to the market place, the synagogue, the mountain side, the cities and villages, to places far and near. His audiences ranged from one person to multitudes. His business was people. Wherever Jesus went, He saw – and had fellow feeling for all who had the privilege of meeting Him.

Only one thing concerned Christ: to bring men back to God. Christ ministered to the whole man, mentally, spiritually and physically. He readily responded to the cry of the human heart. He spoke words of encouragement to the troubled, the distressed, to those stricken in sorrow, to the afflicted and anxious. To those overcome by sin, He gave new hope and courage. To all He brought peace of mind and healing to body and soul. By His life of devotion and dedicated service, men comprehended the love of God.

His personal interest in their needs and problems, His tactful guidance and understanding opened their eyes to discern the spiritual, to awaken inquiry and, ultimately, to seek for a better way of life.

The work of Jesus, some 2,000 years ago, is the work of the church today, and God looks to His people to follow the example of Christ the true Medical Missionary. Thus God in His wisdom has given, not only the Gospel record of Christ's ministry, but supporting detailed material such as is found in "Ministry of Healing," to instruct His people in the principles of Christian living and Christian ministry.

The following are some keypoints to Christ's successful ministry:

1. He had one objective: to bring to men complete restoration. He ministered to the whole man, mentally, spiritually, and physically.
2. He took a personal interest in people. His ministry was person to person. He mingled with men, filled with an overwhelming desire for their good.
3. He was dedicated to His task. His dedication is revealed in His oneness with God, His continuous contact with the Father through the avenue of prayer and His deep knowledge of the Word. He was the living Word, and when He spoke His words were spirit and life.
4. He understood human nature. He was kind and sympathetic. He met people on the level of their needs. He identified Himself with their joys and sorrows, with their trials and perplexities. He made truth plain through the approach of common interest.
5. He was untiring in His efforts. The record of Christ's ministry was one of constant going. No task or problem was too great. He understood the value of a soul, and if there was need He was there to minister. He did not work on a time limit: He was unwearied in His efforts to serve.

6. Jesus did not restrict His work to any one class of people. He saw the value of a soul in all strata of society. He was the friend of publican and sinner. Men of position and influence sought Him. He had equal concern for the rich and the poor. He sought for the lost from the lowliest to the highest. Nationality, rank, position, or creed had no place in Christ's thinking in His desire to bring men back to God.

Rich will be the personal reward as the steps of Jesus are traced through the first hundred pages or so of "Ministry of Healing." Here we are told He carried the awful weight of responsibility for the salvation of men. (Page 18.) His life was one of constant self sacrifice. He devoted more time to healing the sick than to preaching. (Page 19.) He made each work of healing an occasion for implanting divine principles in the mind and the soul. (Page 20.) The prince of teachers, He sought access to the people by the pathway of their most familiar associations. (Page 23.) And so through the pages of this wonderful book we learn of His great burden for humanity, and the methods He employed in order to reach the hearts of men.

The object of these studies is to assist church members in their understanding of Christ as the true Medical Missionary as revealed in the Gospels and the Spirit of Prophecy. As they study, they will discover the important principles of effective ministry and be able to apply them in their own lives so that they, too, may become, like Christ, active medical missionaries.

We are told in "Testimonies," Vol. 7, page 62:1: "We have come to a time when every member of the church should take hold of medical missionary work. . . . Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths." And further: "The medical missionary work should be a part of the work of every church in our land." "Testimonies," Vol. 6, page 289:1.

The world is in great need, and the only way in which this can be met will be through the willingness of His people to use the instruction that God has given. Our duties are clear. Let us now take the forward step to minister as Christ ministered, and thus bring salvation to those who desire eternity with God.

Our Example

1. CHRIST'S COMPLETE MINISTRY

The records in the Gospels of Christ's ministry provide important guiding principles for successful evangelism. Supporting Spirit of Prophecy writings are rich in detail not found in the Gospels. We should study His methods from these two inspired sources. We should practice them in order that we might have success in this work of seeking and saving the lost.

a. He Came to Seek and to Save

Luke 19:10. Christ's one great purpose was to seek and to save.

Matthew 9:13. To call sinners to repentance.

b. He Ministered to the Whole Man

Christ at all times ministered to the whole man, physically, mentally, and spiritually – a complete ministry to human need. On many occasions He used the avenue of the physical as a lead to ministry to the spiritual.

John 5: 1-13. An example of complete ministry to the whole man. *"A certain man ... an infirmity thirty and eight years."*

John 5:6. *"Wilt thou be made whole?" A physical need leading to the spiritual need.*

John 5:14. *"Behold, thou art . . . whole." Sin no more.*

"From Him flowed a stream of healing power, in body and mind and soul men were made whole. "Ministry of Healing," page 17:2.

"The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace." Id., page 20:1.

c. He Brought Complete Restoration

Matthew 9:2-7. *"A man sick of the palsy": A case of supreme urgency.*

Mark 2:3-12.

Luke 5:17-26.

The obvious need: *Physical healing*.

The great desire of the stricken man; the conscious and urgent need: *Spiritual healing*.

"Among these was the paralytic at Capernaum. Like the leper, this paralytic had lost all hope of recovery. His disease was the result of a sinful life, and his *sufferings were embittered by remorse*." – Id., page 73:2.

"*His great desire was relief from the burden of sin*. He longed to see Jesus, and receive the assurance of forgiveness and peace with Heaven. Then he would be content to live or to die, according to God's will." – Id., page 74:1.

"*The paralytic found in Christ healing for both the soul and the body. He needed health of soul* before he could appreciate health of body. Before the physical malady could be healed, Christ must bring relief to the mind, and cleanse the soul from sin." – Id., page 77:3.

Thus Christ's ministry to the whole man.

THE WHOLE MAN

Complete Ministry ...

Matthew 9:2. "Son, be of good cheer; thy sins be forgiven thee."
(Mental and spiritual healing.)

Matthew 9:6. "Arise, take up thy bed."
(Physical healing.)

... *Complete Restoration*.

"It was *His mission* to bring to men *complete restoration*: He came to give them health and peace and perfection of character." Id., page 17:1

2. DISCIPLES INSTRUCTED TO GIVE COMPLETE MINISTRY

Matthew 10 The Twelve.

Matthew 10:1. Power over unclean spirits.

Matthew 10:8. Cast out devils.

Matthew 10:7. Preach.

Matthew 10:8. Heal.

Luke 10 The Seventy

Luke 10:9. Heal.

Luke 10:11. The kingdom of God is come.

Luke 10:17. Even the devils are subject.

Matthew 28:19. Above five hundred. (I Corinthians 15:6.)

"Go . . . teach all nations."

Matthew 28:20 "Teaching them to observe all things whatsoever I have commanded you."

"The disciples were to have the same power which Jesus had to heal 'all manner of sickness and all manner of disease among the people.' By healing in His name the diseases of the body, they would *testify to His power for the healing of the soul.*" – "*Desire of Ages*," page 821:4.

3. OUR WORK TODAY: COMPLETE MINISTRY

Isaiah 58:1-5. The call to God's people.

Isaiah 58:6, 7. Personal ministry with the gospel.

"The work which the disciples did, we also are to do. Every Christian is to be a missionary..... Ministry of Healing," page 104:2.

"The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength." – "*Desire of Ages*," pages 824:5.

"It is the divine plan that we shall work as the disciples worked. Physical healing is bound up with the gospel commission. In the work of the gospel, teaching and healing are never to be separated." – "*Ministry of Healing*," page 141.

In Summary

Christ's work was one of complete ministry to the whole man; His objective: complete restoration. As we are His followers, Christ looks to us to use the divine instruction of complete ministry that we, too, may bring to men and women of this generation complete restoration.

His Personal Ministry

JESUS SET US THE EXAMPLE FOR PERSONAL SERVICE

a. He Came Personally, Not By Proxy or By Delegation

John 10:10. "I am come."

That they might have life, and have it more abundantly.

He came personally and for one specific purpose: "That they might have life." That is, life which includes not only the physical, but the mental and spiritual. Life cannot be abundant if it pertains only to the physical and mental. No life is complete without the spiritual as well.

b. He Gave His Life

John 10:11. "Giveth His life."

To make possible the abundant life, Christ gave His own life completely, without reservation. "Voluntarily He laid down His life, that He might bring life and immortality to light. He bore the sin of the world, endured its curse, yielded up His life as a sacrifice, that men might not eternally die. . . "Desire of Ages," page 484.

c. He Ministered to the Needs of Others Personally

Luke 4:18. "To preach the gospel."
"To heal the brokenhearted."
"To preach deliverance."
"Recovering of sight."
"To set at liberty."

John 8:12. His life dispelled darkness.
"He that followeth Me shall not walk in darkness."

To fulfil the purpose that they might have life, the more abundant life, Christ gave personal ministry, for "in Him was life; and the life was the light of men." John 1:4. His personal ministry brought Him into contact with human need.

d. He Saw the Need for Himself

Matthew 9:36. "He saw the multitudes."

By going in person, Christ came in direct contact with human need. He gave a sympathetic ear to the troubled, the heavy burdened, the broken-hearted, those imprisoned by sin, those bound down by worry, anxiety and stress. With kindness and great understanding, He listened to the many cries for relief from seemingly crushing burdens.

e. When He Saw the Need He Had Compassion

Matthew 9:36. "He was moved with compassion."

Compassion in the setting of Matthew 9, particularly verses 2-7, is more than pity or sympathy. It would appear that fellow feeling would be more correct, or empathy, which the Oxford dictionary states to be "the power of projecting one's personality into, and so fully understanding, the object of contemplation."

"Christ feels the woes of every sufferer. When evil spirits rend a human frame, Christ feels the curse. When fever is burning up the life current, He feels the agony. And He is just as willing to heal the sick now, as when He was personally on earth. Christ's servants are His representatives, the channels for His working. He desires through them to exercise His healing power." "Desire of Ages," page 823:4.

"He who took humanity upon Himself knows how to sympathize with the sufferings of humanity. Not only does Christ know every soul, and the peculiar needs and trials of that soul, but He knows all the circumstances that chafe and perplex the spirit. His hand is outstretched in pitying tenderness to every suffering child." – "Ministry of Healing," page 249:3.

"And while *He drew their hearts to Him by the tie of human sympathy*, His divine grace brought to them the salvation which the Jews rejected." – Id., page 26.

"But in the depths of His pure, compassionate heart, the good Shepherd of the sheep had only love and pity for these restless, thirsting souls." – Id., page 57:1.

For further thoughts on Christ's understanding of human need see "Ministry of Healing," pages 19:3; 24 (middle) ; 25:1; and 76:1.

CHRIST'S CALL TO HIS PEOPLE TO DO PERSONAL SERVICE

Matthew 5:14-16 "Ye are the light of the world."

"Let your light so shine."

"That they may see your good works."

"And glorify your Father."

Christ calls all in His church to follow in His steps and give personal service. By doing this we give evidence to those who know Him not that there is a God who cares.

"Those who receive are to impart to others. From every direction are coming calls for help. God calls upon men to minister gladly to their fellow men. Immortal crowns are to be won; the kingdom of heaven is to be gained, the world, perishing in ignorance, is to be enlightened." – "Ministry of Healing," page 103:39.

"Every Christian is to be a missionary. In sympathy and compassion we are to minister to those in need of help, seeking- with unselfish earnestness to lighten the woes of suffering humanity." – Id., page 104:2.

"His followers are not to feel themselves detached from the perishing world around them. They are a part of the great web of humanity, and Heaven looks upon them as brothers to sinners as well as to saints." – Id., page 104:3.

"Through His servants, God designs that the sick, the unfortunate, and those possessed of evil spirits, shall hear His voice. Through His human agencies He desires to be a comforter such as the world knows not." – Id., page 106:3.

"There is need of coming close to the people by personal effort." -Id., page 143.

In summary:

The members of Christ's church

- * must be willing to take time to hear others' problems;
- * must have no spirit of condemnation;
- * cannot come close to people by the display of a shocked attitude;
- * must demonstrate sympathy, kindness, understanding to others' weakness or need.

His Basis of Success and Efficiency

What was it in the life of Jesus that enabled Him, with untiring effort, to carry out His purpose to save man from sin? The answer is found in the seventeenth chapter of John: *His oneness with God*. Christ's oneness with God reaches back into the infinite ages of the past. "From the days of eternity the Lord Jesus Christ was one with the Father." – "Desire of Ages," page 19:1.

"Ministry of Healing," page 422:1, gives this explanation for what is meant by *one, oneness, or unity*: "*The unity that exists between Christ and His disciples does not destroy the personality of either. They are one in purpose, in mind, in character, but not in person. It is thus that God and Christ are one.*"

Because of this complete oneness, Christ was able to say: "I have glorified thee on the earth: I have finished the work which Thou gavest Me to do." John 17:4. If oneness with God was essential for Christ to fulfil His purpose of saving man from sin, no less will oneness with Christ be essential in our lives if we are to bring to a successful conclusion the work that God has called us to do.

This oneness of Christ with God formed the basis of His success and efficiency in the work that He came to do. Let us, therefore, give close study to this oneness, and make it the basis of our daily living as we work for the salvation of our fellow men.

CHRIST'S ONENESS WITH THE FATHER

John 17:11. "One, as we are."

John 17:21. "Thou, Father, art in Me, and I in Thee." *His complete oneness.*

John 17:22. "Even as we are one."

"Christ prayed that His disciples might be one, as He was one with the Father. This unity is the credentials of Christ to the world, that God sent Him. . ." – "Testimonies," Vol. 5, page 94.

THE EVIDENCE OF ONENESS

a. He Revealed the Father

John 8:19. "If ye had known Me, ye should have known My Father also."
(See also John 14:7-13)

"From the days of eternity the Lord Jesus Christ was one with the Father; He was the 'image of God,' the image of His greatness and majesty, 'the outshining of His glory.' It was to manifest this glory that He came to our world. To this sin-darkened earth He came to reveal the light of God's love, to be 'God with us.'

"By coming to dwell with us, Jesus was to reveal God both to men and to angels." – "Desire of Ages," page 19:1, 2.

b. His Complete Submission and Obedience

John 8:28. "I do nothing of Myself."

John 8:29. "I do always those things that please Him."

Philippians 2:7. He made Himself of no reputation; took the form of a servant.

Philippians 2:8. "He humbled Himself, and became obedient unto death."

c. His Spiritual Life

1. Prayer in Christ's Life

Matthew 14:23. "Into a mountain apart to pray: and when the *evening* was come."

"All day He ministered to the throngs that came to Him, and at eventide, or in the early morning, He went away to the sanctuary of the mountains for communion with His Father." – "Ministry of Healing," page 55:1.

Mark 1:35. In the morning rising up a great while before day
- into a solitary place and there prayed.

"The Saviour's life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power" – "Ministry of Healing," page 51:1.

Luke 5:16. "Into the *wilderness*, and prayed."

Luke 9:28. "Into a *mountain* to pray."

"But as He returned from the hours of prayer that closed the toilsome day, they marked the look of peace upon His face, the freshness and life and power that seemed to pervade His whole being. From hours spent alone with God He came forth, morning by morning, to bring the light of heaven to men. . . Ministry of Healing," pages 55, 56.

2. *The Word in Christ's Life*

Luke 2:46-49. At an early age Christ had a deep understanding of Scripture.
"Were astonished at His understanding."

"The doctors turned upon Him with questions, and they were amazed at His answers. With the humility of a child, He repeated the words of Scripture, giving them a depth of meaning that the wise men had not conceived of. . .

"The rabbis knew that Jesus had not been instructed in their schools; yet His understanding of the prophecies far exceeded theirs." – "Desire of Ages," page 79:2.

John 5:39. He had a thorough knowledge of Scripture.

Luke 24:27.

Luke 24:44.

Matthew 13:54. Astonished at His wisdom.

Luke 24:19. "Mighty in deed and word."

"He studied the Word of God, and His hours of greatest happiness were found when He could turn aside from the scene of His labours to go into the fields, to meditate in the quiet valleys, to hold communion with God on the mountain-side, or amid the trees of the forest. The early morning often found Him in some secluded place meditating, searching the Scriptures, or in prayer." – "Ministry of Healing," page 52:2.

Matthew 4:4-11. The Word: His safeguard and protector time of trial.

"Jesus met Satan with the words of Scripture. 'It is written,' He said. In every temptation the weapon of His warfare was the Word of God." – "Desire of Ages," page 120:1.

"And how this is accomplished, Christ has shown us. By what means did He overcome in the conflict with Satan? By the Word of God. Only by the Word could He resist temptation." – Id., page 123:4.

d. His Life of Ministry

Acts 10:38. "Who went about doing good, and healing all that were oppressed."

"During His ministry, Jesus devoted more time to healing the sick than to preaching. His miracles testified to the truth of His words, that He came not to destroy, but to save. Wherever He went, the tidings of His mercy preceded Him. Where He had passed, the objects of His compassion were rejoicing in health, and making trial of their new-found powers." – "Ministry of Healing," page 19:4.

HOW WE ACHIEVE ONENESS

To show our oneness with God, we must, as did Jesus, reveal the Father. There must be transformation of character. There must be willing submission and obedience. There must be constant and earnest prayer, and study of the Word.

As the principles are applied in the life, there will be the evidence of a living, practicing Christian, with one goal: To give, to share, and so win men for God.

No Oneness Without Christ – John 15:1-7

John 15:4. "Abide in Me, and I in you."

John 15:5. "Without Me ye can do nothing."

"You may feel the deficiency of your character, and the smallness of your ability, in comparison with the greatness of the work. But if you had the greatest intellect ever given to man, it would not be sufficient for your work. 'Without Me, ye can do nothing,' says our Lord and Saviour. The result of all we do rests in the hands of God. Whatever may betide, lay hold upon Him with steady, persevering confidence." – "Ministry of Healing," page 513:1.

"The sincere, contrite soul is precious in the sight of God. He places His own signet upon men, not by their rank, not by their wealth, not by their intellectual greatness, but by their oneness with Christ. The Lord of glory is satisfied with those who are meek and lowly in heart." – "Desire of Ages," page 437:3.

The First Essential – Effective Prayer

For guiding principles on prayer, study the details of:

Psalms 51. David's prayer.

Daniel 9:3-23. Daniel's prayer.

Matthew 6:9-12. The Lord's Prayer.

John 17. Christ's prayer.

Prayer lifts:

Daniel 9:3. "I set my face unto the Lord God."

Matthew 6:9. "Our Father which art in heaven."

John 17:1. "Lifted up His eyes to heaven."

"Prayer does not bring God down to us, but brings us up to Him." – "Steps to Christ," page 93:2.

"All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God." – "Ministry of Healing," page 58:3.

"We must individually hear Him speaking to the heart. When every other voice is hushed and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, 'Be still, and know that I am God.' This is the effectual preparation for all labour for God. Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed, will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men's hearts." – Ibid.

The Second Essential – Intimate Acquaintance With the Word

2 Timothy 2:15. "Study to shew thyself approved unto God."

John 6:63. The words of Christ . . . Spirit and life.

Proverbs 2:1-4. "If thou wilt receive my words." The need for earnest and sincere effort.

"The whole Bible is a revelation of the glory of God in Christ. Received, believed, obeyed, it is the great instrumentality in the transformation of character. It is the grand stimulus, the constraining force, that quickens the physical, mental and spiritual powers, and directs the life into the right channels." – "Ministry of Healing," page 458:1.

"In choosing men and women for His service, God does not ask whether they possess worldly wealth, learning, or eloquence. He asks 'Do they walk in such humility that I can teach them My way? Can I put My words into their lips? Will they represent Me?' – Id., page 37:3.

"God can use every person just in proportion as He can put His spirit into the soul-temple. The work that He will accept is the work that reflects His image. His followers are to bear, as their credentials to the world, the ineffaceable characteristics of His immortal principles." – Id., page 37:4.

An Important Concluding Point – Efficiency of Labour is Proportionate to Consecration

"Human effort will be efficient in the work of God just according to the consecrated devotion of the worker, by revealing the power of the grace of Christ to transform the life. We are to be distinguished from the world because God has placed His seal upon us, because He manifests in us His own character of love. Our Redeemer covers us with His righteousness." – "Ministry of Healing," page 37:2.

His Methods of Approach to People

CHRIST'S METHODS OF APPROACH

All-important to success in person-to-person ministry is the method of approach. Christ's methods were extremely effective in reaching people of all classes. Therefore, to ensure success in our personal contact work, we must study closely the methods Christ used in reaching people. In "Ministry of Healing," page 143:3, in just four sentences, is spelled out the secret of successful soul winning for all time:

"Christ's methods *alone* will give *true success* in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'"

This paragraph explains in finer detail the gospel methods Christ used to reach people. In order that no point of this important instruction is overlooked, note carefully, step by step, Christ's methods of approach:

- * "The Saviour mingled
- * as one who desired their good.
- * He showed His sympathy . . .
- * ministered to their needs, and
- * won their confidence.
- * *Then* He bade them, 'Follow Me.'"

A GOSPEL EXAMPLE OF CHRIST'S METHODS OF APPROACH – John 4:7-42.

He Starts With a Topic of Common Interest

John 4:7. Water (common interest) -He spoke to her of that which she had come to seek.

John 4:10. Water-He used a material need *to awaken* a spiritual need.
"If thou knewest the gift of God, and who it is that saith to thee, Give Me to drink; thou wouldst have asked of Him, and He would have given thee *living water*."

Interest Awakened

I John 4:11,12. "From whence ... that living water."

Interest Leads to Desire

John 4:15. "Sir, give me this water."

Conviction and Acceptance

John 4:16-18. Sin pointed out.

John 4:19-29. The woman finds Jesus her Saviour (vs. 25, 26, 29), despite the differences in beliefs and religious worship (vs. 20-22), and the longstanding prejudice and enmity between the two peoples (v. 9).

Ministry to One Saves Many

John 4:39. "And many of the Samaritans of that city believed."

John 4:41. "And many more believed."

John 4:42. "Now we believe."

"This woman represents the working of a practical faith in Christ. Every true disciple is born into the kingdom of God as a missionary. *He who drinks of the living water becomes a fountain of life.* The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all, and making those who are ready to perish eager to drink of the water of life."-"Desire of Ages," page 195.

The opportunity for personal ministry is always at hand. We would do well to give close heed to John 4:35:

"Say not ye, There are yet four months, and then cometh harvest? Behold, I say unto you, Lift up your eyes, and look on the fields, for they are white already to harvest."

We need to look on the fields and this can only be done as we apply the guiding principles of Scripture and Spirit of Prophecy. To go, to mingle, to desire the good of friends, neighbours, relatives, and peoples beyond, To show sympathy, to minister, to gain and win confidence, and then to lead men and women to Christ.

FURTHER POINTS ON CHRIST'S METHODS

"The Prince of Teachers, He sought access to the people by the pathway of their most familiar associations. He presented the truth in such a way that ever after it was to His hearers intertwined with their most hallowed recollections and sympathies. He taught in a way that made them feel the completeness of His identification with their interests and happiness." – "Ministry of Healing," pages 23, 24.

"By methods peculiarly His own, He helped all who were in sorrow and affliction. With tender, courteous grace, He ministered to the sin sick soul, bringing healing and strength." – Id., page 23: 1.

"His instruction was so direct, His illustrations were so appropriate, His words so sympathetic and cheerful, that His hearers were charmed. The simplicity and earnestness with which He addressed the needy, hallowed every word." – Id., page 24:1.

"Christ came to this world to show that by receiving power from on high, man can live an unsullied life. With unwearying patience and sympathetic helpfulness, He met men in their necessities. By the gentle touch of grace, He banished from the soul unrest and doubt, changing enmity to love, and unbelief to confidence." – Id., page 25:1.

"Jesus saw in every soul one to whom must be given the call to His kingdom. He reached the hearts of the people by going among them as one who desired their good. He sought them in the public streets, in private houses, on the boats, in the synagogue, by the shores of the lake, and at the marriage feast. He met them at their daily vocations, and manifested an interest in their secular affairs. He carried His instruction into the household, bringing families in their own homes under the influence of His divine presence. His strong personal sympathy helped to win hearts." – "Desire of Ages," page 151:2.

His Untiring Effort

1. JESUS WENT – So *We Are to Go Where He Went*

Matthew 9:35. Jesus went to where the people were.
Cities Villages Synagogues

See also Matthew 4:23; 8:5; 11:1; 13:1; 14:14; Acts 10:38.

Jesus was tireless in His efforts to bring to men complete ministry. Wherever there were people, Jesus was to be found – in the market place, the synagogue, the mountain-side, the sea shore, in the cities and villages, and in the homes of the rich and the poor. His business was people.

"We are not to wait for souls to come to us; *we must seek them out where they are*. When the word has been preached in the pulpit, the work has just begun. There are multitudes who will never be reached by the gospel unless it is carried to them." – "Christ's Object Lessons," page 229:3.

"Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity." – "Ministry of Healing," page 17:1.

"The Saviour's work was not restricted to any time or place." – Id., page 17:3.

"Thus He went from city to city, from town to town, preaching the gospel and healing the sick, the King of glory in the lowly garb of humanity." – Id., page 22:1.

"He went about lifting up the bowed down and comforting the sorrowful. Wherever He went, He carried blessing." – Id., page 24:1.

"Jesus was an earnest, constant worker. Never lived there among men another so weighted with responsibilities. Never another carried so heavy a burden of the world's sorrow and sin. Never another toiled with such self-consuming zeal for the good of men." – Id., page 51:2.

By going to where the people were, Christ, the evangelist, was assured of great audiences.

Matthew 8: 1. "Great multitudes followed Him
Matthew 8:18. "Great multitudes about Him."
Matthew 13:2. "Great multitudes were gathered together."
Matthew 14:14. "Great multitude. . . . He healed their sick."

"The sick came to the places through which He would pass, that they might call on Him for help. Hither, too, came many anxious to hear His words and to receive a touch of His hand." – Id., page 22:1.

"Then from the homes, the shops, the market-places, the inhabitants of the city pressed toward the humble dwelling that sheltered Jesus. The sick were brought upon litters, they came leaning on staffs, or, supported by friends, they tottered feebly into the Saviour's presence." – Id., page 29:2.

2. HE TAUGHT – PREACHED – HEALED

Matthew 4:23; Matthew 9:35. The total approach for successful evangelism.

Jesus Taught

"In all His teaching, Christ brought the mind of man in contact with the Infinite Mind. He did not direct the people to study men's theories about God, His Word, or His works. He taught them to behold Him as manifested in His works, in His Word, and by His providences." – "Christ's Object Lessons," page 23.

Jesus Preached

"Jesus sought an avenue to every heart. By using a variety of illustrations, He not only presented truth in its different phases, but appealed to the different hearers. Their interest was aroused by figures drawn from the surroundings of their daily life. None who listened to the Saviour could feel that they were neglected or forgotten. The humblest, the most sinful, heard in His teaching a voice that spoke to them in sympathy and tenderness." – Id., pages 21, 22.

Jesus Healed

"Christ, the great medical missionary, is our example. . . He healed the sick and preached the gospel. In His service, healing and teaching were linked closely together. Today they are not to be separated." – "Testimonies," Vol. 9, pages 170, 171.

3. JESUS INSTRUCTED THE DISCIPLES TO GO

Matthew 10:6. "But go – "

Matthew 10:7. "As ye go – "

Luke 10:1. "Sent them – "

Luke 10:3. "Go your ways."

Go in Companionship

"Calling the twelve about Him, Jesus bade them go out two and two through the towns and villages. None were sent forth alone, but brother was associated with brother, friend with friend." – "Desire of Ages," page 350:1.

To Whom to Go

"All over the field of Christ's labour there were souls awakened to their need, and hungering and thirsting for the truth. The time had come to send the tidings of His love to these longing hearts. To all these the disciples were to go as His representatives." – Id., page 351:2.

When to Go

"They were not to enter into the synagogues and call the people together for public service; their efforts were to be put forth in house to house labour." – Id., page 351:3.

4. HE INSTRUCTS US TO GO

Mark 16:15. "Go ye into *ALL THE WORLD*."

Every Church Member to Go

"The Saviour's commission to the disciples included all the believers. It includes all believers in Christ to the end of time. It is a fatal mistake to suppose that the work of saving souls depends alone on the ordained minister. All to whom the heavenly inspiration has come, are put in trust with the gospel. All who receive the life of Christ are ordained to work for the salvation of their fellow men. For this work the church was established, and all who take upon themselves its sacred vows are thereby pledged to be co-workers with Christ." – Id., page 822:1.

Where to Go

"The Lord calls upon His servants to carry His message to the people. The word of everlasting life must be given to those who are perishing in their sins." – "Christ's Object Lessons," pages 228, 229.

"None should be neglected because of their apparent devotion to worldly things. Many in high social positions are heartsore, and sick of vanity. They are longing for a peace which they have not. In the very highest ranks of society are those who are hungering and thirsting for salvation. Many would receive help if the Lord's workers would approach them personally, with a kind manner, a heart made tender by the love of Christ." – Id., page 231:1.

"But we are not to think only of great and gifted men, to the neglect of the poorer classes. Christ instructs His messengers to go also to those in the byways and hedges, to the poor and lowly of the earth." – Id., page 232:5.

Why Go?

"Whatever one's calling in life, his first interest should be to win souls for Christ. He may not be able to speak to congregations, but he can work for individuals." – "Desire of Ages," page 822:3.

His Ministry to All Classes in All Places

JESUS WENT TO MANY PLACES LOOKING FOR OPPORTUNITIES TO MINISTER

Matthew 9:35.	Cities, villages, synagogues.
Matthew 19:1	"Departed from Galilee, and came into the coasts of Judea."
Mark 4:1.	"By the sea side."
Mark 5:1.	"Into the country of the Gadarenes."
Mark 10:1.	"The coasts of Judea."

For an interesting study, search through the Gospels and note the many references to Christ's goings.

Christ's ministry was one of constant going. In pursuance of His purpose to seek and save the lost, Jesus sought out men in all walks of life. To those who would listen Jesus spoke the words of salvation. In the Gospels we should see more than a mere record of where Christ went and what He did. In them we should see important guiding principles to be applied in the life for effective ministry to our fellow men.

Because we are His followers, Christ looks to us to . pattern our lives after Him, and to have the same burden to seek and to save the lost as He had. The more we follow the example of Christ, the greater will be the tie with Him and the consequent closer unity of purpose.

"He went from place to place, that those in the highways and byways might hear the words of truth. By the sea, on the mountainside, in the streets of the city, in the synagogue, His voice was heard explaining the Scriptures." – "Ministry of Healing," page 20:1.

"Thus He went from city to city, from town to town, preaching the gospel and healing the sick, the King of glory in the lowly garb of humanity." – Id., page 22.

"He attended the great yearly festivals of the nation, and to the multitudes absorbed in outward ceremony He spoke of heavenly things, bringing eternity within their view. To all He brought treasures from the storehouse of wisdom. He spoke to them in language so simple that they could not fail of understanding." – Id., pages 22, 23.

"Harmless and undefiled, He walked among the thoughtless, the rude, the uncourteous; amid the unjust publicans, the reckless prodigals, the unrighteous Samaritans, the heathen soldiers, the rough peasants, and the mixed multitudes. He spoke a word of sympathy here and a word there, as He saw men weary, yet compelled to bear heavy burdens. He shared their burdens, and repeated to them the lessons He had learned from nature, of the love, the kindness, the goodness of God." – "Desire of Ages," page 91.

JESUS MINGLED IN THE SOCIAL LIFE – FOR A PURPOSE

To make ministry to all classes of people possible, Christ used the obvious and effective means of approach: social contact. By His own example He demonstrated the importance of meeting people on the social level. He sat with publicans and sinners. He made contact with the rich and the poor, the influential and the lowly. In an atmosphere of friendly fellowship, those longing for a better way found salvation in Jesus.

To Gain Access to Hearts

"Christ met the case of every class in the subjects and manner of His teaching. *He dined and lodged with the rich and the poor, and made Himself familiar with the interests and occupations of men, that He might gain access to their hearts.* The learned and the most intellectual were gratified and charmed with His discourses, and yet they were so plain and simple as to be comprehended by the humblest mind." – "Testimonies," Vol. 3, pages 214:2.

To Elevate Thought

"Jesus reproved self-indulgence in all its forms, yet He was social in His nature. He accepted the hospitality of all classes, visiting the homes of the rich and the poor, the learned and the ignorant, *and seeking to elevate their thoughts from questions of commonplace life to those things that are spiritual and eternal.* He gave no license to dissipation, and no shadow of worldly levity marred His conduct; yet He found pleasure in scenes of innocent happiness, and by His presence sanctioned the social gathering." – "Desire of Ages," pages 150, 151.

To Present Right Principles

"He ate with publicans and sinners, and mingled with the common people, not to become low and earthly with them, but in order by precept and example *to present to them right principles*, and to uplift them from their earthliness and debasement." – "Ministry of Healing," page 197:3.

EXAMPLES OF CHRIST'S SOCIALIZING

With Publicans and Sinners

Matthew 9:10, 11 "Many publicans and sinners came and sat down with Him."

Luke 15:2. "This man receiveth sinners."

"At the table of the publicans He sat as an honoured guest, by His sympathy and social kindliness showing that He recognized the dignity of humanity; men longed to become worthy of His confidence. Upon their thirsty hearts His words fell with blessed life-giving power. New impulses were awakened and to these outcasts of society there opened a possibility of a new life." – "Ministry of Healing," page 26:2.

With an Unscrupulous Man Named Zacchaeus

Luke 19:5. Zacchaeus, a publican – "today I must abide at thy house."

Luke 19:9. "This day is salvation come."

"Not only was Zacchaeus himself blessed, but all his household with him. Christ went to his home to give him lessons of truth, and to instruct his household in the things of the kingdom. They had been shut out from the synagogues by the contempt of the rabbis and worshipers; but now, the most favoured household in all Jericho, they gathered in their own home about the divine Teacher, and heard for themselves the words of life." – "Desire of Ages," page 556:3.

With Another Unscrupulous Man – Levi Matthew

Luke 5:29. "Levi made Him a great feast" – "a great company of publicans."

"Among the publicans a widespread interest was created. Their hearts were drawn toward the divine Teacher. In the joy of his new discipleship Matthew longed to bring his former associates to Jesus. Accordingly he made a feast at his own house, and called together his relatives and friends. Not only were publicans included, but many others who were of doubtful reputation, and were proscribed by their more scrupulous neighbours. The entertainment was given in honour of Jesus, and He did not hesitate to accept the courtesy. He well knew that this would give offence to the Pharisaic party, and would also compromise Him in the eyes of the people. But no question of policy could influence His movements. With Him external distinction weighed nothing. That which appealed to His heart was a soul thirsting for the water of life." – Id., pages 273, 274.

With Despised Samaritans

John 4:40. "Samaritans . . . besought Him: . . . He abode there two days."

"Though He was a Jew, Jesus mingled freely with the Samaritans, setting at naught the

Pharisaic customs of His nation. In the face of their prejudices He accepted the hospitality of this despised people. He slept with them under their roofs, ate with them at their tables, partaking of the food prepared and served by their hands, taught in their streets, and treated them with the utmost kindness and courtesy. And while He drew their hearts to Him by the tie of human sympathy, His divine grace brought to them the salvation which the Jews rejected.” – “Ministry of Healing," page 26:3.

With Simon the Outcast

"Simon of Bethany was accounted a disciple of Jesus. He was one of the few Pharisees who had openly joined Christ's followers. He acknowledged Jesus as a teacher, and hoped that He might be the Messiah, but he had not accepted Him as a Saviour. His character was not transformed; his principles were unchanged.

"Simon had been healed of the leprosy, and it was this that had drawn him to Jesus. He desired to show his gratitude, and at Christ's last visit to Bethany he made a feast for the Saviour and His disciples." – "Desire of Ages," page 557:1, 2.

"Simon was touched by the kindness of Jesus in not openly rebuking him before the guests. He had not been treated as he desired Mary to be treated. . . . He saw the magnitude of the debt he owed his Lord. His pride was humbled, he repented, and the proud Pharisee became a lowly self-sacrificing disciple." – Id., pages 567, 568.

With Martha and Mary – The Well-to-do

Luke 10:38-42. "He entered into a certain village:..... Martha received Him into her house."

"At the home of Lazarus, Jesus had often found rest. The Saviour had no home of His own; He was dependent on the hospitality of His friends and disciples; and often, when weary, thirsting for human fellowship, He had been glad to escape to this peaceful household, away from the suspicion and jealousy of the angry Pharisees. . .

"Our Saviour appreciated a quiet home and interested listeners. He longed for human tenderness, courtesy, and affection. Those who received the heavenly instruction He was always ready to impart, were greatly blessed." – Id., pages 524.

With Proud Pharisees

Luke 14:1. "The house of one of the chief Pharisees to eat bread."

"Compare a previous occasion on which Jesus had accepted the dinner invitation of a Pharisee (ch. 11:37-54). The present narrative implies that Jesus' host upon this occasion was an influential and wealthy rabbi. There is no Scripture record that Jesus ever refused an invitation, whether it was from Pharisee or publican." – Editor's Comment S.D.A. Bible Commentary, Vol. 5, page 805, 806.

With Guests at a Wedding

John 2:1 -11. "A marriage in Cana of Galilee."

"A Jewish marriage was an impressive occasion, and its joy was not displeasing to the Son of man. By attending this feast, Jesus honoured marriage as a divine institution." – "Desire of Ages," page 151.

JESUS MINISTERED TO ALL CLASSES

Person-to-Person Ministry

Matthew 8:5-13. "A centurion, beseeching Him."

Matthew 11:19. Publicans and sinners.

Luke 8:26-40. "A certain man, which had devils."

John 3:1-21. "Nicodemus, a ruler of the Jews."

John 4:7-42. "A woman of Samaria."

John 8:3-11. "A woman taken in adultery."

John 11:42,43. Lazarus raised.

"To all people, rich and poor, free and bond, Christ, the Messenger of the covenant, brought the tidings of salvation. His fame as the great Healer spread throughout Palestine." – "Ministry of Healing," page 22:1.

"While He ministered to the poor, Jesus studied also to find ways of reaching the rich. He sought acquaintance of the wealthy and cultured Pharisee, the Jewish nobleman, and the Roman ruler. He accepted their invitations, attended their feasts, made Himself familiar with their interests and occupations, that He might gain access to their hearts, and reveal to them the imperishable riches." – Id., pages 24, 25.

"The life of Christ established a religion in which there is no caste, a religion by which Jew and Gentile, free and bond, are linked in a common brotherhood, equal before God. No question of policy influenced His movements. He made no difference between neighbours and strangers, friends or enemies.... He passed by no human being as worthless, but sought to apply the healing remedy to every soul. In whatever company He found Himself, He presented a lesson appropriate to the time and the circumstances." – Id., pages 25, 26.

Personal Ministry to Multitudes

Matthew 15:30. "Great multitudes came . He healed them."

Matthew 15:31. "They saw the dumb to speak,
 the maimed to be whole,
 the lame to walk,
 and the blind to see."

Matthew 15:32. "The multitude . . . have nothing to eat."

Matthew 15:37. "They did all eat, and were filled."

SECTION C

MEDICAL MISSIONARY WORK Its Purpose, Scope, and Practice

STUDY NO.

7. MEDICAL MISSIONARY WORK – AN INTRODUCTORY STUDY	42
8. A CALL TO COMPLETE MINISTRY	47
9. A CALL TO PERSONAL MINISTRY	52
10. ATTRIBUTES ESSENTIAL TO PERSONAL MINISTRY	59
11. THE SCOPE OF THE MEDICAL MISSIONARY PROGRAMME	72
12. THE VALUE OF A SOUL	80

Introduction

What is medical missionary work? According to "Counsels on Health," page 533, it is "the gospel of healing, blessing and strengthening." This very apt definition immediately lifts it out of the narrow concept of medical work which would require specialist training. It certainly includes medical work, which is but a part of the medical missionary programme.

In "Ministry of Healing," pages 139-216, are six chapters on "Medical Missionaries and Their Work," under the following headings:

Teaching and Healing

Helping the Tempted

Working for the Intemperate

Help for the Unemployed and the Homeless

The Helpless Poor

Ministry to the Rich

Further supporting detail is found in "Medical Ministry," pages 237-289 and 299-335. Here we are told on page 239:3: "*Medical missionary work brings to humanity the gospel of release from suffering.* It is the pioneer work of the gospel. It is also the gospel practiced, *the compassion of Christ revealed.*" There are also numerous chapters and statements in the Spirit of Prophecy writings. See "The Guide to Medical Missionary Work" for references. From these sources will be seen the broad scope of activity in which church members can participate in *person-to-person ministry*.

Medical missionary work is giving instruction in principles of healthful living, nutrition, healthful cooking and simple treatments; ministering in church clinics, counseling, helping people with their problems, bringing comfort to the afflicted; promoting temperance, caring and providing homes for the homeless and helpless poor, the widows, the fatherless and the aged; adopting children, providing homes for unwanted children and orphans; ministering to people in all walks of life with a message of healing to body, mind, and soul.

Further, medical missionary work –

1. Is of divine origin. Combined with the gospel it is person-to. person ministry and makes possible complete ministry for the complete restoration of man.
2. Is complete in every detail to meet human need in any emergency and is God's chosen method of approach for church members to minister personally in the neighbourhood of their home and church.
3. Is a ministry of kindness, sympathy, understanding, and love.
4. Overcomes prejudice as nothing else can. ("Testimonies," Vol. 9, page 211.) Creates a favourable climate for better relationships with those for whom we are to labour.

5. Is basic to all phases of evangelistic endeavour. It is the right arm of the gospel. "God desires His people to bind medical missionary work up with the work of the third angel's message. This is the work that will restore the moral image of God in man." – "Medical Ministry," page 160:2.
6. Ministered with Christlike love, will reach human need on all levels of society.
7. Provides a cure for selfishness. Overcomes cold formalism and superficial religion in the church.
8. Will bring great personal benefit, mentally, spiritually and physically. "Thine health shall spring forth speedily." Isaiah 58:8. "Then shalt thou call, and the Lord shall answer." Isaiah 58:9. "The Lord shall guide thee continually, and satisfy thy soul in drought." Isaiah 58:11.
9. Will give prominence to God's message of salvation and speed the advancement of the work. "Thy righteousness shall go before thee." Isaiah 58:8. "Then shall thy light rise in obscurity, and thy darkness be as the noonday." Isaiah 58:10.
10. Will be the only work which will be done along ministerial lines in the closing days. If carried out in harmony with Scripture and Spirit of Prophecy instruction, will broaden and deepen at every point of its progress.
11. Combined with faithful commandment keeping, as symbolized by the Sabbath (Isaiah 58:13), will reveal to the world God's sanctifying power, and His character as lived in the person of His followers.
12. Will bring new heights in spiritual experience and give that rightful prominence which the church should have when living in complete harmony with the will of God. See Isaiah 58:14.

The outstanding Scriptural authority for medical missionary work is Isaiah 58. It is a stated fact that there are more references in the Spirit of Prophecy to Isaiah 58 than to any other chapter in the Bible. Isaiah 58 is a message of special urgency for the spiritual benefit of God's people and contains practical instruction on personal ministry to meet the needs of the world. "The whole of the fifty-eighth chapter of Isaiah is to be *regarded as a message for this time*." ("Welfare Ministry," page 29:1.) "*The whole chapter is of the highest importance*." – "Testimonies," Vol. 8, page 159:1.

The object of the following studies is to aid church members in their study of Isaiah 58, and related Spirit of Prophecy writings, to gain a more complete understanding of medical missionary work, that, as a result of the study, each church member will be able to determine the best possible way in which he can respond to God's call to do personal ministry. This is the task to which we must dedicate our lives in a day when the return of Christ is imminent. Therefore, search and study the Scriptures and Spirit of Prophecy on this special work that is to be done; then GO, GIVE and SHARE.

Medical Missionary Work

AN INTRODUCTORY STUDY

1. THE SCRIPTURAL AUTHORITY FOR MEDICAL MISSIONARY WORK

Isaiah 58. God's call to His church – ministry to human need.

Matthew 10. The sending of the twelve – Christ's instruction on personal ministry.

Luke 10. The sending of the seventy – similar instruction.

Matthew 28:19,20 To His followers of all time.

2. THE SPIRIT OF PROPHECY AUTHORITY FOR MEDICAL MISSIONARY WORK

"The gospel ministry is needed to give permanence and stability to the medical missionary work; and the ministry needs the medical missionary work to demonstrate the practical working of the gospel. Neither part of the work is complete without the other." – "Testimonies," Vol. 6, page 289:2.

"The truth for this time embraces the whole gospel. Rightly presented, it will work in man the very changes that will make evident the power of God's grace upon the heart. It will do a complete work, and develop a complete man. Then let no line be drawn between the genuine medical missionary work and the gospel ministry. Let these two blend in giving the invitation, 'Come, for all things are now ready.' Let them be joined in an inseparable union, even as the arm is joined to the body." – Id., Vol. 6, page 291:1.

"If medical missionary work is carried on as part of the gospel, worldlings will see the good that is being done; they will be convicted of its genuineness, and will give it their support." – Id., Vol. 6, page 292:2.

"Medical missionary work is to be done. But this is only one part of the work that is to be accomplished, and it is not to be made all and in all. It is to be to the work of God as the hand is to the body." – Id., Vol. 8, page 160:2.

"True medical missionary work is of heavenly origin. It was not originated by any person who lives. But in connection with this work we see so much which dishonours God that I am instructed to say, The medical missionary work is of divine origin, and has a most glorious mission to fulfil. In all its bearings it is to be in conformity with Christ's work. Those who are workers together with God will just as surely represent the character of Christ as Christ represented the character of His Father while in this world." – "Medical Ministry," page 24:2.

3. CHRIST SET THE EXAMPLE FOR MEDICAL MISSIONARY WORK

The four Gospels record many occasions of Christ's medical ministry. For details see studies on "Learning from Christ, the True Medical Missionary."

"The Lord's work is one, and His people are to be one. He has not directed that any one feature of the message should be carried on independently or become all absorbing. In all His labours He united the medical missionary work with ministry of the word." – "Testimonies," Vol. 6, page 292:1.

"Christ stands before us as the pattern Man, the great Medical Missionary, an example for all who should come after. His love, pure and holy, blessed all who came within the sphere of its influence. His character was absolutely perfect, free from the slightest stain of sin. He came as an expression of the perfect love of God, not to crush, not to judge and condemn, but to heal every weak, defective character, to save men and women from Satan's power." – "Medical Ministry," page 20:1.

"What, then, is the example that we are to set to the world? We are to do the same work that the great Medical Missionary undertook in our behalf. We are to follow the path of self-sacrifice trodden by Christ." – Id., page 20:3.

"Especially should those who are medical missionaries manifest, in spirit, word and character, that they are following Christ Jesus, the divine Model of medical missionary effort." – "Testimonies," Vol. 7, page 127:1.

4. CHRIST'S CALL TO THE CHURCH TO DO MEDICAL MISSIONARY WORK

Matthew 28:19. "Go ye . . . teach."

Matthew 28:20. "To observe all things whatsoever I have commanded."

"He calls upon those engaged in our medical work to unite with the ministry; He calls upon the ministry to co-operate with the medical missionary workers; and He calls upon the church to take up their appointed duty, holding up the standard of true reform in their own territory, leaving the trained and experienced workers to press on into new fields." – "Testimonies," Vol. 6, page 292:3.

5. THE PURPOSE OF MEDICAL MISSIONARY WORK

To Pioneer

"Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced." – "Ministry of Healing," page 144:3.

To Prepare

"He designs that the medical missionary work shall prepare the way for the presentation of the saving truth for this time, the proclamation of the third angel's message. If this design is met, the message will not be eclipsed nor its progress hindered." – "Testimonies," Vol. 6, page 293:1.

A Great Entering Wedge

"I can see in the Lord's providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached." – "Counsels on Health," page 535:2.

To Gain Access to Hearts

"Do medical missionary work. Thus you will gain access to the hearts of the people. The way will be prepared for more decided proclamation of the truth." – "Evangelism," page 514:1.

To Illustrate

"Medical missionary work is in no case to be divorced from the gospel ministry. The Lord has specified that the two shall be as closely connected as the arm is with the body. Without this union neither part of the work is complete. The medical missionary work is the gospel in illustration." – "Testimonies," Vol. 6, pages 240, 241.

Aids Evangelism

"Medical missionary work gives opportunity for carrying forward successful evangelistic work. It is as these lines of effort are united, that we may expect to gather the most precious fruit for the Lord." – "Evangelism," page 516:2.

Overcomes Prejudice

"As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed." – "Testimonies," Vol. 9, page 211:3.

To Point Sin-Sick Men and Women to Christ

"We should ever remember that the object of the medical missionary work is to point sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. By beholding Him, they will be changed into His likeness. We are to encourage the sick and suffering to look to Jesus and live." – "Ministry of Healing," page 144:1.

To Release from Suffering

"Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed." – "Medical Ministry," page 239:3.

6. RELATIONSHIP TO THE GOSPEL

Cannot Be Separated

"Medical missionary work, ministering to the sick and suffering, *cannot be separated from the gospel.*" – "Counsels on Health," page 534:1.

As the Hand Is to the Body

"The medical missionary work is to be connected with the third angel's message, as the hand is connected with the body; and the education of students in medical missionary lines is not complete unless they are trained to work in connection with the church and the ministry." – Id., page 557:1.

Set Forth in Isaiah 58

"The union that should exist between the medical missionary work and the ministry is clearly set forth in the fifty-eighth chapter of Isaiah. There is wisdom and blessing for those who will engage in the work as here presented. This chapter is explicit, and there is in it enough to enlighten any who wish to do the will of God. It presents abundant opportunity to minister to suffering humanity, and at the same time to be an instrument in God's hands of bringing the light of truth before a perishing world. If the work of the third angel's message is carried on in the right lines, the ministry will not be given an inferior place, nor will the poor and sick be neglected. In His Word God has united these two lines of work, and no man should divorce them." – "Testimonies," Vol. 6, pages 289. 290.

7. PRACTICAL DETAIL OF MEDICAL MISSIONARY WORK TO BE TAUGHT TO CHURCH MEMBERS

Much of the main detail of medical missionary work is set out in six chapters of "Ministry of Healing" under the following chapter headings:

Teaching and Healing

Helping the Tempted

Working for the Intemperate

Help for the Unemployed and the Homeless

The Helpless Poor

Ministry to the Rich

– "Ministry of Healing," pages 139-216.

A Call to Complete Ministry

Christ, the true medical missionary, set the example for His church to follow. His work was one of complete ministry; He ministered to the whole man, his mental, physical, and spiritual needs.

Medical missionary work, in its broad scope of activities, provides avenues whereby every member may have some part in the work of complete ministry. That the church had fallen far short of Christ's ideal example is clearly evident in the emphatic counsel given in Isaiah 58. This is still true in our day as supported by the numerous statements from the Spirit of Prophecy that follow.

Read Isaiah 58

"Read Isaiah 58, ye who claim to be the children of the light. Especially do you read it again and again who have felt so reluctant to inconvenience yourselves by favouring the needy." – "Testimonies," Vol. 2, page 53:2.

Take Heed of the Words of Warning

"If you will take heed of the words of warning found in the chapters that I am directed to present before you, you will change your attitude and become children of God. Thus you may save your souls through faith in Jesus Christ. You will receive the counsel given in the fifty-eighth chapter of Isaiah." – "Testimonies to Ministers," page 126:3.

The Work of Isaiah 58 is God's Requirement of Us

"I cannot too strongly urge all our church members, all who are true missionaries, all who believe in the third angel's message, all who turn away their feet from the Sabbath, to consider the message of the fifty-eighth chapter of Isaiah. The work of beneficence enjoined in this chapter is the work that God requires His people to do at this time. It is a work of His own appointment.... Thus genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God's creative work." – "Testimonies," Vol. 6, pages 265, 266.

Isaiah 58 Contains Present Truth

"The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God." – "Evangelism," pages 516, 517.

THE SIN OF FORMALISM

Formalism is a dread disease. Following the mere externals of religion does nothing for the worshiper spiritually, with a consequent neglect of his duties to his fellow men. The one who practices formalism has nothing in common with God, even though he may be deceived in thinking so. Hence God's strong warning to awaken to the real situation, to realize that prayer without appropriate action, and knowledge without practice, is but living a life of hypocrisy which, if continued, will end in rejection.

Out of love God reveals to us our true condition. Let us note carefully the timely and appropriate counsel of Isaiah 58, together with related statements from the Spirit of Prophecy. A rich spiritual experience awaits all who will accept and apply the principles in their daily living.

A Message of Extreme Urgency

Isaiah 58:1. "Cry aloud,
 Spare not,
 Lift up thy voice."

"Again the command is given, 'Cry aloud, spare not, lift up thy voice like a trumpet, and show My people their transgressions, and the house of Jacob their sins.' It is not the wicked world, but those whom the Lord designates as 'My people,' that are to be reprov'd for their transgressions. He declares further, 'Yet they seek Me daily, and delight to know My ways, as a nation that did righteousness, and forsook not the ordinance of their God.' Here is brought to view a class who think themselves righteous, and appear to manifest great interest in the service of God; but the stern and solemn rebuke of the Searcher of hearts proves them to be trampling upon the divine precepts." – "Great Controversy," page 452.

All the Appearances of Worship

Isaiah 58:2. "They seek Me daily, and Delight to know My ways. . . Take delight in
 approaching to God."

"The reason why God's people are not more spiritual minded, and have no more faith, I have been shown, is because they are narrowed up with selfishness. The prophet is addressing Sabbath keepers, not sinners, not unbelievers, but those who make great pretensions to godliness. It is not the abundance of your meetings that God accepts. It is not the numerous prayers, but the rightdoing, doing the right thing at the right time. It is to be less self-caring, and more benevolent. Our souls must expand. Then God will make them like a watered garden, whose waters fail not." – "Testimonies," Vol. 2, page 36.

No Vital Contact With God

Isaiah 58:3-5. "Wherefore have we fasted ... and Thou seest not? wherefore have we afflicted ... and Thou takest no knowledge?"

"A people are here addressed who make high profession, who are in the habit of praying, and who delight in religious exercises; yet there is a lack. They realize that their prayers are not answered; their zealous, earnest efforts are not observed in heaven, and they earnestly inquire why the Lord makes them no returns. It is not because there is any neglect on the part of God. The difficulty is with the people. While professing godliness, they do not bear fruit to the glory of God; their works are not what they should be. They are living in neglect of positive duties. Unless these are performed, God cannot answer their prayers according to His glory." – "Testimonies," Vol. 2, page 147:1.

<i>Prayer without action</i>	=	the sin of	=	the sin of
<i>Knowledge without practice.</i>		formalism		neglect

THE CURE FOR FORMALISM

Person-to-Person Ministry

The cure for formalism is a practicing religion. The evidence of true worship is concern for the needs of others. Prayers for the sick, the lonely, the heavily burdened will be backed by personal ministry. There will be the continuing heart-felt desire to share the knowledge of eternal riches.

The scope for person-to-person ministry is clearly set out in Isaiah 58:6, 7. The finer details of these areas of service are to be found in "Ministry of Healing," pages 139-216.

Isaiah 58:6, 7. Is it not "to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? . . . To deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

"The true fast is no mere formal service. The Scripture describes the fast that God has chosen. [Isaiah 58: 6, 10.] Here is set forth the very spirit and character of the work of Christ. His whole life was a sacrifice of Himself for the saving of the world." – "Desire of Ages," page 278:2.

"It is heart work that the Lord requires, good works springing from a heart filled with love. All should carefully and prayerfully consider the above Scriptures, and investigate their motives and actions. The promise of God to us is on condition of obedience, compliance with all His requirements." – "Testimonies," Vol. 2, page 146:1.

THE BENEFITS OF PERSON-TO-PERSON MINISTRY

The Benefits to Those Who Give and Share

Isaiah 58:8. "Thine health shall spring forth speedily." Those who are willing to give and share, not only benefit others, but bring physical, mental, and spiritual well-being to themselves.

"Those who give practical demonstrations of their benevolence by their sympathy and compassionate acts toward the poor, the suffering, and the unfortunate, not only relieve the sufferers, but contribute largely to their own happiness, and are in the way of securing health of soul and body." – "Testimonies," Vol. 4, page 60.

Modern psychological studies bear out the truth that making others happy reflects back to produce happiness in the giver.

"All who consecrate body, soul, and spirit to God's service will be constantly receiving a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of Heaven are at their command. Christ gives them the breath of His own Spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in heart and mind." – Id., Vol. 6, page 306:2.

"The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." – Id., Vol. 4, page 56:2.

"Good deeds are twice a blessing, benefitting both the giver and the receiver of the kindness. The consciousness of right doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being." – "Ministry of Healing," page 257:1.

Isaiah 58:9. "Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am."
A living contact with God.

Isaiah 58:11. "The Lord shall guide thee continually, and satisfy thy soul in drought, . . . thou shalt be like a watered garden."
Spiritual refreshing.

"Doing good is an excellent remedy for disease. Those who engage in the work are invited to call upon God, and He has pledged Himself to answer them. Their soul shall be satisfied in drought, and they shall be like a watered garden, whose waters fail not." – "Testimonies," Vol. 2, page 29:1.

The Benefits of Widening Influence

Isaiah 58:8. "Then shall thy light break forth as the morning . . .
and thy righteousness shall go before thee."

Isaiah 58:10. "Then shall thy light rise in obscurity, and thy darkness be as the noonday."

Medical missionary work combined with the gospel is of divine origin. It is the only effective method of approach to serve human need on all levels. All who are willing to give person-to-person ministry, using this ordained plan of work, will see fulfilled the promises of Isaiah 58:8-11. Its ever widening influence will draw the honest hearted seeker to find his way to God.

"We shall see the medical missionary work broadening and deepening at every point of its progress, because of the inflowing of hundreds and thousands of streams, until the whole earth is covered as the waters cover the sea." – "A Call to Medical Evangelism," page 13:3.

A Call to Personal Ministry

THE CALL TO SERVE PERSONALLY

The medical missionary program, so broad in its coverage of activity, provides numerous avenues for person-to-person ministry. God looks to every one who claims to be a follower of Christ to serve in that area of medical missionary work in which his talents and capabilities are best suited.

"Christ's followers have been redeemed for service. Our Lord teaches that *the true object of life is ministry*. Christ Himself was a worker, and to all His followers He gives the law of service, service to God and to their fellow men. Here Christ has presented to the world a higher conception of life than they had ever known. By living to minister for others, man is brought into connection with Christ. The law of service becomes the connecting link which binds us to God and to our fellow men." – "Christ's Object Lessons," page 326:3.

Isaiah 43:10-12

The call to give personal witness. ("Beside Me, there is no Saviour.")

Matthew 5:14-16

The call to give personal witness through Christian living.

"Ye are the light of the world."

Christ as the light of the world dispelled darkness. By His life and personal ministry He helped men to see a better way. As the light He revealed to men the pathway to heaven. Similarly, we, as lights, are to follow the example of Jesus.

"That they may see your good works."

That is, by the lives that we live. A life that reveals a Christlike character and is supported by deeds of mercy, kindness, and personal ministry.

"The followers of Christ are to be the light of the world; but God does not bid them make an effort to shine. He does not approve of any self-satisfied endeavour to display superior goodness. He desires that their souls shall be imbued with the principles of heaven; then, as they come in contact with the world, they will reveal the light that is in them. Their steadfast fidelity in every act of life will be a means of illumination." – "Ministry of Healing," page 36:3.

Personal Effort

"There is need of coming close to the people by personal effort." -Id., page 143:4.

Individual Work

"*Christ commits to His followers an individual work, a work that cannot be done by proxy.* Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel." – Id., page 147:4.

Men Who Are Willing

"But those who have neither great talents nor extensive education may minister acceptably to others. God will use men who are willing to be used. It is not the most brilliant or the most talented persons whose work produces the greatest and most lasting results. Men and women are needed who have heard a message from heaven." – Id., page 150:1.

Bear Responsibility

"Many would be greatly benefitted by sacrificing their pleasant, ease-conducting associations. They need to go where their energies will be called out in Christian work, and they can learn to bear responsibilities." – Id., page 151:3.

Doors of Service Open

"But none need wait until called to some distant field before beginning to help others. Doors of service are open everywhere. All around us are those who need our help. The widow, the orphan, the sick and the dying, the heart-sick, the discouraged, the ignorant, and the outcast, are on every hand." – Id., page 152:2.

Work for Neighbours

"We should feel it our special duty to work for those living in our neighbourhood. Study how you can best help those who take no interest in religious things." – Id., page 152:3.

Be Alert to the Work at Hand

"Let none pass by little opportunities to look for larger work. You might do successfully the small work, but fail utterly in attempting the larger work, and fall into discouragement. It is by doing with your might what you find to do that you will develop aptitude for larger work. It is by slighting the daily opportunities, by neglecting the little things right at hand, that so many become fruitless and withered." – Id., page 153:2.

Go to the People

"To reach people, wherever they are, and whatever their position or condition, and to help them in every way possible, this is true ministry. By such effort you may win hearts, and open a door of access to perishing souls." – Id., page 156:2.

THE RESPONSIBILITY TO GIVE AND SHARE

Besides the giving of self in personal service, God calls upon us to use what He has given to the utmost capacity. Everything that we have is God-given, and the evidence that we acknowledge His ownership is our willingness to give and share for the saving of men for eternity.

Every Gift or Advantage We Possess Is a God-given Talent to be Used for Others

Matthew 25:14-30 "He gave ... talents."

The talents in the parable have a wider connotation than money. As study is given to what is involved in developing the talents, it will be realized that every capability, natural or otherwise, must be put into action in order to make it possible to increase that which God originally bestowed. The talents, therefore, include not only the gifts of the Spirit (see I Corinthians 12:1-12), but natural endowments.

"The talents, however few, are to be put to use. The question that most concerns us is not, How much have I received? but, What am I doing with that which I have? The development of all our powers is the first duty we owe to God and to our fellow men. No one who is not growing daily in capability and usefulness is fulfilling the purpose of life. In making a profession of faith in Christ we pledge ourselves to become all that it is possible for us to be as workers for the Master, and we should cultivate every faculty to the highest degree of perfection, that we may do the greatest amount of good of which we are capable." – "Christ's Object Lessons," pages 329, 330.

"Talents used are talents multiplied. Success is not the result of chance or of destiny, it is the outworking of God's own providence, the reward of faith and discretion, of virtue and persevering effort. The Lord desires us to use every gift we have; and if we do this, we shall have greater gifts to use. He does not supernaturally endow us with the qualifications we lack; but while we use that which we have, He will work with us to increase and strengthen every faculty. By every whole-hearted, earnest sacrifice for the Master's service, our powers will increase." – Id., pages 353, 354.

"To His servants Christ commits 'His goods' – something to be put to use for Him. He gives 'to every man his work.' Each has his place in the eternal plan of heaven. Each is to work in co-operation with Christ for the salvation of souls. Not more surely is the place prepared for us in the heavenly mansions than is the special place designated on earth where we are to work for God." – Id., pages 326, 327.

The Gifts of the Spirit

"The talents that Christ entrusts to His church represent especially the gifts and blessings imparted by the Holy Spirit... The gifts are already ours in Christ, but their actual possession depends upon our reception of the Spirit of God." – Id., page 327:1, 2.

Other Talents

"The special gifts of the Spirit are not the only talents represented in the parable. It includes all gifts and endowments, whether original or acquired, natural or spiritual. All are to be employed in Christ's service. In becoming His disciples, we surrender ourselves to Him with all that we are and have. These gifts He returns to us purified and ennobled, to be used for His glory in blessing our fellow men." – Id., page 328:2.

KINDS OF TALENTS ALL CAN USE IN PERSONAL MINISTRY

Mental Faculties

"God requires the training of the mental faculties. He designs that His servants shall possess more intelligence and clearer discernment than the worldlings, and He is displeased with those who are too careless or too indolent to become efficient, well-informed workers." – Id., page 333:2.

"The Lord desires us to obtain all the education possible, with the object in view of imparting our knowledge to others. None can know where or how they may be called to labour or to speak for God." – Id., page 333:4.

"An ordinary mind, well disciplined, will accomplish more and higher work than will the most highly educated mind and the greatest talents without self-control." – Id., page 335:1.

Influence

"The life of Christ was an ever-widening, shoreless influence, an influence that bound Him to God and to the whole human family. Through Christ, God has invested man with an influence that makes it impossible for him to live to himself. Individually we are connected with our fellow men, a part of God's great whole, and we stand under mutual obligations. No man can be independent of his fellow men; for the well-being of each affects others. It is God's purpose that each shall feel himself necessary to others' welfare, and seek to promote their happiness." – Id., page 339:2.

"Character is power. The silent witness of a true, unselfish, godly life carries an almost irresistible influence. By revealing in our own life the character of Christ we co-operate with Him in the work of saving souls." – Id., page 340:2.

Time

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time. The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity." – Id., page 342:1, 2.

Health

"Health is a blessing of which few appreciate the value; yet upon it the efficiency of our mental and physical powers largely depends. Our impulses and passions have their seat in the body, and it must be kept in the best condition physically, and under the most spiritual influences, in order that our talents may be put to the highest use." – Id., page 346:2.

Money

"God also entrusts men with means. He gives them power to get wealth. He waters the earth with the dews of heaven, and with the showers of refreshing rain. He gives the sunlight, which warms the earth, awakening to life the things of nature, and causing them to flourish and bear fruit. And He asks for a return of His own." – Id., page 351:1.

"Money has great value, because it can do great good. In the hands of God's children it is food for the hungry, drink for the thirsty, and clothing for the naked. It is a defense for the oppressed, and a means to help the sick. But money is of no more value than sand, only as it is put to use in providing for the necessities of life, in blessing others, and advancing the cause of Christ."-Id., page 351:3.

Kindly Impulses

"Kindly affections, generous impulses, and a quick apprehension of spiritual things, are precious talents, and lay their possessor under a weighty responsibility. All are to be used in God's service. But here many err. Satisfied with the possession of these qualities, they fail to bring them into active service for others. . . Those who possess large affections are under obligation to God to bestow them, not merely on their friends, but on all who need help." – Id., pages 352, 353.

Social Advantages

"Social advantages are talents, and are to be used for the benefit of all within reach of our influence. The love that gives kindness to only a few is not love, but selfishness. It will not, in any way, work for the good of souls or the glory of God." – Id., page 353.

HOW NATURAL TALENTS GROW

"Every effort made for Christ will react in blessing upon ourselves. If we use our means for His glory, He will give us more. As we seek to win others to Christ, bearing the burden of souls in our prayers, our own hearts will throb with the quickening influence of God's grace; our own affections will glow with more divine fervour; our whole Christian life will be more of a reality, more earnest, more prayerful.

"The value of man is estimated in heaven according to the capacity of the heart to know God. This knowledge is the spring from which flows all power. God created man that every faculty might be the faculty of the divine mind; and He is ever seeking to bring the human mind into association with the divine."
– "Christ's Object Lessons," pages 354, 355.

THE CALL TO ALL

Medical missionary work is God's ordained method of approach for person-to-person ministry. The call to give this ministry and to share with others the talents, abilities, money, knowledge, etc., concerns every member of the church. The evidence that Christ is truly our Saviour, is the unceasing desire to bring to lost humanity the message of salvation.

Ministers

"I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. The work of a minister is to minister. Our ministers are to work on the gospel plan of ministering. . . You will never be ministers after the gospel order till you show a decided interest in medical missionary work, the gospel of healing and blessing and strengthening." – "Counsels on Health," page 533:1.

Doctors

"In the ministry of healing, the physician is to be a co-worker with Christ. The Saviour ministered to both the soul and the body. The gospel which He taught was a message of spiritual life and physical restoration. Deliverance from sin and the healing of disease were linked together. The same ministry is committed to the Christian physician. He is to unite with Christ in relieving both the physical and spiritual needs of his fellow men. He is to be to the sick a messenger of mercy, bringing to them a remedy for the diseased body and for the sin-sick soul." – "Ministry of Healing," page 111:1.

Nurses

"There are many lines of work to be carried forward by the missionary nurse. There are openings for well-trained nurses to go among families and seek to awaken an interest in the truth. In almost every community there are large numbers who do not attend any religious service. If they are reached by the gospel, it must be carried to their homes. Often the relief of their physical needs is the only avenue by which they can be approached." – "Medical Ministry," page 246:4.

Church Members

"We have come to a time when every member of the church should take hold of medical missionary work. . . . Everywhere people are perishing for the lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths." – "Testimonies," Vol. 7, page 62:1.

THE RESPONSIBILITY OF ALL

"Upon the minister of the Word, the missionary nurse, the Christian physician, the individual Christian, whether he be merchant or farmer, professional man or mechanic – the responsibility rests upon all. It is our work to reveal to men the gospel of their salvation. Every enterprise in which we engage should be a means to this end." – "Ministry of Healing," page 148:2.

Attributes Essential to Personal Ministry

Person-to-person ministry will be ineffective unless the attributes which characterized Christ's work are found in the life. If these qualities are lacking then it is the duty of the Christian to acquire and cultivate them.

This is possible to all who desire to serve as Christ served, and can be achieved by a complete surrender of the life to Him and a willingness to let His character dominate every thought and action. But this will not come by chance. There will be the need for earnest study-the searching of the Gospel records and the careful noting of Christ's work as the true Medical Missionary as it is found in books such as "Ministry of Healing," and "The Desire of Ages."

Rich will be the reward to the one who will do this and find those attributes which made it possible for Christ to understand the cry of human need and reach hearts that hungered for solace, comfort, hope and a new way of life.

His love for lost humanity was made evident by His compassion, understanding, kindness, tact, sympathy, and utter selflessness. He had a personal interest in people, coupled with a continuing concern for those weighed down with seemingly unbearable burdens. Ever before Him was the purpose of His mission-to bring to men complete restoration. This must be our purpose for men.

We are told that He was the unwearied servant of man's necessity and did not faint or become discouraged. His compassion was limitless and His life was one of constant self-sacrifice. He spoke words of encouragement and hope and banished fear and unrest. He brought calm and peace to the heavily burdened. (See "Ministry of Healing," pages 17-25.) By His relationship to the apparently worthless, He showed the great value He placed upon even one soul. We must appreciate this value.

Despite His constant and arduous ministry, Christ found time to commune with God – on some occasions throughout the night, on others, in the early morning hours. This communion revealed His oneness with God, His complete dedication to the task, and the common purpose He had with the Father, to seek and to save the lost. This communion reveals to His followers the secret of a life of power. (See "Ministry of Healing," page 51:1.)

These further highpoints relating to Christ's ministry are worthy of note:

From Him flowed a stream of healing power.

His work was not restricted to time or place.

He carried the awful weight of the responsibility for the salvation of men.

He did not fail or become discouraged.

He was subordinate to the will of His Father.

He spoke to them in language so simple that they could not fail of understanding.

With tender, courteous grace, He ministered to the sin-sick soul, bringing healing and strength.

He taught in a way that made them feel the completeness of His identification with their interests and happiness.

With unwearying patience and sympathetic helpfulness, He met men in their necessities.

By the gentle touch of grace, He banished from the soul unrest and doubt, changing enmity to love, and unbelief to confidence.

At the sound of His voice, the spirit of greed and ambition fled.

That which appealed to His heart was a soul thirsting for the waters of life.

He passed by no human being as worthless, but sought to apply the healing remedy to every soul.

He sought to inspire with hope the roughest and most unpromising. He drew their hearts to Him by the tie of human sympathy.

– From "Ministry of Healing," pages 17-26.

STEPS IN ACQUIRING ATTRIBUTES

1. Prayer

Psalm 46:10. "Be still."

Quiet Hour for Communion

"All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, 'Be still, and know that I am God.' *This is the effectual preparation for all labour for God.* Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed, will be surrounded with an atmosphere of *light and peace.* *He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men's hearts.*" – "Ministry of Healing," page 58:3.

"Righteousness has its root in godliness. No man can steadily maintain before his fellow men a pure, forceful life, unless his life is hid with Christ in God. The greater the activity among men, the closer must be the communion of the heart with heaven." – Id., page 136:1.

2. Know God

John 17:3 "And this is life eternal, that they might know Thee."
To Become Like God in Character

"Like our Saviour, we are in this world to do service for God. *We are here to become like God in character*, and by a life of service to reveal Him to the world. In order to be co-workers with God, in order to become like Him, and to reveal His character, we must know Him aright. We must know Him as He reveals Himself." – Id., page 409:1.

"*A knowledge of God is the foundation of all true education and all true service.* It is the only real safeguard against temptation. It is this alone that can make us like God in character." – Id., page 409:2.

"*This is the knowledge needed by all who are working for the uplifting of their fellow men.* Transformation of character, purity of life, efficiency in service, adherence to correct principles, all depend on a right knowledge of God. This knowledge is the essential preparation both for this life and for the life to come." – Id., page 409:3.

Read and Study Thoroughly:

A True Knowledge of God
Danger in Speculative Knowledge
The False and the True in Education
Importance of Seeking True Knowledge
The Knowledge Received Through God's Word
– "Ministry of Healing," pages 409-466.

3. Apply the Secrets of Christ's Powerful Ministry

Luke 10:27. (A) "Love the Lord thy God."
 (B) "Thy neighbour as thyself."
 = *ALL – heart, soul, strength, mind.*

Have Christ in the Life

"The sanctification of the soul by the working of the Holy Spirit is the implanting of Christ's nature in humanity. *Gospel religion is Christ in the life, a living, active principle. It is the grace of Christ revealed in character and wrought out in good works.* The principles of the gospel cannot be disconnected from any department of practical life. Every line of Christian experience and labour is to be a representation of the life of Christ." – "Christ's Object Lessons," page 384:1.

Have Love of Christ in the Heart

"Love is the basis of godliness. Whatever the profession, no man has pure love to God unless he has unselfish love for his brother. But we can never come into possession of this spirit by trying to love others. What is needed is the love of Christ in the heart. When self is merged in Christ, love springs forth spontaneously. *The completeness of Christian character is attained when the impulse to help and bless others springs constantly from within – when the sunshine of Heaven fills the heart and is revealed in the countenance.*" – Id., page 384:2.

"Wherever there is an impulse of love and sympathy, wherever the heart reaches out to bless and uplift others, there is revealed the working of God's Holy Spirit." – Id., page 385:1.

Read and Study Thoroughly:

Christ, the True Medical Missionary, "Ministry of Healing," pages 17-108.

The Work of the Physician, Id., pages 111-136.

Medical Missionaries and Their Work, Id., pages 139-216.

The Worker's Need, Id., pages 461-516.

THE ATTRIBUTES NEEDED FOR SUCCESSFUL MINISTRY

Kindness, compassion, sympathy, understanding, patience, forbearance, perseverance – are all expressions of love and as these are evidenced in the life of the Christian, he will radiate hope and confidence and renew in the lost a new trust in God.

Many people feel rejected, unwanted and lonely. Others feel they are social outcasts. They hunger for human warmth and fellowship. The Christian's place in the community is to reveal to these unfortunate people that there is a God who cares for them. It is possible that they will never know the love of God except through human channels and the Christian can do much to guide and restore a lost soul through the supreme attribute of love.

Many valuable points on attributes are to be found in the book "Ministry of Healing." By careful gleaning, much useful instruction can be gained to equip the one who desires to improve his God-given qualities and acquire those which he lacks.

1 Corinthians 13:4-8

"The love of which I speak is slow to lose patience it looks for a way of being constructive. It is not possessive: it is neither anxious to impress nor does it cherish inflated ideas of its own importance.

"Love has good manners and does not pursue selfish advantage. It is not touchy. It does not keep an account of evil or gloat over the wickedness of other people. On the contrary, it is glad with all good men when truth prevails.

"Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen." – Phillips translation.

Kindness

"We can do nothing without courage and perseverance. Speak words of hope and courage to the poor and disheartened. If need be, give tangible proof of your interest by helping them when they come into strait places. Those who have had many advantages should remember that they themselves still err in many things, and it is painful to them when their errors are pointed out and there is held up before them a comely pattern of what they should be. Remember that kindness will accomplish more than censure." – "Ministry of Healing," page 196:3.

Loving Effort

"Those who are fighting the battle of life at great odds may be strengthened and encouraged by *little attentions that cost only a loving effort*. To such the strong, helpful grasp of the hand by a true friend is worth more than gold or silver. Words of kindness are as welcome as the smile of angels." – Id., page 158:3.

Pitying Tenderness

"'We are saved by hope.' Romans 8:24. The fallen must be led to feel that it is not too late for them to be men. Christ honoured man with His confidence and thus placed him on his honour. Even *those who had fallen the lowest He treated with respect*. It was a continual pain to Christ to be brought into contact with enmity, depravity, and impurity; but never did He utter one expression to show that His sensibilities were shocked or His refined tastes offended. Whatever the evil habits, the strong prejudices, or the overbearing passions of human beings, He met them all with pitying tenderness." – Id., page 165:1.

A Tender Spirit

"It is always humiliating to have one's errors pointed out. None should make the experience more bitter by needless censure. No one was ever reclaimed by reproach; but many have thus been repelled and have been led to steel their hearts against conviction. *A tender spirit, a gentle winning deportment*, may save the erring and hide a multitude of sins." – Id., page 166:3.

Sympathy

"There are multitudes struggling with poverty, compelled to labour hard for small wages, and able to secure but the barest necessities of life. Toil and deprivation, with no hope of better things, make their burden very heavy. When pain and sickness are added, the burden is almost insupportable. Care-worn and oppressed, they know not where to turn for relief. *Sympathize with them in their trials, their heartaches, and disappointments.* This will open the way for you to help them. Speak to them of God's promises, pray with and for them, inspire them with hope." – Id., page 158:4.

Understanding

"*We should strive to understand the weakness of others.* We know little of the heart trials of those who have been bound in chains of darkness and who lack resolution and moral power. Most pitiable is the condition of him who is suffering under remorse; he is as one stunned, staggering, sinking into the dust. He can see nothing clearly. The mind is beclouded, he knows not what steps to take. Many a poor soul is misunderstood, unappreciated, full of distress and agony – a lost, straying sheep. He cannot find God, yet he has an intense longing for pardon and peace." – Id., page 168:1.

"*We need to put ourselves in the place of the tempted ones.* Consider the power of heredity, the influence of evil associations and surroundings, the power of wrong habits. Can we wonder that under such influences many become degraded? Can we wonder that they should be slow to respond to efforts for their uplifting?" – Id., page 168:4.

Encourage

"*Talk courage to the people; lift them up to God in prayer.* Many who have been overcome by temptation are humiliated by their failures, and they feel that it is in vain for them to approach unto God; but this thought is of the enemy's suggestion. When they have sinned, and feel that they cannot pray, tell them that it is then the time to pray. Ashamed they may be, and deeply humbled; but as they confess their sins, He who is faithful and just will forgive their sins and cleanse them from all unrighteousness." – Id., pages 181, 182.

Patience and Forbearance

"In dealing with the victims of intemperance we must remember that we are not dealing with sane men, but with those who for the time being are under the power of a demon. *Be patient and forbearing.* Think not of the repulsive forbidding appearance, but of the precious life that Christ died to redeem. As the drunkard awakens to a sense of his degradation, do all in your power to show that you are his friend. *Speak no word of censure. Let no act or look express reproach or aversion.* Very likely the poor soul curses himself. Help him to rise. Speak words that will encourage faith. Seek to strengthen every good trait in his character. Teach him how to reach upward. Show him that it is possible for him to live so as to win the respect of his fellow men. Help him to see the value of the talents which God has given him, but which he has neglected to improve." – Id., pages 172, 173.

Perseverance

"We become too easily discouraged over the souls who do not at once respond to our efforts. *Never should we cease to labour for a soul while there is one gleam of hope.* Precious souls cost our self-sacrificing Redeemer too dear a price to be lightly given up to the tempter's power." – Id., page 168:3.

The foregoing are but samples of the wise instruction available to us. If you would be rich in the wisdom of personal ministry, search with growing earnestness and you will not be disappointed.

IMPORTANT GUIDING POINTS

Learn to Know People and Their Problems

Where there are people, there will always be problems, and these can range from the apparently trivial to mountains of seemingly insurmountable trouble.

People react differently to various circumstances of life. What appears to be trivial to many, can, in the mind of the one in distress, be a great forbidding barrier eating out the life forces. On the other hand, another person in calamitous misfortune faces disaster with calm confidence.

Problems, trivial or complex, whichever way they are viewed, can be quite bewildering to the lay member in the initial stages of his work. Some can be extremely disturbing and heart-rending – but whatever the problem, do not be overwhelmed. It is wise to hasten slowly. For what is apparently urgent, many times turns out to be secondary to what is the real need. It is not wise to seek a solution purely on one's own findings – where possible, get the help of those qualified by training and experience.

In some instances lay members may have to be content with making the initial contact and then referring the case to more qualified sources for further solution. This does not mean that the lay member has no place, for there are many areas in which he can work. It is just a question of determining what is within the capabilities of the lay member, or otherwise.

In some places it may not be possible to get qualified or experienced help. Then it will be the duty of the lay member to do what he can, always remembering that there is the unlimited wisdom of God and the ready availability of knowledge and instruction in our books dealing with personal ministry.

"Remember that you do not work alone. Ministering angels unite in service with every true hearted son and daughter of God. And Christ is the restorer. The Great Physician Himself stands beside His faithful workers, saying to the repentant soul, 'Child, thy sins be forgiven thee.' – Mark 2:5; ARV margin." – "Ministry of Healing," page 174:1.

Be a Good Listener

At times the best way to help is to be a good listener. Many are heavily burdened, weighed down with the cares of this life. Others are lonesome or discouraged. Still others are disappointed or depressed.

Whatever may be the case, listening attentively, with appropriate words of encouragement here and there, is the best form of help that can be given in some instances.

Regardless of the problem, listening in the initial stages is a necessary requirement. Without giving proper time to listening, it is hardly practical to determine in which way constructive help is to be given.

First of all it will be necessary to know what is the real need, and this cannot be known unless the full facts of the problem come to light. Listening, therefore, plays a very important part in reaching people and doing for them that which will bring them the most benefit.

Listening requires much patience, forbearance, sympathy, and concentration and, out of it all, the ability to size up the situation, and then to decide and determine the course to be followed, the relief to be given, and finally the solution to the problem.

Keep Confidences

Never retail to others the heart burdens and confidences which people have, in good faith, placed with you. If you are faced with a problem that is beyond your capacity and you need advice, first of all get the consent of the one whom you are helping. With this permission, you may then proceed to consult someone with qualifications and wider experience to give you the necessary counsel.

To talk or discuss other people's problems, even with members of your own family, is to show yourself untrustworthy and leans toward the dishonourable.

Avoid an Attitude of Condemnation or Shock

Remember that the moral sense of those who have strayed far from the path of virtue has been greatly blunted and many times they do not realize the enormity of sin. Their minds are beclouded and lack spiritual sharpness. They have lived by totally different standards and their ideas of right and wrong fall far short of Bible principles. As they relate the happenings of their life be careful to avoid an attitude of condemnation or shock. Guard against revealing by even the faintest expression or the flicker of an eyelid your reaction to what is being related. If these poor victims are to be helped, they must be made to feel that they belong, that there is someone who cares and is interested in their problems. God would not reject them and neither should we. Give careful study to John 8:3-11.

Know Your Limitations

Whilst much can be done by lay members in person to person ministry, there may be occasions when they come face to face with a particularly perplexing problem. When this does happen it is far better for all concerned to take more time and not endeavour to seek a hasty solution.

If it is found that the problem is beyond the ability of the lay member to give counsel, or whatever is necessary, consult with one who is qualified and experienced - namely a doctor, minister, marriage counselor, child guidance or welfare officer. This can be done with the consent of the one seeking assistance.

It is never wise to give advice or counsel in an area in which one is not qualified. If this precaution is taken, much harm and many serious mistakes can be avoided and those concerned can be saved from unnecessary misery.

In any case it is always best to work in conjunction with your church, your church pastor, and conference departmental secretary, remembering that what we do reflects for good or ill upon the church.

Do Not Destroy Self-respect

"When one at fault becomes conscious of his error, be careful not to destroy his self-respect. Do not discourage him by indifference or distrust. Do not say, 'Before giving him my confidence, I will wait to see whether he will hold out.' Often this very distrust causes the tempted one to stumble." – "Ministry of Healing," pages 167, 168.

Do Not Attack Wrong Habits

"It is of little use to try to reform others by attacking what we may regard as wrong habits. Such effort often results in more harm than good. In His talk with the Samaritan woman, instead of disparaging Jacob's well, Christ presented something better. . . He turned the conversation to the treasure He had to bestow, offering the woman something better than she possessed, even living water, the joy and hope of the gospel." – Id., page 156:4.

Help Constructively

"If they ever become industrious and self-supporting, very many must have assistance, encouragement, and instruction. There are multitudes of poor families for whom no better missionary work could be done than to assist them in settling on the land and in learning how to make it yield them a livelihood." – Id., page 192:2.

Instruct in Practical Lines

"By instruction in practical lines, we can often help the poor most effectively. As a rule, those who have not been trained to work, do not have habits of industry, perseverance, economy, and self-denial. They do not know how to manage. Often through lack of carefulness and right judgment, there is wasted that which would maintain their families in decency and comfort if it were carefully and economically used. 'Much food is in the tillage of the poor; but there is that is destroyed for want of judgment.' Proverbs 13:23." – Id., page 194:5.

Keep in View the Spiritual

"While helping the poor in temporal things, *keep always in view their spiritual needs*. Let your own life testify to the Saviour's keeping power. Let your character reveal the high standard to which all may attain. Teach the gospel in simple object lessons. Let everything with which you have to do be a lesson in character building." – Id., pages 198, 199.

"Christ was hid in God, and God was revealed in the character of His Son. *To this revelation Jesus desired the minds of the people to be directed*." – Id., page 32:2.

Reach People Wherever They Are

"To reach people, wherever they are, and whatever their position or condition, and to help them in every way possible-this is true ministry. By such effort you may win hearts and open a door of access to perishing souls." – Id., page 156:2.

Understand the Needs

"Real charity helps men to help themselves. If one comes to our door and asks for food, we should not turn him away hungry; his poverty may be the result of misfortune. But true beneficence means more than mere gifts. It means a genuine interest in the welfare of others. We should seek to understand the needs of the poor and distressed, and to give them the help that will benefit them most. To give thought and time and personal effort costs far more than merely to give money. But it is the truest charity." – Id., page 195:2.

Only His Wisdom

"It is a delicate matter to deal with minds. Only He who reads the heart knows how to bring men to repentance. Only His wisdom can give us success in reaching the lost. You may stand stiffly, feeling, 'I am holier than thou,' and it matters not how correct your reasoning or how true your words; they will never touch hearts. The love of Christ, manifested in word and act, will win its way to the soul, when the reiteration of precept or argument would accomplish nothing." – Id., pages 163, 164.

Point Out the Power and Encourage Right Choice

In dealing with those who have strayed from God-we need to understand how much depends upon the right action of the will. By constructive help and progressive instruction in right principles, by tact and wisdom, minds can be guided to make a right choice – a choice that will be the first step away from evil to the good.

"The tempted one needs to understand the true force of the will. This is the governing power in the nature of man – the power of decision, of choice. *Everything depends on the right action of the will*."

Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. *They do not choose* to serve Him.

"God has given us the power of choice; it is ours to exercise. We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. We cannot make ourselves pure, fit for God's service. But we can *choose* to serve God, we can give Him our will; then He will work in us to will and to do according to His good pleasure. Thus our whole nature will be brought under the control of Christ.

"Through the right exercise of the will, an entire change may be made in the life. *By yielding up the will to Christ, we ally ourselves with divine power.* We receive strength from above to hold us steadfast. A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God." – Id., page 176.

THE POWER AND INFLUENCE OF ONE – A CHALLENGE TO EVERY CHRISTIAN

How much could be achieved if one person were to give his life wholly to God – dedicated to the task of witnessing faithfully for Him. With the limitless power of God, the influence of one person can reach away beyond the immediate boundaries of his home and community. We understand this from the Bible records of Joseph in Egypt, and Daniel in Babylon and Medo-Persia.

God is looking to His people today to exercise the same influence in the communities in which they live. He looks to us as His witnesses to spread the message of salvation. What better way can this be done than through the God-ordained approach of medical missionary work – the work that covers every phase of human need. Thus it behooves us to give our all-that the lives we live, in character and practice, may influence many to seek for the way of life that leads to God.

"There is an eloquence far more powerful than the eloquence of words in the quiet, consistent life of a pure, true Christian. *What a man is has more influence than what he says.*" – "Ministry of Healing," page 469:1.

"It is our own character and experience that determine our influence upon others." – Id., page 469:3.

"The continuity of Christian influence is the secret of its power, and this depends on the steadfastness of your manifestation of the character of Christ." – Id., page 494:3.

God Will Do Great Things

"To everyone who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results. For these God will do great things. He will work upon the minds of men so that, even in this world, there shall be seen in their lives a fulfilment of the promise of the future state." – Id., page 160:1.

No Limit to the Usefulness of One

"Heavenly intelligences are waiting to co-operate with human instrumentalities, that they may reveal to the world what human beings may become, and what, through union with the Divine, may be accomplished for the saving of souls that are ready to perish. *There is no limit to the usefulness of one who, putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God.* All who consecrate body, soul, and spirit to His service will be constantly receiving a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of Heaven are at their command." – Id., page 159:4.

Testimony of Our Own Experience

"Our confession of His faithfulness is Heaven's chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked with our own individuality. These precious acknowledgments to the praise of the glory of His grace, when supported by a Christlike life, have an irresistible power, that works for the salvation of souls." – Id., page 100:2.

Conduct

"Of all people in the world, reformers should be the most unselfish, the most kind, the most courteous. In their lives should be seen the true goodness of unselfish deeds. The worker who manifests a lack of courtesy, who shows impatience at the ignorance or waywardness of others, who speaks hastily or acts thoughtlessly, may close the door to hearts so that he can never reach them." – Id., page 157:3.

Power of Example

"Our own homes and surroundings should be object lessons, teaching ways of improvement, so that industry, cleanliness, taste, and refinement may take the place of idleness, uncleanness, coarseness, and disorder. By our lives and example we can help others discern that which is repulsive in their character or their surroundings, and with Christian courtesy we may encourage improvement. As we manifest interest in them, we shall find opportunity to teach them how to put their energies to the best use." – Id., page 196:2.

AND FINALLY . . .

We Determine the Limits

"God can use every person just in proportion as He can put His Spirit into the soul temple. The work that He will accept is the work that reflects His image. His followers are to bear, as their credentials to the world, the ineffaceable characteristics of His immortal principles." – "Ministry of Healing," page 37:4.

"Just to the degree in which the Word of God is received and obeyed, will it impress with its potency and touch with its life every spring of action, every phase of character. It will purify every thought, regulate every desire. Those who make God's Word their trust will quit themselves like men and be strong. They will rise above all baser things into an atmosphere free from defilement." – Id., page 136:3.

The Scope of the Medical Missionary Program

The medical missionary program is designed to reach all people on all levels. Its activities cover every area of human need. Combined with the gospel it provides complete ministry to the whole man. This God-given program has been placed in the hands of the church in order that it may follow the example of Christ, the true Medical Missionary, and fulfil its task of leading men to complete restoration.

Only as the church follows the pattern of Christ's ministry can it expect to have real success in its efforts to win souls for the kingdom. Therefore, it is the responsibility of every church member to study the instruction on medical missionary work and know what to do, and then determine how and where he may best serve and go forward and finish the work which so urgently needs to be done.

THE MEDICAL MISSIONARY PROGRAM

1. According to God's Word

Isaiah 58:6-10. "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh. . . That Thou draw out thy soul to the hungry, and satisfy the afflicted soul."

2. According to Christ's Ministry

Luke 4:18 "To preach the gospel to the poor; . . . to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised."

3. According to the Spirit of Prophecy

Personal Medical Ministry: Medical Missionaries and Their Work

"Ministry of Healing," pages 139-216. Teaching and Healing
 Helping the Tempted
 Working for the Intemperate
 Help for the Unemployed and the Homeless
 The Helpless Poor
 Ministry to the Rich

"Medical Ministry" pages 237-289 Medical Missionary Work and the Gospel Ministry
 Teaching Health Principles
 Diet and Health

AVENUES OF PERSONAL MINISTRY

To Give Simple Treatments

"All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease." – "Ministry of Healing," page 146.

To Instruct in Healthful Living

"Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health." – Id., page 146:1.

Simple Methods of Treating the Sick

"Thousands need and would gladly receive instruction concerning the simple methods of treating the sick, methods that are taking the place of the use of poisonous drugs." – Id., page 146:3.

Instruction in Dietetic Reform

"There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world." – Ibid.

Instruct in Physiology

"Lead the people to study the manifestation of God's love and wisdom in the works of nature. Lead them to study that marvellous organism, the human system, and the laws by which it is governed." – Id., page 147:1.

The Tempted and the Erring

"The Saviour's example is to be the standard of our service for the tempted and the erring. The same interest and tenderness and longsuffering that He has manifested toward us, we are to manifest toward others." – Id., page 162:1.

"We need more of Christlike sympathy; not merely sympathy for those who appear to us to be faultless, but sympathy for poor suffering, struggling souls, who are often overtaken in fault, sinning and repenting, tempted and discouraged. We are to go to our fellow men, touched, like our merciful High Priest, with the feeling of their infirmities."-Id., page 164:1.

"He bids us, in dealing with the tempted and the erring, consider thyself, lest thou also be tempted.' With a sense of our own infirmities, we shall have compassion for the infirmities of others." – Id., page 166:1.

The Fallen

"The fallen must be led to feel that it is not too late for them to be men. Christ honoured man with His confidence, and thus placed him on his honour. Even those who had fallen the lowest He treated with respect." – Id., page 165:1.

Work for the Intemperate

"Especially does the temperance reform demand the support of Christian workers. They should call attention to this work, and make it a living issue. Everywhere they should present to the people the principles of true temperance, and call for signers to the temperance pledge." – Id., page 171:1.

"There is everywhere a work to be done for those who through intemperance have fallen. In the midst of churches, religious institutions, and professedly Christian homes, many of the youth are choosing the path to destruction. Through intemperate habits they bring upon themselves disease, and through greed to obtain money for sinful indulgence they fall into dishonest practices. Health and character are ruined. Aliens from God, outcasts from society, these poor souls feel that they are without hope either for this life or for the life to come." – Id., page 171:2.

Teach and Help the Ignorant

"Attention should be given to the establishment of various industries so that poor families can find employment. Carpenters, blacksmiths, and indeed everyone who understands some line of useful labour, should feel a responsibility to teach and help the ignorant and the unemployed." – Id., page 194:1.

Instruct the Poor

"In ministry to the poor there is a wide field of service for women as well as for men. The efficient cook, the house-keeper, the seamstress, the nurse – the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home. Let the boys and girls be thoroughly taught some useful trade or occupation." – Id., page 194:2.

"By instruction in practical lines, we can often help the poor most effectively. As a rule, those who have not been trained to work, do not have habits of industry, perseverance, economy, and self-denial. They do not know how to manage. Often through lack of carefulness and right judgment, there is wasted that which would maintain their families in decency and comfort if it were carefully and economically used." – Id., pages 194, 195.

The Widow, Fatherless, Aged

"When all has been done that can be done in helping the poor to help themselves, there still remain the widow and the fatherless, the aged, the helpless, and the sick, that claim sympathy and care. Never should these be neglected. They are committed by God Himself to the mercy, the love, and the tender care of all whom He has made His stewards." – Id., page 201:1.

The Needy

"In a special sense, Christ has laid upon His church the duty of caring for the needy among its own members. He suffers His poor to be in the borders of every church. They are always to be among us, and He places upon the members of the church a personal responsibility to care for them." – Id., page 201:3.

Child Care

"Then there are the multitudes of children who have been wholly deprived of the guidance of parents and the subduing influence of a Christian home. Let Christians open their hearts and homes to these helpless ones." – Id., page 203:3.

Orphanages

"If all were done that could be done in providing homes in families for orphan children, there would still remain very many requiring care. Many of them have received an inheritance of evil. They are unpromising, unattractive, perverse, but they are the purchase of the blood of Christ, and in His sight are just as precious as are our own little ones." – Id., page 205:3.

To Work for Men of Position

"So today God is seeking for souls among the high as well as the low. There are many like Cornelius, men whom He desires to connect with His church. Their sympathies are with the Lord's people. But the ties that bind them to the world hold them firmly. It requires moral courage for these men to take their position with the lowly ones. Special effort should be made for these souls, who are in so great danger because of their responsibilities and associations," – Id., pages 209, 210.

The Wealthy

"Much is said concerning our duty to the neglected poor; should not some attention be given to the neglected rich? Many look upon this class as hopeless, and they do little to open the eyes of those who, blinded and dazed by the glitter of earthly glory, have lost eternity out of their reckoning. Thousands of wealthy men have gone to their graves unwarned. But indifferent as they may appear, many among the rich are soul-burdened." – Id., page 210:1.

Men of Influence

"Thousands in positions of trust and honour are indulging habits that mean ruin to soul and body. Ministers of the gospel, statesmen, authors, men of wealth and talent, men of vast business capacity, and power for usefulness, are in deadly peril because they do not see the necessity for self-control in all things. They need to have their attention called to the principles of temperance, not in a narrow or arbitrary way, but in the light of God's great purpose for humanity. Could the principles of true temperance thus be brought before them, there are very many of the higher classes who would recognize their value and give them a hearty acceptance." – Id., page 211:1.

"The greatest men on earth are not beyond the power of a wonder working God. If those who are workers together with Him will do their duty bravely and faithfully, God will convert men who occupy responsible places, men of intellect and influence. Through the power of the Holy Spirit, many will be led to accept the divine principles." – Id., page 216:1.

AVENUES OF MINISTRY THROUGH ORGANIZED GROUP EFFORT (or Organizations)

INSTITUTIONS

Sanitariums

"Christ co-operates with those who engage in medical missionary work. Men and women who unselfishly do what they can to establish sanitariums and treatment rooms in many lands will be richly rewarded. Those who visit these institutions will be benefitted physically, mentally, and spiritually, the weary will be refreshed, the sick will be restored to health, the sin-burdened relieved." – "Testimonies," Vol. 7, page 51:3.

"Let all our sanitariums be erected for health and happiness; let them be so located that the patients will have the blessing of the sunlight; let them be so arranged that every unnecessary step will be saved." – Id., Vol. 7, page 61.

"Great light has been shining upon us, but how little of this light we reflect to the world. Heavenly angels are waiting for human beings to co-operate with them in the practical carrying out of the principles of truth. It is through the agency of our sanitariums and kindred enterprises that much of this work is to be done. These institutions are to be God's memorials, where His healing power can reach all classes, high and low, rich and poor." – Id., Vol. 7, pages 58, 59.

Restaurants

"In addition to this, hygienic restaurants are to be established in the cities, and by them the message of temperance is to be proclaimed. Arrangements should be made to hold meetings in connection with our restaurants. Whenever possible, let a room be provided where the patrons can be invited to lectures on the science of health and Christian temperance, where they can receive instruction on the preparation of wholesome food and on other important subjects." – Id., Vol. 7, page 115:2.

Treatment Rooms

"I have been instructed that one of the principal reasons why hygienic restaurants and treatment rooms should be established in the centers of large cities is that by this means the attention of leading men will be called to the third angel's message." – Id., Vol. 7, pages 122, 123.

Health Institutions

"It is the Lord's purpose that in every part of our world health institutions shall be established as a branch of the gospel work. These institutions are to be His agencies for reaching a class whom nothing else will reach. They need not be large buildings, but should be so arranged that effective work may be done." – Id., Vol 6, page 113:2.

Centers of Influence

We must do more than we have done to reach the people of our cities. We are not to erect large buildings in the cities, but over and over again the light has been given me that we should establish in all our cities small plants which shall be centers of influence."-Id., Vol. 7, page 115:1.

CHURCHES

Part of Every Church

"The medical missionary work should be part of the work of every church in our land." – Id., Vol. 6, page 289:1.

"Medical missionary work should have its representative in every place in connection with the establishment of our churches. The relief of bodily suffering opens the way for the healing of the sinsick soul." – "Medical Ministry," page 322:1.

Health Clinics

"In every city where we have a church, there is need of a place where treatments can be given." – "Testimonies," Vol. 6, page 113:1.

"Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted." – "Ministry of Healing," page 149:2.

Schools of Health

"There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching but actual work under experienced instructors." – Ibid.

MISSIONS

Combine with Third Angel's Message

"Combine medical missionary work with the proclamation of the third angel's message. Make regular, organized efforts to lift the church members out of the dead level in which they have been for years." – "Testimonies," Vol. 6, page 267:1.

"Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel's message, God's methods of treating disease will open doors for the entrance of present truth." – "Evangelism," page 516:1.

"The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message." – Id., page 515:2.

A Complete Work

"The truth for this time embraces the whole gospel. Rightly presented it will work in man the very changes that will make evident the power of God's grace upon the heart. It will do a complete work, and develop a complete man. Then let no line be drawn between the genuine medical missionary work and the gospel ministry. Let these two blend in giving the invitation, 'Come, for all things are now ready.' Let them be joined in an inseparable union, even as the arm is joined to the body." – "Testimonies," Vol. 6, page 291:1.

In Every City

"Intemperance has filled our world, and medical missions should be established in every city." – "Medical Ministry," page 322:1.

Cooking Schools

"As a people we have been given the work of making known the principles of health reform. There are some who think that the question of diet is not of sufficient importance to be included in their evangelistic work. But such make a great mistake. . . . The subject of temperance, in all its bearings, has an important place in the work of salvation. In connection with our city missions there should be suitable rooms where those in whom an interest has been awakened can be gathered for instruction. . . . Cooking schools are to be held. The people are to be taught how to prepare wholesome food." – "Testimonies," Vol. 9, page 112: 1, 2, 3.

The Value of a Soul

How great is the value of a soul? Through human eyes it would be an impossible task to estimate the true value of a soul. For this reason God has given us His written Word that we may see through His eyes what it cost to redeem man from sin.

Only as we understand the great plan of salvation-the sacrifice of Christ, the involvement of all heaven-will it be possible to grasp the value God places upon one soul.

"The value of a soul, who can estimate? Would you know its worth, go to Gethsemane, and there watch with Christ through those hours of anguish, when He sweat as it were great drops of blood. Look upon the Saviour uplifted on the cross. Hear that despairing cry, 'My God, My God, why hast Thou forsaken Me?' Look upon the wounded head, the pierced side, the marred feet. Remember that Christ risked all. For our redemption, heaven itself was imperilled. At the foot of the cross, remembering that for one sinner Christ would have laid down His life, you may estimate the value of a soul." – "Christ's Object Lessons," page 196:4.

To aid us in our understanding, Christ related three parables found in the fifteenth chapter of Luke. By the simple illustrations of the lost sheep, the lost coin, and the prodigal son, Christ impresses upon us a great spiritual truth – the value of a soul. The clearer the understanding of this truth – the greater will be the success in personal ministry, for the one is directly related to the other.

Each parable brings to view a different aspect of those who have lost their way. Therefore it will be profitable to give close study to the three parables, and know the principal points in order to be more richly equipped in the great task of understanding human need and leading lost souls to Christ.

A. GOD'S CARE FOR A SOUL

The parables of the lost sheep, the lost coin, and the prodigal son illustrate God's great love toward those who have turned away from Him – His ceaseless and concentrated efforts to redeem even one, and the great joy that follows when the heart of the lost one responds to the wooing of His Spirit.

Much encouragement, therefore, can be gained from a study of the parables, knowing that human effort will never be in vain, nor the results fruitless whilst God's love continues to draw the lost to Him.

"The parables of the lost sheep, the lost coin, and the prodigal son, bring out in distinct lines God's pitying love for those who are straying from Him. Although they have turned away from God, He does not leave them in their misery. He is full of kindness and tender pity toward all who are exposed to the temptations of the artful foe.

"In the parable of the prodigal son is presented the Lord's dealing with those who have once known the Father's love, but who have allowed the tempter to lead them captive at his will." – "Christ's Object Lessons," page 198:1, 2.

"The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son." – "Steps to Christ," page 100:2.

"Every human being is the object of loving interest to Him who gave His life that He might bring men back to God. Souls guilty and helpless, liable to be destroyed by the arts and snares of Satan, are cared for as a shepherd cares for the sheep of his flock." – "Ministry of Healing," page 162:1.

B. THE VALUE OF ONE SOUL

1. Illustrated in the Parable of the Lost Sheep

Luke 15:4-7. The ONE lost sheep.

The rejoicing over the ONE.

The application to the repenting of ONE and the joy in heaven.

! *Illustrative of God's love for those who know they are lost, but do not know how to find their way back.*

"In the parable the shepherd goes out to *search for one sheep*, the very least that can be numbered. So if there had been but one lost soul, Christ would have died for that one." – "Christ's Object Lessons," page 187:2.

"The *lost sheep knows that it is lost*. It has left the shepherd and the flock, and it *cannot recover itself*. It represents those who realize that they are *separated from God*, and who are in a *cloud of perplexity*, in *humiliation*, and *sorely tempted*." – *Id.*, page 193:3.

"If the *lost sheep is not brought back* to the fold, it *wanders until it perishes*. And many souls go down to ruin for want of a hand stretched out to save. These *erring* ones may appear *hard* and *reckless*; but if they had received the same advantages that others have had, they might have revealed far more nobility of soul and greater talent for usefulness. Angels pity these wandering ones. Angels weep, while human eyes are dry and hearts closed to pity. Oh, the lack of deep, soul-touching sympathy for the tempted and the erring! Oh, for more of Christ's spirit, and for less, far less, of self!" – *Id.*, pages 191, 192.

2. Illustrated in the Parable of the Lost Coin

Luke 15:8-10. The ONE lost coin.

The diligent all-out effort to recover the ONE.

! *God's love for those who do not know they are lost.*

"The *lost coin* represents those who are lost in trespasses and sins, but who have no sense of their condition. They are *estranged from God*, but they know it not. Their souls are in peril, but they are *unconscious and unconcerned*. In this parable Christ teaches that even those who are indifferent to the claims of God, are the objects of His pitying love. They are to be sought for, that they may be brought back to God." – "Christ's Object Lessons," pages 193, 194.

"The *coin*, though lying among dust and rubbish, is a piece of silver still. Its owner seeks it because it is of value. So every soul, however degraded by sin, is in God's sight accounted precious. As the coin bears the image and superscription of the reigning power, so man at his creation bore the image and superscription of God; and though now marred and dim through the influence of sin, the traces of this inscription remain upon every soul. God desires to recover that soul, and to retrace upon it His own image in righteousness and holiness." – "Christ's Object Lessons," page 194:3.

3. Illustrated in the Parable of the Prodigal Son

Luke 15:11-32. The great concern of the father for the ONE who had strayed.

! *God's love for those who have turned their backs on Him, and the response of the lost to the wooing of His Spirit.*

"Miserable as he was, the prodigal found hope in the conviction of his father's love. It was that love which was drawing him toward home. So it is the assurance of God's love that constrains the sinner to return to God." – "Christ's Object Lessons," page 202:1.

"Some workers in the cause of God have been too ready to hurl denunciations against the sinner; but the grace and love of the Father in giving His Son to die for the sinful race have been put into the background. The teacher needs the grace of Christ upon his own soul, in order to make known to the sinner what God really is – a Father waiting with yearning love to receive the returning prodigal, not hurling at him accusations in wrath, but preparing a festival of joy to welcome his return." – "Selected Messages," Vol. 1, page 184: 1.

C. WORK FOR ONE

Diligent Effort Is Worth While – Though Expended for Only One Person

Having experienced the saving power of Christ in his own life, the true Christian will work for souls. He will not despise an audience of one, but, like Jesus, will know the value of a soul. "If you are in communion with Christ, you will place His estimate upon every human being. You will feel for others the same deep love that Christ has felt for you. Then you will be able to win, not drive, to attract, not repulse, those for whom He died. None would ever have been brought back to God if Christ had not made a personal effort for them; and it is by this personal work that we can rescue souls." – "Christ's Object Lessons," page 197.

From the Gospel records we can gain courage and confidence, for some of Christ's most successful work was with an audience of one. Two outstanding examples are:

1. Nicodemus

John 3:1-21.

"After the Lord's ascension, when the disciples were scattered by persecution, Nicodemus came boldly to the front. He employed his wealth in sustaining the infant church that the Jews had expected to be blotted out at the death of Christ. In the time of peril he who had been so cautious and questioning, was firm as a rock, encouraging the faith of the disciples, and furnishing means to carry forward the work of the gospel." – "Desire of Ages," page 176:4.

2. The Woman of Samaria

John 4:4-42.

"As soon as she had found the Saviour, the Samaritan woman brought others to Him. She proved herself a more effective missionary than His own disciples. The disciples saw nothing in Samaria to indicate that it was an encouraging field. Their thoughts were fixed upon a great work to be done in the future. They did not see that right around them was a harvest to be gathered. But through the woman whom they despised, a whole cityful were brought to hear the Saviour. She carried the light at once to her countrymen." – Id., pages 194, 195.

Souls Longing for Rest and Peace

"How many wandering ones have you, reader, sought for and brought back to the fold? When you turn from those who seem unpromising and unattractive, do you realize that you are neglecting the souls for whom Christ is seeking? At the very time when you turn from them, they may be in the greatest need of your compassion. In every assembly for worship, there are souls longing for rest and peace. They may appear to be living careless lives, but they are not insensible to the influence of the Holy Spirit. Many among them might be won to Christ." – "Christ's Object Lessons," page 191:2.

Saving One Soul a Noble Work

"If you fail ninety-nine times in a hundred, but succeed in saving one soul from ruin, you have done a noble deed for the Master's cause. But to be a co-worker with Jesus, you should have all the patience with those for whom you labour, not scorning the simplicity of the work, but looking to the blessed result." – "Testimonies," Vol. 4, page 132:2.

Tax Resources to Utmost for One Soul

"One soul is of more value to Heaven than a whole world of property, houses, lands, money. For the conversion of one soul we should tax our resources to the utmost. One soul won to Christ will flash Heaven's light all around him, penetrating the moral darkness, and saving other souls." – Id., Vol. 6, pages 21, 22.

A CLOSING THOUGHT

Never underestimate the value of one soul. Candidates for eternity are to be found in all strata of life – the poor; the needy and degraded; the intemperate; the unfortunate; those unaware of their lost condition; the apparently satisfied; the worldlings; the rich and influential.

We cannot tell from outward appearances what is happening in the inner man. Some may appear to be uncouth and repulsive, others have a front of careless abandon, yet others give the impression that they have no concern for spiritual things. Behind the facade of indifference or lack of interest there can be a great soul hun-er-a longing for life with substance, a yearning for a better way. And it is the duty of the Christian to bring to these hungering souls the wisdom and knowledge of eternal riches.

Regardless of class, many can be reached through the approach of human kindness – a heart interest in people and their needs. We will do this with dedicated effort if, like Jesus, we know the value of a soul.

"If but one soul would have accepted the gospel of His grace, Christ would, to save that one, have chosen His life of toil and humiliation and His death of shame. If through our efforts one human being shall be uplifted and ennobled, fitted to shine in the courts of the Lord, have we not cause for rejoicing?" – "Ministry of Healing," page 135:1.

Let us take hold of the hand of God and work for even one soul at a time.

For further instruction on "The Value of a Soul" – read "Christ's Object Lessons," pages 198-211.

SECTION D

**WHAT TO DO IN MEDICAL
MISSIONARY WORK**

STUDY NO.

13. WHAT TO DO IN MEDICAL MISSIONARY WORK	87
---	----

Introduction

“What to do in Medical Missionary Work” provides the guidelines for the work which a church can do in accordance with its available personnel and facilities.

The guidelines set down have been tested and tried and have proved successful wherever a church has been prepared to follow the God-given blueprint counsel.

The General Conference Health Ministries Department has a multitude of materials available for health promotion in general and for the prevention of alcohol, tobacco and drug prevention (see also section F). The Divisions and local Conferences may have translations of some of these materials or may have created their own materials adapted to their particular culture. [Editor’s comment]

Before embarking on any plans for the promotion of medical missionary work, please note these points of procedure:

1. Confer with your church pastor and church Medical Missionary secretary.
2. Seek the aid of your conference Medical Missionary secretary.
3. Place your propositions, through your church pastor, before the church board for approval.

Loyal members with the interests of their church at heart will adhere faithfully to correct procedure and direction. Then what is done will be for the best good of the church and for the community it serves.

What to do in Medical Missionary Work

Remember that the purpose of medical missionary work is to pave the way for the preaching and acceptance of the gospel message. Combined with the gospel it becomes a potent force – a work of complete ministry capable of reaching people in all walks of life.

To reach the people where they are, to come down to the level of their needs, is the divine purpose of the great medical missionary program. “To reach people wherever they are; and whatever their position or condition, and to help them in every way possible, - this is true ministry. By such effort you may win hearts, and open a door of access to perishing souls.” MH.156.2 “All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which He is giving them in reference to health reform. He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory...CDF.70.2

Thus by practical demonstration, men and women will be led to understand the love of God expressed through human channels for medical missionary work is “the gospel of healing, blessing and strengthening.” CH.533.2, and many will be led to the fulness of truth.

Medical missionary work covers a broad scope of activity, thus making it possible for all church members to have some part in serving human need. It is not necessary for all to have formal training in medicine in order to do medical missionary work. Note some of the activities outlined in "Ministry of Healing," dealing with medical missionaries and their work –

- Teaching principles of healthful living
- Instruction in nutrition and cooking
- Promoting in temperance
- Caring for the homeless, the underprivileged, the sick, the poor, the widows and aged.
- Showing concern for those faced with problems of everyday life
- Child care, foster homes, adoptions
- Family welfare and counseling
- Providing help in times of emergency
- Person to person ministry to fellow humans in all walks of life, from the poor through to the rich and influential

Because of its scope, every church from the remotest in outback areas to the numerous churches in the cities, medical missionary work can become an effective force in reaching great multitudes that would not possibly be reached in many other way.

Therefore, how best can a church fulfill God's purpose in the community. Suitable personnel and facilities may be limited, but let not the lack hinder making a beginning.

Use that which is at hand and make the best of what is available. Set up a training program for all church members that they may do effective work in accordance with their talents and abilities.

Broadly the church can become active in three areas of community work.

1. Community Health Education
2. Community Service Outreach
3. Co-operating with organizations of similar interest.

1. Community Health Education.

a. Nutrition Instruction.

More than at any time people are nutrition conscious. Because of the rising interest, the church has many opportunities to bring to the notice of the public the good nutrition principles that will lead to a better way of life.

b. Cooking Demonstrations.

Cooking demonstrations, whether held in a church facility, public hall, or in the friendly atmosphere of the kitchen, are a pleasant way of making social contact and developing friendships.

But cooking demonstrations have other important objectives:

1. Provides opportunity to teach good nutrition and principles of healthful living.
2. Shows that diet has a very close relationship to health of the whole man.
3. Is a first step in ministry that can lead a searcher for truth to find the way to Christ.

Thus, every housewife has an excellent opportunity to become a frontline medical missionary by doing her faithful part in becoming an efficient cooking demonstrator, in the home or public.

c. Nutrition and Cooking Schools.

An eight week, one night a week Nutrition and Cooking school is a good form of first approach medical missionary work. Each night - 1½-2 hours duration. Thirty minute lecture on nutrition. A short health film, or slide tape subject appropriate to the nutrition and cooking. Sixty minutes of cooking - 3 recipes demonstrated - followed by generous tastes of food at close. Serving food at the end gives

opportunity to mingle and to get the pulse of the evening's presentation. A charge is made for the eight week course to cover costs of food, copies of recipes given each evening, cost of nutrition lessons and nutrition book.

d. Vacation Health School.

Many children ages 6-12 and teen-agers 13-19 can be reached through vacation health schools. Conduct during school holidays. Five mornings, Monday to Friday. Hours, 10 a.m. - 12 noon. Films on drugs, alcohol and tobacco. Thirty minute lecture on nutrition. Sixty minutes cooking. For teenage groups use lessons and nutrition books as for adults.

e. Better Living Course.

Nature's Eight Remedies. See Ministry of Healing 127

f. Weight Control and Heart Beat

Contact Local Conference Health Department

g. Five Day Plans to Stop Smoking

Contact Local Conference Temperance Department

h. Narcotics Education

Drugs Tobacco Alcohol

Contact Local Conference Temperance Department

2. Community Service Outreach

a. Every church, where adequate facilities are available should be used for:

1. Training center for church members in all aspects of medical missionary work
2. Health education and community service center for non-Adventists
3. A teaching and training center for non-Adventists

b. Child Care

In any community there are calls to care for children because of some emergency. A mother having to go to hospital, a deserted husband or wife, sudden death of parents. And some children that are just not wanted.

The counsel is for Christians to open heart and home. But before engaging in this work, consult with the responsible department in your conference and those government authorities that have to do with child care. On no account take up this work until these procedures are followed and proper authorization is granted.

c. Home Help and Nursing Care

These two avenues of service will provide many opportunities to do helpful personal ministry. In times of sickness, trouble or emergency. To prepare a meal, bake a loaf of bread, do some ironing, a little house cleaning. To sit by a sick bed, to stand by and encourage a troubled soul, to read, to listen to a sore heart. To give comfort and human warmth, to speak a word of cheer, yes even a cup of cold water is medical missionary work.

d. Door to Door Visitation

Health and temperance literature	Health courses.
Spiritual literature	Bible correspondence courses.

Door to door visitation with health and spiritual literature would be one way of finding the needs of the community. We are counselled to visit our neighbours and know their needs.

Door to door visitation could lead to many avenues of personal ministry as stated in “subheading c”.

e. Health Literature in Motels.

A motel in the neighbourhood of the church would provide a good missionary project. Health and temperance magazines could pave the way for some person looking for a better way of life.

Other appropriate places where health and temperance literature could be placed with profit would be, doctors and dentists surgeries, convalescent and nursing homes and schools.

f. Literature Evangelism

See the local conference publishing department secretary for guidance on becoming a literature evangelist.

3. Co-operate with Organizations of Common Interest.

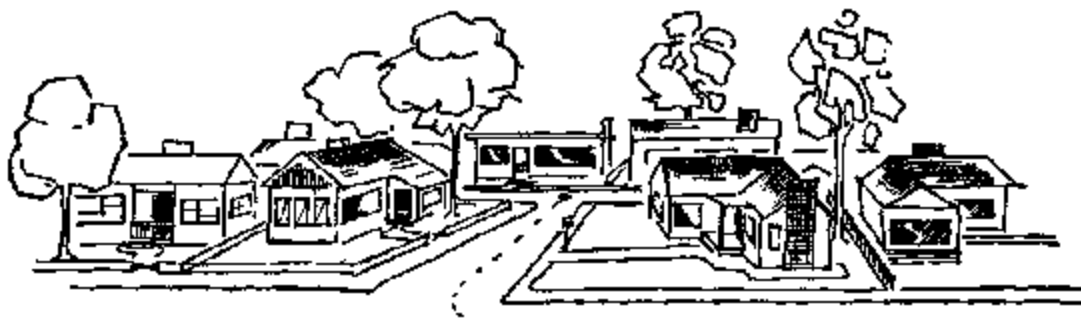
Work along with government agencies and organizations whose objectives parallel those of the church in serving human need, for the purpose of:

- a. Developing new contacts
- b. Building good relations with non-Adventist groups
- c. Acquainting non-Adventists with what Adventists are doing in the community.
- d. Providing the church with opportunities to widen its area of work.
- e. Keeping the church alert to the real needs of the community

WORK FOR ONE.

Church pastors, health and temperance secretaries, lay activities secretaries - encourage person to person ministry by getting church members to work for one soul. To find that one soul ask, the members to take the responsibility of making two or three blocks of houses their missionary field. Get them to do that medical missionary work best suited to their ability. By personal contact, friendliness, and Christian service the way will open to work for one soul. The business of the church is people and the business of every church member is people.

THE ONE-MAN PARISH



In these three blocks of houses there must be at least one soul (a lost sheep, a lost coin, or a prodigal son) who wants to find his way to God.

Develop a one-man parish –

Work for ONE Soul.

SECTION E

HEALTH

STUDY NO.

14. IN THE BEGINNING	96
15. HEALTH THROUGH THE AGES	102
16. HEALTH AND MEDICINE IN THE NINETEENTH CENTURY	108
17. THE PLACE OF THE HEALTH MESSAGE IN THE ADVENT MOVEMENT	121
18. THE TIMELINESS OF THE HEALTH MESSAGE	129
19. THE CHURCH MEMBER AND THE HEALTH REFORM MESSAGE	132
20. EXTREMISM	143
21. TEMPERANCE	151
22. PRECEPTS FOR HEALTHFUL LIVING	158
Air	159
Sunlight	160
Abstemiousness	161
Rest	166
Exercise	169
Diet	171
Water	181
Trust in Divine Power	183
23. MENTAL HEALTH	187
24. SOCIAL ASPECTS	197
25. STIMULANTS AND NARCOTICS	205
SOME CONCLUDING POINTS	213

Introduction

After the Fall, God made known to man the plan to restore him to his former sinless state through the saving power of Christ.

This message of restoration was preached in succeeding ages, and in the process of time God committed to Israel the responsibility of making known to the world the gospel truths. Conditional upon their obedience they were to experience health and spiritual well-being: "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus 15: 26.

God had placed in their hands great opportunities and privileges to reveal to a needy world His saving power. But Israel failed.

In due time Christ came in person. His ministry was to the whole man, mentally, spiritually, and physically. He combined healing with teaching and preaching. By practical demonstration He revealed the purpose of His coming-to bring to men complete restoration.

In the succeeding ages God carefully guided His message of salvation through faithful human agencies. The early decades of the nineteenth century saw the world-wide preaching of the soon return of Christ-to be followed by the Great Disappointment of 1844. Out of this bitter experience God gathered a people and called upon them to: "Prophecy again before many peoples, and nations, and tongues, and kings." Revelation 10: 11. Thus were the beginnings of the Seventh-day Adventist Church.

To the great messages of spiritual reform, God in due course added the all-important truths on the principles of healthful living. Now the church had a complete message of ministry to the whole man. The messages of health reform reveal the close relationship between the physical and the spiritual. In them we are told that the violation of the laws of nature is virtually violation of the law of God, and is as great a sin in the sight of Heaven as to break the Ten Commandments. This is indeed a grave and sobering thought. Eternity could be lost through carelessness on principles of health and a wrong relationship to the laws which govern our being.

The failure of ancient Israel to carry out God-given instruction should stand as a solemn warning to the church today. There should be a constant watch against the neglect of giving full heed to the message of complete restoration (i.e., health and the third angel's message). This God has graciously given for the salvation of His people and humanity at large.

The books of instruction on health and salvation have been in the hands of the church for more than a century, and it must be conceded that to a large degree only token regard has been given to this all-important counsel. To ignore it is to risk the loss of eternal life. The timely warning of Hosea 4: 6 should be kept ever before us: "My people are destroyed for lack of knowledge."

These are the final days and individually each member is to sense the urgency of the times and with firm resolve seek for the knowledge so important to salvation. There will be the need for diligence in applying the principles for the well-being of the whole person and when thus adequately prepared, to move forward and fulfil with greater force God's command to prophesy unto every nation, kindred, tongue and people.

What a marvelous experience lies before the church if each member would be completely obedient to God and faithfully discharge his personal responsibility to his fellow man. There would be evidenced the abiding presence of the Holy Spirit to lead and guide the church to achievements heretofore unknown, and from it would flow streams of blessing in ever widening circles to a world that is in great need.

The purpose of these studies is to help church members in their search for the knowledge essential to eternity. As the fuller details of the health message and the close relationship they bear to the great spiritual truths are revealed there will be brought to view:

1. Deeper appreciation of Christ's sacrifice.
2. Clearer understanding of His ministry to the whole man and of His mission to bring to men complete restoration.
3. The church member's personal responsibility to embrace the complete message of salvation – the health and the spiritual – if eternity is to be realized.
4. The church member's personal responsibility to go, give, and share the complete message of salvation with his fellow men.

To study thoroughly the health message is to be challenged on many points of our everyday living. There will be the need for some very close stock taking. A careful check on diet, our eating habits, our manner of life as it relates to work, pleasure, exercise, rest, recreation, in fact every phase of what we do every day, will call for investigation and subsequent adjustment to the principles laid down for our good.

There can be no excuse for ignorance. The knowledge necessary for healthful living is readily available. It is for us to make the effort, firstly to procure the books, secondly to read and study closely, thirdly to apply the instruction.

The Health Classics are as follows:

"Ministry of Healing"

"Counsels on Diet and Foods"

"The Story of Our Health Message"

"Counsels on Health"

"Temperance"

"Medical Ministry"

All are available from your Book and Bible House [= Adventist Book Center]. If you do not have any of the books, make "Ministry of Healing" and "Counsels on Diet and Foods," your first purchase, and then procure the other books in the order listed.

God in His great love has given us a wealth of knowledge beyond measure. Seek for it whilst there is still time, giving close heed to this pointed counsel: "Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature which are the laws of God – are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come." – "Counsels on Health," page 386:1.

E. W. HON.

In the Beginning

For a more complete understanding of the place of the health message in complete restoration and its relationship to salvation, study needs to be given to the Scriptural record of man's creation and subsequent happenings.

What does the Bible mean when it says, "Man was created in the likeness or image of God"? Was it merely an intellectual or spiritual likeness, or was man created in the image of God, mentally, spiritually, and physically? How was man affected when he sinned?

The answers to these questions will help us to see the significance of health in the total message. It will give us a fuller appreciation of Christ's sacrifice and a clearer picture of His personal ministry in the Gospel records. Further, it will impress upon us – whose goal is life with God – the personal, responsible part we have in the work of redemption.

A. GOD MADE MAN

1. In His Likeness

Genesis 1:26, 27. "In Our image,
After Our likeness: . . .
In the image of God."

Physical, Mental, Spiritual Likeness

"When Adam came from the Creator's hand, he bore, in his *physical, mental, and spiritual nature, a likeness to his Maker*. 'God created man in His own image,' and it was His purpose that the longer man lived, the more fully he should reveal this image – the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigour were continually to increase." – "Education," page 15:1.

Reflected Creator's Glory

"Created to be 'the image and glory of God,' Adam and Eve had received endowments not unworthy of their high destiny. Graceful and symmetrical in form, regular and beautiful in feature, their countenances glowing with the tint of health and the light of joy and hope, they bore in *outward resemblance the likeness of their Maker*. Nor was this likeness manifest in the physical nature only. Every faculty of mind and soul reflected the Creator's glory. Endowed with *high mental and spiritual gifts*, Adam

and Eve were made but 'a little lower than the angels,' that they might not only discern the wonders of the visible universe, but comprehend moral responsibilities and obligations." – Id., page 20:2.

In Outward Resemblance and Character

"Man was to bear God's image, both in *outward resemblance* and in *character*. Christ alone is 'the express image of the Father; but man was formed in the likeness of God. His nature was in harmony with the will of God. His mind was capable of comprehending divine things. His affections were pure; his appetites and passions were under the control of reason. He was holy and happy in bearing the image of God, and in perfect obedience to His will.'" – "Patriarchs and Prophets," page 45:2.

2. Gave Him Life

Genesis 2:7. "Breathed into his nostrils the breath of life; and man became a living [being, R.S.V.]."

A Living Soul Placed Under Law

"In the creation of man was manifest the agency of a personal God. When God had made man in His image, the human form was perfect in all its arrangements, but it was without life. Then a personal, self-existing God breathed into that form the breath of life, and man became a living, breathing, intelligent being. All parts of the human organism were put in action. The heart, the arteries, the veins, the tongue, the hands, the feet, the senses, the perceptions of the mind – all began their work, and all were *placed under law*. Man became a living soul. Through Jesus Christ, a personal God created man, and endowed him with intelligence and power." – "Testimonies," Vol. 8, page 264:1.

3. Created Perfect

Genesis 1:31. "And God saw everything that He had made, and behold, it was very good."
Man, part of a perfect creation.

All Was Perfect

"God looked with satisfaction upon the work of His hands. All was perfect, worthy of its divine Author, and He rested, not as one weary, but as well pleased with the fruits of His wisdom and goodness and the manifestations of His glory." – "Patriarchs and Prophets," page 47:2.

"*Everything was perfect in its kind*; every creature met the goal appointed by the Creator, and was equipped to accomplish the purpose for which it was created. The application of the term 'good' to everything God had made, and the repetition of the word with the emphasis 'very' at the close of creation, with man as its crown and glory, *indicate that nothing imperfect had come forth from God's hand*. This expression of admiration entirely excludes the possibility that any imperfection in the creation was responsible for the weakness demonstrated by Adam and Eve during the hour of temptation." – Editor's Comment, S.D.A. Bible Commentary, Vol. 1, pages 217, 218.

Twenty Times Vital Force

"If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct." – "Testimonies," Vol. 3, pages 138, 139.

More Than Twice the Height

"As Adam came forth from the hand of his Creator, he was of noble height and of beautiful symmetry. He was more than twice as tall as men now living upon the earth, and as well proportioned." – "Spiritual Gifts," Vol. 3, page 34:top.

4. Given Rulership

Genesis 1:26, 28. "Let them have dominion."
"And have dominion over."
See Psalm 8:6-8.

"While they remained true to God, Adam and his companion were to bear rule over the earth. Unlimited control was given them over every living thing. The lion and the lamb sported peacefully around them, or lay down together at their feet. The happy birds flitted about them without fear; and as their glad songs ascended to the praise of their Creator, Adam and Eve united with them in thanksgiving to the Father and the Son." – "Patriarchs and Prophets," page 50:2.

5. Placed in Ideal Conditions

Genesis 2:8, 9. "A garden eastward in Eden." Everything that was pleasant.

Perfect Conditions

"Everything that God had made was the perfection of beauty, and nothing seemed wanting that could contribute to the happiness of the holy pair; yet the Creator gave them still another token of His love, by preparing a garden especially for their home. In this garden were trees of every variety, many of them laden with fragrant and delicious fruit. There were lovely vines, growing upright, yet presenting a most graceful appearance, with their branches drooping under their load of tempting fruit, of the richest and most varied hues." – Id., pages 46, 47.

B. OBEDIENCE THE CONDITION OF LIFE

Genesis 2:16, 17. "In the day that thou eatest thereof thou shalt surely die [dying thou shalt die, margin]."

Tree of Life – Test of Obedience

"Our first parents, though created innocent and holy, were not placed beyond the possibility of wrongdoing. God made them free moral agents, capable of appreciating the wisdom and benevolence of His character and the justice of His requirements, and with full liberty to yield or to withhold obedience. They were to enjoy communion with God and with holy angels; but before they could be rendered eternally secure, their loyalty must be tested. At the very beginning of man's existence a check was placed upon the desire for self-indulgence, the fatal passion that lay at the foundation of Satan's fall. The tree of knowledge, which stood near the *tree of life* in the midst of the garden, was to be *a test of the obedience*, faith, and love of our first parents. While permitted to eat freely of every other tree, they were forbidden to taste of this, on pain of death. They were also to be exposed to the temptations of Satan; but if they endured the trial, they would finally be placed beyond his power, to enjoy perpetual favour with God." – Id., pages 48, 49.

"God made man upright; He gave him noble traits of character, with no bias toward evil. He endowed him with high intellectual powers, and presented before him the strongest possible inducements to be true to his allegiance. *Obedience, perfect and perpetual*, was the condition of eternal happiness. On this condition he was to have access to the tree of life." – Id., page 49:2.

C. MAN'S FAILURE – LIFE LOST THROUGH DISOBEDIENCE

Genesis 3:6. "She took . . . and did eat." "He did eat."

Romans 5:19. By one man's disobedience.

Disobedience Deliberate

Adam's act of disobedience was deliberate. Whilst Eve was deceived by the subtlety of the serpent, Adam was fully aware of his wrong action when Eve asked him to partake of the fruit. "And Adam was not deceived, but the woman being deceived was in the transgression." I Timothy 2:14.

"Adam understood that his companion had transgressed the command of God, disregarded the only prohibition laid upon them as a test of their fidelity and love. There was a terrible struggle in his mind. He mourned that he had permitted Eve to wander from his side. But now the deed was done; he must be separated from her whose society had been his joy. How could he have it thus? Adam had enjoyed the companionship of God and of holy angels. He had looked upon the glory of the Creator. He understood

the high destiny opened to the human race should they remain faithful to God. Yet all these blessings were lost sight of in the fear of losing that one gift which in his eyes outvalued every other. Love, gratitude, loyalty to the Creator – all were overborne by love to Eve. She was a part of himself, and he could not endure the thought of separation. He did not realize that the same Infinite Power who had from the dust of the earth created him, a living, beautiful form, and had in love given him a companion, could supply her place. He resolved to share her fate; if she must die, he would die with her. After all, he reasoned, might not the words of the wise serpent be true? Eve was before him, as beautiful, and apparently as innocent, as before this act of disobedience. She expressed greater love for him than before. No sign of death appeared in her, and he decided to brave the consequences. He seized the fruit and quickly ate." – Id., pages 56, 57.

"Adam's fall is the more tragic because he did not doubt God, nor was he deceived like Eve; he acted in the certain expectation that God's terrible threat would come true.

"Deplorable as was Eve's transgression and fraught as it was with potential woe for the human family, her choice did not necessarily involve the race in the penalty for her transgression. *It was the deliberate choice of Adam*, in the full understanding of an express command of God – rather than hers – that made sin and death the inevitable lot of mankind. Eve was deceived; Adam was not." – Editor's Comment, S.D.A. Bible Commentary, Vol. 1, page 231.

The Results of Sin

Genesis 3:16-19. "In sorrow shalt thou eat."
"Thorns also and thistles."
"In the sweat of thy face."
"Unto dust shalt thou return."

Disobedience brought unhappiness, hardships, difficulties - and finally death. See Romans 5:12.

Divine Likeness Marred

"Through sin the divine likeness was marred, and well-nigh obliterated. *Man's physical powers were weakened, his mental capacity was lessened, his spiritual vision dimmed. He had become subject to death.*" – "Education," 15:2.

The Deterioration of Man

"The days of man would be shortened by his own course of sin; *he would deteriorate in physical stature and endurance, and in moral and intellectual power*, until the world would be filled with misery of every type." – "Patriarchs and Prophets," page 68.

D. GOD'S PLAN FOR MAN'S RESTORATION

Genesis 3:15. Immediately following man's disobedience, God made known to him a plan for his restoration.

The Divine Purpose

"To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be realized – this was to be the work of redemption. This is the object of education, the great object of life." – "Education," pages 15, 16.

Luke 19:10. Restoration through Christ. "To seek and to save that which was lost."

Matthew 9:35. Christ gave complete ministry of restoration – mental, spiritual, and physical.

Christ's Mission

"It was *His mission* to bring to men *complete restoration*, He came to give them health and peace and perfection of character." – "Ministry of Healing," page 17:1.

"The Saviour made each *work of healing an occasion for implanting divine principles in the mind and soul*. This was the purpose of His work." – Id., page 20:1.

Matthew 9:2-7. The man sick of the palsy – an example of complete restoration.

Complete Restoration

"The *paralytic found in Christ healing for both the soul and the body*. He needed *health of soul* before he could *appreciate health of body*. Before the *physical malady* could be healed, Christ must *bring relief to the mind, and cleanse the soul from sin*." – Id., page 77:3.

"Many of those who came to Christ for help had brought disease upon themselves; yet He did not refuse to heal them. And when virtue from Him entered into these souls, they were *convicted of sin*, and many were healed of their spiritual disease as well as of their physical maladies." – Id., page 73:1.

Health Through the Ages

AT CREATION

Genesis 1 and 2. God made complete provision for all aspects of healthful living at the time of creation.

Air, sunlight, water, exercise, work, rest, food.

Genesis 1:29. A non-flesh diet.

The Fruit of the Trees

"God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required." – "Counsels on Diet and Foods," page 81:3.

Genesis 1:31.

Genesis 2:8-10. Ideal conditions and outdoor life.

Pleasant and Invigorating Occupation

To the dwellers in Eden was committed the care of the garden, 'to dress it and to keep it.' Their occupation was not wearisome, but pleasant and invigorating. God appointed labour as a blessing to man, to occupy his mind, to strengthen his body, and to develop his faculties. In mental and physical activity, Adam found one of the highest pleasures of his holy existence." – "Patriarchs and Prophets," page 50:1.

Genesis 2:15. "To dress it and to keep it."

Rewarding Labour

"Adam and Eve, in their untainted purity, delighted in the sights and sounds of Eden. God appointed them their work in the garden, 'to dress it and to keep it.' Each day's labour brought them health and gladness, and the happy pair greeted with joy the visits of their Creator, as in the cool of the day He walked and talked with them. Daily God taught them His lessons." – "Ministry of Healing," page 261:3.

AFTER THE FALL

God's Continuing Concern for Man's Well-being

Genesis 3:18. "The herb of the field" – some changes, but still a non-flesh diet. The R.S.V. renders "the herb of the field" – "the plants of the field."

Partial Change in a Non-flesh Diet

"The divine punishment provided also a partial change in diet. We evidently are to conclude that the quantity and quality of grains and nuts and fruits originally given to man were, as a result of the curse, reduced to such an extent that man would be required to look to the herbs for a portion of his daily food. This change may also have been due in part to the loss of certain elements from the tree of life, to a change in climate, and perhaps most of all to man's sentence to hard labour in the process of earning a livelihood." – Editor's Comment, S. D.A. Bible Commentary, Vol. 1, pages 234, 23

Genesis 3:19. "In the sweat of thy face" – the ideal conditions of Eden were lost, but gainful occupation was still to be pursued.

The Discipline and Benefits of Gainful Labor

"And when, as a result of his disobedience, he was driven from his beautiful home, and forced to struggle with a stubborn soil to gain his daily bread, that very labour, although widely different from his pleasant occupation in the garden, was a safeguard against temptation, and a source of happiness." – "Patriarchs and Prophets," page 50:1.

"The toilsome labour to which man has been subjected is a needful discipline, which, though not good in itself, is yet good for his present condition, and what he could not do without. It is the means of developing the faculties of the mind, and of exercising the virtues and graces of the heart; of keeping man in constant wholesome employment, and so of leading him to fulfil the great end of his being by active diligence in the service of God." – Jamieson, Fausset and Brown, Vol. 1, page 60.

It is interesting to note that Spirit of Prophecy and S.D.A. Bible Commentary make the observation, that after the fall, labor even under unfavourable conditions was conducive to the health and wellbeing of fallen man. Thus even in man's disobedience, the all-wise God made provision for his vital needs. Work, exercise, constructive labour were important contributing factors to physical and mental health.

AFTER THE FLOOD

Genesis 9:3. After the Flood – man was given permission to add flesh to his diet.

Reasons for Diet Change

"After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years." – "Counsels on Diet and Foods," page 373:3.

Even as the green herb. "This implies the newness of the permission to eat flesh food, in addition to the vegetables and fruits that had originally been destined to be man's food. Not only was the temporary absence of plant life, as a result of the Flood, the reason for God's permission to man to supplement his vegetarian diet with meat, but probably also the fact that the Flood had so thoroughly changed this earth's outward form and diminished its fertility that in some lands such as -the far north, it would not produce sufficient vegetarian food to sustain the human race." – Editor's Comment, S.D.A. Bible Commentary, Vol. 1, page 263.

Points Governing Change

"Not that man then first began to eat animal flesh, but only that God for the first time authorized, or rather allowed him to do what the Flood had made a necessity. The wicked antediluvians were flesh eaters. But it was not the will of the Creator that His creatures should consume one another. He had given man plants for food. With the temporary destruction of all plant life during the Flood and the exhaustion of the food supplies that were taken into the ark, an emergency arose that God met by giving permission to eat the flesh of animals. Furthermore the eating of flesh food would shorten men's sinful lives.

"This permission did not imply an unrestrained and unlimited eating of every kind of animal. The phrase, 'moving thing that liveth,' clearly excludes the eating of carcasses of animals that had died or been killed by other beasts, which the Mosaic law later specifically forbade (Ex. 22:31 and Lev. 22:8). Though the distinction between clean and unclean animals in regard to food is not made here, it does not follow that it was unknown to Noah. That Noah was acquainted with this distinction is clear from the previous command to bring more clean than unclean beasts into the ark (Gen. 7:20,), and by the fact that he offered only clean animals as his burnt offering (ch. 8:20).

"This distinction must have been known to early man so well that it was not necessary for God to draw Noah's special attention to it. It was only when this distinction had been lost through the centuries of man's estrangement from God that new and written directives were issued regarding clean and unclean animals (see Leviticus 11; Deuteronomy 14). The immutability of God's character (James 1:17) precludes the possibility of construing this passage as permission to slaughter and eat all creatures. Animals that were unclean for one purpose could not have been clean for another." – Editor's Comment, S.D.A. Bible Commentary, Vol. 1, page 263.

ISRAEL

a. General Health Principles

Following the Exodus God gave Israel complete instruction on general health principles and diet.

Exodus 15:26. *God's Promise*
"If thou wilt diligently hearken . . .
wilt do that which is right . . .
wilt give ear to His commandments, and
keep all His statutes."
"I will put none of these diseases upon thee:
. . . I am the Lord that healeth thee."

The Physical and the Spiritual

"In the teaching that God gave to Israel, the preservation of health received careful attention. The people who had come from slavery with the uncleanly and unhealthful habits which it engenders, were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught, and sanitary laws enforced." – "Ministry of Healing," page 277:1.

"God gave to Israel instruction in all the principles essential to physical as well as to moral health, and it was concerning these principles no less than concerning those of the moral law that He commanded them: [Deut. 6:6-9, 20, 21, 24, quoted]." – Id., page 283:1.

"Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object-lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above any other people they would have possessed physical strength, and vigour of intellect. They would have been the mightiest nation on the earth." – Id., page 283:4.

b. Diet

Exodus 16:35. A non-flesh diet.

God's Personal Guidance and Instruction

"In choosing man's food in Eden, the Lord showed what was the best diet; in the choice made for Israel He taught the same lesson. He brought the Israelites out of Egypt, and undertook their training, that they might be a people for His own possession. Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, 'the bread of heaven.' " – "Counsels on Diet and Foods," page 374:2.

"The Lord plainly told His people that every blessing would come to them if they would keep His commandments, and be a peculiar people. He warned them through Moses in the wilderness, specifying that health would be the reward of obedience. The state of the mind has largely to do with the health of the body, and especially with the health of the digestive organs. As a general thing, the Lord did not provide His people with flesh meat in the desert, because He knew that the use of this diet would create disease and insubordination. In order to modify the disposition, and bring the higher powers of the mind into active exercise, He removed from them the flesh of dead animals. He gave them angel's food, manna from heaven." – Id., page 375:2.

c. God's Purpose for Israel

A Pure, Happy, Healthy People

"When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which He would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed would have resulted in good, both to themselves and to their posterity. He removed flesh food from them in a great measure. He had granted them flesh in answer to their clamours, 'just before reaching Sinai; but it was furnished for only one day. God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man-the fruits of the earth, which God gave to Adam and Eve in Eden." – Id., pages 377. 378.

The Benefits That Could Have Been

"Had they been willing to deny appetite in obedience to His restrictions, feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear perceptions of truth and duty, keen discrimination, and sound judgment. But they were unwilling to submit to God's requirements, and they failed to reach the standard He had set for them, and to receive the blessings that might have been theirs. They murmured at God's restrictions, and lusted after the flesh pots of Egypt. God let them have flesh, but it proved a curse to them." – Id., page 378:1.

d. Points to Observe

God's health plan for Israel is worthy of careful study, for herein we find important lessons applicable to our day. Leaving the influence of Egypt behind them, God purposed that His people would be informed in every detail of right living. Had Israel been obedient to the complete instruction of God, great would have been her achievements. They would have entered Canaan, the promised land, a people rich in body, mind, and spirit. In the words of Sister White – Israel would have been "the mightiest of nations." Note

the thoughts found in "Counsels on Diet and Foods," pages 377, 378, and Mrs. White's references to the Scriptures quoted by her on pages 283-286 in "Ministry of Healing." In particular she uses the Scripture record in Dent. 6:6-9, 20, 21, 24 to apply not only to the moral law but to those teachings concerning principles of health. (See "Ministry of Healing," page 283:1.) Thus Israel had the complete gospel message the health and the spiritual.

For further study:

"Ministry of Healing," pages 277-285.

"Patriarchs and Prophets," pages 291-297.

"Counsels on Diet and Food," pages 373-378.

TODAY

The subject of health as it concerns us today will be taken up in succeeding studies. It will be shown that health plays an important part in preparation for eternity. God's concern for our well-being is just as real now as in ages past. It involves not only the spiritual but the mental and the physical. Christ came to bring to man complete restoration.

Health and Medicine in the Nineteenth Century

Much of what is accepted in medicine today as common knowledge was unknown even as late as the middle half of the nineteenth century. Whilst the knowledge of vaccination had an earlier start, the discovery of germs, anaesthetics, general principles of hygiene and aseptic surgery are discoveries that were made within the span of the last one hundred and ten years or so.

We, who live in this modern age of great medical advancement, find it hard to conceive the ignorance that existed a comparatively short time ago. The following paragraph taken from "Masters of Medicine," and material to follow, should help to bring into focus the gap which existed between medicine today and the last century.

"Mankind really began to start conquering ill-health when Louis Pasteur discovered germs a century ago. Yet even before that, the English doctor Edward Jenner had vaccinated people against microbes he never saw in his life those of smallpox. And after Pasteur, the German chemist Paul Ehrlich gave us the first 'magic bullet' to destroy germs inside the body. These three men – Jenner, Pasteur and Ehrlich – indeed created a revolution for the human race." – "Masters of Medicine," by Harley Williams, page 7 (pub. 1954).

Therefore some knowledge of the difficulties and limitations faced by medical practitioners of those days, and the general ignorance of basic health principles, is necessary, in order to appreciate the value of the specific instruction on health reform given to Mrs. E. G. White in 1863.

The material to follow, largely historical in its content, has been drawn from our own books. Its purpose—that we may understand more clearly God's plan in these final days – to prepare man for eternity. The health reform message is a vital part of the right arm of the gospel. In these closing days, rightly used, it will bring great benefit to the church and the world at large.

1. THE TREATMENT OF THE SICK

"The days of our fathers were days of many afflictions. They were smitten with sore diseases, described as lung fever, consumption, fever and ague, scrofula, salt rheum, diphtheria, typhoid, cholera, rheumatism, indigestion, catarrh, and so forth. For relief their physicians gave them calomel, strychnine, mercury, ipecac, nux vomica, opium, Peruvian bark, alcohol, and tobacco. They forbade them water internally or externally, bled them, and on occasion sawed them asunder. Baths were accounted hazardous; children were sometimes 'sewed up' for the season in their winter clothing; and except for the

old swimming hole or, with the extremely fastidious, the weekly wash-off in the old wooden tub by the kitchen stove, ablutions were reckoned a part of the unnecessary sorrows." – "Origin and History of Seventh-day Adventists," Vol. 1, page 335:3.

"The first quarter of a century after the death of George Washington witnessed but very little advance in the general methods of therapeutic practice. Medical books of that period abound with evidence that the strongest drugs and opiates were freely prescribed, and that little attention was given to the causes of disease or to rational methods for its alleviation." – "The Story of Our Health Message," Robinson, page 14:1.

"A physician who wrote in 1858 of conditions within the period of his own memory, says of the popular methods of medical practice:

"Confinement by disease, which might have terminated in a few days, was protracted to weeks and months, because the importance of the case, as it was thought, required that the patient should be artificially "taken down" and then artificially "built up."

" When carried to its "heroic" extent, artificial medicine undermined the strength, elicited new morbid manifestations, and left more disease than it took away. The question raised was not how much the patient had profited under his active treatment, but how much more of the same he could bear. *Large doses of violent and deleterious drugs were given as long as the patient evinced a tolerance of them*, that is, did not sink under them. The results of such cases, if favourable, like the escapes of the desperate surgery, were chronicled as professional triumphs, while the press was silent on the disastrous results subsequently incurred in like cases by deluded imitators.' " – Id., pages 15, 16.

"As we enter the third quarter of the nineteenth century, we note marked progress in the methods of medical practice. But a single instance will here be cited, that of the knowledge of fevers and their proper treatment. The various stages in this development were well set forth by Dr. J. H. Kellogg, who, in writing in 1876, says regarding the old method of treating fevers:

" Twenty years ago, when a man had a fever, the doctors thought he had too much vitality-too much life-and so they bled him, and purged him, and poisoned him with *calomel*, and *blue mass*, and *sundry other poisons*, for the purpose of taking away from him a part of his vitality – his life – in other words killing him a little.' – J. H. Kellogg, M.D., in the "Health Reformer," January, 1876.

"Of course, as Dr. Kellogg points out, only those who were extraordinarily tough' could survive such treatment, and the heavy mortality led to the adoption of a theory the very opposite of the former. Instead of being an indication of too much vitality, fever was regarded as a sign of too little. And now brandy, wine, and other stimulants were used 'to increase vitality.' It was a matter of great perplexity that the results of this treatment were found to be no better than the former." – "The Story of Our Health Message," Robinson, page 18.

2. DRUGS

A number of factors need to be taken into account when reading the instruction in our health books on the use of drugs:

1. The circumstances under which the instruction was given.
2. The prevailing ignorance of the principles of healthful living a hundred years ago.
3. Health and medicine of the nineteenth century.
4. The types of drugs used by the medical practitioners of those days.

The writings reveal that the free use of poisonous drugs was condemned. Amongst these were opium, arsenic, calomel, strychnine mercury, asafoetida, prussic acid, caustic, ipecacuanha, laudanum and elaterium. Of these drugs it was said:

1. They had no restorative power.
2. Did not cure disease.
3. Changed the form and location of the disease.
4. Interfered with nature's work of recovery.
5. Worked great harm at a later period.
6. Many suffered life-long illness.
7. Created habits and appetites that ruin body and soul.
8. Acted a part in laying a foundation for the liquor and other drug habits.
9. Were a curse to society.
10. Even caused death.

(See "Ministry of Healing," pages 126, 127, and "Selected Messages," Vol. 2, pages 271-285 and 441-454.)

Thus by careful study it will be seen that the drugs condemned were ones which were causing great harm and were in no way an aid to recovery to health. But now – what of the drugs of modern medicine? On these it will not be necessary to elaborate. The General Conference Medical Department has prepared a pamphlet entitled, "The Use of Drugs," which should adequately answer any points raised. It is readily available from your Book and Bible House.

Drugs and Medicines of the Nineteenth Century

"It was deemed advisable to give special warnings against some of the drugs included in the sets designed for family use; and the readers were informed that the 'medicines' such as the *mercurial salts*, *arsenic*, *etc.*, are apt to accumulate in the system, and danger may thence arise if the doses too rapidly succeed each other. The action also of some remedies, *elaterin* and *digitalis*, for example, continues long after the remedy is left off, and therefore much caution is requisite in avoiding too powerful an effect by a repetition of them even in diminished doses." – "The Story of Our Health Message," Robinson, pages 21, 22.

"Glancing through the pages of this family adviser, we note here and there mention of, and recommendations for, such drugs as the following: prussic acid, 'administered with advantage in consumption for allaying the cough'; asafoetida, 'a medicine very serviceable in those hysterical affections to which delicate females are liable'; calomel, which is recommended as a cathartic, 'children requiring larger doses in proportion than adults'; lunar caustic, 'employed internally in epilepsy and externally for lotions'; ipecacuanha, to produce perspiration in colds, no medicine 'more useful in the family than this'; laudanum, 'for procuring sleep'; and nux vomica, 'administered to excite the nervous system, especially in palsy.' " – Id., page 22:1.

"A Dr. Chapman is quoted as *recommending the use of tobacco* as a remedy for the affections of the lungs, 'the vapour to be produced by smoking a cigar,' and advising 'that the patient should frequently draw in the breath freely, so that the internal surface of the air vessels may be exposed to the action of the vapour.' " – Id., page 22:2.

The listing of these various drugs and medicines makes interesting reading and helps us to understand more clearly the reasons for the instruction on the use of drugs and the treatment of the sick. A wider understanding may be gained by reading the book, "The Story of Our Health Message," by Robinson.

Mercurial salts: Acute mercury poisoning results from ingestion of soluble mercury salts. They are irritant poisons. (Encyclopaedia Britannica, Vol. 15, page 272.)

Arsenic: Arsenic is the most important of the irritant poisons. The principal effects produced by arsenic in the system is degeneration of the lining of the digestive tract and of the tissues of other internal organs, and probably also a direct attack on nerve tissue. Nausea, vomiting, diarrhoea, headache, muscular pains, weak pulse, and coma are symptoms observed in arsenic poisoning. (Id., Vol. 2, page 435; Id., Vol. 18, page 12a.)

Elaterium: Elaterium is the most active hydragogue purgative known, causing also much depression and violent griping. The active principle, elaterin, was at one time included in both the U.S. and British pharmacopeias. (Id., Vol. 8, page 126.)

Prussic acid: Also known as hydrocyanic acid or hydrogen cyanide, is a highly volatile, colourless liquid of extremely poisonous character. (Id., Vol. 18, page 656.)

Asafoetida: A gum resin obtained chiefly from an umbelliferous plant – is relished as a condiment in India and Iran. (Id., Vol. 2, page 497.)

Calomel: Calomel or mercurous chloride. Used as a purgative. Once the most popular of cathartics, calomel is also said to stimulate the liver. (Id., Vol. 4, page 620.)

Caustic: That which burns. In surgery, the term given to substances which destroy living tissues and so inhibit the action of organic poisons, as in bites, malignant disease and gangrenous processes. Such caustic substances include silver nitrate (lunar caustic). (Id., Vol. 5, page 66.)

Ipecacuanha: An expectorant and emetic. (Id., Vol. 12, page 583.)

Laudanum: Originally the name given by Paracelsus to a famous medical preparation of his own, composed of gold, pearls, etc., but containing opium as its chief ingredient. The term is now only used for the alcoholic tincture of opium. (Id., Vol. 13, page 765.)

Nux vomica: A poisonous drug. The fruit of an East Indian tree, containing the virulent poison strychnine. (Id., Vol. 16, page 654.)

When we see that the bulk of these drugs and medicines in common use were poisonous and in other instances purgatives, it is easy to follow how the poor patients of that time had little hope of recovery and many an unfortunate was sent to an early grave. The ignorance of the times helps to accentuate the great love of God for His people in placing in their hands the wonderful knowledge of the principles of healthful living and other related materials.

It is interesting to compare Mrs. White's writings on some of the drugs listed with the information taken from other sources.

The Spirit of Prophecy on Nux Vomica and Other Drugs

"A branch was presented before me bearing large flat seeds. Upon it was written, *Nux Vomica*, *strychnine*. Beneath was written, *No antidote*. I was shown persons under the influence of this poison. It produced heat, and seemed to act particularly on the spinal column, but affected the whole system. When this is taken in the smallest quantities, it has its influence, which nothing can counteract. If taken immoderately, convulsions, paralysis, insanity, and death, are often the results. Many use this deadly evil in small quantities. But if they realized its influence, not one grain of it would be introduced into the system. . . .

"I was shown that the innocent, modest-looking, white poppy yields a dangerous drug. *Opium is a slow poison*, when taken in small quantities. In large doses it produces lethargy and death. Its effects upon the nervous system are ruinous. When patients use this drug until it becomes a habit, it is almost impossible to discontinue it, because they feel so prostrated and nervous without it. They are in a worse condition when deprived of it than the rumdrinker without his rum, or the tobacco-user deprived of his tobacco. The opium slave is in a pitiful condition. Unless his nervous system is continually intoxicated with the poisonous drug, he is miserable. It benumbs the sensibilities, stupefies the brain, and unfits the mind for the service of God. True Christians cannot persist in the use of this slow poison, when they know its influence upon them. . . .

"*Mercury, calomel, and quinine* have brought their amount of wretchedness, which the day of God alone will fully reveal. Preparations of mercury and calomel taken into the system ever retain their poisonous strength as long as there is a particle of it left in the system. These poisonous preparations have destroyed their millions, and left sufferers upon the earth to linger out a miserable existence." — "Spiritual Gifts," Vol. 4, pages 138, 139.

3. DIET AND HEALTH IN THE NINETEENTH CENTURY

Heavy, Greasy Foods

"The diet was heavy, laden with meats (bear's meat or hog), filled with grease, hot with condiments (native peppers or imported spices). On the frontier it was washed down with cider or whisky and in the effete East with tea and coffee. No one – almost no one – saw any relation between this diet and the ills of the flesh they endured. Job had boils, and Timothy bad stomach trouble. Dyspepsia, humours, catarrh, fevers, the plague – all these were visitations of an inscrutable Providence, intended to torment the wicked and to perfect the saints for an early entrance into Paradise." – "Origin and History of Seventh-day Adventists," pages 335, 336, Vol. 1.

The Direct Result of Ignorance

"In 1863, at the age of thirty-four, Elder Andrews found himself in very poor health, with a congested brain, nervous dyspepsia, catarrh, salt rheum, and suffering from periods of utter prostration. 'My general strength,' he wrote, 'was easily exhausted. I found it difficult to perform the labour which devolved upon me as a preacher.

I had no degree of hope that I should ever again possess a sufficient measure (of health) to make life in itself anything desirable.' " – "The Health Reformer," July, 1869.

"He recognized that the foundation of this condition had been laid in his youth, regarding which he wrote: 'I was not instructed in the principles of hygiene, for neither my father nor my mother had any just knowledge of these. I was kept from the use of tobacco, and from even tasting strong drink; but I had learned almost nothing of the evils of unwholesome food – at least, such as was common in our own family. I did not know that late suppers, and hearty ones at that, were serious evils. I had no idea of any special transgression in eating between meals. . . . I supposed old cheese was good to aid digestion. . . . As to mince pies and sausage, I had no thought that these were unwholesome, unless too highly seasoned, or, as it was termed 'made too rich.' Hot biscuit and butter, doughnuts, pork in every form, pickles, preserves, tea, coffee, etc., were all of common use." – "The Health Reformer," December, 1871.

"To such ignorance of good dietetic principles Elder Andrews added the confession that, in common with most people of his time, he did not see the relation between the transgression of the laws of health and the resulting physical ailments. He said:

" 'I had little other idea of headache, dyspepsia, nausea, fevers, etc., than that these were things that for the most part were wholly out of our control, and that like the various phenomena of nature they were ordered by God's hand and man had generally no agency therein. Do not smile at this strange notion. It is strange, indeed, that such ideas should prevail; but they do prevail even now, you may satisfy yourself by calling out the ideas of the very next person you meet.'

"It is only as we picture this background of health conditions as they were a century ago, that we can truly appreciate the great advance in the knowledge of physiology, hygiene, dietetics, and therapeutics that has been made in this generation, and which is the rich heritage of those who live today.

"Seventh-day Adventists, we shall show, were providentially led to accept as a matter of religious principle the sound reforms in health habits-and that at a time when these health principles were not popular-and to throw their energies into the campaign of health education that time has demonstrated to be rational and progressive." – "The Story of Our Health Message," Robinson, pages 26, 27.

4. TOWARD BETTER REMEDIES

In different places new methods were being discovered in treating various sicknesses and diseases. Progress was gradual for there was much ignorance and prejudice to overcome. Health institutes were set up, and here and there doctors introduced water cures as an effective means of treatment.

General principles of healthful living, hygiene, vegetarian diet, combined with water treatments, brought in methods of instruction in preventing sickness and bringing healing heretofore unknown. It was interesting to note, subsequently, how many of these teachings paralleled the inspired counsel given to the church.

a. Natural Remedies

"In the summer of 1777 William Wright, a physician of Jamaica, was sailing from that island in a ship bound for Liverpool. In treating a case of typhus fever, which ended fatally, he became infected and was very ill. He prescribed for himself the usual remedies, such as taking a 'gentle vomit,' followed by a 'decoction of tamarinds' and 'at bedtime, an opiate, joined with antimonial wine.' He was perplexed because that even after taking a 'drachm of Peruvian bark -every hour for six hours successively' with an occasional glass of port wine, he felt no better. He experienced decided relief, however, when he went on deck; and he noted that the colder the air, the better he felt.

"This circumstance,' he reported, 'and the failure of every means I had tried encouraged me to put in practice on myself what I had often wished to try on others, in fevers similar to my own.'

"We can only imagine his feelings of mingled apprehension and of desperate hope as he waited the result of a cold douche-three buckets of sea water which he ordered thrown over his naked body. Though 'the shock was great, [he] felt immediate relief.' A few hours later his fever reappeared, and he repeated the treatment, and did it twice more the following day. For the third day he recorded in his diary: 'Every symptom vanished, but to prevent a relapse, I used the cold bath twice.'

"Soon another passenger was taken down with the same fever, and at his urgent request Dr. Wright ventured to give him the same treatment, and with the same gratifying result." – "The Story of Our Health Message," Robinson, pages 28, 29.

b. Priessnitz's Discovery on Water Cures

"Interest was revived in the subject as reports spread regarding marvellous cures effected by an Austrian peasant through the agency of cold water. Again it was an accidental circumstance that was the occasion for the rediscovery of the curative powers of water. Vincent Priessnitz (1799-1851), a lad of thirteen years living in Graefenberg, Austria, one day sprained his wrist. With his good band he worked a pump and kept a stream of water running over the injured part. This brought alleviation of the pain. When he became tired of pumping, he devised the plan of continuing the relief, using wet cloths frequently dipped into cold water. Soon after this he crushed his thumb while working in the woods, and again found relief by the application of cold compresses.

"The report of these minor injuries, and of their relief by the use of cold water, probably would not have gone beyond a very small circle of acquaintances, except that these incidents were but preliminary to a more serious accident and a striking recovery from expected death. When young Priessnitz was sixteen years old, he was driving a pair of horses with a load of hay down a steep mountain road. The animals became frightened and began to run. The young man tried to stop them by holding the bridle reins, but he was knocked down, kicked by the horses, and run over by the heavy wagon. When stock was taken of his injuries, it was found that he had lost three teeth and, in addition to many wounds and bruises, had three broken ribs. A surgeon painfully probed the wounds, put bandages around his chest, and left, declaring that the wounds were incurable.

"Priessnitz tore off the bandages and applied cold cloths until the inflammation was subdued and the pain was alleviated. By pressing his abdomen against the window sill and inflating his lungs, he set the broken ribs, and resumed the cold treatment, making a speedy recovery." – Joel Shew, M.D., "The Water Cure Manual," quoted in "The Story of Our Health Message," Robinson, pages 31, 32.

"Instead of being carried to the fields, he lived to write his name deep in water. Uneducated, not knowing what Hippocrates had written about hydrotherapy in the years B.C., but gifted with natural clinical insight and a first-class organizing ability, Priessnitz established a hydropathic institute at Graefenberg, which was soon crowded with health seekers from all parts of the world. . . In time many well-known physicians of unimpeachable standing sojourned at Graefenberg to learn from the untutored Priessnitz such practical thermo-therapeutic procedures as the douche, the plunge, the dripping sheet, the dry blanket pack, the wet sheet pack, the foot bath, the sitz bath, the warm bath, and much else that was not written in books." – Victor Robinson, M.D., "The Story of Medicine," quoted in "The Story of Our Health Message," page 32.

c. Water Cures Gain Popularity

"Dr. James C. Jackson (1811-1895), of New York State, was among the pioneers in the United States who lost faith in the efficacy of drugs and discontinued their use in medical practice. After practicing twenty years as a physician, he wrote:

" 'In my entire practice I have never given a dose of medicine; not so much as I should have administered had I taken the homeopathic pellet of the seven millionth dilution, and dissolving it in Lake Superior, given my patients of its water.... I have used in the treatment of my patients the following substances or instrumentalities: first, air; second, food; third, water; fourth, sunlight; fifth, dress; sixth,

exercise; seventh, sleep; eighth, rest; ninth, social influences; tenth, mental and moral forces.' (James C. Jackson, M.D., "How to Treat the Sick Without Medicine.")" – "The Story of Our Health Message," Robinson, pages 33, 34.

d. Pioneers in Health Reform

"Such men as Drs. Jackson and Trall recognized the therapeutic value of water, and they also saw that it was but one of the remedial agencies provided by nature for the alleviation of suffering. Their practice and their institutions survived, but those failed who made the 'water cure' their main dependence, and their names are largely lost in oblivion.

"It is also worthy of note that some of these health reformers recognized the relationship between obedience to the laws of life and Christian character. Thus Dr. J. C. Jackson wrote:

"There are two classes of persons engaged in the discussion of questions pertaining to human welfare as embodied in the health reform. First, those who relate themselves to it from the side of science and natural law only. Second, those who in addition thereto are quickened in their activities from a sense of the duty which Christ imposes to consecrate and sanctify their bodies as well as their souls to His service. We belong to the latter class, and our hope in presenting health considerations to the people originates mainly from the latter point.' ("The Christian Aspect of the Health Reformation.")

"With such a background of reform, and with able exponents of health principles, the way was prepared in the providence of God for impressing upon the minds of Seventh-day Adventists the importance of physical reform as an adjunct to their message setting forth the pressing need for the restoration of Bible truths and the keeping of God's commandments." – "The Story of Our Health Message," Robinson page 37.

e. Diet

"Other movements were on foot looking to reforms in diet. In 1809 there appeared in England a book by William Lambe, M.D., bearing the quaint title of 'Reports of the Effects of a Peculiar Regimen in Scirrhus Tumours and Cancerous Ulcers.' The peculiar regimen referred to consisted for the most part in the discontinuance of flesh food, and the free use of water.

"My opinion is,' he wrote, 'that no case which is curable can resist the effect of this regimen, if persevered in steadily for three complete years; at the same time that one year or a year and a half will commonly afford much relief.'

"A layman named John Frank Newton, who bad from childhood suffered from a chronic disease, read the book and made a personal application of the experiment to his own diet. So gratifying were the results that he was impelled to write a book setting forth the benefits he had experienced. In closing the first part of this work, he gives more than a suggestion of the opposition those early advocates of vegetarianism encountered. He cautioned 'him who may become a convert to this simple method of preventing disease, not to lose his temper when assailed in argument by his tenacious opponents with violence almost inexplicable; and to be firm and constant in his own practice, in contempt of all the means which will be

resorted to, whether threats or persuasions, to turn him aside from his offensive purpose.'" (J. F. Newton, "The Return to Nature, or a Defence of the Vegetable Regimen.") - "The Story of Our Health Message," Robinson, pages 42, 43.

"An active campaign in behalf of diet reform and the adoption of a vegetarian diet was waged also in the United States. In 1835 Dr. William A. Alcott, of Massachusetts, began the publication of the Moral Reformer as an organ of healthful dietetics. Dr. Milo L. North, a practitioner of Hartford, Connecticut, had become interested in the matter of diet, especially of the reported benefits of vegetarianism. He compiled a questionnaire, asking those who had discarded the use of flesh foods to state the effect upon their strength, their mental acumen, their susceptibility to colds, and any ailments they might have had. He also asked an opinion as to whether either labourers or students, or both, would be benefitted by the exclusion of animal food from their diet.

"This questionnaire was published in the Boston Medical and Surgical Journal and in the American Journal of Medical Science. Several other papers copied it. Thus it was circulated generally throughout the country. Replies were received from various parts of the United States, many of them from medical men. Dr. Alcott published various of these replies, with suitable remarks upon their almost unanimous agreement as to the benefits of the change they had made in their diet, thus building up a strong argument in favour of a vegetarian regimen." (William A. Alcott, "Vegetable Diet as Sanctioned by Medical Men, and Experience in All Ages.",) - "The Story of Our Health Message," Robinson, pages 44, 45.

For further information on natural remedies see "Selected Messages," Vol. 2 under the headings

"The Use of Remedies," pages 286-308;

"Disease and Its Causes," pages 409-479.

BACKGROUND TO BEGINNINGS OF HEALTH MESSAGE

Drugs and Opiates Freely Used

Medical books of that period (1800-1825) abound with evidence that the strongest drugs and opiates were freely prescribed, and that little attention was given to the causes of disease or to rational methods of its alleviation. – "The Story of Our Health Message," by Robinson, page 14:1.

Hydropathic Treatment

Taken from "The Story of Our Health Message." by Robinson.

1777 Dr. Wright's experiments. – Page 28.

1797 Dr. Currie writes book on water treatments. – Page 30.

1799-1852 Austrian, Vincent Priessnitz, establishes hydropathic institute at Graefenberg. – Pages 31-33.

1846 Dr. R. T. Trall (1812-1877) discontinues use of drugs in his practice. – Page 34.

Denominational attitude to Dr. Trall.

The physicians at the institute had good reason for confidence in the teachings of Dr. Trall. The doctor's scientific works on health were outstanding in their real merit, and they were freely read and offered for sale by the denominational leaders. We may agree with Elder White when he said that Dr. Trall "is admitted by all to stand at the head of the health reform in this country, so far as human science is concerned." – Page 194. To get a balanced picture of Dr. Trall's work refer to pages 194-197.

1851 Dr. Trall issues Hydropathic Encyclopedia of 960 pages. – Page 36.

Such men as Drs. Jackson and Trall recognized the therapeutic value of water, and they also saw that it *was but one* of the remedial agencies provided by nature for the alleviation of suffering. Their practice and their institutions survived, but those failed who made the "water cure" their main dependence, and their names are largely lost in oblivion.

It is also worthy of note that some of these health reformers recognized the relationship between obedience to the laws of life and Christian character. Thus Dr. J. C. Jackson wrote: "There are two classes of persons engaged in the discussion of questions pertaining to human welfare as embodied in the health reform. First, those who relate themselves to it from the side of science and natural law only. Second, those who in addition thereto are quickened in their activities from a sense of the duty which Christ imposes to consecrate and sanctify their bodies as well as their souls to His service. We belong to the latter class, and our hope in presenting health considerations to the people originates mainly from the latter point." – Page 37.

1858 Dr. Jackson opens water cure establishment known as "Our Home on the Hillside" at Danville, New York. – Page 34. The following extract will give Dr. Jackson's attitude to drugs and the methods he employed in healing.

Dr. James C. Jackson (1811-1895), of New York State, was among the pioneers in the United States who lost faith in the efficacy of drugs and discontinued their use in medical practice. After practicing twenty years as a physician, he wrote: "In my entire practice I have never given a dose of medicine; not so much as I should have administered had I taken the homeopathic pellet of the seventh millionth dilution, and dissolving it in Lake Superior, given my patients of its water. . . "I have used in the treatment of my patients the following substances or instrumentalities: first, air; second, food; third, water; fourth, sunlight; fifth, dress; sixth, exercise; seventh, sleep; eighth, rest; ninth, social influences; tenth, mental and moral forces." – Page 34.

- Dr. Jackson wrote a number of books, besides pamphlets and tracts, and lectured in many places. It is probable that he, more than any other single individual, exercised a widespread influence in behalf of early hygienic reform in the United States. – Page 34.
- 1863 Pastor James White and Mrs. White are invited to Dr. J. C. Jackson's medical institution following a letter written by Pastor White seeking health literature and suggesting a visit to the medical institution. The purpose of the suggested visit was to observe methods of treating the sick. – Page 97.
- 1864 The Whites stay three weeks at Danville. – Page 98.

Temperance and Diet

Taken from "The Story of Our Health Message," by Robinson.

- 1785 Pamphlet by Dr. Benjamin Rush "Inquiry Into the Effects of Ardent Spirits."
Dr. Rush appeals to government to pass drastic laws to limit sale of ardent spirits and also to gospel ministers to aid him in his campaign. – Pages 38, 39.
- 1809 Dr. William Lambe issues book on the discontinuance of flesh foods and the free use of water. – Page 42.
- 1811 P. B. Shelley the poet writes book advocating a non-flesh diet and drinking only pure water. – Page 43.
- 1814 First effective steps in protesting against use of intoxicating liquors at funerals.-Page 39.
- 1826 American Temperance Society organized. – Page 41.
- 1832 Sylvester Graham, Presbyterian minister, began lectures on healthful living. Originator of Graham bread, etc. – Page 45.
- 1833 Graham Journal published monthly in Boston. – Page 45.
- 1835 Dr. William Alcott began publication of "The Moral Reformer" dealing with healthful dietetics. – Page 44.
- 1839 Lectures printed in book form. – Page 45.
- 1847 Vegetarian Society formed at Ramsgate, England. – Page 44.
- 1850 William Metcalf, pastor, initiates convention of diet reformers in Clinto Hill, New York. American Vegetarian Society launched. – Page 46.

Reforms Among Adventists

Taken from "The Story of Our Health Message," by Robinson.

- 1848 Mrs. White shown in vision the harmful effects of tobacco and that tea and coffee were injurious. – Page 65.
- 1850 Questions raised regarding the use of swine's flesh. – Page 62.
- 1853 Adventists advised in the Review and Herald to discontinue the use of tobacco. – Page 66.
- 1854 Mrs. White writes on the need of personal cleanliness. – Page 71.
- 1855 Action taken at general church meeting at Vermont to labour with members who still persisted in use of tobacco. – Page 67.
- 1856 J. N. Andrews writes strongly against the use of tobacco. – Page 68.
- 1858 Sister White sends timely counsel to group of reformers in regard to their attitude towards the use of swine's flesh and how they should relate themselves to the matter. – Page 63.
- 1863 The great subject of health reform was opened to Mrs. White in vision. The outstanding feature of the vision was the presentation to Mrs. White of the relation between physical welfare and spiritual health or holiness. – Pages 76, 77.

The importance of the vision as regards health reform and the message is stated as follows:

"The duty to elevate by precept and example the principles of temperance and of health reform, by giving them a place with other saving truths, as an *integral part of the message* to prepare a people for Christ's coming – this is an outstanding feature of the vision relating to health, which was given at Otsego." – Page 79.

"As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence, but *when placed on a level with the great truths of the third angel's message by the sanction and authority of God's Spirit*, and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation, *then it comes to us as an essential part of present truth*, to be received with the blessing of God or rejected at our peril." – Page 80.

The Place of the Health Message in the Advent Movement

Daniel 12:4 says in part: " [At] the time of the end: ... knowledge shall be increased."

The early nineteenth century saw the fulfilment of this prophecy of long ago. In particular, the prophecies of Daniel called for intensive study, resulting in the world-wide proclamation of the second advent of Christ. In many places, in the old and new world there was a great religious awakening, and thousands were stirred by the preaching of the imminence of Christ's return.

Outstanding amongst those who arose to preach the message of the day was William Miller. On his part this was not done in a hurry. It was not until 1831, after fifteen years of intense study, particularly concerning Daniel and Revelation, that he made his first public declaration regarding Christ's coming. Of his work and influence "The Great Controversy," page 368:1 says: "To William Miller and his co-labourers it was given to preach the warning in America. This country became the centre of the great Advent Movement. It was here that the prophecy of the first angel's message had its most direct fulfilment. The writings of Miller and his associates were carried to distant lands. Wherever missionaries had penetrated in all the world, were sent the glad tidings of Christ's speedy return. Far and wide spread the message of the everlasting gospel, 'Fear God, and give glory to Him; for the hour of His judgment is come.'"

The Great Disappointment of 1844 brought about a re-study of the Scriptures. As a result, the truths of the sanctuary and judgment came to light. With the sanctuary truth God's law stood out more clearly, and a little later there followed the message of the Sabbath. Those who stood faithful to God following the disappointment accepted these truths of spiritual reform, and thus were the beginnings of the Seventh-day Adventist Church. How important it is to be true to God under all circumstances-for out of great disappointment came riches immeasurable with much more to follow.

It was not until 1848 that the first instruction was given on things harmful to the physical being. The instruction dealt with the injurious effects of tobacco, tea, and coffee. The next instruction came in 1854 and had to do with cleanliness, rich foods and fine foods. However it was not until 1863, immediately after the formation of the General Conference, that the basic principles of healthful living were revealed.

Referring to these early years, "The Story of Our Health Message" makes this statement: "This formative period of the body of Seventh-day Adventists may be roughly stated to have been from 1844 to 1855. It was still a time of general ignorance and carelessness regarding hygiene and medical practice among many physicians and practitioners. Yet, as we have pointed out, there were definite, decided movements in health reform; the way was being prepared for the inclusion of the progressive laws of life in the faith and practice of the believers when the time should be propitious.

"There were, however, other reforms to be adopted before the Sabbath-keeping Adventists were ready to accept the health reform principles. It is a well-known proclivity of human nature to rise up against any interference with self-indulgent habits. Had the health message, with its call to self-denial, been introduced prematurely, it might have caused distraction and brought in confusion. It seems to have been in the providence of God therefore, that the great fundamental spiritual truths should be presented first. By these the body of believers was unified and knit together before it was to be tested by the introduction of the health reform message, which, though a matter of great importance, was nevertheless secondary." – "The Story of Our Health Message," pages 61, 62.

The comprehensive instruction of 1863 emphasized the relation between the physical welfare and the spiritual. It showed that the care of health was a sacred duty—an integral part of the third angel's message in preparation for the life to come. It placed upon the people of God not only the responsibility for living in harmony with His health laws, but to share with their fellow men the knowledge of healthful living.

Subsequent instruction brought about the establishment of the Western Health Reform Institute in Battle Creek. To meet the need of health literature, Mrs. White wrote "An Appeal to Mothers," followed by an article entitled "Health" in the fourth volume of "Spiritual Gifts." A series of six articles on "How to Live" was then published. Dr. H. S. Lay, a Seventh-day Adventist physician, became the editor of a regular publication entitled "The Health Reformer" and a book, "Physiology and Hygiene," was compiled by Pastor Loughborough.

Thus through all the events can be seen God's plan for man's complete restoration, firstly spiritual reform, then the great reforms in health, timely in their revelation, and which were to prove of tremendous benefit to those who adopted the principles.

The earlier material, "Health and Medicine in the Nineteenth Century" (Study No. 16), helps to give the setting for the place of the health message in the Advent Movement.

HOW THE HEALTH REFORM MESSAGE WAS GIVEN

Instruction on health reform came through a series of visions given to Mrs. White, spread over a period of years. For the purposes of this study the following visions are listed.

1. Instruction to Discard Tobacco, Tea, and Coffee – 1848

“ ‘It was twenty-two years ago the present autumn (1848) that our minds were called to the injurious effects of tobacco, tea, and coffee, through the testimony of Mrs. White.’ (James White, R. & H. November 8, 1870.)

“ ‘I have seen in vision that tobacco was a filthy weed, and that it must be laid aside or given up.’ ‘Unless it is given up, the frown of God will be upon the one who uses it, and he cannot be sealed with the seal of the living God. – (Ellen G. White, Letter 8, 1851.) "Messenger to the Remnant," page 50.

2. Cleanliness – Rich Foods – Fine Foods – 1854

Cleanliness "I then saw a lack of cleanliness among Sabbath keepers." "I saw that God would not acknowledge an untidy, unclean person as a Christian. His frown is upon such." – E. G. White, MS. 3, 1854. (February 12, 1854.)

Rich Food "I then saw that appetite must be denied, that rich food should not be prepared." – Ibid.

Fine Food "Eat less fine food; eat coarse food, free from grease." – Ibid.

Quoted in "Messenger to the Remnant," page 50.

See also chapter in "The Story of Our Health Message," Robinson, pages 60-74.

3. The Otsego Vision on Health Reform, Otsego, Michigan, June 6, 1863

Important points of the Health Reform Vision:

- a. Presentation of basic principles of healthful living in advance of scientific knowledge of the day.
- b. To speak out against intemperance of every kind – intemperance in working, in eating, in drinking, in drugging. Point to God's great remedy – water, pure soft water, for diseases, for health, cleanliness.
- c. Outstanding feature – relation between physical welfare and spiritual health.
- d. Duty to elevate by precept and example the principles of temperance and of health reform, by giving them a place with other saving truths, as an integral part of the message to prepare a people for Christ's coming.
- e. The greatest value of the vision-primarily not the enunciation of correct health principles – BUT the recognition that it is part of religious duty to care for the body temple.

Statement by Pastor J. H. Wagoner on this point:

“ ‘We do not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land. But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and it is thereby producing an effect which we could not have looked for from any other means.

" 'As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence; but when placed on a level with the great truths of the third angel's message by the sanction and authority of God's Spirit, and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation, then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our peril.' (Review and Herald, August 7, 1866.)" – "The Story of Our Health Message," Robinson, pages 79, 80.

- f. Source of counsel – had not met any person who had knowledge of health reform, nor had read any material on health reform principles prior to receiving the vision and the writing of her six articles on "How to Live."

Statement by Mrs. E. G. White on above point:

"'As I introduced the subject of health to friends where I laboured in Michigan, New England, and in the State of New York, and spoke against drugs and flesh meats, and in favour of water, pure air, and a proper diet, the reply was often made, "You speak very nearly the opinions taught in the 'Laws of Life,' and other publications by Drs. Trall, Jackson, and others. Have you read that paper and those works?" My reply was that I had not, neither should I read them until I had fully written out my views, lest it should be said that I had received my light upon the subject of health from physicians and not from the Lord.

"'And after I had written my six articles for "How to Live," I then searched the various works on hygiene, and was surprised to find them so nearly in harmony with what the Lord had revealed to me. And to show this harmony, and to set before my brethren and sisters the subject as brought out by able writers, I determined to publish "How to Live," in which I largely extracted from the works referred to.' (Review and Herald, October 8, 1867)" – "The Story of Our Health Message," Robinson, page 81.

- g. Adventist doctor's impression on Health Reform Vision:

"Dr. Lay was profoundly impressed by the factual accuracy of the principles of physiology, hygiene, diet, and therapeutics that lay at the foundation of what Mrs. White related as having been shown her in vision. He knew that her knowledge of these principles had not been acquired from human sources of information. He frequently related these circumstances to others." – Id., pages 83, 84.

4. The Vision at Rochester, N.Y., December 25, 1865

- a. This vision supplementary to the Otsego vision-pointed out the slow response to the instruction given in 1863.
- b. The relation of the health reform to the third angel's message was re-emphasized. "The health reform is a part of the third angel's message."
- c. Instruction to establish own health institution. "Our people should have an institution of their own, under their own control, for the benefit of the diseased and suffering among us." – "Testimonies," Vol. 1, page 492:2.

For further study see

"The Story of Our Health Message," Robinson, 139-142;

"Testimonies," Vol. 1, pages 485-495.

5. The Vision of October 25, 1868

A warning against extremes in health reform. . . I was shown that these men were not reliable. They were extremists, and would run the health reform into the ground." – "Testimonies," Vol. 2, page 377.

For further study see

"Testimonies," Vol. 2, pages, 377-390.

6. The Vision of December 10, 1871

- a. Further emphasis on health reform: "I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body." – "Testimonies," Vol. 3, page 161:1.

"To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord." – Id., Vol. 3, page 161:2.

- b. The need to promote the subject of health and to stir the public mind: "He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory." – Id., Vol. 3, page 162:1.
- c. The importance of knowledge and obedience: "Knowledge must be gained in regard to how to eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health." – Id., Vol. 3, page 164:3.
- d. The specific function of the Health Reform Institute: "This institution is designed of God to be one of the greatest aids in preparing a people to be perfect before God." – Id., Vol. 3, page 166:2.

"One of the great objects of our Health Institute is to direct sin-sick souls to the great Physician, the true healing fountain, and call their attention to the necessity of reform from a religious standpoint, that they no longer violate the law of God by sinful indulgences." – Id., Vol. 3, page 170:2.

Other points of interest can be found by reading

"Testimonies," Vol. 3, pages 161-185.

THE PURPOSE OF THE HEALTH MESSAGE

There are many statements to be found in the Spirit of Prophecy setting out the purpose of the health message. The following are typical:

To Secure the Highest Possible Development

"Let it ever be kept before the mind that the *great object* of hygienic reform is to *secure the highest possible development of mind and soul and body*. All the laws of nature – which are the laws of God – are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in preparation for the life to come." – "Counsels on Diet and Foods," page 23.

To Fit a People

"The *health reform* is one branch of the great work which is *to fit a people for the coming of the Lord*. It is as closely connected with the third angel's message as the hand is with the body." – "Counsels on Health," pages 20, 21.

To Remove Prejudice

"Much of the *prejudice* that prevents the truth of the third angel's message from reaching the hearts of the people, might be *removed if more attention were given to health reform*. When people become interested in this subject, the way is often prepared for the entrance of other truths. If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in Bible doctrines." – "Counsels on Diet and Foods," page 76:5.

To Guard Against Evils

"It was in love that our heavenly Father sent the light of health reform to guard against the evils that result from unrestrained indulgence of appetite." – Id., page 243:3.

"Our heavenly Father sent the light of health reform to guard against the evils resulting from a debased appetite, that those who love purity and holiness may know how to use with discretion the good things He has provided for them, and that by exercising temperance in daily life, they may be sanctified through the truth." – "Counsels on Health," page 121.

The Entering Wedge

"Wherever an interest is awakened, the people are to be taught the principles of health reform. If this line of work is brought in, it will be the entering wedge for the work of presenting truth." – Id., page 495:4.

Escape Many Dangers

"God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many dangers to which we will be exposed." – "Testimonies," Vol. 3, page 561:1.

THE RELATIONSHIP OF HEALTH REFORM TO THE THIRD ANGEL'S MESSAGE

The third angel's message is one of reform, not only spiritually, but physically. According to many statements found in the Spirit of Prophecy, health reform is an integral part of the third angel's message. Thus the two phases of reform, spiritual and physical, accepted into the life, will bring man complete restoration through Christ and prepare him for the life to come.

An Integral Part

"The duty to elevate by precept and example the principles of temperance and of health reform, by giving them a place with other saving truths, as an *integral part of the message* to prepare a people for Christ's coming – this is an outstanding feature of the vision relating to health, which was given at Otsego." – "The Story of Our Health Message," Robinson, page 79:2.

"The health reform is an important part of the third angel's message; and as a people professing this reform, we should not retrograde, but make continual advancement." – "Counsels on Health," page 49:1.

As the Hand to the Body

"God has shown that the health reform is as closely connected with the third angel's message as the hand is with the body. There is nowhere to be found so great a cause of physical and moral degeneracy as a neglect of this important subject." – Id., page 73:1.

Closely Connected to Third Angel's Message

"Although the health reform is not the third angel's message, it is closely connected with it. Those who proclaim the message should teach health reform also. It is a subject we must understand, in order to be prepared for the events that are to close upon us, and it should have a prominent place." – "Counsels on Diet and Foods," page 77 top.

"The health reform is as closely related to the third angel's message as the arm to the body; but the arm cannot take the place of the body." – Id., page 75:1.

Firmly Linked with Gospel Ministry

"Health reform is to stand out more prominently in the proclamation of the third angel's message. The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message." – Id., page 75:3.

HEALTH REFORM NOT THE WHOLE MESSAGE

In the presentation of health reform care needs to be taken that it does not take precedence over the proclamation of the third angel's message. Always keep in mind its relationship to the spiritual, and heed carefully the wise counsel given in the Spirit of Prophecy writings.

"The health reform is closely connected with the work of the third message, yet it is not the message. Our preachers should teach the health reform, yet they should not make this the leading theme in the place of the message. Its place is among those subjects which set forth the preparatory work to meet the events brought to view by the message; among these it is prominent." – "Counsels on Diet and Foods," page 74:4.

"The proclamation of the third angel's message, the commandments of God and the testimony of Jesus, is the burden of our work. The message is to be proclaimed with a loud cry, and is to go to the whole world. The presentation of health principles must be united with the message, but it must not in any case be independent of it, or in any way take the place of it." – "Counsels on Diet and Foods," page 75:1.

"But while the health work has its place in the promulgation of the third angel's message, its advocates must not in any way strive to make it take the place of the message." – "Testimonies," Vol. 6, page 327:3.

For further information see "Counsels on Diet and Foods," pages 69-77.

The Timeliness of the Health Reform Message

History reveals the careful guiding hand of God in the formative years of the church. By and large spiritual reform preceded health reform. In 1848, spreading from April to October, five conferences were held to give study to distinctive doctrines. Out of these conferences the foundations of Seventh-day Adventist beliefs were laid. Also, in 1848 came the first inspired instruction on the harmful effects of tobacco, tea and coffee. Several years were to pass before further instruction came on health lines and many more years were to follow before detailed principles of healthful living were revealed.

As the events of those days are reviewed, it will be seen that spiritual conditioning was necessary before full instruction could be given on health. This is understandable in view of the ignorance that existed on what are now accepted points of health and hygiene, and that the principles on health which God ultimately revealed were far ahead of common practice in the nineteenth century.

The following very brief history, plus a chronological listing of spiritual and health reform messages, will help to show at quick glance the timeliness of the health message in relationship to the spiritual. Thus in these two great areas of reform God placed in the church a message of complete ministry to the whole man.

The Spiritual and Health Messages

In fulfilment of Revelation 10, the great second advent message was preached in the years 1840-1844. The Great Disappointment of 1844, when Christ did not return as expected, was followed by an earnest re-study of the Scriptures.

Step by step God revealed important Bible truths as the faithful pioneers of the day, individually or in groups, by diligent effort sought the wisdom of His Word. Now they saw that the sanctuary to be cleansed did not mean the earth, but the cleansing of the sanctuary in heaven. The three angel's messages brought clearer light on the Ten Commandments. Then followed the truth of the seventh-day Sabbath, the ministry of Christ in the heavenly sanctuary, and the non-immortality of the soul.

The following statement from "Messenger to the Remnant," page 39, gives a clear and concise picture of the years following 1844: "By the year 1850 the lines of fundamental truth were quite well understood and clearly defined. The pioneers expressed unbounded confidence that what they held was 'present truth.'" Note the following:

"Our position looks very clear: we know we have the truth." – E. G. White Letter, March, 1849. Record Book 1, page 72.

"Those who labour in the cause have much to discourage them; also they have much to encourage them. It seems that those who come into the whole truth now will stand. This is encouraging indeed. Much labour and money has been spent in time past where no visible good now appears, but those who spend time, talent, and money in the cause now are sure of a reward." – James White Letter, March 22, 1849. Record Book 1, pages 41, 42.

In 1889 Mrs. E. G. White Wrote of Those Early Days:

There was much talk about standing by the old landmarks. But there was evidence they knew not what the old landmarks were. . . . They had perverted ideas of what constituted the old landmarks.

"The passing of the time in 1844 was a period of great events, opening to our astonished eyes the cleansing of the sanctuary transpiring in heaven, and having decided relation to God's people upon the earth, [also] the first and second angels' messages and the third, unfurling the banner on which was inscribed, 'The Commandments of God and the faith of Jesus.' One of the landmarks under this message was the temple of God, seen by His truth-loving people, in heaven, and the ark containing the law of God. The light of the Sabbath of the fourth commandment flashed its strong rays in the pathway of the transgressors of God's law. The non-immortality of the wicked is an old landmark. I can call to mind nothing more that can come under the head of the old landmarks." – "Messenger to the Remnant," page 40.

Spiritual Reform Message

1840-1844 The great second advent message.

See "Great Controversy," pages 355-390.

1844 The Great Disappointment. (Earnest re-study of the Scriptures.)

See "Great Controversy," pages 409-411.

The certainty of the second advent.

See "Great Controversy," page 391:1.

The sanctuary in heaven. (Opened to view a complete system of truth.)

See "Great Controversy," page 423:1.

(*The three angels' messages* . . . to those who held to the advent faith came a clearer understanding of the first and second angels' messages, and they were prepared to receive and give the third angel's message of Revelation 14.

See "Great Controversy," pages 431, 432.)

The Ten Commandments.

See "Great Controversy," pages 433, 434.

The Sabbath.

See "Great Controversy," pages 434, 435 and 437, 438.

Christ's ministry in the heavenly sanctuary.

See "Great Controversy," pages 424:1, 429:2, 432.

The non-immortality of the soul.

See "Great Controversy," pages 551-562.

Health Reform Message

Whilst the details of the health reform messages have already been listed, the following three dates are set down in order to emphasize God's guidance of His church on health reform in relationship to spiritual reform.

- | | |
|------|---|
| 1848 | Instruction to discard tobacco, tea and coffee.
Four years after the Great Disappointment. |
| 1854 | Cleanliness, Rich Foods, Fine Foods.
Four years after fundamental truths were quite well understood and clearly defined.
(1850.) |
| 1863 | June 6, Comprehensive instruction: Basic principles of healthful living.
Nineteen years after the Great Disappointment.
Two years after the organizing of the Michigan Conference.
Fifteen days after the organizing of the General Conference of Seventh-day Adventists
on May 21, 1863. |

Thus God gave to His church the wonderful truths for man's salvation – a complete message (health and spiritual) for man's complete restoration and the instruction:

"Thou must prophesy again before many peoples, and nations, and tongues, and kings." Revelation 10:11.

The Church Member and the Health Reform Message

What man lost through sin in the beginning, was restored through the sacrifice of Jesus. Throughout the ages God made known this provision. In due time He called forth a people, Israel, to be to the world an object of health and prosperity. They could have been the mightiest nation on earth – but they failed.

At the appointed hour Christ came, and by His life and practice demonstrated God's provision for man's complete restoration. Now in these last days, the responsibility for making known to the world the knowledge of eternity and restoration, mentally, physically, and spiritually, rests upon the membership of His church – the church which keeps the commandments of God and has the Spirit of Prophecy (Rev. 12:17 and 19:10). Where Israel failed, the church today must succeed, and succeed it will if it is obedient to the instruction so clearly stated in Scripture and Spirit of Prophecy.

"The health reform, I was shown, is a part of the third angel's message, and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work." – "Testimonies," Vol. 1, page 486:1.

"He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory." – Id., Vol. 3, page 162:1.

"Those who receive are to impart to others. From every direction are coming calls for help. God calls upon men to minister gladly to their fellow men. Immortal crowns are to be won; the kingdom of heaven is to be gained; the world perishing in ignorance, is to be enlightened." – "Ministry of Healing," page 103:3.

WHAT GOD REQUIRES OF US

Romans 12:1. Present our bodies a living sacrifice, holy, acceptable unto God.
A life without blemish.

Sinful Indulgence Defiles

"Sinful indulgence defiles the body, and unfits men for spiritual worship. He who cherishes the light which God has given him upon health reform, has an important aid in the work of becoming sanctified through the truth, and fitted for immortality.... It is impossible for a man to present his body a living sacrifice,

holy, acceptable to God, while continuing to indulge habits that are depriving him of physical, mental, and moral vigour." – "Counsels on Health," pages 22, 23.

1 Cor. 3:16, 17. Bodies temple of Holy Spirit
If any man defile
We, individually are responsible for any violation to our own bodies.

Violation of Principles Blunts Perceptive Faculties

"Every violation of principle in eating and drinking, blunts the perceptive faculties, making it impossible for them to appreciate or place the right value upon eternal things. . . Those who transgress the laws of God in their physical organism, will not be less slow to violate the law of God spoken from Sinai. Those who will not, after the light has come to them, eat and drink from principle, instead of being controlled by appetite, will not be tenacious in regard to being governed by principle in other things. The agitation of the subject of reform in eating and drinking will develop character, and will unerringly bring to light those who make a 'god of their bellies.' " – Id., pages 38, 39:1.

1 Cor. 6:19, 20. We are not our own
Bought with a price
Redeemed at great cost through the sacrifice of Christ
One person in the sight of God is of great value

Glorify God
We are to give honour to God by living in harmony with His instructions

Bodies Not Our Own

"Many seem to think they have a right to treat their own bodies as they please, but they forget that their bodies are not their own. Their Creator, who formed them, has claims upon them that they cannot rightly throw off. Every needless transgression of the laws which God has established in our being, is virtually a violation of the law of God, and is as great a sin in the sight of Heaven as to break the Ten Commandments. Ignorance upon this important subject is sin; the light is now beaming upon us, and we are without excuse if we do not cherish the light, and become intelligent in regard to these things, which it is our highest earthly interest to understand." – Id., page 40:1.

Study to Understand Needs of Body

"The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement." – "Ministry of Healing," page 271:1.

GOD'S PLAN – RETURN TO ORIGINAL DIET

The Natural Products of the Earth

“Again and again I have been shown that God is trying to lead us back, step by step, to His original design – that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavour to work steadily toward it.” – “Counsels on Health,” page 450:1.

Fruits, Vegetables, Grains, Nuts

“The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains.... God provided fruit in its natural state for our first parents.” – “Counsels on Diet and Foods,” page 81:4. (1890)

“God is working on behalf of His people. He does not desire them to be without resources. He is bringing them back to the diet originally given to man. Their diet is to consist of the foods made from materials He has provided. The materials principally used in, these foods will be fruits and grains and nuts, but various roots will also be used.” – “Testimonies,” Vol. 7, pages 125, 126. (1902)

“Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist upon the flesh of dead animals. He would have us teach people a better way.

“If meat is discarded, if the taste is not educated in that direction, if a liking for fruits and grains is encouraged, it will soon be as God in the beginning designed it should be. No meat will be used by His people.” – “Counsels on Diet and Foods,” page 82:2. (1884)

“Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man.” – Id., page 380:2. (1903)

“It is for their own good that the Lord counsels the remnant church to discard the use of flesh meats, tea, and coffee, and other harmful foods. There are plenty of other things on which we can subsist that are wholesome and good.” – Id., page 381:3. (1908)

HEALTH REFORM – ESSENTIAL TO ETERNITY

The third angel's message is a message of reform of which health reform is an integral part. Because of this inseparable union, it behoves us to give close attention to the instruction regarding health, for it vitally concerns our eternity. “The light God has given on health reform is for our salvation and the salvation of the world.” – “Counsels on Health,” page 446:1.

An Important Aid to Sanctification and Preparation for Second Coming

"He who cherishes the light which God has given him upon health reform, has an *important aid in the work of becoming sanctified* through the truth, and fitted for immortality. But if he disregards that light, and lives in violation of natural law, he must pay the penalty; his spiritual powers are benumbed, and how can he perfect holiness in the fear of God?" – Id., page 22:2.

"For years the Lord has been calling the attention of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of man." – "Testimonies," Vol. 3, page 61:3.

"To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord." – Id., page 161:2.

THE LAWS OF NATURE

a. Laws of Nature – Laws of God

Carefully Study Laws of Nature

"Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies, and conform to them. Ignorance in these things is sin." – Id., Vol. 6, page 369:1.

Obedience Will Promote Happiness

"All the laws of nature – which are the laws of God – are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come." – "Counsels on Health," page 386:1.

Laws of Nature Divine

"There are matters not usually included in the study of physiology that should be considered – matters of far greater value to the student than are many of the technicalities commonly taught under this head. As the foundation principle of all education in these lines, the youth should be taught that the laws of nature are the laws of God – as truly divine as are the precepts of the decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fibre of the body. Every careless or wilful violation of these laws is a sin against our Creator." – "Education," pages 196, 197.

b. Natural Law and the Third Angel's Message

"To make natural law plain, and to urge obedience to it is a work that accompanies the third angel's message." – "Counsels on Health," page 21:2.

c. Obedience to Nature's Laws

1. ESSENTIAL

"The importance of caring for the health should be taught as a Bible requirement. Perfect obedience to God's commands calls for conformity to the laws of the being. The science of education includes as full a knowledge of physiology as can be obtained. No one can properly understand his obligations to God unless he understands clearly his obligations to himself as God's property. He who remains in sinful ignorance of the laws of life and health, or who wilfully violates these laws, sins against God." – "Counsels to Teachers," page 295:1.

2. BUILDS HEALTH

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." – "Ministry of Healing," page 127:3.

3. PROMOTES HAPPINESS

"Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come." – "Counsels on Health," page 390:1.

4. DIRECT PATH TO HEAVEN

"Yes, we are God's property, and the path of obedience to nature's laws is the direct path to heaven." – Id., page 222:top.

d. Violation of Nature's Laws

1. IS VIOLATION OF COMMANDMENTS

"Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God." – "Counsels on Diet and Foods," page 69:2.

"A continual transgression of nature's laws is a continual transgression of the law of God. . . . Sins of the greatest magnitude are committed through the indulgence of perverted appetite." – "Testimonies," Vol. 4, 30:2.

"In the Ten Commandments God has laid down the laws of His kingdom. Any violation of the laws of nature is a violation of the law of God." – E. G. White Comment in S.D.A. Bible Commentary, Vol. 1, page 1105.

"Satan knows that he cannot overcome man unless he can control his will. He can do this by deceiving man so that he will co-operate with him in transgressing the laws of nature in eating and drinking, which is transgression of the law of God." – "Temperance," page 16:2.

2. IS SIN

"To those who desire prayer for their restoration to health, it should be made plain that the *violation of God's law*, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken." – "Ministry of Healing," page 228:1.

"It is as *truly a sin* to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai." – "Counsels on Diet and Foods," page 17:3.

"The transgression of physical law is the transgression of God's law. Our Creator is Jesus Christ. He is the author of our being. He has created the human structure. He is the author of physical laws, as He is the author of the moral law. And the *human being who is careless and reckless* of the habits and practices that concern his physical life and health, *sins against God*." – Id., page 43:3.

3. CAUSES SICKNESS AND DISEASE

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health." – "Ministry of Healing," page 234:1.

"The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law." – Id., page 234:2.

"Sickness is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God. These include the laws of health." – "Counsels on Health," pages 24, 25.

"Knowledge must be gained in regard to how to eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law." – "Testimonies," Vol. 3, page 164:3.

"Although, in many cases, the afflicted had brought disease upon themselves by their sinful course in violating natural law, Jesus pitied their weakness, and when they came to Him with disease the most loathsome, He did not stand aloof for fear of contamination; He touched them, and bade disease give back." – Id., Vol. 3, page 179: top.

"As disease is the result of the violation of natural laws, so is spiritual declension the result of a continued transgression of the law of God. And yet the very transgressors may profess to keep all of God's commandments." – Id., Vol. 4, page 75:2.

GOD'S CALL TO HIS PEOPLE

Health Reform the Responsibility of All

a. Administrators

High Time to Place Themselves on the Right Side

"The presidents of our conferences need to realize that it is high time they were placing themselves on the right side of this question [i.e., health reform]. Ministers and teachers are to give to others the light they have received. Their work in every line is needed. God will help them; He will strengthen His servants who stand firmly, and will not be swayed from truth and righteousness in order to accommodate self-indulgence." – Id., Vol. 6, page 377:1.

The Need to Give Health Reform Rightful Place

"The gospel of health has able advocates, but their work has been made very hard because so many ministers, presidents of conferences, and others in positions of influence, have failed to give the question of health reform its proper attention. They have not recognized it in its relation to the work of the message as the right arm of the body. While very little respect has been shown to this department by many of the people, and by some of the ministers, the Lord has shown His regard for it by giving it abundant prosperity. When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body." – Id., Vol. 6, page 327:2.

Encourage Medical Missionary Work

"We now ask those who shall be chosen as presidents of our conferences to make a right beginning in places where nothing has been done. Recognize the medical missionary work as God's helping hand. As His appointed agency it is to have room and encouragement. Medical missionaries are to have as much encouragement as any accredited evangelist. Pray with these workers. Counsel with them if they need counsel. Do not dampen their zeal and energy. Be sure by your own consecration and devotion to keep a high standard before them. Labourers are greatly needed in the Lord's vineyard, and not a word of discouragement should be spoken to those who consecrate themselves to the work." – "Medical Ministry," pages 240, 241.

b. Ministers

Ministers Should Set Lead in Health Reform

"Our ministers should become intelligent on health reform. They need to become acquainted with physiology and hygiene; they should understand the laws that govern physical life, and their bearing upon the health of mind and soul.

"Thousands upon thousands know little of the wonderful body God has given them or of the care it should receive; and they consider it of more importance to study subjects of far less consequence. The ministers have a work to do here. When they take a right position on this subject, much will be gained. In their own lives and homes they should obey the laws of life, practicing right principles and living healthfully. Then they will be able to speak correctly on this subject, leading the people higher and still higher in the work of reform. Living in the light themselves, they can bear a message of great value to those who are in need of just such a testimony." – "Testimonies," Vol. 6, page 376:1, 2.

Some Ministers Have Hindered Health Reform

"The work of educating in medical missionary lines is an advance step of great importance in awakening man to his moral responsibilities. Had the ministers taken hold of this work in its various departments in accordance with the light which God has given, there would have been a most decided reformation in eating, drinking, and dressing. But some have stood directly in the way of the advance of health reform. They have held the people back by their indifferent or condemnatory remarks, or by pleasantries and jokes. They themselves and a large number of others have been sufferers unto death, but all have not yet learned wisdom." – Id., page 377:2.

Should Teach Principles

"Our ministers should become intelligent upon this question. They should not ignore it, nor be turned aside by those who call them extremists. Let them find out what constitutes true health reform, and teach its principles, both by precept and by a quiet consistent example." – "Counsels on Health," page 449:2.

"It is important that instructions should be given by ministers in regard to living temperately. They should show the relation which eating, working, resting, and dressing, sustain to health. All who believe the truth for these last days, have something to do in this matter." – "Testimonies," Vol. 1, page 618:2.

c. Teachers

Should Have Practical Knowledge of Health Reform

"There is a message regarding health reform to be borne in every church. There is a work to be done in every school. Neither principal nor teachers should be entrusted with the education of the youth until they have a practical knowledge of this subject. Some have felt at liberty to criticize and question and find fault with health-reform principles of which they knew little by experience. They should stand shoulder to shoulder, heart to heart, with those who are working in right lines." – Id., Vol. 6, pages 370:2.

"I appeal to our churches where there are schools, to appoint as teachers of the children and youth those who love the Lord Jesus Christ, and who will make the Word of God the foundation of education. And they should teach the youth to keep themselves in health by obedience to the laws of right living. Teachers and pupils will derive mental and spiritual help from self-denial, by practicing the principles of health reform." – "Counsels to Teachers," page 293:2.

d. Church Members

A Family Matter

"When men and women are truly converted, they will conscientiously regard the laws of life that God has established in their being, thus seeking to avoid physical, mental, and moral feebleness. Obedience to these laws must be made a matter of personal duty. We ourselves must suffer the ills of violated law. We must answer to God for our habits and practices. . . .

"Healthful living must be made a family matter. Parents should awake to their God-given responsibilities. Let them study the principles of health reform, and teach their children that the path of self-denial is the only path of safety." – "Testimonies," Vol. 6, pages 369, 370.

Present Principles Before the People

"The gospel and the medical missionary work are to advance together. The gospel is to be bound up with the principles of true health reform. Christianity is to be brought into the practical life. Earnest, thorough reformatory work is to be done. True Bible religion is an outflowing of the love of God for fallen man. God's people are to advance in straightforward lines to impress the hearts of those who are seeking for truth, who desire to act their part aright in this intensely earnest age. We are to present the principles of health reform before the people, doing all in our power to lead men and women to see the necessity of these principles, and to practice them." – Id., page 379:2.

e. Educate

1. EDUCATE OURSELVES

"We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way. Many, even of those who profess to believe the special truths for this time, are lamentably ignorant with regard to health and temperance. They need to be educated, line upon line, precept upon precept. The subject must be kept fresh before them. This matter must not be passed over as non-essential; for nearly every family needs to be stirred up on the question. The conscience must be aroused to the duty of practicing the principles of true reform. God requires that His people shall be temperate in all things. Unless they practice true temperance, they will not, they cannot be susceptible to the sanctifying influence of the truth." – "Counsels on Health," page 449:1.

2. TEACH OTHERS

"The matter of presenting true principles of health and temperance must not be passed over as unessential; for nearly every family needs to be instructed on this point. Nearly every person needs to have his conscience aroused to become a doer of the Word of God, practicing self-denial, and abstaining from the unlawful indulgence of appetite. When you make the people intelligent concerning the principles of health reform you do much to prepare the way for the introduction of present truth. Said my Guide, 'Educate, educate, educate.' " – "Evangelism," page 515:1.

"There is a great work to be done in bringing the principles of health reform to the notice of the people. Public meetings should be held to introduce the subject, and schools should be held in which those who are interested can be told more particularly about our health foods and of how a wholesome, nourishing, appetizing diet can be provided without the use of meat, tea, or coffee." – "Evangelism," page 534:2.

3. TEACH HEALTH PRINCIPLES

"Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and much of it might be prevented by attention to the laws of health. The people need to see the bearing of health principles upon their wellbeing, both for this life and for the life to come." – "Evangelism," page 525:3.

"In teaching health principles, keep before the mind the great object of reform – that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come." – "Evangelism," page 526:1.

4. INSTRUCT IN SIMPLE TREATMENTS AND DIET

"Thousands need and would gladly receive instruction concerning the simple methods of treating the sick-methods that are taking the place of the use of poisonous drugs. There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world." – "Ministry of Healing," page 146:3.

5. CONDUCT COOKING SCHOOLS

"Cooking schools are to be established in many places. This work may begin in a humble way, but as intelligent cooks do their best to enlighten others, the Lord will give them skill and understanding. . . .

"It has been presented to me that men and women of capability were being taught of God how to prepare wholesome, palatable foods in an acceptable manner. Many of these were young, and there were also those of mature age. I have been instructed to encourage the conducting of cooking schools in all places where medical missionary work is being done. Every inducement to lead the people to reform must

be held out before them. Let as much light as possible shine upon them. Teach them to make every improvement that they can in the preparation of food, and encourage them to impart to others that which they learn." – "Testimonies," Vol. 7, page 113:2, 3.

"Some should labour from house to house, giving instruction in the art of cooking wholesome foods. Many, many will be rescued from physical, mental, and moral degeneracy through the influence of health reform. These principles will commend themselves to those who are seeking for light; and such will advance from this to receive the full truth for this time." – "Evangelism," pages 527, 528.

IMPORTANT HEALTH REFORM POINTERS

*** * *The Danger of Neglecting Health Reform***

"The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, healthdestroying indulgences of men and women have counteracted the influence of the message that is to prepare a people for the great day of God. If the churches expect strength, they must live the truth which God has given them. If the members of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy." – "Testimonies," Vol. 6, pages 370, 371.

"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat-eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat-eating will go from God's people, to walk no more with them." – "Counsels on Health," page 575:2.

*** * *The Benefits of Health Reform***

"The Lord has presented before me that many, many will be rescued from physical, mental, and moral degeneracy through the practical influence of health reform. Health talks will be given, publications will be multiplied. The principles of health reform will be received with favour; and many will be enlightened. The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time. Thus truth and righteousness will meet together." – "Testimonies," Vol. 6, 378, 379.

*** * *Health Reform Essential to Translation***

"In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames that they may be able with the psalmist to exclaim, 'I will praise Thee, for I am fearfully and wonderfully made.' They should ever have the appetite in subjection to the moral and intellectual organs. The body should be the servant to the mind, and not the mind to the body." – "Testimonies," Vol. 1, pages 486, 487.

Extremism

Those striving for eternity must ever guard against extremism, for it is one of the greatest dangers and evils with which a person can be afflicted. If it should find its way into the church, it can destroy in a short space of time much of the good which may have taken years to build. Extremes can also set up barriers without the church and retard the advancement of God's cause.

Extremism is like a disease. It breeds and flourishes on ignorance, and incorrect and partial knowledge. It is a destructive force. It causes strife and dissension. It divides and separates.

Over the years health reform has had more than its share of extremists; at one end, the careless, the casual and the indifferent at the other end, the rigid and the immovable. This has been largely due to lack of emphasis on health reform and its relationship to salvation and the failure by the majority of church members to seek for the knowledge that has always been readily available.

No member who believes in the imminence of Christ's return can afford to delay longer. It is the duty of all to know not only the spiritual truths, but also the truths governing healthful living. The two are inseparable and essential to preparation for eternity. Only a thorough knowledge of God's complete message applied in the life will stand as a safeguard against the devil's wiles to cause God's people to become careless or extreme.

Satan's Plan

"It is the desire and plan of Satan to bring in among us those who will go to great extremes – people of *narrow minds*, who are *critical and sharp*, and *very tenacious* in holding their *own conceptions of what the truth means*. They will be *exacting*, and will *seek to enforce rigorous duties*, and go to *great lengths in matters of minor importance*, while they *neglect the weightier matters of the law – judgment and mercy and the love of God*." – "Evangelism," page 212:2.

Extremism Pleases Satan

"When those who advocate hygienic reform carry the matter to extremes, people are not to blame if they become disgusted. Too often our religious faith is thus brought into disrepute, and in many cases those who witness such exhibitions of inconsistency can never afterward be brought to think that there is anything good in the reform. These extremists do more harm in a few months than they can undo in a lifetime. They are engaged in a work that Satan loves to see go on." – "Counsels on Diet and Foods," pages 195, 196.

Does Great Harm

"To every man God has given his work. Then let no false message be borne. Let there be no straining into inconsistent problems the grand light of health reform. The inconsistencies of one rest upon the whole body of believers: therefore when one goes to extremes, great harm is done to the cause of God." – "Counsels on Diet and Foods," page 210:top.

THE SAFEGUARD AGAINST EXTREMES

2 Timothy 2:15

“Study to show thyself approved unto God . . .”

The word "study" in this instance means “to exert one's self,” “to be diligent.” The instruction in the text sets a standard of study away above that which would be acceptable to self. If it has God's approval, then we can be sure that our efforts are on right lines and will ensure us against any possibility of extremes or fanaticism.

“Rightly dividing the Word of truth.”

The Word of God rightly studied and interpreted will bring balanced living. The same principle applies to the health message. All aspects must be studied and carefully examined in order to ensure that whatever instruction is given harmonizes with what is taught as a whole.

Close Students of the Word

"Those who are close students of the Word, following Christ in humility of soul, will not go to extremes. The Saviour never went to extremes, never lost self-control, never violated the laws of good taste. He knew when to speak and when to keep silent. He was always self-possessed. He never erred in His judgment of men or of truth. He was never deceived by appearances. He never raised a question that was not clearly appropriate, never gave an answer that was not right to the point. . . .

"Those who follow the example of Christ will not be extremists. They will cultivate calmness and self-possession. The peace that was seen in the life of Christ will be seen in their lives." – "Gospel Workers," page 317:2, 3.

Study Broadly and Deeply and Be Tolerant of Others' Views and Needs

"There is real common sense in dietetic reform. The subject should be studied broadly and deeply, and no one should criticize others because their practice is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate everyone's habits, and no one should think himself a criterion for all. Not all can eat the same things. 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. Some persons cannot digest peas and beans; others find them wholesome. For some the coarser grain preparations are good food, while others cannot use them." – "Ministry of Healing," pages 319, 320.

WARNING COUNSEL ON EXTREMISM

On the question of health reform, extremists are usually thought of as being in one category – the faddists, the dogmatic one food, cure-all type, etc. In "Counsels on Diet and Foods," when dealing with the subject of extremes, reference is made to a large class, and then to two classes. For our own safeguard it would be more than profitable to study the counsel on extremes.

1. A Large Class

“There is a large class

- * who will reject any reform movement, however reasonable, if it lays a restriction upon the appetite.
- * They consult taste, instead of reason and the laws of health.
- * By this class, all who leave the beaten track of custom and advocate reform will be opposed, and accounted radical, let them pursue ever so consistent a course." – "Counsels on Health," page 153:3 and "Counsels on Diet and Foods," page 195:3.

2. Two Classes

"Two classes have been presented before me: first, those who are not living up to the light which God has given them; secondly, those who are too rigid in carrying out their one-sided ideas of reform, and enforcing them on others. When they take a position, they stand to it stubbornly, and carry nearly everything over the mark." – "Counsels on Diet and Foods," page 196:1.

a. Those Not Living Up to God-given Light

- * adopted reform because someone else did;
 - * did not obtain a clear understanding of its principles for themselves;
 - * cannot give reason for their faith;
 - * have not weighed motives in light of eternity;
 - * have not obtained a practical knowledge of the principles underlying all their actions;
 - * have not searched and built upon right foundations for themselves;
 - * are walking in the light of another's torch, and will surely fail.
- Id., page 196:2.

b. Those Who Are Too Rigid

- * have one-sided ideas of reform;
- * enforce these ideas on others;
- * take a position and stand to it stubbornly;
- * carry nearly everything over the mark;
- * take wrong views on the reform;
- * adopt too meager a diet;
- * subsist upon poor quality food, prepared without reference to the nourishment of the system;
- * are given to narrow ideas and overstraining of small points;
- * follow monotonous diet, sameness of meals.

– Id., pages 196, 197.

FURTHER MARKS OF THE EXTREMIST

Impoverished Diet

"There may be such an effort at economy in the preparation of food, that, instead of a healthful diet, it becomes a poverty-stricken diet. What is the result? Poverty of the blood. I have seen several cases of disease most difficult to cure, which were due to impoverished diet." – Id., page 197:1.

Monotonous Diet

"Day after day, meat after meal, the same articles of food were prepared without variation, until dyspepsia and general debility resulted." – Ibid.

Urge Personal Views

"Those who have but a partial understanding of the principles of reform are often the most rigid, not only in carrying out their views themselves, but in urging them on their families and their neighbours. The effect of their mistaken reforms, as seen in their own ill-health, and their efforts to force their views upon others, give many a false idea of dietetic reform, and lead them to reject it altogether." – Id., page 198:1.

Tasteless Dishes

"Those who take an extreme view of health reform are in danger of preparing tasteless dishes. This has been done over and over again. The food has become so insipid as to be refused by the stomach." – Id., page 203:1.

The Novice

"It is time that something was done to prevent novices from taking the field and advocating health reform. Their works and words can be spared; for they do more injury than the wisest and most intelligent men, with the best influence they can exert, can counteract. It is impossible for the best qualified advocates of health reform to fully relieve the minds of the public from the prejudice received through the wrong course of these extremists, and to place the great subject of health reform upon a right basis in the community where these men have figured." – Id., page 209:1.

One Idea

"Some were making the matter of dress of first importance, criticizing articles of dress worn by others, and standing ready to condemn everyone who did not exactly meet their ideas. A few condemned pictures, urging that they are prohibited by the second commandment, and that everything of this kind should be destroyed.

"These one-idea men can see nothing except to press the one thing that presents itself to their minds. Years ago we had to meet this same spirit and work. Men arose claiming to have been sent with a message condemning pictures, and urging that every likeness of anything should be destroyed. They went to such lengths as even to condemn clocks which had figures, or 'pictures' upon them." – "Selected Messages," Book 2, page 319:1, 2.

SHUN THE EXTREMES IN ATTITUDES OF –

1. Rejecters of Reasonable Re form

and

THE BROAD MINDED

- * The self pleasers.
- * The appetite-first-regardless person.
- * Tea, coffee and cola drinkers.
- * Those having little regard for health principles.
- * In-between mealers.
- * Late supperers.
- * The unrestricted flesh eaters.
- * The "What is wrong with it?" attitude class.

2. Those Not Living Up to God-given Light

and

THE NARROW MINDED

- * The followers of others and do not know why folk.
- * The do not search for themselves class.
- * The condemnatory campaigners and criticizers.
- * Narrow ideas cranks.
- * Crackpots.
- * One line faddists.
- * Finicky detailers.
- * Fanatics.

Rejecters of Reasonable Reform and the Broad Minded

They do not spend time to seek the truth so readily available. As a consequence they do not understand the importance of health and its relationship to salvation. Their failure to know God's will causes them to be careless over matters vitally important to their well-being. They little realize the far-reaching results their wrong habits have on their daily living and the consequent effect upon their spiritual life.

Those Not Living Up to God-given Light and the Narrow Minded

All should take warning from the counsel given regarding extremists in these categories. Do not be content to follow others. Search and study to know the why and what of truth. Only by this means will it be possible to build strength and purpose into every phase of life.

It will also guard against the danger of the narrow-minded extremist, distinguished by his ill-conceived information, his lack of tolerance and patience. He is further identified by his prejudice, his overbearing and stubborn attitude, his rigidity and his immovableness. He is finicky and fusses over nothing. He shows great concern over trivialities. He is cranky about the unimportant.

THE MIDDLE OF THE ROAD ATTITUDE

Shun Indulgence and Restriction

"Those who understand the laws of health, and who are governed by principle, will shun the extremes, both of indulgence and of restrictions. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for the highest service to God and man. The appetite is under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favour of right principles. These persons have a wide influence for good." – "Counsels on Diet and Foods," page 198:2.

Shun Extremes

"Health reformers, above all others, should be careful to shun extremes. The body must have sufficient nourishment. We cannot subsist upon air merely, neither can we retain health unless we have nourishing food. Food should be prepared in good order, so that it is palatable." – Id., page 207:1.

Palatable and Nourishing

"Food should be prepared in such a way that it will be appetizing as well as nourishing. It should not be robbed of that which the system needs. I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood. Vegetables should be made palatable with a little milk or cream, or something equivalent." – Id., page 207:3.

Better Err on the Side of the People

"If you err, let it not be in getting as far from the people as possible, for then you cut the thread of your influence and can do them no good. Better err on the side of the people than altogether away from them, for there is hope in that case that you can carry the people with you, but there is no need of error on either side." – Id., page 211:3.

The Middle Path

"You need not go into the water, or into the fire, but take the middle path, avoiding all extremes. Do not let it appear that you are one-sided, ill-balanced managers. Do not have a meager, poor diet. Do not let anyone influence you to have the diet poverty-stricken. Have your food prepared in a healthful, tasteful manner, have your food prepared with a nicety that will correctly represent health reform." – Id., page 211:4.

Seek to Be Consistent

"Those who advocate an unpopular truth should, above all others, seek to be consistent in their own life. They should not try to see how different they can be from others, but how near they can come to those whom they wish to influence, that they may help them to the positions they themselves so highly prize. Such a course will commend the truths they hold." – Id., page 195:1.

Not Narrow or Conceited

"He who is imbued with the spirit which actuated Daniel, will not be narrow or conceited, but he will be firm and decided in standing for the right. In all his associations, whether with his brethren or with others, he will not swerve from principle, while at the same time he will not fail to manifest a noble, Christlike patience." – Id., page 195:3.

Unite with the Divine

"Human wisdom is to be combined with divine wisdom and the mercy of God. Let us hide self in Christ. Let us work diligently to reach the high standard God has set up for us-moral transformation by the gospel. God calls upon us to advance in right lines, to make straight paths for our feet, lest the lame be turned out of the way. Then will Christ be satisfied." – Id., page 211:1.

THE MIDDLE OF THE ROAD

**Balanced approach to all of
God's teachings – health and
spiritual, and obeying the laws
of nature as well as the moral
law of God.**

For further study:

"Ministry of Healing," pages 318-324.

"Counsels on Diet and Foods," pages 195-213.

"Counsels on Health," pages 153-161.

Temperance

To those whose goal is life with God, temperance has a much broader meaning than merely the abstinence from tobacco and alcohol. In the Bible sense, temperance concerns the whole man, the mental, spiritual and physical being. It has to do with every point of living – man's inner self, his thoughts, his eating, resting, working, recreation, in effect his whole life.

The more that is understood of the health message in relation to the total message, the greater will be the understanding of temperance. The laws of health require self-control. Without discipline it will be impossible to successfully obey the instruction on the laws governing life. Temperance therefore is an all-important and vital factor in this life and in preparation for the life to come.

1. HE THAT STRIVETH . . . IS TEMPERATE

I Corinthians 9:25 He that "striveth for the mastery is temperate in ALL THINGS."

"Because of the entrance of sin into the world, the thoughts and ideas of men are perverted, and Satan has succeeded in leading men to transgress all the laws of health, so that they generally live in such a way that they hasten their bodily degeneration by their habits of eating, drinking, dressing, sleeping, working, taking recreation, and thinking.

"God requires His people to be conscious of the need for reform in these things and to be active in practicing strict self-control in all that pertains to the preservation of health. Man is not at liberty to please himself in the matter of healthful living; he has been purchased by God, and is under obligation to do all in his power to follow the laws of health in order to maintain his body and mind in the best possible condition. The Christian who is governed by love for the Saviour will not allow his appetites and passions to control him, but will in all things accept the counsel God has given for his mental, physical, and spiritual living." – Editor's Comment, SDA Commentary, Volume 6, page 736.

Temperance – According to SDA Commentary

"Literally, 'self-control.' The word includes much more than abstinence from intoxicating drinks. It signifies moderation in all things and complete control over every passion and appetite. Excesses of every kind are excluded. It is possible to be intemperate even in working for the Lord, by disregarding the laws of health." – Editor's Comment, S.D.A. Commentary, Vol. 6, page 982.

Temperance – According to the Spirit of Prophecy

"The principles of temperance must be carried further than the mere use of spirituous liquors. The use of stimulating and indigestible food is often equally injurious to health, and in many cases sows the seeds of drunkenness. True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body." – "Patriarchs and Prophets," page 562:1.

What Is Temperance?

"Temperance is self-control in the life – the permitting of only those activities which are to the best physical, mental and spiritual interests. It is to maintain the body, mind, and soul at utmost capacity. It is the promotion and maintenance, at all times, of maximum physical function, so that the intellectual and religious faculties may be of the highest quality. It is, then, the life we live guided and molded by Christian principles.

"Temperance is one of the most commonly misused and abused words in the English language. It is applied to activities that are immoderate and indulgent. It is claimed as a tenet by fanatics who see but one phase of the several fundamentals that underlie healthful living. It is amazing the varying concepts of 'temperance' that exist. Some will declare as an example of temperate living, 'Smoke moderately and drink (alcoholics) only occasionally.' Another, 'Don't drink, but I must admit I am a heavy smoker, although I never go to excesses.' Then there are those who class themselves as truly temperate. They avoid the use of tobacco and alcohol but consume large quantities of caffeinated beverages. The mere avoidance of alcohol, tobacco, and caffeinated beverages does not comprise temperance.

"Temperance is more than these. It knocks at the door of every activity of life. For example, it not only asks you what you eat, but why you eat it. It inquires as to how much you eat, and when you eat. It is THE WHAT, THE WHEN, and THE HOW MUCH of everything you do. Twenty-four hours of each day it is by your side. It is a constant interrogator, demanding of your God-endowed intelligence and intellect the answer to many and varied questions – Do you exercise enough? Are you overworking? Do you have sufficient leisure and recreation? Is the time you allot to sleep sufficient? Is your food of high quality? Is it what you need? And is it good food?

"Temperance not only deals with the physical, but delves into the mental and spiritual phases of your life. The thoughts you think, and why you think them. Do they strengthen or destroy? It looks at the underlying motives of life, the soul-governing forces, asking whether you are right with God and man, and whether these factors that control your behaviour are weakening or strengthening your physical, mental, and spiritual life.

"As in various games that are played, that they might be enjoyed to their full, rules are drawn up to modify and regulate the different activities of the players; so in your life, temperance is the *summum bonum* of those rules for regulating all your many activities, which work to produce of you a temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own.

"True temperance is systematic guidance of all thought and action by a strong will, itself controlled by knowledge and ideals which are regulated by fundamental Biblical principles. Its object – the attainment of the highest degree of efficiency in every expression of life." – "Medical Evangelism," by M. G. Hardinge, page 13.

The foregoing statements on "What Is Temperance?" are thought provoking and challenging. They come more sharply into focus when we consider man, as God made him, and where intemperance began.

2. WHERE INTEMPERANCE BEGAN

a. Man in the Beginning

Genesis 1:26, 27 Created in God's image.

Genesis 1:31 Created perfect.

Genesis 2:7 Given life from God.

"Man came from the hand of his Creator perfect in organization and beautiful in form." – "Temperance," page 11:1.

"Man was the crowning act of the creation of God, made in the image of God, and designed to be a counterpart of God." – Id., page 11:2.

"Adam was a noble being, with a powerful mind, a will in harmony with the will of God, and affections that centered upon heaven. He possessed a body heir to no disease, and a soul bearing the impress of Deity." – Id., page 11:3.

"He stood before God in the strength of perfect manhood. All the organs and faculties of his being were equally developed, and harmoniously balanced." – Id., page 11:4.

b. Satan's Master Plan of Destruction

Genesis 3:1-5. The temptation of Eve

 * an attack on appetite.

 * a subtle attempt to break self-control.

"Satan was the first rebel in the universe, and ever since his expulsion from heaven he has been seeking to make every member of the human family an apostate from God, even as he is himself. He laid his plans to ruin man, and through the unlawful indulgence of appetite, led him to transgress the commandments of God. He tempted Adam and Eve to partake of the forbidden fruit, and so accomplished their fall, and their expulsion from Eden. How many say, 'If I had been in Adam's place, I would never have transgressed on so simple a test.' But you who make this boast have a grand opportunity of showing your strength of purpose, your fidelity to principle under trial. Do you render obedience to every command of God? Does God see no sin in your life? . . .

"Satan has planned to ruin man, by leading him away from loyalty to the commandments of God, and one of his most successful methods is that of tempting him to the gratification of perverted appetite." – "Temperance," page 273:3, 4.

c. Man's Failure

Genesis 3:6. "She took . . . and did eat; . . . he did eat."
 * The loss of self-control.
 * Yields to Satan's temptations.
 * This is where intemperance began.

"Through the temptation to indulge appetite, Adam and Eve first fell from their high, holy, and happy estate. And it is through the same temptation that the race have become enfeebled. They have permitted appetite and passion to take the throne, and to bring into subjection reason and intellect.." – "Testimonies," Vol. 3, page 139:1.

"He exulted that Adam and Eve in Eden could not resist his insinuations when he appealed to their appetite. The inhabitants of the old world he overcame in the same manner, through the indulgence of lustful appetite and corrupt passions. Through the gratification of appetite, he had overthrown the Israelites.." – "Temperance," page 13:4.

d. Intemperance – Satan's Weapon of Destruction

"Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all kinds. Through perverted appetite the world would be made corrupt. By leading men to drink alcohol, Satan would cause them to descend lower and lower in the scale. Satan has succeeded in turning the world from God. The blessings provided in God's love and mercy he has turned into a deadly curse. He has filled men with a craving for liquor and tobacco. This appetite, which has no foundation in nature, has destroyed its millions.." – "Temperance," page 12.

"Intemperance of any kind benumbs the perceptive organs and so weakens the brain-nerve power that eternal things are not appreciated, but placed upon a level with common. The higher powers of the mind, designed for elevated purposes, are brought into slavery to the baser passions. If our physical habits are not right, our mental and moral powers cannot be strong; for great sympathy exists between the physical and the moral." – "Testimonies," Vol. 3, pages 50, 51.

"Satan is constantly on the alert to bring the race fully under his control. His strongest hold on man is through the appetite, and this he seeks to stimulate in every possible way." – "Counsels on Diet and Foods," page 150:1.

"Satan exults to see the human family plunging themselves deeper and deeper into suffering and misery. He knows that persons who have wrong habits and unsound bodies cannot serve God so earnestly, perseveringly, and purely as though sound. A diseased body affects the brain. With the mind we serve the Lord. The head is the capital of the body. . . . Satan triumphs in the ruinous work he causes by leading the human family to indulge in habits which destroy themselves, and one another; for by this means he is robbing God of the service due Him." – "Temperance," page 14:3.

"Satan knows that he cannot overcome man unless he can control his will. He can do this by deceiving man so that he will cooperate with him in transgressing the laws of nature in eating and drinking, which is transgression of the law of God." – Id., page 16:2.

e. The Destructive Effects of Intemperance

"Satan comes to man, as he came to Christ, with his overpowering temptations to indulge appetite. He well knows his power to overcome man upon this point. He overcame Adam and Eve in Eden upon appetite, and they lost their blissful home. What accumulated misery and crime have filled our world in consequence of the fall of Adam. Entire cities have been blotted from the face of the earth because of the debasing crimes and revolting iniquity that made them a blot upon the universe. Indulgence of appetite was the foundation of all their sins.

"Through appetite, Satan controlled the mind and being. Thousands who might have lived, have prematurely passed into their graves physical, mental, and moral wrecks. They had good powers, but they sacrificed all to indulgence of appetite, which led them to lay the reins upon the neck of lust." – "Testimonies," Vol. 3, pages 561, 562.

"Many groan under a burden of infirmities because of wrong habits of eating and drinking, which do violence to the laws of life and health. They are enfeebling their digestive organs by indulging perverted appetite. The power of the human constitution to resist the abuses put upon it is wonderful; but persistent wrong habits in excessive eating and drinking will enfeeble every function of the body. In the gratification of perverted appetite and passion, even professed Christians cripple nature in her work, and lessen physical, mental, and moral power." – "Temperance," page 16:3.

"Intemperance in eating and in drinking, and the indulgence of base passions have benumbed the fine sensibilities.... Those who permit themselves to become slaves to a gluttonous appetite, often go still further, and debase themselves by indulging their corrupt passions, which have become excited by intemperance in eating and in drinking. They give loose rein to their debasing passions, until health and intellect greatly suffer. The reasoning faculties are, in a great measure, destroyed by evil habits." – Id., page 17:4, 5.

3. TEMPERANCE ESSENTIAL TO RESTORATION

a. Jesus Practiced Temperance

Matthew 4:1-4, 11. Christ's victory over appetite – the perfect example in the practice of temperance

* Temperance possible through Christ.

* He paved the way for His followers in all ages.

"Christ knew that in order to successfully carry forward the plan of salvation He must commence the work of redeeming man just where the ruin began. Adam fell on the point of appetite." – "Temperance," pages 19, 20.

"His first test was on the same point where Adam failed. It was through temptations addressed to the appetite that Satan had overcome a large proportion of the human race, and his success had made him feel that the control of this fallen planet was in his hands. But in Christ he found one who was able to resist him, and he left the field of battle a conquered foe." – Id., page 20:1.

"Satan was defeated in his object to overcome Christ upon the point of appetite. And here in the wilderness Christ achieved a victory in behalf of the race upon the point of appetite, making it possible for man, in all future time in His name to overcome the strength of appetite on his own behalf." – Id., page 20:3.

b. Temperance a Personal Responsibility

I Corinthians 9:27. "But I keep under my body, and bring it into subjection."

"If Christians will keep the body in subjection, and bring all their appetites and passions under the control of enlightened conscience, feeling it a duty that they owe to God and to their neighbours to obey the laws which govern health and life, they will have the blessing of physical and mental vigour. They will have moral power to engage in the warfare against Satan; and in the name of Him who conquered appetite in their behalf, they may be more than conquerors on their own account. This warfare is open to all who will engage in it." – "Testimonies," Vol. 4, pages 35, 36.

"Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. . . . Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence." – "Testimonies," Vol. 6, page 375:3.

c. Self-control

"The great end for which Christ endured that long fast in the wilderness was to teach us the necessity of Self-denial and temperance. This work should commence at our tables, and should be strictly carried out in all the concerns of life. The Redeemer of the world came from heaven to help man in his weakness,

that, in the power which Jesus came to bring him, he might become strong to overcome appetite and passion, and might be victor on every point." – "Testimonies," Vol. 3, page 488:2.

"Our only hope of regaining Eden is through firm self-control. If the power of indulged appetite was so strong upon the race, that in order to break its hold, the divine Son of God, in man's behalf, had to endure a fast of nearly six weeks, what a work is before the Christian! Yet, however great the struggle, he may overcome. By the help of that divine power which withstood the fiercest temptations that Satan could invent, he, too, may be entirely successful in his warfare with evil, and at last may wear the victor's crown in the kingdom of God." – "Counsels on Diet and Foods," page 167:1.

"The body is a most important medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here often means the surrender of the whole being to evil. The tendencies of the physical nature, unless under the dominion of a higher power, will surely work ruin and death. The body is to be brought into subjection to the higher powers of the being. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in the life. Intellectual power, physical stamina, and the length of life, depend upon immutable laws. Through obedience to these laws, man may stand conqueror of himself, conqueror of his own inclinations, conqueror of principalities and powers, of 'the rulers of the darkness of this world,' and of 'spiritual wickedness in high places.'" – "Prophets and Kings," pages 488, 489.

For further study:

"Temperance," pages 11-22, and 137-169.

"Education," pages 202-206.

Precepts for Healthful Living

The care of health is a sacred duty. Every church member should regard, as of first importance, the need to search out the knowledge on health teachings that God has given the church. These teachings vitally concern his personal preparation for the life to come. In view of this, no member with heaven as his objective can afford to be neglectful on matters pertaining to health.

We are promised, "When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health."
– "Counsels on Health," page 59:1.

THE EIGHT NATURAL REMEDIES

There is need to become well acquainted with the eight natural remedies:

- | | |
|-------------------|--------------------------|
| - Pure air, | - Exercise, |
| - Sunlight, | - Proper diet, |
| - Abstemiousness, | - The Use of Water, |
| - Rest, | - Trust in Divine Power. |

(See "Ministry of Healing," page 127:2.)

These remedies are also the agents, which, rightly employed, will prevent sickness and disease. What follows is, of necessity, limited. Its purpose is to stimulate a wider search for knowledge in greater volume and depth. Rich personal rewards will follow with consequent benefit to others as it is shared for the good of humanity.

"Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." – "Ministry of Healing," page 127:2.

1. PURE AIR

Heaven's Most Precious Blessing

"All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies." – "Selected Messages," Book 2, page 463:top.

The Influence of Fresh Air

"Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence, if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. Air must be in constant circulation to be kept pure. The influence of pure fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep." – "Testimonies," Vol. 1, page 702:2.

More Dependent Upon Air Than Food

"Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation. We are more dependent upon the air we breathe than upon the food we eat." – Id., Vol. 2, page 526.

Blood Cleansed and Vitalized

"In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste, and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigour to every part of the system. The more perfect the circulation, the better will this work be accomplished." – "Ministry of Healing," page 271:2.

Pure Air Has Life and Health

"As they take exercise in the open air, restoration will begin in body, mind, and soul. Life in the open air, away from the congested cities, is health-restoring. The pure air has in it health and life. As it is breathed in, it has an invigorating effect on the whole system." – "Medical Ministry," page 232:5.

Lungs Need Air

"Sleeping apartments should be large, and so arranged as to have a circulation of air through them day and night. Those who have excluded the air from their sleeping rooms, should begin to change their course immediately. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air." – "Counsels on Health," pages 57, 58.

Deep Inspirations of Pure Air

"In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright colour, and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves, it stimulates the appetite, and renders digestion more perfect; and it induces sound, refreshing sleep." – "Ministry of Healing," page 272:1.

2. SUNLIGHT

Plenty of Sunlight

"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. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine." – "Ministry of Healing," pages 274, 275.

Life-giving

"May God help us to do our utmost to utilize the life-giving power of sunshine and fresh air. When we as a people follow closely the Lord's plan in our sanitarium work, nature's resources will be appreciated." – "Testimonies," Vol. 7, page 79:4.

"Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving-the elixir of life." – Id., Vol. 7, pages 76, 77.

Essential to Freedom from Disease

"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 vigour of the inmates of the home." – "Ministry of Healing," page 276:5.

3. ABSTEMIOUSNESS

Gives Mental and Moral Vigour

"Abstemiousness in diet, and control of all the passions, will preserve the intellect and give mental and moral vigour, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common." – "Testimonies," Vol. 3, page 491:1.

Aids in Control of Passions

"Abstemiousness in diet is rewarded with mental and moral vigour; it also aids in the control of the passions. Overeating is especially harmful to those who are slug-ish in temperament; these should eat sparingly, and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite." – "Ministry of Healing," pages 308, 309.

A Path to Health

"Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health." – Id., page 235:2.

a) Guiding Points on Eating

Not to Eat at Improper Times

"Another serious evil is eating at improper times, as after violent or excessive exercise when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when the mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found." – "Ministry of Healing," pages 305, 306.

"So far as possible we should avoid hurried eating. The shorter the time for a meal, the less should be eaten. It is better to omit a meal than to eat without proper mastication." – "Education," page 206.

Not Too Great a Variety

"Do not have too great a variety at a meal; three or four dishes are plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal." – "Counsels on Diet and Foods," pages 109, 110.

Improper Food Combinations

"Disturbance is created by improper combinations of food; fermentation sets in, the blood is contaminated and the brain confused.

"The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia. Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health." – Id., pages 110, 111.

Number of Meals

"The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three." – Id., page 173:1.

Two Meals a Day

"Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at suppertime, but this meal should be very light. Let no one think himself a criterion for all – that everyone must do exactly as he does." – Id., page 176:3.

"I eat only two meals a day. But I do not think that the number of meals should be made a test. If there are those who are better in health when eating three meals, it is their privilege to have three. I choose two meals. For thirty-five years I have practiced the two meal system." – Id., page 178:2.

A Substantial Breakfast

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day." – Id., page 173:2.

Stomach Needs Rest

"The stomach must have its regular periods for labour and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health. With regular habits and proper food, the stomach will gradually recover." – Id., page 175:2.

Rest for Five Hours

"After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach until the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food." – Id., page 179:1.

Regularity in Eating

"Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let everyone eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination." – "Ministry of Healing," page 303:2.

"Three meals a day and nothing between meals – not even an apple – should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty." – "Counsels on Diet and Foods," page 182:4.

Vary the Meals

"The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied." – "Ministry of Healing," page 300:1.

Not Too Hot or Too Cold

"Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating." – Id., page 305:1.

Drinking with Meals

"In fact, the more liquid there is taken with the meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin." – Id., page 305.

The Use of Salt

"Do not eat largely of salt, avoid the use of pickles and spiced foods. Eat an abundance of fruit, and the irritation that calls for so much drink at meal time will largely disappear." – Id., page 305.

b) Overeating

Influence on Stomach

"And what influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened and disease with all its train of evils is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food that they place in their stomachs." – "Testimonies," Vol. 2, page 364:1.

Physical Effects

"Often this intemperance is felt at once in the form of headache, indigestion, and colic. A load has been placed upon the stomach that it cannot care for, and a feeling of oppression comes. The head is confused, the stomach is in rebellion. But these results do not always follow overeating. In some cases the stomach is paralyzed. No sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant." – "Counsels on Diet and Foods," page 101:3.

Worse Than Overworking

"Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Overeating has a worse effect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating than by intemperate working." – Id., page 102:3.

Burdens the Liver

"The digestive organs should never be burdened with a quantity or quality of food which it will tax the system to appropriate. All that is taken into the stomach, above what the system can use to convert into good blood, clogs the machinery; for it cannot be made into either flesh or blood, and its presence burdens the liver, and produces a morbid condition of the system." – Id., page 103:1.

Does Not Give Extra Nourishment

"The system receives less nourishment from too great a quantity of food, even of the right quality, than from a moderate quantity taken at regular periods." – Id., page 103:1.

"It is possible to eat immoderately, even of wholesome food. It does not follow that because one has discarded the use of hurtful articles of diet, he can eat just as much as he pleases. Overeating, no matter what the quality of the food, clogs the living machine, and thus hinders it in its work." – "Counsels on Health," page 119:1.

Excess Food Decays

"Nearly all the members of the human family eat more than the system requires. This excess decays and becomes a putrid mass. . . If more food, even of a simple quality, is placed in the stomach than the living machinery requires, this surplus becomes a burden. The system makes desperate efforts to dispose of it, and this extra work causes a tired, weary feeling. Some who are continually eating call this all-gone feeling hunger, but it is caused by the overworked condition of the digestive organs." – "Counsels on Diet and Foods," page 132:1.

Too Frequently, Too Much

"Those who eat and work intemperately, and irrationally, talk and act irrationally. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating – eating too frequently, too much, and of rich, unwholesome food – destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting." – "Temperance," page 138:3.

Impairs Spiritual Vision

"One who indulges freely in eating, who overloads the digestive organs until they are unable properly to care for the food eaten, is also an intemperate man, and he will find it impossible to discern clearly spiritual things." – Id., page 162:4.

c) Appetite

Appetite Not Inherited

"Appetite is not inherited, it is cultivated. It is built upon past experience, based on the taste, odour, or the visual appearance of the food. Hunger is an inherited mechanism, that automatically asserts itself, and is not modified by past experience. Hunger demands food; appetite asks for specific types of food. When one is motivated by hunger, he must eat; when motivated by appetite, he wants to eat. It is thus that perverted and prejudiced appetite must be suppressed and controlled by education and will-power, if an optimum diet is to be obtained, and positive health achieved." – "Medical Evangelism," M. G. Hardinge, page 90:2.

Should Not Eat Merely to Gratify Appetite

"It is wrong to eat merely to gratify appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen and prepared with intelligence and skill." – "Ministry of Healing," page 300:2.

Christ's Example of Self-control

"Of all the lessons to be learned from our Lord's first great temptation, none is more important than that bearing upon the control of the appetites and passions. In all ages, temptations appealing to the physical nature have been most effectual in corrupting and degrading mankind. Through intemperance, Satan works to destroy the mental and moral powers that God gave to man as a priceless endowment. Thus it becomes impossible for men to appreciate things of eternal worth. Through sensual indulgence, Satan seeks to blot from the soul every trace of likeness to God." – "Desire of Ages," page 122.

Through Appetite Satan Controls the Mind

"Through appetite, Satan controls the mind and the whole being. Thousands who might have lived, have passed into the grave, physical, mental and moral wrecks, because they sacrificed all their powers to the indulgence of appetite." – "Counsels on Diet and Foods," page 167:2.

Keep Appetite Under the Control of Reason

"Carefully consider your diet. Study from cause to effect. Cultivate self-control. Keep appetite under the control of reason. Never abuse the stomach by overeating, but do not deprive yourself of the wholesome palatable food that health demands." – "Ministry of Healing," page 323:2.

Cultivate Self-control

"Never cheat the stomach out of that which health demands, and never abuse it by placing upon it a load which it should not bear. Cultivate self-control. Restrain appetite; keep it under the control of reason." – "Counsels on Health," page 156:2.

4. REST

Mark 6:31. "Come ye . . . apart, . . . and rest awhile."

Christ set the example and taught the beneficial effects of rest.

Rest as a Remedy

"Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labour and close confinement, a visit to the country, where they can live a simple, care-free life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery." – "Ministry of Healing," pages 236, 237.

Time for Rest

"Care needs to be exercised in regard to the regulation of hours for sleeping and labouring. We must take periods of rest, periods of recreation, periods for contemplation. . . . The principles of temperance have a wider range than many think." – "Adventist Home," page 494:4.

"Those who are engaged in constant mental labour, whether in study or preaching, need rest and change." – "Counsels on Health," pages 563, 564.

Rest without Sleep

"Rest without sleep overcomes fatigue and restores body energies, if the person relaxes as much as possible. We can train ourselves to such relaxation to a considerable extent and one can relax much better lying down on a bed or couch than sitting in a chair." – Quoted in "Medical Evangelism," M. G. Hardinge, page 66.

a) Sabbath Rest

Exodus 20:8-11. God's provision for man's rest.

The Purpose of Sabbath Rest

"After resting upon the seventh day, God sanctified it, or set it apart, as a day of rest for man. Following the example of the Creator, man was to rest upon this sacred day, that as he should look upon the heavens and the earth he might reflect upon God's great work of creation; and that as he should behold the evidences of God's wisdom and goodness, his heart might be filled with love and reverence for his Maker. . . . God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate the works of God and meditate upon His power and goodness." – "Patriarchs and Prophets," page 47:3 and page 48:2.

"God reserved the seventh day as a period of rest for man, for the good of man as well as for His own glory. He saw that the wants of man required a day of rest from toil and care, that his health and life would be endangered without a period of relaxation from the labour and anxiety of the six days." – "Testimonies," Vol. 1, pages 532, 533.

b) Relaxation, Rest, and Sleep

Relaxation, rest, and sleep are all members of the one family and important factors in healthful living. The following points on relaxation and rest are taken from the book "Medical Evangelism," by M. G. Hardinge, pages 59, 60.

- a. The average individual lives in a state of almost continual tension, thus necessitating periods of relaxation and rest during the day.
- b. Complete relaxation of muscles leaves no residual tonus, and indicates minimal mental activity.
- c. Hypertonic states are detrimental to the efficiency and health of individuals.
- d. Differential relaxation should be practiced in order to improve performance and conserve nervous and physical energy.
- e. All mental activity has its counterpart in muscle tensions, therefore for complete relaxation, mental processes should cease.
- f. Complete muscular relaxation in turn will help to decrease mental activity.
- g. The degree of relaxation determines the degree of rest.
- h. The habit of relaxation can and should be acquired, and its beneficial effects are being demonstrated in work efficiency, and in the prevention and cure of certain types of disease."

"No explanation for sleep has yet been found which is wholly satisfactory. It is a fundamental process of life which God in His wisdom has made essential. It is a period during which conscious activities cease, and when sleep is deep and sound, there is complete cessation of thought with a decrease in body activities, sensations and feelings. No substitute has been found for it. If neglected, it demands attention. . .

"It appears that for some, as low as five or six hours of sleep are sufficient, while others need nine or ten. The goal of eight hours of sleep in each twenty-four hour cycle seems to be an excellent standard for the adult. Infants and children naturally should get more, and under ideal conditions will take as much as their needs demand. As in the child, so in the adult, irritability, poor disposition, impatience, and restlessness are signs of fatigue and the inarticulate cries for sleep." – "Medical Evangelism," M. G. Hardinge, page 60:1, 4.

Pointers on Sleep

1. Allow oneself as much sleep as is needed for a feeling of well-being.
2. The quality of sleep is more important than the duration. Sleep is more beneficial if:
 - a. the individual is relaxed on retiring,
 - b. retires on an empty stomach,
 - c. sleeps when his body temperature is at its low, and
 - d. has minimum environmental disturbances.

3. Movements during sleep are normal, even during deep sleep. However, too many movements (above normals given) indicate restlessness.
4. Drugged sleep should be avoided.
5. Fundamental principles of right living should be applied in order to obtain the most out of sleep.
6. It has been well said that one should sleep not because of being weary, but lest one become fatigued." – "Medical Evangelism," M. G. Hardinge, page 63.

Sleep Invigorates – and Builds Up the Body

"Sleep, nature's sweet restorer, invigorates the weary body, and prepares it for the next day's duties."
– "Testimonies," Vol. 1, page 395:1.

"The importance of regularity in the time of eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant." – "Education," page 205.

"Give yourself proper time to sleep. They who sleep give nature time to build up and repair the weary waste of the organism." – "Medical Ministry," page 80:3.

5. EXERCISE

Genesis 2:15. "To dress . . . and to keep."

The ideal pattern for gainful exercise and physical fitness is found in the beginning, when God set man in the Garden of Eden to dress and keep it.

"To Adam was given the work of caring for the garden. The Creator knew that Adam could not be happy without employment. The beauty of the garden delighted him, but this was not enough. *He must have labour to call into exercise* the wonderful organs of the body. Had happiness consisted in doing nothing, man in his state of holy innocence, would have been left unemployed. But He who created man knew what would be for his happiness; and no sooner had He created him than He gave him his appointed work." – "Adventist Home," page 27:2.

Christ's Example

"The life of Jesus was filled with industry, and He *took exercise* in performing varied tasks in harmony with His developing physical strength. In doing the work that was marked out for Him, He had no time for indulgence in exciting, useless amusements. He took no part in that which would poison the moral and lower the physical tone, but was trained in useful labour and even for the endurance of hardship." – Id., pages 506, 507.

A Remedial Agent

"When invalids have nothing to occupy their time and attention, their thoughts become centered upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse than they really are, and wholly unable to do anything.

"In all these cases, well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health. The will goes with the labour of the hands; and what these invalids need is to have the will aroused. When the will is dormant, the imagination becomes abnormal, and it is impossible to resist disease." – "Ministry of Healing," page 239: 1, 2.

Essential to Good Circulation

"The chief if not the only reason why many become invalids is that the blood does not circulate freely, and the changes in the vital fluid which are necessary to life and health, do not take place. They have not given their bodies exercise, nor their lungs food, which is pure fresh air; therefore it is impossible for the blood to be vitalized, and it pursues its course sluggishly through the system. The more we exercise, the better will be the circulation of the blood. More people die for want of exercise than through over-fatigue, very many more rust out than wear out." – "Testimonies," Vol. 2, pages 525, 526.

Essential for Physical and Mental Vigour

"The time spent in physical exercise is not lost. . . . A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental. The physical system is robbed of its healthful tone, the mind loses its freshness and vigour, and a morbid excitability is the result." – "Adventist Home," page 494:3.

"When the minds of ministers, school teachers, and students are continually excited by study, and the body is allowed to be inactive, the nerves of emotion are taxed, while the nerves of motion are inactive. The wear being all upon the mental organs, they become overworked and enfeebled, while the muscles lose their vigour for want of employment. There is no inclination to exercise the muscles by engaging in physical labour, because exertion seems to be irksome." – "Testimonies," Vol. 3, page 490:1.

Exercise Every Day

"Those who do not use their limbs every day, will realize a weakness when they do attempt to exercise. The veins and muscles are not in a condition to perform their work, and keep all the living machinery in healthful action, each organ in the system doing its part. The limbs will strengthen with use. Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold, and will give energy to the nervous system." – Id., Vol. 2, page 533:1.

Profitable Forms of Exercise

WALKING

"When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe." – "Testimonies," Vol. 2, page 529:1.

USEFUL LABOUR

"Outdoor exercise, especially in useful labour, is one of the best means of recreation for body and mind; and the teacher's example will inspire his pupils with interest in and respect for manual labour." – "Education," page 278:2.

6. DIET

a) Diet – Its Relationship to Health

For good health, one of the most important factors is the choice of correct foods in harmony with the instruction of Scripture and the Spirit of Prophecy. Food has a direct bearing on health, which, in turn, is closely allied to the spiritual life.

"There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body." – "Patriarchs and Prophets," page 562:1.

b) The Purpose of Food

Builds and Repairs

"Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue." – "Ministry of Healing," page 295:1.

The Source of Energy

"Every activity on the part of man requires the expenditure of energy. The source of this energy is the food that is eaten, having been transformed to available form by the processes of digestion and absorption. Man then is a living machine, his performance reflecting his state of nutrition; for as an automobile being run on various grades of gasoline will exhibit different degrees of performance, so man will evince varying planes of efficiency according to the quality of his nutrition." – "Medical Evangelism," M. G. Hardinge, page 88:1.

c) The Importance of Making a Right Choice Choosing for a Positive Quality of Health

"The food one eats should be not only of the quality and quantity suited to meet the needs of the body as regards maintenance and repair, but should enable the body so to operate as to produce maximum efficiency in thought and act. Thus one should strive not alone for health (the freedom from some disabling disease), but for a positive quality of health, a plane of living above the normal. In the accomplishment of this goal, good nutrition, along with work, exercise, recreation and adequate rest, must find its place in the life. This positive quality of health enables one to awaken each morning with the feeling, as the expression goes, that he is 'on top of the world.'" – "Medical Evangelism," M. G. Hardinge, page 89:1.

Appetite Not a Safe Guide

"Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet." – "Ministry of Healing," page 295:2.

d) God's Original Diet for Man

Genesis 1:29.	"Herb bearing seed." "Fruit of [the] tree." <i>A non-flesh diet before sin.</i>
Genesis 3:18.	"The herb of the field." <i>A non-flesh diet after sin.</i>

A God-chosen Diet

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating diet." – "Ministry of Healing," page 296:1.

All the Food Elements

"In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat." – "Counsels on Diet and Foods," page 313:4.

e) Reasons for Returning to the Original Diet

All whose hopes are set on the new heavens and the new earth must seek for that knowledge that will help in choosing those foods that will give maximum health, for due regard must be given to the laws governing our body. To be found without spot and blameless there must be faithful adherence to these laws as well as the moral law.

"God desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written Word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to co-operate with Him in restoring health to the body as well as to the soul." – "Ministry of Healing," pages 114, 115.

I Cor. 6:19. Our bodies
 the temple of the Holy Ghost
 to glorify God.

I Cor. 10:31. Our eating
 drinking
 whatsoever we do
 to be done to the glory of God.

A Habitation for the Revealing of His Glory

"The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement." – Id., page 271:1.

To Stand Without Fault Before the Throne

"I saw that our heavenly Father has bestowed upon us the great blessing of light upon the health reform, that we may obey the claims which He has upon us, and glorify Him in our bodies and spirits, which are His, and finally stand without fault before the throne of God." – "Counsels on Diet and Foods," page 51:1.

The guiding principle in all aspects of living is clearly stated in the Scriptures and supporting Spirit of Prophecy statements. Eating and drinking, everything we do, should be done to the glory of God – that is, to the honour of God. As God's representatives, this principle needs to be kept prominently in our thoughts and actions every day.

f) Health-giving Foods

Nuts and Nut Foods

"Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts but peanuts in limited quantities, used in connection with grains, are nourishing and digestible." – "Ministry of Healing," page 298:1.

Grains, Fruits, Vegetables, and Nuts

"In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat." – "Counsels on Diet and Foods," page 92:2.

Olives

"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. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach." – "Ministry of Healing," page 298:2

Grains

"If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats." – Id., page 299:2.

Fruit

"Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by canning or drying. Small fruits, such as currants, gooseberries, strawberries, raspberries, and blackberries, can be grown to advantage in many places where they are but little used, and their cultivation is neglected." – Id., page 299:3.

Dried Fruits

"Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigour of all classes of workers." – Id., page 299:5.

Zwieback

"Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through." – Id., page 301:3.

g) Harmful Foods

I Cor. 3:16, 17. "Ye are the temple of God. . . . If any man defile the temple . . . him shall God destroy."

White Flour

"For use in bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from whole wheat. It is a frequent cause of constipation and other unhealthful conditions." – "Ministry of Healing," page 300:3.

Soda or Baking Powder

"The use of soda or baking-powder in bread making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable." – Id., pages 300, 301.

Too Much Sugar

"Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided." – Id., pages 301, 302.

Spices, Pastry

"Anything which is taken into the stomach and converted into blood, becomes a part of the being. Children should not be allowed to eat gross articles of food such as pork, sausage, spices, rich cakes and pastry; for by so doing their blood becomes fevered, the nervous system unduly excited, and the morals are in danger of being affected. It is impossible for any one to live intemperately in regard to diet, and yet retain a large degree of patience." – "Testimonies," Vol. 4, page 141: top.

Sugar and Milk

"Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. The free use of sugar in any form tends to clog the system, and is not infrequently a cause of disease." – "Counsels on Health," page 154:1.

Flesh Foods

"Those who eat flesh are but eating grains and vegetables at second hand, for the animal received from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use." – "Ministry of Healing," page 313:1.

Diseases Communicated

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated." – Id., page 313:2.

Animals Diseased

"Often animals are taken to market, and sold for food, when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter." – Id., page 314:1.

Flesh Poisons Blood

"The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat-eating, while the real cause is not suspected by themselves or by others." – Id., page 315:1.

Flesh Injurious to Health

"The moral evils of a flesh diet are not less marked than are the physical ills. Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and the soul." – Id., page 315:2.

Influence on Morals

"The common use of the flesh of dead animals has had a deteriorating influence upon the morals, as well as the physical constitution. Ill-health in a variety of forms, if effect could be traced to the cause, would reveal the sure result of flesh eating." – "Counsels on Diet and Foods," page 383:3.

Swine's Flesh

"The tissues of the swine swarm with parasites. Of the swine God said, 'It is unclean unto you; ye shall not eat of their flesh nor touch their dead carcass.' This command was given because swine's flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings. It is impossible for the flesh of any living

creature to be wholesome when filth is its natural element, and when it feeds upon every detestable thing." – "Ministry of Healing," pages 313, 314.

Fish

"In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger." – Id., pages 314, 315.

Condiments

"In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments." – Id., page 325:1.

h) Guiding Points

Study from Cause to Effect

"Investigate your habits of diet. Study from cause to effect, but do not bear false witness against health reform by ignorantly pursuing a course which militates against it." – "Counsels on Health," pages 155, 156.

Study the Principles

"In the use of foods, we should exercise good sound common sense. When we find that a certain food does not agree with us, we need not write letters of inquiry to learn the cause of the disturbance. Change the diet; use less of some foods, try other preparations. Soon we shall know the effect that certain combinations have on us. As intelligent human beings, let us individually study the principles, and use our experience and judgment in deciding what foods are best for us." – "Testimonies," Vol. 7, pages 133, 134.

Act from Principle

"Some wish that an exact rule could be prescribed for their diet. They overeat, and then regret it, and so they keep thinking about what they eat and drink. This is not as it should be. One person cannot lay down an exact rule for another. Everyone should exercise reason and self-control and should act from principle." – "Ministry of Healing," page 310:3.

Care When Making Change

"Great care should be taken when the change is made from a flesh meat to a vegetarian diet to supply the table with wisely prepared, well-cooked articles of food." – "Counsels on Diet and Foods," page 108:1.

Appropriate Foods in Place of Flesh

"When flesh food is discarded its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing." – "Ministry of Healing," page 316:4.

Consider Circumstances

"In some countries, where poverty abounds, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly." – Id., pages 316, 317.

Diet Reform Progressive

"The diet reform should be progressive. As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable." – Id., pages 320, 321.

Give Study to Dietetic Reform

"There is real common sense in dietetic reform. The subject should be studied broadly and deeply, and no one should criticize others because their practice is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate everyone's habits, and no one should think himself a criterion for all. Not all can eat the same things. 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. Some persons cannot digest peas and beans; others find them wholesome. For some the coarser grain preparations are good food, while others cannot use them." – Id., pages 319, 320.

i) Cautionary Counsel

Ill-cooked Food

"Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system, and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: 'Died because of poor cooking'; 'Died of an abused stomach.' " – "Ministry of Healing," page 302:2.

Harmful Dainties

"Not all who profess to believe in dietetic reform are really reformers. With many persons the reform consists merely in discarding certain unwholesome foods. They do not understand clearly the principles of health, and their tables, still loaded with harmful dainties, are far from being an example of Christian temperance and moderation." – Id., page 318:1.

An Impoverished Diet

"Another class, in their desire to set a right example, go to the opposite extreme. Some are unable to obtain the most desirable foods, and instead of using such things as would best supply the lack, they adopt an impoverished diet. Their food does not supply the elements needed to make good blood. Their health suffers, their usefulness is impaired, and their example tells against rather than in favour of reform in diet." – Id., page 318:2.

Shun Extremes

"Those who understand the laws of health and who are governed by principle, will shun the extremes, both of indulgence and of restriction. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body." – Id., page 319:1.

The Right Approach

"There is a large class who will oppose any reform movement, however reasonable, if it places a restriction on the appetite. They consult taste instead of reason or the laws of health. By this class, all who leave the beaten track of custom and advocate reform, will be accounted radical, no matter how consistent their course. That these persons may have no ground for criticism, hygienists should not try to see how different they can be from others, but should come as near to them as possible without the sacrifice of principle." – Id., pages 323, 324.

Health Deform

"I have something to say in reference to extreme views of health reform. Health reform becomes health deform, a health destroyer, when it is carried to extremes." – "Counsels on Diet and Foods," page 202:4.

Danger of Extreme Views

"Those who take an extreme view of health reform are in danger of preparing tasteless dishes. This has been done over and over again. The food has become so insipid as to be refused by the stomach." – Id., page 203:1.

"Do not go to extremes in regard to the health reform. Some of our people are very careless in regard to health reform. But because some are far behind, you must not, in order to be an example to them, be an extremist. You must not deprive yourself of that class of food which makes good blood." – Id., page 204:1.

Milk and Eggs – God Will Reveal

"But I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this. No extremes in health reform are to be advocated. The question of using milk and butter and eggs will work out its own problem. At present we have no burden on this line. Let your moderation be known unto all men." – Id., page 206:4.

7. THE USE OF WATER

One of Heaven's Greatest Blessings

"But many have never experienced the beneficial effects of water, and are afraid to use one of Heaven's greatest blessings. Water has been refused persons suffering with burning fevers, through fear that it would injure them. If in their feverish state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared." – "Selected Messages," Book 2, page 453:1.

Promotes Health

"In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease." – "Ministry of Healing," page 237:1.

Powerful Remedy

"Water, wisely applied, is a most powerful remedy. As it is used intelligently, favourable results are seen. God has given us intelligence, and He desires us to make the most of His health-giving blessings." – "Selected Messages," Book 2, page 346:3.

Means of Saving Lives

"Water treatments, wisely and skillfully given, may be the means of saving many lives." – "Medical Ministry," page 227:1.

Helps Nature to Keep Body Well

"The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers, and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there." – "Spiritual Gifts," Vol. 4, pages 140, 141.

Regulates Circulation of the Blood

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation." – "Ministry of Healing," page 237:1.

Beneficial to the Eyes

"If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly." – "Selected Messages," Book 2, page 297:6.

Relieves Congestion of the Head

"When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." – Id., page 297:7.

Relieves Suffering

"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good." – "Counsels on Diet and Foods," page 419:3.

Hot and Cold an Effective Treatment

"Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today." – "Medical Ministry," page 228:2.

An Effective Thirst Quencher

"But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues." – "Counsels on Diet and Foods," page 420:1.

Not to Be Taken with Meals

"Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again." – Ibid.

8. TRUST IN DIVINE POWER

Without trust in divine power the Christian life would be negative and meaningless. As Christians there is need to have supreme confidence in an all-powerful God who is also a kind and loving Father filled with concern for His needy children.

With God at the helm no one need fear for the adverse happenings of today, nor the uncertainties of tomorrow. God promises peace, hope, and courage to all who will take hold of His strength. With God there are no problems, obstacles or difficulties if we can but have simple trust and faith in Him.

"Let us be hopeful and courageous. Despondency in God's service is sinful and unreasonable. He knows our every necessity. To the omnipotence of the King of kings our covenant-keeping God unites the gentleness and care of the tender shepherd. His power is absolute and it is the pledge of the sure fulfilment of His promises to all who trust in Him. He has means for the removal of every difficulty, that those who serve Him and respect the means He employs may be sustained. His love is as far above all other love as

the heavens are above the earth. He watches over His children with a love that is measureless and everlasting." – "Ministry of Healing," pages 481, 482.

Essentials to Trust in Divine Power

Trust in divine power will not come by chance. There will be the need to build a spiritual life in harmony with God's instruction as found in His Book.

a. Prayer

Psalm 46:10. "Be STILL, and KNOW that I am God."

Adequate time must be given for prayer and meditation – to know God as a personal God. To meditate upon His character.

"We, too, must have times set apart for meditation and prayer and for receiving spiritual refreshing. We do not value the power and efficacy of prayer as we should. Prayer and faith will do what no power on earth can accomplish. We are seldom, in all respects, placed in the same position twice. We continually have new scenes and new trials to pass through, "here past experience cannot be a sufficient guide. We must have the continual light that comes from God." – "Ministry of Healing," page 509:2.

b. Know the Word of Truth

2 Timothy 2:15. "Study."

We are to study to know how to use the Word of truth to the best advantage.

"The whole Bible is a revelation of the glory of God in Christ. Received, believed, obeyed, it is the great instrumentality in the transformation of character. It is the grand stimulus, the constraining force, that quickens the physical, mental, and spiritual powers, and directs the life into right channels." – "Ministry of Healing," page 458:1.

c. Living the Life

John 15:5-7. "Abide in Me."

There must be the actual first-hand experience of a living contact with the Saviour. "It is the man who shares My life and whose life I share who proves fruitful." – Verse 5, Phillips translation.

"We must have less trust in what we ourselves can do, and more trust in what the Lord can do for and through us." – "Ministry of Healing," page 513.

"Walk continually in the light of God. Meditate day and night upon His character. Then you will see His beauty and rejoice in His goodness. Your heart will glow with a sense of His love. You will be uplifted, as if borne by everlasting arms. With the power and light God imparts, you can comprehend more and accomplish more than you ever before deemed possible." – Id., page 514:3.

d. Formula for Trust in Divine Power

Hebrews 12:2. Look unto Jesus.

Philippians 4:13. Take hold of the strength of Christ.

"Ministry of Healing," page 246:1
Discipline the will.

"The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health."

I Timothy 6:6. Live contentedly as God would have us live. (Phillips)

Hebrews 13:5. Be content with what we have.

Philippians 4:11. Adjust to circumstances.

Proverbs 23:26 Place the mind in God's hands for a right mental approach.

"The condition of the mind affects the health of the physical system. If the mind is free and happy, from a consciousness of right doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body." – "Counsels on Health," page 28:2.

Proverbs 17:22. Have a happy outlook.

Psalms 105:1, 2. Create an attitude of gratitude,

Psalms 106:1, 2. praise, appreciation,

Psalms 107:1, 2. and thankfulness.

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings – as much a duty as it is to pray." – "Ministry of Healing," page 251:1.

e. Evidences of Trust in Divine Power

(i) God Will Come First in the Life

Matthew 6:33. God will be uppermost above all things.

"Jesus does not release us from the necessity of effort, but He teaches that we are to make Him first and last and best in everything. We are to engage in no business, follow no pursuit, seek no pleasure that would hinder the outworking of His righteousness in our character and life." – "Thoughts from the Mount of Blessing," pages 99.

(ii) Will Face Today's Realities

Matthew 6:34. "Sufficient unto the day."

We will face today's problems realistically. Yesterday and tomorrow are out of our control and in God's hands.

"The faithful discharge of today's duties is the best preparation for tomorrow's trials. Do not gather together all tomorrow's liabilities and cares and add them to the burden of today." – "Ministry of Healing," page 481:3.

(iii) Will Be Free from Anxiety and Worry

Matthew 6:25-31 "Take no thought."

Not to be anxious or worried over everyday things.

Have supreme confidence in God.

"Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning." – "Ministry of Healing," page 481:1.

"Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet." – Id., page 481:2.

(iv) Will Accept Trials and Afflictions

Hebrews 12:5-10 The recognition and acceptance of trials as a conditioning process.

God chastens – He disciplines as a father corrects a son.

"Trials and obstacles are the Lord's chosen methods of discipline and His appointed conditions of success. . . . Often He permits the fires of affliction to assail them that they may be purified." – "Ministry of Healing," page 471:1.

"The Lord allows His chosen ones to be placed in the furnace of affliction, to prove what temper they are of, and whether they can be fashioned for His work." – Id., page 471:2.

Mental Health

Mental health has a direct bearing on our well-being, our spiritual life, and our preparation for eternity. As a church God has given us valuable knowledge on this subject but regrettably it has not been searched out and used as it should have been. Every effort, therefore, should be put forth to acquire the knowledge from the Scriptures, the Spirit of Prophecy and other reliable sources for the purpose of achieving maximum personal welfare, and for ministry to our fellow man.

On the subject of mental health we record the following statements:

From the Spirit of Prophecy

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death." – "Ministry of Healing," page 241:1.

From a Doctor of Medicine

"The influence of the mind upon the body and the body upon the mind is inseparable. The brain and nervous system are the master mechanisms of the body. In the last analysis it is conceded that perhaps the mind may have the final word, but physical conditions are continuously reacting upon the nervous mechanism and thereby indirectly affecting the mental state. *Mental health, therefore, is the product of good thoughts and feelings emanating from a clear mind contained in a healthy body, both functioning at peak efficiency.*" – "Medical Evangelism," by M. G. Hardinge, page 188:2.

From the Encyclopedia Britannica

"Mental health cannot be defined with precision, since it is closely related to the customs and requirements of society. Since customs vary and societies differ, there is a multiplicity of variable factors. Excessive conformity may be as unhealthy as extreme deviation. What is healthy conformity in the person of limited intelligence might be unhealthy stifling to the genius. The physician is apt to think of mental health as the absence of mental illness, and such definition serves his purpose. Mental health in the broader sense suggests a degree of happiness and satisfaction, under conditions that warrant such a state of mind, and a capacity for making satisfactory personal and social relationships. These are a few of the many variables that have to be taken into account in assessing mental health." – Encyclopedia Britannica, Vol. 15, page 262.

Medicine today recognizes that many sicknesses have their origin in the mind. Several decades before this became an accepted scientific fact, God's messenger made these very interesting statements:

- * "The state of the mind has largely to do with health of the body, and especially with the health of the digestive organs." – "Counsels on Diet and Foods," page 375:2.
- * "Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if only they thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary." – "Ministry of Healing," page 241:2.
- * "In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease." – Id., page 241:4.
- * "Sickness of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here." – "Testimonies," Vol. 5, page 444:1.

THE BRAIN

The Capital of the Body

"The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain." – "Testimonies," Vol. 3, page 69:3.

The Master Organ

"The brain of man is, among all animal structures, the master organ. It is here that the various impulses arising from within the body, and those derived from its environmental sensations, are integrated, segregated, acted upon or stored away. It is here where thoughts are originated and actions born. It is here where the blueprint of one's life is drafted. It is here that man works and lives, and worships." – "Medical Evangelism," by M. G. Hardinge, page 18,

Controls the Whole Body

"The brain is the organ and instrument of the mind, and controls the whole body. In order for the other parts of the system to be healthy, the brain must be healthy. And in order for the brain to be healthy, the blood must be pure. If by correct habits of eating and drinking, the blood is kept pure, the brain will be properly nourished." – "Medical Ministry," page 291:2.

The Influence of Diet on the Brain

"The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. Erroneous eating and drinking result in erroneous thinking and acting." – "Testimonies," Vol 9, page 160:top.

HOW TO ATTAIN MENTAL EFFICIENCY

Proverbs 4:23. "Keep thy heart [that is, mind] with all diligence," for it has an important bearing on all phases of life.

Philippians 4:8. Keep the mind on those qualities that will develop right living.

Proverbs 17:22. "A merry heart" – that is, a happy rejoicing heart – is as medicine and has a beneficial effect on the entire being – body, mind, and soul.

Proverbs 4:20-22. The Word kept in the mind (Verse 21.) = life and health (Verse 22).

Mental Efficiency

"Since, as has been pointed out, thought is a product of not merely one small area of the brain, but embraces activity of the body as a whole, the prime requisite for mental efficiency is not merely a healthy mind, but a healthy mind contained in a perfectly functioning body. Thus physical health, so dependent upon the normal functions of the mind; and mental health, as dependent upon the health of the body, must be integrated if true mental efficiency is to be obtained.

"Thus, in seeking mental efficiency not only must all activities, physical or mental, which might in the slightest degree diminish efficiency be omitted, but everything which will enhance performance must be courted. A few of those things interfering with mental efficiency will be listed, and a summary of those factors enhancing mental activity noted.

Factors Inhibiting Efficiency

"Distractions (any stimulus, internal or external, irrelevant to the activity at hand) – noises, talking, music (when it does not fit into the task at hand), pictures, untidy surroundings, poor illuminations, etc.

"Attitudes (faulty) – suggestions of failure from within or from without, living over past misfortunes, 'I can't do it' attitude.

"Fatigue (physical or mental) – caused by insufficient rest and relaxation or faulty habits of work.

"Emotions – emotional conflicts of life, even if in the background.

"Hypertensions – for any cause; that is, working under tension, strain, etc.

Factors Enhancing Efficiency

"Physical well-being – a regulated life with sufficient food, exercise, rest, recreation, and sleep.

"Mental well-being – the suppression of worthless and unnecessary emotions and attitudes.

"Motives and incentives – in full harmony with the task at hand.

"Alert body attitude – usually indicative of an alert mental attitude."

– Taken from "Medical Evangelism," by M.. G. Hardinge, pages 194, 195.

THE RELATIONSHIP OF THE MIND TO THE BODY

No other church has the inspired knowledge which we possess on the relationship of the mind to the body. The clear points of instruction on this subject, rightly used, will ensure happiness for ourselves with resultant beneficial effects to our fellow man.

The Influence of the Mind

"It is the duty of every person for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed." – "Ministry of Healing," page 128:1.

A Contented Mind

"Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. 'A merry [rejoicing] heart doeth good like a medicine.'" – Id., page 241:3.

Condition of the Mind Affects Health

"The condition of the mind affects the health of the physical system. If the mind is free and happy, from a consciousness of right doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood, and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefitting others will realize that wondrous blessing in both heart and life." – "Counsels on Health," page 28:2.

Control Mind

"The mind needs to be controlled; for it has a most powerful influence upon the health. The imagination often misleads, and when indulged, brings severe forms of disease upon the afflicted. Many die of diseases which are mostly imaginary." – "Testimonies," Vol. 2, page 523:top.

THE RELATIONSHIP OF THE BODY TO THE MIND

With eternity as the ultimate goal, Paul understood the close relationship of the body to the mind when he said: "I keep under my body, and bring it into subjection." I Corinthians 9:27. He knew that sharpness of intellect and the power to discern spiritual things depended upon the strict discipline and control of the entire body in all phases of living.

The Spirit of Prophecy gives strong support to Paul's statement. "The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death." – "Ministry of Healing," page 130:1.

THE BODY AND ITS EFFECT UPON THE MIND

Appetite

"Present before the people the need of resisting the temptation to indulge appetite. This is where many are failing. Explain how closely body and mind are related, and show the need of keeping both in the very best condition." – "Counsels on Diet and Foods," page 161:3.

Infirmities, Disease, Etc.

"The infirmities of the body affect the mind." – "Testimonies," Vol. 1, page 304:2.

"Whatever injures the health, not only lessens physical vigour, but tends to weaken the mental and moral powers." – "Ministry of Healing," page 128:3.

"Anything that lessens the physical power enfeebles the mind, and makes it less clear to discriminate between good and evil, between right and wrong." – "Fundamentals of Christian Education," page 427:3.

"Those who are diseased in body are nearly always diseased in mind, and when the soul is sick, the body also is affected." – "Testimonies," Vol. 6, page 301:1.

Disordered Stomach

"A disordered stomach produces a disordered, uncertain state of mind. Often it causes irritability, harshness, or injustice. Many a plan that would have been a blessing to the world has been set aside, many unjust, oppressive, even cruel measures have been carried, as the result of diseased conditions due to wrong habits of eating." – "Ministry of Healing," page 310: top.

Unhealthful Food

"Under the influence of unhealthful food, the conscience becomes stupefied, the mind is darkened, and its susceptibility to impressions is impaired." – "Counsels on Diet and Foods," page 426:3.

Habit

"Every habit that injures the health reacts upon the mind." – "Counsels to Teachers," page 298:2.

Physical Strength

"Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right." – "Christ's Object Lessons," page 346:3.

HOW TO ATTAIN MAXIMUM MENTAL HEALTH

Mark 12:30 "Love the Lord thy God with all thy heart, . . . soul, . . . mind, . . . strength."

Mark 12:31 "Love thy neighbour as thyself."

Psalms 105:1, 2 Be thankful and appreciative of the abundance of God's love and goodness.
Tell and share it with others.

Ecclesiastes 9:10 Put the best into everything we do now.

Have the Mind on Eternal Interests

"The powers of the mind should be exercised upon themes relating to our eternal interests. This will be conducive to health of body and mind." – "Testimonies," Vol. 4, page 417:2.

Be Grateful

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings – as much a duty as it is to pray." – "Ministry of Healing," page 251:1.

Be Content

"A contented mind, a cheerful spirit, is health to the body, and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness. Mental depression is terrible." – "Testimonies," Vol. 1, page 702:1.

Have Temperate Habits

"Strictly temperate habits, combined with exercise of the muscles as well as of the mind, will preserve both mental and physical vigour, and give power of endurance to those engaged in the ministry, to editors, and to all others whose habits are sedentary." – Id., Vol. 3, page 487:1.

Be Temperate in Diet

"Abstemiousness in diet is rewarded with mental and moral vigour; it also aids in the control of the passions." – "Ministry of Healing," page 308:2.

Pure Food

"The mind, like the body, must have pure food in order to have health and strength." – "Child Guidance," page 188:2.

Have Proper Periods of Rest, Sleep, and Exercise

"Proper periods of sleep and rest and an abundance of physical exercise are essential to health of body and mind." – "Testimonies," Vol. 7, page 247: 1.

Do Physical Work

"That the balance of the mind may be maintained, a judicious system of physical work should be combined with mental work, that there may be a harmonious development of all the powers." – "Counsels to Teachers," page 296: top.

Be Scrupulously Clean

"Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs." – "Ministry of Healing," page 276:1.

Understand the Value of Fresh Air

"The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity." – "Testimonies," Vol. 1, page 702:2.

AND FINALLY –

Do Good

"The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." – Id., Vol. 4, page 56:2.

WATCH THE HINDRANCES TO MENTAL HEALTH

Impure Thoughts

"A long preparatory process, unknown to the world, goes on in the heart before the Christian commits open sin. The mind does not come down at once from purity and holiness to depravity, corruption, and crime. It takes time to degrade those formed in the image of God to the brutal or satanic. By beholding, we become changed. By the indulgence of impure thoughts, man can so educate his mind that sin which he once loathed will become pleasant to him." – "Patriarchs and Prophets," page 459:1.

Remorse

"And sometimes it is the case that remorse for sin undermines the constitution and unbalances the mind." – "Ministry of Healing," page 244:1.

Moodiness

"Until we can master our moods, we can never do our best work. No man who is at the mercy of his moods is a free man. He only is free who can rise to his dominion in spite of his mental enemies. If a man must consult his moods every morning to see whether he can do his best work, or only some unimportant task during the day; if he must look at his mental thermometer when he rises, to see whether his courage is rising or failing, he is a slave; he cannot be successful or happy." – O. S. Marden, "Every Man a King," quoted in "Medical Evangelism," by M. G. Hardinge, pages 198, 199.

Dissatisfaction

"That which brings sickness of body and mind to nearly all, is dissatisfied feelings and discontented repinings." – "Testimonies," Vol. 1, page 566:1.

Overeating

"A clogged stomach means a clogged brain." – "Ministry of Healing," page 307:3.

Uncontrolled Appetite

"As a people, with all our profession of health reform, we eat too much. Indulgence of appetite is the greatest cause of physical and mental debility, and lies at the foundation of a large share of the feebleness which is apparent everywhere." – "Counsels on Diet and Foods," page 135:1.

"Gluttonous feasts, and food taken into the stomach at untimely seasons, leave an influence upon every fibre of the system; and the mind also is seriously affected by what we eat and drink." – Id., page 132:3.

Flesh Food

"There are those who ought to be awake to the danger of meat-eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat-eating will go from God's people, to walk no more with them." – "Counsels on Health," page 575:2.

Ill Health

"A diseased stomach produces a diseased condition of the brain, and often makes one obstinate in maintaining erroneous opinions. The supposed wisdom of such a one is foolishness with God." – "Testimonies," Vol. 7, page 257:4.

FOR THE QUIET MOMENT

"When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being." – "Ministry of Healing," page 257:1.

"Like the body, the mind derives its strength from the food it receives. It is broadened and elevated by pure, strengthening thoughts; but it is narrowed and debased by thoughts that are of the earth earthy." – "Counsels to Teachers," page 121:1.

"By adherence to principle in the transactions of ordinary life, the mind becomes accustomed to hold the claims of duty above those of pleasure and inclination." – "Patriarchs and Prophets," page 223: top.

"The mind, the heart, that is indolent, aimless, falls an easy prey to evil. It is on diseased, lifeless organisms that fungus roots. It is the idle mind that is Satan's workshop. Let the mind be directed to high and holy ideals, let the life have a noble aim, an absorbing purpose, and evil finds little foothold." – "Education," page 190.

"One whose mind is quiet and satisfied in God is on the highway to health." – "Counsels on Health," page 628:2.

"The cultivated mind is the measure of the man." – "Ministry of Healing," page 499:1.

Social Aspects

Further points that require consideration for successful person-to-person ministry are various social aspects. One of the most important is the deportment of a Christian. His behaviour at all times must be consistent with his profession. Failure here can nullify any attempt he may make to bring men the wonderful news of salvation.

Souls can be lost as a result of coarse conduct, lack of courtesy, careless and incorrect speech, ill-fitting and inappropriate clothing, and an uncleanly person.

The Christian needs to guard well the places he frequents for recreation. His influence for good or ill depends upon the choice he makes. He is safe only if he follows in the footsteps of the Saviour. In the social gatherings in which Christ was found, He mingled with people for the express purpose of desiring their good. Through these friendly contacts He sowed in the minds of men the thoughts of life with God.

In this study consideration will be given to three social aspects – deportment, dress, and recreation.

1. DEPORTMENT

The conduct of a Christian should reveal a living contact with Christ. From him should radiate cheerfulness, kindness, a courteous manner, and a geniality and warmth that will encourage an immediate friendly response.

His manner of speech will have power to win or repel. His actions, too, must be consistent with what he says.

The Christian's Speech

Colossians 4:6 "Let your speech be always with grace, seasoned with salt."

Pleasant Tones, Correct Language

"The right culture and use of the power of speech has to do with every line of Christian work; it enters into the home life, and into all our intercourse with one another. We should accustom ourselves to speak in pleasant tones, to use pure and correct language, and words that are kind and courteous. Sweet kind words are as dew and gentle showers to the soul." – "Christ's Object Lessons," page 336:4.

The Christian's Conduct

I Peter 2:12 "Your conduct among the surrounding peoples in your different countries should always be good and right." – Phillips Translation.

True Courtesy

"True courtesy is not learned by the mere practice of rules of etiquette. Propriety of deportment is at all times to be observed; wherever principle is not compromised, consideration of others will lead to compliance with accepted customs; but true courtesy requires no sacrifice of principle to conventionality. It ignores caste. It teaches self-respect, respect for the dignity of man as man, a regard for every member of the great human brotherhood." – "Education," page 240:3.

Consideration for Others

"The essence of true politeness is consideration for others. The essential, enduring education is that which broadens the sympathies and encourages universal kindness. That so-called culture which does not make a youth deferential toward his parents, appreciative of their excellences, forbearing toward their defects, and helpful to their necessities; which does not make him considerate and tender, generous and helpful toward the young, the old, and the unfortunate, and courteous toward all, is a failure." – Id., page 241:3.

Real Refinement

"Real refinement of thought and manner is better learned in the school of the divine Teacher than by any observance of set rules. His love pervading the heart gives to the character those refining touches that fashion it in the semblance of His own. This education imparts a heaven-born dignity and sense of propriety. It gives a sweetness of disposition and a gentleness of manner that can never be equaled by the superficial polish of fashionable society." – Id., page 241:4.

Reverence

"True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen, every heart should be deeply impressed. The hour and place of prayer are sacred, because God is there. And as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened." – "Prophets and Kings," pages 48, 49.

As we give study to our personal deportment let us make sure that our conduct will be in harmony with Scripture and Spirit of Prophecy instruction. Especially do we need to watch ourselves at social gatherings where food is being served. The menfolk will stand back or serve the ladies, and when others' needs have been met, tend to their own requirements, always remembering that love has good manners.

For further information:

"Education," pages 240-245.

"Messages to Young People," pages 265-267.

2. DRESS

As in all other matters concerning preparation for eternity, the Christian needs to give careful thought to the question of dress and its relationship to the spiritual life, character, morals, and health. The guiding principles of Scripture and the Spirit of Prophecy will govern his choice. Clothes will not be way out or extreme, not gaudy or loud. The clothes chosen by a Christian will be consistent with a Christlike character.

The Bible Counsel on Dress

I Timothy 2:9, 10 "The women should be dressed quietly, and their demeanor should be modest and serious. The adornment of a Christian woman is not a matter of an elaborate coiffure, expensive clothes or valuable jewelry BUT the living of a good life." – Phillips Translation.

SPIRIT OF PROPHECY STATEMENTS ON DRESS

Relation to Fashions

"Christians should not take pains to make themselves gazingstocks by dressing different from the world. But if, in accordance with their faith and duty in respect to their dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world. But they should manifest a noble independence and moral courage to be right, if all the world differs from them. If the world introduces a modest, convenient, and healthful mode of dress which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress. Christians should follow Christ, and conform their dress to God's Word. They should shun extremes. They should humbly pursue a straight-forward course, irrespective of applause or of censure, and should cling to the right because of its own merits." – "Messages to Young People," page 350:1.

Character and Dress

"A person's character is judged by his style of dress. A refined taste, a cultivated mind, will be revealed in the choice of simple and appropriate attire. Chaste simplicity in dress, when united with modesty of demeanor, will go far toward surrounding a young woman with that atmosphere of sacred reserve which will be to her a shield from a thousand perils." – "Education," page 248:5.

Morals and Dress

"The love of dress endangers the morals, and makes woman the opposite of the Christian lady, characterized by modesty and sobriety." – "Testimonies," Vol. 4, page 645:3.

The Influence of Dress

"The words, the dress, the actions, should tell for God." – "Testimonies," Vol. 4, pages 633, 634.

"Our words, our actions, and our dress are daily, living preachers, gathering with Christ, or scattering abroad." – Id., page 641:3.

"Simplicity of dress will make a sensible woman appear to the best advantage." – Id., page 643:4.

GUIDING POINTS ON DRESS

Appropriate and Becoming

"We would not by any means encourage carelessness in dress. Let the attire be appropriate and becoming." – "Testimonies," Vol. 4, pages 641, 642.

Neat and Modest

"In their [i.e., Christians] dress they avoid superfluity and display; but their clothing will be neat, not gaudy, modest, and arranged upon the person with order and taste." – "Messages to Young People," page 349:2.

Clean and Healthful

"Our dress should be cleanly. Uncleanliness in dress is unhealthful, and thus defiling to the body and to the soul. 'Ye are the temple of God. . . . If any man defile the temple of God, him shall God destroy.'

"In all respects the dress should be healthful. 'Above all things,' God desires us to 'be in health' – health of body and of soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress." – "Ministry of Healing," page 288:2, 3.

Adequate

"Another evil which custom fosters is the unequal distribution of the clothing, so that while some parts of the body have more than is required, others are insufficiently clad. The feet and limbs, being remote from the vital organs, should be especially guarded from the cold by abundant clothing. It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this cannot be had, while

three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs." – Id., page 293:1.

Quality and Durability

"But our clothing while modest and simple, should be of good quality, of becoming colours, and suited for service. It should be chosen for durability rather than display. It should provide warmth and proper protection. The wise woman described in the Proverbs 'is not afraid of the snow for her household; for all her household are clothed with double garments.' " – Id., page 288:1.

Grace and Beauty

"It should have the grace, the beauty, the appropriateness of natural simplicity. Christ has warned us against the pride of life, but not against its grace and natural beauty. He pointed to the flowers of the field, to the lily unfolding in its purity, and said, 'Even Solomon in all his glory was not arrayed like one of these.' Thus by the things of nature Christ illustrates the beauty that Heaven values, the modest grace, the simplicity, the purity, the appropriateness, that would make our attire pleasing to Him." – Id., pages 288, 289.

AND FINALLY –

Give Careful Study to the Needs of the Body

"In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age and the occupation must all be considered. Every article of dress should fit easily, obstructing neither the circulation of the blood, nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised, the clothing will be correspondingly lifted." – Id., page 293:3.

REMEMBERING –

"When the mind is fixed upon pleasing God alone, all the needless embellishments of the person disappear." – "Testimonies," Vol. 4, page 645:1.

For further information:

"Ministry of Healing," pages 287-294.

"Testimonies," Vol. 4, pages 628-648.

"Education," pages 246-249.

"Messages to Young People," pages 343-360.

3. RECREATION

In these days of intense activity and stress, recreation is essential to balanced and temperate living. Time should be set aside to give opportunity to gain refreshment of strength after toil, or to be renewed in mind and spirit following periods of mental effort.

Recreation has a wide connotation and it is possible that the Christian may have difficulty in determining what is right or what is wrong in this important phase of living. It is always safe, therefore, to seek the guidance and counsel given to the church, and to pray for wisdom to apply the principles that the utmost benefit may be gained for one's well-being and preparation for eternity.

TRUE RECREATION

Recreation = Re-creation.

"There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. 'Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigour to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure, and is often carried to excess; it absorbs the energies that are required for useful work, and thus proves a hindrance to life's true success.'" – "Education," page 207:1.

Should Benefit Self and Others

"While we are seeking to refresh our spirits and invigorate our bodies, we are required of God to use all our powers at all times to the best purpose. We can, and should, conduct our recreations in such a manner that we shall be better fitted for the more successful discharge of the duties devolving upon us, and our influence will be more beneficial upon those with whom we associate. We can return from such occasions to our homes improved in mind and refreshed in body, and prepared to engage in the work anew with better hope and better courage." – "Counsels to Teachers," page 336:1.

To Refresh and Invigorate

It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. Our recreations should not be scenes of senseless mirth, taking the form of the nonsensical. We can conduct them in such a manner as will benefit and elevate those with whom we associate, and better qualify us and them to more successfully attend to the duties devolving upon us as Christians." – "Adventist Home," page 493:2.

Is Productive

"True recreation is productive. It builds up every resource that an individual has. It improves one's physical abilities, and sharpens the mental processes, so that duties are accomplished in the best possible manner. It produces determination to achieve, inspiration to accomplish, enthusiasm and courage to maintain. It affords joy and happiness, and not merely transient amusement and entertainment. It harms no one, but helps and encourages all participants. And above all, it is something that one can ask of God to bless, and know that He will bless.

"God has given to man a sense of humour, an ability to laugh, and the ability to express his joy and happiness. 'Christians have many sources of happiness at their command, and they may tell with unerring accuracy what pleasures are lawful and right. They may enjoy such recreations as will not dissipate the mind or debase the soul, such as will not disappoint and leave a sad after-influence to destroy self-respect or bar the way to usefulness. If they can take Jesus with them and maintain a prayerful spirit, they are perfectly safe.' ["The Adventist Home," page 513:2.] – "Medical Evangelism," by M. G. Hardinge, pages 72, 73.

The Sabbath-keeper and Recreation

"I was shown that Sabbath keepers as a people labour too hard, without allowing themselves change or periods of rest. Recreation is needful to those who are engaged in physical labour, and is still more essential for those whose labour is principally mental. It is not essential to our salvation, nor for the glory of God, to keep the mind labouring constantly and excessively, even upon religious themes." – "Counsels on Health," page 195:1.

GUIDING POINTS ON TRUE RECREATION

- * Christ found recreation amidst the scenes of nature. M.H. 52:1.
- * Recreation = re-creation. Ed. 207:1.
- * Marked contrast between Christian and worldly recreation. C.T. 336:3.
- * Recreation essential for those engaged in physical and mental labour. T. 1:514:1.
- * Recreation in open air and nature of highest benefit. T. 4:653:1.
- * Benefits self and others. C.T. 336:1.
- * Builds up body, mind, and soul. Ed. 211:3.
- * Improves mind and refreshes body. C.T. 336:1.
- * So conduct recreation that conscience is void of offence toward God and man. C.T. 337:1.
- * Test recreation to see if it imparts moral and spiritual vigour and leads to purity of thought and action. T. 5:218:1.

WHAT TO AVOID

The Opera, Dance, Card Table

"Many of the amusements popular in the world today, even with those who claim to be Christians, tend to the same end as did those of the heathen. There are indeed few among them that Satan does not turn to account in destroying souls. Through the drama he has worked for ages to excite passion and glorify vice. The opera, with its fascinating display and bewildering music, the masquerade, the dance, the card table, Satan employs to break down the barriers of principle and open the door to sensual indulgence. In every gathering for pleasure where pride is fostered or appetite indulged, where one is led to forget God and lose sight of eternal interests, there Satan is binding his chains about the soul.

Billiard Hall, Bowling Saloon

"The true Christian will not desire to enter any place of amusement or engage in any diversion upon which he cannot ask the blessing of God. He will not be found at the theatre, the billiard hall, or the bowling saloon. He will not unite with the gay waltzers or indulge in any other bewitching pleasure that will banish Christ from the mind. . .

The Theatre

"Among the most dangerous resorts for pleasure is the theatre. Instead of being a school for morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. Low songs, lewd gestures, expressions, and attitudes deprave the imagination and debase the morals. Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence as the desire for intoxicating drink strengthens with its use. The only safe course is to shun the theatre, the circus, and every other questionable place of amusement." – "The Adventist Home," pages 515, 516.

For further information:

"Messages to Young People," pages 363-400.

"Counsels on Health," pages 179-198.

"Education," pages 207-213.

Stimulants and Narcotics

Long before science brought to view the irrefutable evidence of the destructive effects of smoking, instruction was given to the church to discard tobacco. In actual point of time it was in 1848, more than one hundred years ago.

Significantly, tea and coffee were coupled with the instruction, and there was evident reason for this. In 1875 Mrs. E. G. White wrote: "By the use of tea and coffee an appetite is formed for tobacco, and this encourages the appetite for liquors." – "Testimonies," Vol. 3, page 563:3.

In the counsel to the church tobacco is referred to as a slow, insidious poison, and of one of its prominent ill-effects, it is stated: "Tobacco-using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol." – Id., Vol. 3, page 562:1.

Of the origin of alcohol and its evil consequences we are told: "Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all kinds. Through perverted appetite the world would be made corrupt. By leading men to drink alcohol, Satan would cause them to descend lower and lower in the scale." – "Temperance," page 12:2.

Tea and coffee are clearly stated to contain poisons, and are not conducive to good health. There are also the milder intoxicants about which church members need to be informed.

The question of the use of drugs has been a matter of continuing controversy, but this need not be so if the mind can be freed of prejudice and careful study given to what has been written.

Obviously only limited space can be devoted to each of the points raised. For wider knowledge and information, references will be given.

I. TOBACCO

In 1930 lung cancer deaths in America were less than 3,000. By 1950 the figure had jumped to 18,000, no less than 27,000 in 1955, and in 1962, 41,000. For Australia, the Bureau of Census and Statistics gives these figures: 1931 – 131; 1950 – 755; 1955 – 1,178; 1962 – 2,026; and the latest figure available, 1965 – 2,395.

In the U.S.A., the report of the Advisory Committee, to the Surgeon General of the Public Health Service on Smoking and Health, states that cigarette smoking is causally related to lung cancer. Those who continue to smoke face the risk of developing lung cancer, and the number of cigarettes smoked per day is also a determining factor. The average smoker faces a nine to ten-fold risk, whilst the heavy smoker at least a twenty-fold risk. (See "Report on Smoking and Health," page 31.)

Aside from lung cancer, cigarette smoking is the most important of the causes of chronic bronchitis. There is a relationship to emphysema. Coronary heart disease has a higher death rate amongst male cigarette smokers than for non-smoking males. There are several other diseases to which cigarette smoking is related (see "Report of Smoking and Health," pages 31-33), but sufficient has been given to more than confirm the wise counsel given to the church many decades ago.

A Slow, Insidious, Malignant Poison

"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. Its use excites a thirst for strong drink, and in many cases lays the foundation for the liquor habit." – "Ministry of Healing," pages 327, 328.

Affects Brain

"The use of liquor or tobacco destroys the sensitive nerves of the brain, and benumbs the sensibilities. Under their influence crimes are committed that would have been left undone had the mind been clear and free from the influence of stimulants or narcotics." – "Temperance," page 59:3.

Contributing Factor to Disease and Crime

"The use of tobacco and strong drink has a great deal to do with the increase of disease and crime." – Id., page 59:2.

Creates Taste for Liquor

"Those who use tobacco can make but a poor plea to the liquor inebriate. Two thirds of the drunkards in our land created an appetite for liquor by the use of tobacco." – Id., page 72:3.

For further detailed information read:

"Ministry of Healing," pages 327-330.

"Temperance," pages 55-72.

"Smoking and Health," A Report of the Advisory Committee to the Surgeon General of the Public Health Service.

2. ALCOHOL

Alcohol Dethrones Reason

"The use of intoxicating liquor dethrones reason, and hardens the heart against every pure and holy influence." – "Temperance," page 228:2.

Pollutes Blood

"Alcohol and tobacco pollute the blood of men, and thousands of lives are yearly sacrificed to these poisons." – Id., page 57:4.

Weakens Body, Confuses Mind

"When intoxicants are used, the same effects will follow as in the case of those priests of Israel. The conscience will lose its sensibility to sin, and a process of hardening to iniquity will most certainly take place, till the common and the sacred will lose all difference of significance." – "Patriarchs and Prophets," page 362:1.

A Poison

"Why do they not advocate reform by planting their feet firmly on principle, determined not to taste alcoholic drink or to use tobacco? These are poisons, and their use is a violation of God's law." – "Temperance," page 103:2.

Beclouds Faculties

"Do you use tobacco or intoxicating liquor? Cast them from you; for they becloud your faculties." – Id., page 103:3.

MILDER INTOXICANTS

Sweet Cider

"There is danger to health in the use of even sweet cider as ordinarily produced. If people could see what the microscope reveals in regard to the cider they buy, few would be willing to drink it. Often those who manufacture cider for the market are not careful as to the condition of the fruit used, and the juice of wormy and decayed apples is expressed. Those who would not think of using the poisonous, rotten apples in any other way, will drink the cider made from them, and call it a luxury; but the microscope shows that even when fresh from the press, this pleasant beverage is wholly unfit for use." – "Ministry of Healing," page 332:1.

Wine, Beer, Cider

"Intoxication is just as really produced by wine, beer, and cider, as by stronger drinks. The use of these drinks awakens the taste for those that are stronger, and thus the liquor habit is established. Moderate drinking is the school in which men are educated for the drunkard's career. Yet so insidious is the work of these milder stimulants that the highway to drunkenness is entered before the victim suspects his danger." – Id., pages 332, 333.

Inherited Tendencies Aroused

"For those persons who have inherited an appetite for stimulants, it is by no means safe to have wine or cider in the house; for Satan is continually soliciting them to indulge. If they yield to his temptations, they do not know where to stop; appetite clamours for indulgence, and is gratified to their ruin. The brain is clouded; reason no longer holds the reins, but lays them on the neck of lust." – "Temperance," page 92:3.

Worst Kind of Inebriation

"Persons may become just as really intoxicated on wine and cider as on stronger drinks, and the worst kind of inebriation is produced by these so-called milder drinks. The passions are more perverse; the transformation of character is greater, more determined, and obstinate. A few quarts of cider or sweet wine may awaken a taste for stronger drinks, and many who have become confirmed drunkards have thus laid the foundation of the drinking habit." – Id., pages 94, 95.

ALCOHOL THE DESTROYER

Depresses

"Alcohol depresses the higher centres of the brain, decreasing such activities as judgment, discrimination, attention, learning and memory, at the same time giving its victim the sensation that he is performing with increased accomplishments. The reason – inhibitions are removed.

Decreases Capacity for Work

"Alcohol decreases capacity for work (mental and physical) and increases the production of fatigue, at the same time convincing the individual that he is full of vigour and capable of doing great things.

Deludes

"Alcohol makes its user contented with things as they are, making him unwilling to improve his situation, deluding him that everything is well, while actually his position and the affairs in which he is engaged are deteriorating.

"Alcohol makes the one under its influence have the sensation of warmth, when actually body temperature is being reduced.

Deceives

"Alcohol is used to produce relaxation, rest, and sound sleep. If it did this, individuals would awaken the next morning refreshed, and with increased efficiency. Tests indicate that the efficiency is definitely decreased. The expression 'the morning after the night before' comes to mind. "Alcohol is an 'escape' mechanism, by which the victim lives in an unreal world, to be rudely awakened to the actualities of life, which he is less prepared to meet.

Dominates

"Alcohol is not a servant, it is a tyrannical master. Alcohol never liberates, it always enslaves.

"There are no rational reasons for using alcohol."

(Taken from "Medical Evangelism," by M. G. Hardinge, pages 141, 142.)

For further reference read:

"Temperance," E. G. White.

"Ministry of Healing," by E. G. White, pages 330-335.

3. TEA AND COFFEE

Tea a Stimulant

"Tea acts as a stimulant, and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid." – "Ministry of Healing," page 326:1.

Contains Poisons

"The stimulating diet and drink of this day are not conducive to the best state of health. Tea, coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded if we would add to knowledge temperance." – "Counsels on Diet and Foods," pages 420, 421.

Excites and Exhausts

"Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par, it will exhaust and bring prostration below par." – "Testimonies," Vol. 2, pages 64, 65.

Does Not Nourish

"Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has time to digest them. This shows that what the users of these stimulants call strength, is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. All this is false strength, that we are the worse for having. They do not give a particle of natural strength." – Id., Vol. 2, page 65:1.

Paralyzes-Mental, Moral, and Physical Powers

"Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the after effect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened." – "Counsels on Diet and Foods," page 421:6.

Causes Headache

"The habit of drinking tea and coffee is a greater evil than is often suspected. Many who have accustomed themselves to the use of stimulating drinks, suffer from headache and nervous prostration, and lose much time on account of sickness. They imagine they cannot live without the stimulus, and are ignorant of its effect upon health. What makes it the more dangerous is, that its evil effects are so often attributed to other causes." – Id., page 422:1.

Caffeine and Its Effects

The very strong reason why so much specific instruction is given on the evils of tea and coffee is the drug content of these beverages, and the harmful effects they have upon health. The drug caffeine is found in coffee beans, tea leaves, cocoa beans and kola nuts. (Encyclopedia Britannica, Vol. 4, page 529.)

"The degree of action of caffeine is largely influenced by the base line of nervous system irritability. Some individuals are stimulated to a degree that precludes the possibility of adequate relaxation after xanthine beverages. In fact, there are rare persons who are so sensitive to caffeine that even a single cup of coffee will cause response bordering on the toxic.

"Increased nervous activity is usually followed by depression, proportional to the degree of the preceding stimulation. That this occurs after caffeine is indicated by the studies of K. Horst and associates, who noted definite after-depression as late as twenty-four hours following the use of the drug. Habituees frequently complain of nervousness, insomnia, tremors, and especially of a morning headache, relieved only by coffee." – From "Medical Evangelism," by M. G. Hardinge, page 177.

"Civilized man in this age is over-stimulated, and needs something to soothe and quiet him. He (and also she) is beginning to get that quietening from more tobacco than he (and also she) ever before used. But as this does not satisfy him, he also, as well as those who do not smoke, will drink more tea and coffee. The result is greater nervous tension, greater nervous irritability, less sleep, more indigestion, and finally a loss of mental balance and physical strength. We are now menaced with the probable over-use of tea and coffee; hence this warning is issued." – Oliver T. Osborne, Professor of Therapeutics, Yale University, quoted in "Medical Evangelism," by M. G. Hardinge, page 185.

For further reference read:

"Ministry of Healing," pages 326-327.

"Temperance," pages 75-82.

"Counsels on Diet and Foods," pages 420-431.

4. COCA-COLA

Caffeine Content

"'As will be seen from the analysis, Coca-Cola contains less than one-fourth per cent of caffeine, which is the active principle of coffee and of tea. An average glass of Coca-Cola, prepared with one fluid ounce of the syrup, will contain about one and one-fourth grains of caffeine,' (I.V.S. Stanislaus, Analyst.)" – "Medical Evangelism," by M. G. Hardinge, page 183.

Habit Forming

" 'There is no question but that a caffeine habit can be acquired, whether as such (perhaps in the form of Coca-Cola) or as a tea or coffee habit. Coca-Cola, tea, and coffee "fiends" are of common occurrence.

"It is not necessary here to discuss the end effects of the Coca-Cola habit; it is serious, and is especially harmful to children and youth. The cause of the habit is the caffeine in the mixture. It is not pertinent to discuss the small amount that one glass may contain; or that the civilized world drinks tea and coffee freely. The Coca-Cola habit is pernicious.

Harmful to Children

" 'The very fact that these beverages (i.e., tea and coffee) are such nervous ' stimulants should prohibit their use by children. By the same decision, Coca-Cola, which contains on an average from 1 to 1 grains of caffeine to the glass, should not be a beverage for a child. The coffee, tea, Coca-Cola, or other caffeine habits may be readily acquired by anyone, and may do as much harm, in some cases, as alcohol and tobacco.' (Oliver T. Osborne, Professor of Therapeutics, Yale University.)" – "Medical Evangelism," by M. G. Hardinge, pages 184, 185.

Some Concluding Points

- * "That which brings sickness of body and mind to nearly all, is dissatisfied feelings and discontented repinings." – "Testimonies," Vol. 1, page 566:1.
- * "Teach the people that it is better to know how to keep well than how to cure disease. Our physicians should be wise educators, warning all against self-indulgence, and showing that abstinence from the things that God has prohibited is the only way to prevent ruin of body and mind." – Id., Vol. 9, page 161:2.
- * "It is impossible for those who indulge the appetite to attain to Christian perfection." – Id., Vol. 2, page 400.
- * "Is it not time that all should aim to dispense with flesh foods? How can those who are seeking to become pure, refined, and holy, that they may have the companionship of heavenly angels, continue to use as food anything that has so harmful an effect on soul and body? How can they take the life of God's creatures that they may consume the flesh as a luxury? Let them, rather, return to the wholesome and delicious food given to man in the beginning, and themselves practice, and teach their children to practice, mercy toward the dumb creatures that God has made and has placed under our dominion." – "Ministry of Healing," page 317:2.
- * "It cannot be too often repeated, that whatever is taken into the stomach affects not only the body, but ultimately the mind as well." – "Counsels on Diet and Foods," page 243:3.
- * If health reform is to take its rightful place in the presentation of the third angel's message, we must guard against the danger of extremes, the danger of partial knowledge, the danger of taking instruction out of its context. We need to study to show ourselves approved unto God. We need to give a balanced picture, always remembering the relationship of health to the gospel message. Let us give careful heed to all the instruction.
- * Note the importance of the need of temperance – note what is temperance.
- * When introducing health reform remember the following counsel:
 - Care should be taken when making a change.
 - Lead the people step by step.
 - Consider the circumstances.
 - Diet reform is progressive.
 - Study from cause to effect.
 - Study the principles – study dietetic reform.
 - Shun extremes.
 - Give careful study to the right approach – be tolerant and understanding.
 - No fixed diet can be presented for all people-due regard must be given to individual needs. What is food for one, is poison to another.

* Note particularly all the instruction on dairy products. On this point the following summary taken from "The Witness of Science," by George Knapp Abbott, will undoubtedly be helpful:

1. Milk, cream, butter, and eggs are not subject to the same condemnation as flesh meat, and should not be classed with it.
2. Mrs. White never received instruction that these dairy products should be eliminated from the diet.
3. In the White home milk, cream, and eggs, and at times butter, were used.
4. Dairy products furnish a part of an appetizing, nourishing diet.
5. The Spirit of Prophecy counsels urged that dairy products be secured from safe sources and be handled properly.
6. Because of the increase of disease in the animal kingdom, the time might or would come when it would be necessary to discard dairy products from our tables – an emergency for which we should prepare.
7. The people should be taught how to furnish a wholesome diet without the use of these articles of food.
8. Our health food factories had been established to make healthful, inexpensive foods to take the place of meat and also of dairy products.
9. In 1870, 1901, and 1902, and again in 1909, Mrs. White specified that the time had not yet come to say that dairy product should be discarded.
10. Eggs contain remedial properties and constitute one substitute for meat in our sanitariums.
11. We must guard against extremes in health reform, teaching, and living, especially in advocating prematurely the discarding of dairy foods.
12. The cause of health reform must not be brought into disrepute and retarded by radical teachings leading to extremes, and resulting in a group of people whose strength and physical appearance would injure the cause of health reform.
13. Strange things are not required of God to be introduced.
14. We are to wait until circumstances demand our dropping these foods and the Lord prepares the way for such a move.
15. "When the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this." – "Counsels on Diet and Foods," page 353.
"The Lord will let us know when the time comes to give up these articles." – Id., page 359.
16. "It is not necessary to bring upon ourselves perplexity by premature and extreme restrictions." – "Testimonies," Vol. 9, page 162.

17. "The question of using milk and butter and eggs will work out its own problem." – "Counsels on Diet and Foods," page 353.
 18. When the time "does come, the Lord will provide." – Id., page 359.
 19. We should not consider it a violation of principle to use dairy products from safe sources.
 20. "Those who love and serve God should be allowed to follow their own convictions" on these minor points of diet. – "Witness of Science," pages 135, 136. See "Medical Ministry," page 269, and "Counsels on Diet and Foods," page 352.
- * Because the health message is an integral part of salvation, it is our responsibility to seek, to study, to apply the principles in our living, and to practice by giving the knowledge to our fellow men.

LIFE'S OPPORTUNITIES

"Our time here is short – we can pass through this world but once; as we pass along, let us make the most of life. The work to which we are called does not require wealth or social position or great ability. It requires a kindly, self-sacrificing spirit and a steadfast purpose. A lamp, however small, if kept steadily burning, may be the means of lighting many other lamps. Our sphere of influence may seem narrow, our ability small, our opportunities few, our requirements limited; yet wonderful possibilities are ours through a faithful use of the opportunities of our own homes. If we will open our hearts and homes to the divine principles of life, we shall become channels for currents of life-giving power. From our homes will flow streams of healing, bringing life, and beauty, and fruitfulness, where now are barrenness and dearth." – "Ministry of Healing," page 355.

FINALLY:

"To LOOK is one thing.

"To SEE what you look at is another.

"To UNDERSTAND what you see is a third.

"To LEARN what you understand is still something else.

"But to *ACT* on what you learn is all that really matters."

(Quoted in the "Australian Women's Weekly," April 11, 1962.)

SECTION F

USEFUL INFORMATION¹

1. Addresses of SDA Organizations and Institutions

Everyone involved in health promotion activities should have available a list of addresses to which he can resort when in need of additional information upon a special topic, audio-visual material, or even the help of some individual with special skills or experience for giving a lecture or holding a seminar.

Start with the most simple. Contact first the Health Ministries Department leader of your own church or district. Or ask your pastor. This already favors teamwork, which is very necessary in health promotion activities!

As a next step you may contact the Health Department of the Conference, Union or Division. There are usually plenty of audio-visual aids and catalogs available waiting for someone willing to use them.

The addresses of all Adventist institutions worldwide (schools, hospitals, publishing houses, etc.) are listed in the *Yearbook* available at your Conference or Union office. This directory is updated yearly. Or see in the Internet: <http://yearbook.gc.adventist.org/ast/yearbook/>

Many other non-church-operated Adventist health centers and vegetarian restaurants are affiliated to Outpost Centers Inc., a non-profit Adventist organization. Their addresses and other valuable informations are available on the OCI website: <http://www.outpostcenters.org/>

See also section # 6 below for other websites.

2. Where to Find Statistics?

If you are looking for statistics or health information it is wise to contact first the local public health authorities. If they cannot provide you with the required data, they at least will guide you to other sources. See also section # 6 below for additional websites.

WORLD HEALTH ORGANIZATION

Avenue Appia
CH-1211 Geneva
Switzerland
<http://www.who.int/home/hq.html>

UNICEF

3 United Nations Plaza
New York, NY 10017
U.S.A.
<http://www.unicef.org>

3. Additional Literature

Continuously are appearing new books and magazines on health on the market, often contaminated with antibiblical philosophies, making it difficult to choose. In order to be able to maintain the correct position it is extremely important to know well our *own* philosophy of health based upon the Bible and the Spirit of Prophecy. The following books and magazines represent well the principles outlined in the present book and may be recommended:

- “Ministries of Health and Healing”, Health & Temperance Department of the North American

¹ By J. Hawlitschek, MD, MPH

- Division, 1997. ISBN 1-57756-009-4
- “Proof Positive”, Neil Nedley, 1010 14th Street NW, Ardmore, OK. ISBN 0-9661979-3-3
 - “Nutrition and Wellness”, Winston J Craig, 1999, Golden Harvest Books, Berrien Springs, Michigan.
 - “Get Well at Home”, Richard Hansen, Shiloh Medical Publications, 1995. ISBN 0-9643914-1-4
 - “Vegetarian Nutrition & Health Letter”, 1711 Nichol Hall, School of Public Health, Loma Linda, CA 92350. E-mail: vegletter@sph.llu.edu
 - “Vibrant Life”, Box 1119, Hagerstown, MD 21741, U.S.A.
 - “The Journal of Health & Healing”, P.O. Box 109, Wildwood, GA 30757, U.S.A.

4. Audiovisual materials

Excellent materials are available and can be ordered from:

THE HEALTH CONNECTION

55 West Oak Ridge Drive

Hagerstown, MD 21740-7390, USA

Phone: (301) 393-3267

Toll free from USA and Canada: 1-800-548-8700

<http://www.healthconnection.org>

Email: sales@healthconnection.org

5. Computer Software

Here is a list of very helpful tools for those involved in health promotion:

- Ellen G. White Writings, on compact disc, (CD-ROM). For more information contact the Ellen G. White Estate, General Conference of Seventh-Day Adventists, 12501 Old Columbia Pike, Silver Spring, Maryland 20904, U.S.A., Tel. (301) 680-6552.
<http://www.WhiteEstate.org/>
- The SDA Bible Commentary, on CD-Rom. Review and Herald Publishing Ass., 55 West Oak Ridge Drive, Hagerstown, MD 21740, USA.

- Wellsource. This is an Adventist organization which produces excellent software for various kinds of health appraisals. See <http://www.wellsorce-inc.com/>
- The Online Bible. Several Bible versions in English and other languages. Greek and Hebrew lexicons. The program is very easy to use and includes search functions. Information: IMPORTANTIA, Postbus 9187, 3301 AD Dordrecht, Netherlands.
<http://www.onlinebible.org>
- Devotional software in several languages. FREE download from <http://www.losung.de/>
- The Food Processor, is an excellent scientific program to quickly calculate the composition of foods and diets. It is very recommendable for dieticians and people with background on nutrition. For information ask: ESHA Research, PO Box 13028, Salem OR 97309-1028, U.S.A., FAX (503) 585 5543. <http://www.esha.com>
- Graphics or drawing programs are very useful for making transparencies for overhead projection or presentations directly from the computer. This gives a professional look to your health presentations. There are several excellent software programs available today. Ask your software dealer for product information.

6. Useful Websites

The addresses and references contained in this section are only a small sample to assist you to find the information you need or links to other sources. As with all addresses, they are subject to change without notice.

As you enter the world of information you may get overwhelmed. Don't think you need to know everything perfectly before you start working for the Lord. Begin where you are and God will lead you as you grow in experience and knowledge. *"Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard."* Isa 58:7,8

a) SDA Church Organizations, Statistics, Statements, Links, etc.

- SDA General Conference: <http://www.adventist.org/>
- SDAnet: <http://www.sdanet.org/>
- SDA Yearbook: <http://yearbook.gc.adventist.org/ast/yearbook/>
- SDA Official Statements: <http://www.adventist.org/beliefs/statements.html>
- TAGnet Home: <http://www.tagnet.org/>
- GC Health Ministries Department <http://www.health20-20.org/>
- Adventist International Medical Society (AIMS): <http://www.tagnet.org/aims>

b) SDA Health and Lifestyle Centers in North America

- Adventist Health System: <http://www.adventisthealthsystem.com/>
- Loma Linda University & Medical Center: <http://www.llu.edu/>
- Weimar Institute: <http://www.weimar.org/>
- NEWSTART: <http://www.newstarthealth.org/>
- Health Expo <http://www.healthexpo.org/>
- Reversing Diabetes: <http://www.reversingdiabetes.org/>
- Outpost Centers Inc.: <http://www.outpostcenters.org/>
- Lifestyle Center of America: <http://www.lifestylecenter.org/>
- Southern Missionary Society: <http://www.sms-witness.org/healthnews>
- Emerald Valley Wellness Clinic: <http://www.emeraldwellness.com/>

c) General Health Information Sources

- World Health Organization (WHO): <http://www.who.int/home/hq.html>
- UNICEF: <http://www.unicef.org/>
- Red Cross International: <http://www.icre.ch/>
- Christian Connections for International Health <http://www.ccih.org/>
- American Association for Cancer Research: <http://www.aacr.org/>
- American Institute for Cancer Research: <http://www.aicr.org/>
- American Heart Association: <http://www.americanheart.org/>
- American Medical Association: <http://www.ama-assn.org/>
- US Center for Disease Control: <http://www.cdc.gov/>
- US National Institutes of Health: <http://www.nih.gov/>
- US National Library of Medicine: <http://www.nlm.nih.gov/>
- Internet Grateful Med: <http://igm.nlm.nih.gov/>
- Medscape: <http://www.medscape.com/>
- Combined Health Information Database: <http://chid.nih.gov/>
- Hardin Internet Health Sources: <http://www.arcade.uiowa.edu/hardin-www/md.html>

- Harvard Medical Web: <http://www.med.harvard.edu/>
- Mayo Clinic: <http://www.mayohealth.org/mayo/common/htm/library.htm>
- Medical Matrix: <http://www.medmatrix.org/>
- Reuters: <http://www.reutershealth.com/>
- Physicians Committee for Responsible Medicine: <http://www.pcrm.org/>
- Quackery: <http://www.quackwatch.com/>

d) Nutrition

- GC Nutrition Council Statements: <http://www.andrews.edu/NUFS/GCNIndex.html>
- Loma Linda University, Nutrition: <http://www.llu.edu/llu/nutrition/>
- American Dietetic Association: <http://www.eatright.org/>
- SDA Dietetic Association: <http://www.sdada.org/>
- Tufts University Nutrition Navigator: <http://navigator.tufts.edu/>
- Food and Agriculture Organization (FAO): <http://www.FAO.org/>
- European Food Information Council: <http://www.eufic.org/>
- US Soy Foods: <http://soyfoods.com/>

e) Facts and Assistance About Alcohol, Tobacco and Drugs

- National Clearinghouse for Alcohol & Drugs: <http://www.health.org/>
- National Institute on Drug Abuse: <http://www.nida.nih.gov/>
- Drug Information Association: <http://www.diahome.org/>
- European Network for Smoking Prevention: <http://www.ensp.org/>
- GLOBALink Tobacco: <http://www.uicc.org/>
- Linda H. Ferry - Tobacco: <http://www.findhelp.com/>

