

Natural Living and Medical Work for Ordinary Men

H. Skadsheim

With Prescription Diets for Cancer etc.

“When Ephraim saw his sickness and Judah saw his wound, then went Ephraim to the Assyrian, ... yet could he not heal you nor cure you of your wound” Hosea 5:13.

“I will restore health unto thee and I will, heal thee of thy wounds,” saith the Lord.” Jeremiah 30:17.

NATURAL GARDEN HEALTH

The General Conference combined the Country Living and Medical Missionary Departments, because there is a natural connection between the two if we return to natural methods. When we add humus, mulch and ground rocks or shells to depleted soils, and make living soils, they develop resistance to disease. When we see so much disease in plants, animals and man, there must be something wrong with man-made methods, for we are told:

“If men would read the Old Testament scriptures they would see that the Lord knew better than they in regard to proper treatment of land.” Fundamentals of Christian Education, page 523.

Some of the instruction referred to was given to the Jewish nation in Leviticus 25:5: “That which grows of its own accord of thy harvest thou shalt not reap ... neither gather the grapes during the year of rest for the soil,” Recent discoveries prove that plant residues must be returned to the soil to make food for beneficial bacteria, molds, enzymes, mycelium and earthworms that digest the elements in the soil for the plants. When only bare mineral soil is provided for the plants, they lose something vital. Again we read a warning, “If ye will not for all this hearken to me, then will I punish you seven times more for your sins .. your strength shall be spent in vain for your land shall not yield her increase . . . and I will bring your land into desolation and your enemies that dwell therein shall be astonished at it.” Lev. 26:18, 20, 32.

Because the people were too greedy to let the land rest, or to return a part of the crops to restore the soil, the rich land they inherited was left desolate. Likewise in our rich land, over one third of the soil has been ruined by using artificial methods of cultivation What shall we do about it?

Form Reading Circles

“Let our people show that they have a living interest in Medical Missionary Work. Let them prepare themselves by studying the books that have been written for our instruction in these lines.

. . . These may learn much in their own homes ... from the study of books and publications. Form a home reading circle in which every member of the family shall lay aside the busy home cares and unite in study.” 7 T. 63.

“Tracts ... containing pointed, well written articles on this great question should be scattered like the leaves of autumn.” Counsels on Diets and Foods, No. 794. Read also C. D. F., pages 38 and 81.

To learn how to put the principles to work that have been covered in this pamphlet, form reading circles and build up a library of such books as:

NATURAL BREAD \$.50 With whole grain recipes.

COMPOST .50 How to make it.

ORGANIC FOOD 2.00 Recipes and Herb

THE HERBALIST 1.00 For health, in colors.

This book is sent to you with the request that you send the names of five who need the information about prescription diets for cancer, etc., with \$1. to H. Skadsheim, St. Helena, Calif.

NATURAL LIVING

Learning Natural Living

On a homestead in the north woods of Minnesota we lived a natural life. We had achieved almost complete independence of commercial sources, and did not have to be victims of artificial controls and high-jacked prices, or completely deprived by the action of some labor union boss cutting off all sources, as we do in highly organized, super-civilized communities. Our fuel was abundant, and we slashed down only the choicest, and cut it up with the buzz saw. We grew our own grains, mostly wheat, rye and corn. We worked the ground and planted it ourselves, harvested it ourselves, thrashed it with our own machines, ground it ourselves, baked it ourselves and ate it ourselves. There were no middlemen's profits or sales taxes to take the lions share. We figured out that we could sell a bushel of corn for fifty cents, and then buy it back in corn flakes packages for about nine dollars a bushel—highly devitalized at that. That is the shortest road to the poorhouse I know of—to dispose of everything you produce and buy everything you use.

We raised loads of potatoes, pumpkins and squash, cut up the culls for the live stock and used the choicest ourselves. Mother made me lord of the garden when I was ten, and we grew all the standard vegetables ourselves, and also the flavoring herbs, especially sage and thyme, and we picked wild hops to make our

own yeast for the bread, and wild fruits from strawberries in the spring to high and low bush cranberries in the fall. The cellar was full to the ceiling, of vegetables in the bins and cabbages hung head down, and canned fruits on the shelves, crocks of preserves, bins full of grains.

Life was really primitive. We produced much of our own clothing. We sheared a large flock of sheep and carded, spun and knit our socks, mittens tom-o-shanters, sweaters and even underwear. When the animals grew older, we ate up all their carcasses before they died, so there would be no waste—most primitive people do that. It reminds me of a soldier meeting a cannibal in the South Pacific, who had heard how many thousands of people were killed in the great war. So he asked: “What do civilized people do with all those bodies when they kill all those people. He explained, ‘They bury them—dig them down in the ground.’ ‘My, what a waste!’ said the cannibal.

Now going back from civilization to the more primitive ways of living. There was quite a panic about 1907. We found out about it when we went seventeen miles to the nearest town to cash a small check. They said nobody could cash checks. Also a little later a six months railway strike was threatened. That was before the days of trucking, and city people were in panic again. They said everybody would starve if food could not be shipped in. We said, let them keep their checks, and let them strike, six months or sixteen months, it made no difference, for we had a barrel of salt and a keg of nails, and five gallons of oil for the steam engine, so we could eat and build and even renew our own clothes in a pinch. Finance wizards and labor bosses could not panic us. We were independent.

Then came the problem of education. A need of scientific knowledge would drag us out of our smug isolation from human society. We had only five months school a year, and in the spring we had to miss some of that to help plant our crops and in the fall again we had to dig potatoes and thresh grains. I was the first one who finished the eighth grade in the 27 years the district existed

FORMAL EDUCATION

At the academy the registrar said I had to take algebra and Latin and other ologies and osophies. I was not ready to ossify yet, so asked why I had to take such studies. “Scholastic standards required them,” she said. Finding they were only a hangover from scholasticism and had little relation to real life, I told the registrar I wanted to take living languages and useful subjects first, and if I had time to spare later, I would come back and get some of the frills. “But they will not let you graduate if you do not line up,” she pleaded. However when graduation time came around, even the state standards had discarded Latin, and in the course in methods of teaching in high schools, by Parker, I learned how much more practical a course in applied mathematics was, where the material was arranged according to the needs of the learner, instead of artificially arranged as a systematic subject, such as algebra.

Of course we had been prepared for such sophistries, by readings every evening from the counsels of Mrs. E. G. White, such as:

“In the colleges and universities, thousands of youth devote a large part of the best years of life to the study of Greek and Latin. And while they are engaged in these studies, mind and character are molded by the evil sentiments of pagan literature.... Far better would it be for the world were the education gained from such sources to be dispensed with.... Who can bring a clean thing out of an unclean?” Ministry of Healing, p. 443. Fund. of Chr. Education. p. 467.

Later, my brother who is much brighter than I am, came back from college and remarked that he had taken all the mathematics they teach in any college, and got straight A's in every one. I was putting up a forty foot building at the time so I suggested that he figure out the gables for me, and the length of all the studdings and rafters, so I could cut them without climbing up to fit them. I gave him all the measurements needed for the calculations. After puzzling for considerable time, he said, “No. I can't do it.” Of what use is an education if you cannot use it?

Dr. Fryklund also said. “There is no development in merely acquiring information. Development comes in applying knowledge. That is why there is no such a thing as education, without an industrial program connected with it.” In contrast a preacher said. “We cannot waste the time of our students on bookbinding, printing, carpentering and agriculture or other secular pursuits. We must make preachers of them.” From a standpoint of logic, that sounds plausible, but it feels very sacrilegious after you have studied the Counsels of the Spirit of Prophecy.

How wonderful it is to have higher sources of counsel for life than the sophistries of the worldly wise. The following comes to mind:

“While attending school, the youth should have an opportunity for learning the use of tools. Under the guidance of experienced workmen, carpenters who are apt to teach, patient, and kind, the students themselves should erect buildings on the school grounds and make needed improvements, thus by practical lessons learning how to build economically. The students should be trained to manage all the different kinds of work connected with printing, such as type setting, press work, and bookbinding, together with tent making and other useful lines of work. Small fruits should be planted, and vegetables and flowers cultivated.

“Culture on all these points will make our youth useful in carrying the truth to foreign countries. . Missionaries will be much more influential among the people if they are able to teach the inexperienced how to labor according to the best methods.

“A much smaller fund will be required to sustain such missionaries, because, combined with their studies they have put to the very best use their physical powers in practical labor; and wherever they go, all they have gained in this line will give them vantage ground.” Testimonies Vol. 6, p. 176.

MISSION EXPERIENCES

In the mission field this was verified in so many experiences. One day we had charge of a crew of thirty workmen, and making the furniture for the church, as a man came up and inquired of one of the workers who had charge of the project. "An American," he explained. "Oh, those Americans are real engineers," he responded. "I have seen a lot of them in Panama." What a letdown it would have been for the reputation of our country if a missionary from here would have been ignorant of practical things. The editor of the paper also came and observed us. He wrote:

"Now that the leaders of the Seventh-day Adventist churches have set such a worthy example, in not being too proud to build and to work as carpenters, masons and painters, the lesson should be taken to heart by every denomination and class of people among us. There is so much false pride and poor greatness in these regions, as our young people are not taught the honor and dignity of honest labor, but rather to despise the man who works with his hands."

We called these experiences the sermons we preached in overalls. Often, however, as we sat on conference committees and mission boards, we were appalled at the lack of technical knowledge of the problems of building mission stations, schools and churches, and lack of plain common sense on the part of those with an artificial education for life.

We had not gotten off the steamer as the mission director came out on the launch to meet us, before he asked us about our experience in printing, the care of books and editing. He explained that one of my duties would be to write and edit the conference paper each month, and as one third of the Book and Bible house stock was ruined by tropical climate and insects, we were glad that we knew something about book binding, the care of books and had prepared copy for the Union for two years, doing the rewriting of long articles under the direction of the editor. Our denomination produces more literature than any other, hence knowledge in these lines are of primary importance in denominational work.

We must mention a particularly appreciated experience in meeting Elder Edmed who had a long experience in Africa and other missions. We learned that for weeks he had been worried about a young American coming down, who might think he knew everything, and would not be amenable to the guidance of long experience and what it had taught them in a practical way. His first leading question was. "I understand you have been a treasurer of several conferences already and may have a lot of bright ideas that will help us in our work down here." Fortunately I had responded offhand. "All those bright ideas may not work down here." He had remarked to other workers that he was so relieved and delighted.

As we had always raised a good garden at home, and whether I had worked in an office in the middle of a large city, or the cold shores of Lake Superior, or the hot regions of the tropics, we continued to make gardening our hobby. When

we hired natives to help us weed our garden, we noticed that they carried off all the weeds as greens, and ate them. If we had known what they were and realized their importance in our dietary, our health would have been preserved much longer. Coming from Northern Minnesota and with absolutely no knowledge of tropical conditions, or taste for the entirely different foods, which cannot be acquired over night, we began to lose our appetite from the exhausting heat and over work, and then sent to New York for more of the devitalized commercial foods, which hastened the complete physical collapse.

On a small tropical island without mountains, there is no relief from the exhausting heat. One day, however, we saw a long column in the paper about the worst cold wave in a whole generation, and that natives were without clothes or shelter against the elements. The article finished with the statement that the temperature had fallen to the record low of 76 above. Imagine the condition of the blood of people in such temperature. We found many who wore heavy woolen underwear the year round, where the sun shines in on the south porch in the summer and the north porch in winter, and sets at six the year round.

To recuperate we were invited to spend the winter with that wonderful man, Dr. Charles Cave of Barbados. What an education to associate with such a character. I could fully appreciate the statement by Dr. V. C. Fryklund to a group of us taking a course in Industrial Education. "If you teachers could only realize, that what you are is of much greater consequence educationally, than all the subjects you can teach. Much of the subject matter is forgotten, but your personality impresses itself indelibly on those young people." It is the more remarkable for having been said in a large secular University, How important that we choose our teachers, more than our subjects. Tell me who you associate with and I will tell you what you are.

VOCATIONAL EDUCATION PAYS

Six months in the hospital, and we were able to return to America and then an operation by Dr. W. T. Truman in Washington Sanitarium, and then Veterans Hospitals for nearly two years, and being told that we were permanently disabled, we had the rude awakening of realizing we had to do some rethinking of life. How thankful we were (some words missing) to fall back on. Stranded in the hospital, gives the first chance modern man has to really think. He is too busy while preoccupied with a routine job, to do any creative thinking. Then we noted the waste of a lot of valuable magazines, like the Geographic, and figured out how they might be salvaged for visual and other educational purposes, and bound up in classified form. Making no progress health-wise in the great institutions, we decided to return to natural living, as it is pleasanter to even be miserable there, than in congested wards.

We wrote our friend E. L. Green, the conference treasurer that our qualifications were that we could do absolutely no physical work or mental work, but

we wanted a job. I wanted to be caretaker of the conference camp ground. The conference thought I could be trusted. Even when completely disabled, a reputation, or character, can be of value. I swung a hammock among the trees and listened to the birds, and enjoyed the scenes of nature. As I had studied general agriculture in our academy and then gone to a larger school and taken courses in Soil Chemistry, Fertility, Feeds and Feeding, and Crops, I wanted to try gardening. The soil was pure silicate sand, every vestige of vegetation burned off every year, and not enough rain. I could not hoe or even pluck the small weeds, so had to hire a neighbor. It cost \$26 to raise eight dollars worth of vegetables. When camp meeting time came, I asked them not to burn the straw stack, as I wanted to work it into the soil. Then I planted soy beans, peas and beans to build up the nitrogen in the soil. I needed to renew technical knowledge, and later findings, so I sent for every agriculture bulletin available from Superintendent of Documents, Washington, D.C. and several Universities. These were classified and bound into reference books, and one day I took (some words missing) that I could do this for farmers, "Not interested," he remarked. "I am interested." said the county nurse noticing my physical condition. Incidentally, she was the wife of the State Rehabilitation Officer, and after visiting our home, suggested that I take a rehabilitation course, bringing my bookbinding and printing knowledge up to date, since the rehabilitation course I had taken after the First World War, ten years earlier.

Again it was industrial education to the rescue. But how the doctors of philosophy despise it. A college dean remarked. "I do not think that we should give any credit for agriculture, bookbinding, printing and carpentering. Those subjects are suitable for such as do not have sufficient mental capacity for intellectual education." Students soon get influenced by these leaders. Brother L. N. Holm, agriculture teacher and college business manager, said one day. "How many do you think I got in my agriculture class. Out of over 500 students I have lined up today, I got only three." And this is the very subject that should be the ABC of all our education.

The year 1930 the depression was coming on and so I invited some students who were unable to earn their education, to join me in the bookbinding. They had the physical strength I lacked, but I could teach them how to do this skilled work. I was averaging a net profit of about \$125 a month, when the school invited me to move my bindery on to the campus and give other students work. Soon these students who learned skilled work were earning exactly twice as much per hour as those who did ordinary dishwashing, janitor work and similar work for the school. One day the principal of the school said that on account of his health, he was to be let out of his job, and wondered if I would take him in as a partner. I told him I did not believe in joint ownership, but give me twenty minutes to think and I will have a plan. I proposed I would teach him and his wife the trade the rest of the school year, leave the foreman I had in the shop, and a nucleus of trained workers, and then I would go and start other binderies.

SCIENTIFIC AGRICULTURE

At the college in Michigan I anticipated association with the best agriculture men in our denomination. The University had offered to grant \$20,000 every year if the college would permit these men and their crews to carry out research for them, especially in recognition of professor Glen Houck's development of chlorophyll plant feeding direct by spray application of mineral compounds, ripening fruits weeks earlier and a finer appearing product on the market. I rented a garden. Then I proceeded to learn the latest developments in agriculture problems, by the use of chemical fertilizers and poison sprays to fight insects and pests we had never heard of in the virgin lands of the natural forest regions. I was told we could work the soil only twenty minutes, between the time it was too wet and sticky to work, or set almost as hard as a cement floor. To further complicate matters, my physical handicaps made it impossible to use a hoe, but I got a flat blade cultivator which pushed more gently, and cut off the roots just below the surface, making only a shallow mulch. We eked out a meager crop and put it in the cellar. In a few weeks it was all decayed and we had to take it out and bury it. The plants I had poisoned so intensively to carry them through the growing period, did not have resistance to storage diseases either. All these things were interesting problems to study as a diversion from the shop work. I had drilled my students on the ideal that where there was problem, there is where you find an opportunity. So I set to work, on them.

NATURAL GARDENING

First I had to work on the problem that I was not able to work the hard ground. I went to the woods with a wheelbarrow and hauled in loads of black leaf mold, and put it on top of the ground, after plowing, and then put small leaves and other trash that would not hinder the cultivator, on top of the humus, as a mulch. I remembered our agriculture teacher said, if you want the best, in agriculture, study nature and imitate it. In the woods and meadows, we always found the black loam on top of the ground. Man-made methods put the fine mineral soil on the surface and buried the plant residues. Dust mulch was advocated everywhere, but it produced mostly dust bowl storms. If it rained, the drops puddled the fine mineral soil and made an impermeable pie crust, so the water could not sink into the subsoil, but washed away more land. When this dried it made a hard crust and air could not penetrate to the roots, and the remedy advocated was more dust mulch cultivating. The methods that the Creator used in nature, are ignored in our machine age.

MORE HUMUS

Another problem was the sprouting and stooling out of crops, and getting them to ripen in the north, or getting more of the growing finished during the wet spring months before the summer droughts came on. Light colored mineral soils plowed up to the surface reflected back the heat from the sun, so badly needed to

heat the soil. Capillary action was bringing up water to the surface for evaporation that produced more chilling. Mineral soil is a good conductor of heat, so during cold nights the soil lost more heat, during those wet spring months when exactly the opposite was needed on every count.

DISEASE and PESTS

Then I noticed that humus was a good insulator and would keep the soil warmer. It matted on the surface so no dust could blow away. Like a blotter it absorbed rain which sank into the soil, and it made the soil so mellow to work. Adding lime made the subsoil also more friable. I began learning simple lessons from nature. So I got an inspiration to form a garden and nature club. I lived in the grove. Professor B. H. Phipps, the biology teacher also lived in the grove. One day as we passed his garden he remarked that he had no diseases or pests in his fruits or vegetables, but there were plenty of them all around it because the neighbors had sprayed six times already that season. His plants seemed to develop natural immunity. "We see this before our eyes, but cannot explain it," he said. Then he pointed out how he always put a good mulch of leaves, weeds, waste and garbage on his garden, but neighbors burned theirs. I was putting mulch on my garden too, and after a few years, when we put our vegetables in the same cellar, some kept till the following April or May, instead of decaying in a few weeks. Going back to natural methods built up the resistance in the cells to disease while growing, as well as well as in storage.

CONSERVING HEAT IN SOILS

Dark colored humus also absorbs many times as much heat from the sun, as light colored mineral soils do. It also forms a good insulates, so the soil does not lose its heat during chilly nights, or by fast evaporation. Sweet potatoes, large corn, etc, can be grown 200 miles further north with rich humus than with bare mineral soil.

EFFECTS OF PLOWING

Methods of plowing are also important from a health angle. We all know that if we seal out the air in cans, ptomaine poison, botulism and other germs multiply by the billions, but these germs cannot live in the presence of air. Neither can tetanus germs that cause lockjaw, nor gangrene or dysentery. If we take manure from a barn that has been contaminated by diseased animals, and plow it down so the air is shut out, putrefaction or decay sets in and germs increase tremendously in the soil. If we leave this material near the surface it gets moldy and does not stink. The molds produce penicillin and dozens of other mycelium which counteract disease germs. Therefore the man made method is a disease producer, but the natural way we learn from nature, is a disease resistance program.

Restoring Soils

Professor E. H. Falconer says in his book, *Plowman's Folly*, p. 60:

"I had seen the same fields pass through several alternate periods of cultivation and neglect, and had noted that the mere growth of weeds and briars had renewed productivity on such land." Modern science has not found any better method of restoring land than the creator's method's explained in the Old Testament. We find actual experiences everywhere confirming the need of learning natural living. Louis Broomfield tells in his book, 'Beautiful Valley':

"All around is a country of abandoned or run down farms, houses and barns fallen, the fields a wilderness of weeds, underbrush and seedlings reclaiming once rich land. In the midst of this is the Blumbaugh place like a jewel in a tarnished setting. His first years were hard going. The soil was miserably poor in minerals and humus—that residue of decayed and decaying organic material without which all soil is dead.

"Blumbaugh was learning from his land. He said: 'I was feeling my way, but I did know enough to pile on that soil every scrap of manure, trash, spoiled hay and corn fodder from neighbors farms, and put it on our land. A big corn sheller in Danville gave us 5000 bushels of corn cobs. We had a big sawdust pile in the woods. Everybody said sawdust would poison the land, but we used it to mulch our trees.' At the U.S. Conservation station he saw hillsides planted in contour with alternate strips of cultivated crops and hay sod, and trash farming which chops manure and rubbish into the soil and makes it porous.

"In less than ten years corn yields leaped from 15 to 100 bushels, wheat from 18 to 35. Another miraculous thing happened: Springs which had dried up, yielded an inexhaustible flow, the ponds were full of water, even last summer during the worst drought Ohio had known in 50 years. The water trapped on the hillsides went into the ground and came out again clear, instead of running with tons of precious top soil. This is only part of the story, for with it has been the best of diets, good living and one of the most beautiful spots on earth."

ECONOMICAL HOMES

By learning this natural agriculture method, our people can buy economical land, instead of expensive farms, and improve the soil with leaves, cuttings from roadsides and lawns, garbage and wastes. We read about the famous C. W. Carver, on page 73, *Reader's Digest* for Dec. 1942:

"When Carver arrived in Tuskegee, there seemed little for him to work on and nothing for him to work with... . He wanted a school farm; the soil was defiant. He wanted grass on the lawn; there was only sand. The soil on his 16 acre 'experiment farm' was sandy, eroded and impoverished. He sent his students into the swamps and woods armed with buckets and day after day they brought back muck and leaf mold and covered the ground with it. On these acres he demonstrated that the South's worst soils can be made to produce."

NATURAL HEALING

Notes on lecture by W. M. Roberts, M. D., Seattle, Washington.

“My conscience would not let me follow the drug healing program after I had taken my medical course, for I was a preacher before I became a doctor. That is why I have been seeking natural remedies, without the use of surgery and drugs. I learned that tumors could be removed by protein fasting. When the body begins to live on itself, it uses up the diseased cells first, because the healthy cells have more resistance. It takes 72 hours to open up the cells (by osmosis) using mineral broths, fruit and vegetable juices. Then if you take even a spoonful of protein, you have to start all over again. As cells cannot grow without protein, the humor or cancer just has to stop growing.

“Deep diaphragm breathing, using abdominal muscles, activate intestines, pumps liver fluids and stimulates eliminative organs. I find all yellow herbs good for constipation. Press lower lip for reflex stimulation of colon.

“Reflex-therapy was developed by a nurse in Edinburgh using foot massage first. Now we treat through other reflexes or the reflex nervous system. No one who does not live right can get results from reflex massage. It is the blood that heals, and to get good blood we must eat right. Then when you have a good flow of blood, it heals. You can relax a congestion in any organ by knocking out the whole nervous system with drugs, but then the body has the double burden of fighting both the poison and the disease. When you relax a congestion by treating the reflexes to each organ affected, there is no harmful after effect. Never massage injured or inflamed tissue. Go to the reflex area and stimulate through the sympathetic nervous system.

Natural Foods

We must learn to eat foods as the Creator made them. Each generation is getting further from nature and sicker. We cannot get well and stay well without paying some heed to this book.

“The Bible tells us in Genesis 1:29 what is natural food. How many come anywhere near heeding that command? Most people disobey the laws of the Universe in this book. It tells us to use herbs for medicine. (Another who is weak, eateth herbs. Romans 14:2. The leaves were for the healing of the nations. Rev. 22:2, etc.).

“There is a field for all the healing arts, even surgery in accidents.

“As man is the only animal that uses cooked foods, I experimented with living on only raw foods for five years. I lived almost entirely on fruit for a while and learned we do not need so much protein. When I came to Tacoma I could run five miles without puffing.

Animal Foods

“Never use animal fats or blood, says the good book. Lev. 3:17; 17:12. The only way to take milk is by nipple. The Bible says it is for babes. 1 Pet. 2:2. I Cor. 3:12, Heb. 5:13, 14. Milk is the worst source of food. According to the increase in use of milk, so has been the increase in cancer... Folic acid inhibits cancer growth. (Folic acid is destroyed by pasteurizing.) Use Vitamin E for cancer.”

Simple Treatments

The first principle to understand is as explained by Dr. Roberts of Seattle at a vegetarian lecture in Portland. He said:

“Medicines do not heal. It is the blood that heals—if you eat right, and have free circulation. When congestion occurs in any part of the body and interferes with the circulation, you can relax it by knocking out the entire nervous system with drugs, but then the body has the double burden of fighting both the poison and the disease. It is much better to relax a congestion with hot and cold water treatments, or massage, especially a reflex compression massage.”

The Health Factor

A study on why we must improve the soils to better our health is given in Senate Document 264 which begins: “Do you know that most of us are suffering from dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought back into mineral balance... The hard stalks of weeds even, are rich in good minerals, if we get them from roadsides and swamps.

All this can become the basis for a medical missionary program as indicated by the experiences of Dr. G. B. Chapman, head of a school health service. He was at first puzzled by the fact that so many students suffered constantly “with colds, influenza, infected tonsils, catarrh and dental decay.’ but suggested:

‘Fruits and vegetables...are grown for the most part in soil fed with chemical fertilizers. Why not return to Nature’s way and fertilize with humus. . . . The results seemed miraculous. . . Many authorities believe that we must return natural biological activity to the soil. Anything that kills angleworms, (beneficial bacteria), etc. that transforms decomposed plant, life and minerals, robs plant life of something vital. Food is the first weapon of preventive medicine. Some authorities believe the solution to many dietary difficulties lies in a return to the old fashioned ‘family farm’.”

Qualifying Ordinary Men as Medical Workers

It is not necessary to learn all the technical names of all the diseases and drugs in order to build resistance to disease. When the body resistance is up, we do not get colds, influenza, cancer etc. Learning the name of pneumonol-

transcrosopic silico volcanok oniosia will not teach you how to cure the disease or how to avoid it. The simple fact is that you get it when you live in sooty city air, or work in factories and mines, and your lung tissues become loaded with injurious substances. All you need to learn and obey, is to move out of the cities into the pure, clean country air and seek healthier employment.

Technical Terms

It is not necessary to learn the name of nifflidollyphantissianthecmum in order to grow a plant. It is not necessary to learn the name of cyclopenthanoperhy drophenantherene to avoid degenerative diseases. It is enough to know they are caused by animal foods, and avoid them. Learn how to “prepare wholesome foods without these things” as we are told in Testimonies, Vol. 7, page 135. Then the ordinary man can say: “I have more understanding than all my teachers, for thy testimonies are my meditation.” Psalms 119:99. Mrs. White says:

“Much good can be done by those who do not hold diplomas as fully credited physicians. Some are to be prepared to work as competent physicians. Many, working under the direction of such can do acceptable work without spending so long a time in study as it has been thought necessary to spend in the past. Many will go out to labor for the Master who have not been able to take a regular course of study in school. God will help these workers. Humble men who hitherto have been in obscurity must now be given an opportunity to become workers.” Medical Ministry, p. 538.

Simplifying Knowledge with Rules

We may not learn all the technical knowledge, but if we follow the laws of nature the promise is: “The Lord will take away from thee all sickness and will put none of these evil diseases ... upon thee. Dent, 7:15. Altho not even our wisest scientists know what electricity is, or how magnetism works, yet most of us can learn the laws which govern them, and even a child can turn on the light or power. So the Lord tells the ordinary man that if he will obey His laws, he will “understand more than the ancients, because I keep thy precepts. Psalm 119:100.

The Whole Body Affected

There has been much talk about “focal infection” causing disease, but some experts now believe that what causes the general disease also causes the focal infection. Diseases affect the weakest point most with secondary effects elsewhere. Diseases must be treated by building up the resistance of the whole body, and not merely treating symptoms. We do more harm than good by curing diarrhea with constipation, using boiled milk, or calomel, which clog the bowels. Instead we should clean out the cause of the trouble. To understand the general condition that favors diseases of all kinds, let us consider the principle of Osmosis.

A Clogged System

In laboratories of agriculture, physiology, botany and physics this action is shown by peeling half the shell of two eggs, and inserting a tube in each opening at the top, with wax. One egg is put in soft water and the other in a salt solution. The difference in balance of salts on both sides of a membrane make the liquid pass through, so it forces the liquid up in the tube over fifteen inches in one egg, but no action occurs in the other egg. In the same way our bowels can be clogged when we lack the proper mineral balance. In fact they can be thrown in reverse by giving a dose of Salts.

It is not only the stomach and bowels that have membranes, but every cell in the body is just like those eggs, that have membranes around them. If you lack proper mineral balance, no nourishment can pass into the cells, and no wastes or poisons pass out, and you feel sick all over. The cells are too weak to fight the germs, and you are sick because the minerals in your garden have not built up your food with the necessary mineral salts. Senate Document 246 begins with the sentence: Most of us are suffering dangerous deficiencies which cannot be remedied until the depleted soils from which our foods come are brought to proper mineral balance.” says Dr. Northen.

Successful Methods for Ordinary People

These simple methods are what laymen can use, even without institutions. So many wish to do big things by establishing a large institution, which only a few are able to do. If you want to do something really big, work out a plan so simple that thousands of others can be taught to do the same thing. and a great work can be done

S HEALTH, instead of disease

T DIET, instead of drugs

U WATER TREATMENTS and

D MASSAGE, instead of surgery

Y HERBS, instead of hypodermics

THE COMMON PEOPLE LEARN

The use of water treatments, massage and diet, growing vitalized foods on enriched soils, are means of promoting health that any layman can learn to use, and only by doing so will the church be prepared for the time of trouble when they can neither buy or sell or get any work without joining unions. However, we are told that:

Preparing for the Future

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience, will be placed in unfavorable positions.

For their own sake, they should while they have opportunity, become intelligent in regard to disease, its causes, prevention and cure, and those who will do this, will find a field of labor anywhere.” Counsels on Health p. 506. “Many who desire to obtain knowledge in medical missionary lines . . . can learn much in their own homes . . . from the study of books and publications.” Id. 427. “Secure grounds away from the cities where fruits and vegetables can be raised. Agriculture will open resources for self support, and various other trades also could be learned.” F.C.E. 322. “God will take ordinary men and give them skill and understanding in the use of the fruits of the earth . . . He will impress business men who are Sabbath keepers to establish industries that will provide employment for His people.” 7 T. 128. “Missionary families are needed to settle in waste places. Let farmers, financiers, builders and those skilled in various arts and crafts go to neglected fields to improve the land, to establish industries, to prepare humble homes for themselves and help their neighbors,” M.H. 194.

Home Care

A plan that has proven a success in thousands of cases is called “Home Care” as described in the Readers Digest: Instead of spending millions to build more hospitals, some have arranged to have patients do their convalescing in homes. People are asked to come for short courses in the care of nervous, or other chronic ailments, and these are taken into private homes and have recovered faster in these natural living conditions than under the strain of a different institutional life. After the patient goes to the home, a visiting nurse from the hospital calls regularly and she reports to the doctor when she thinks his calls are needed. Thus laymen can do real medical work and get a modest income right at home. As it is done under professional supervision, no difficulties are encountered with the association requirements. Some may wish to care for old people, or children on the same basis. Having a few live with the family in a private way, makes medical license unnecessary.

Diet and Health

It is the food the patients are fed which is the main factor for health. The world famous Dr. McCarrison says: ‘There is no subject more worthy of consideration by those whose life is spent in guarding national health.’ Dr. Karrel said: “The dietitian of today will be the doctor of tomorrow.” McCarrison adds: “First instruct the masses on what to eat and why. Second produce natural foods rather than to build institutions. Third, acquire knowledge.” These agree with the counsels given by Mrs. White as follows:

“Human wisdom . . . tends to building up of great institutions. Multitudes leave to institutions . . . the work of benevolence; they excuse themselves from contact with the world’s (needs) and their hearts grow cold. They become self-absorbed and unimpressionable. Love for God and man dies out in the soul.

Christ commits to His followers an individual work that cannot be done by proxy.” Ministry of Healing, page 147.

Change Necessary

The diet question seems to affect every stage of our life, for we read:

“When the third angel’s message is received in its fullness, health reform will be given its place in the conference, in the work of the church, in the home, at the table and in all the household arrangements.” 6 T. 327. “There are few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in the world and their eternal destiny. . . Men and women must be instructed, and ministers and people should feel that the burden rests upon them to agitate the subject and urge it home on others.” 1 T. 189. “I urge those who are taking a neutral position in regard to health reform be converted . . . The presidents of conferences need to realize it is high time they were placing themselves on the right side of this question. Ministers and teachers are to give to others the light they have received.” 6 T. 377.

Whether we realize it or not this diet question is to become an important factor in our lives, affecting every detail. A rude awakening may be in store for some of us. We have been studying about the Holy Spirit and the Latter Rain that will bring the Loud Cry. I was asked once why these were delayed. Because:

“God’s people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them.” 1 T. 486. As you read this page you will see it is the health reform that has been neglected.

Reasonable Common Sense

In the Sabbath School Lesson for Feb. 21, 1948, is quoted as follows from M.H. p. 319:

“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 their own.”

How astonishing then is the prophecy in Counsels on Health, p. 153:

“There is a large class who will reject any reform movement, however reasonable if it lays a restriction on appetite. 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. But no one should permit opposition or ridicule or turn him from the work of reform.” “They will not change their course of action to meet the wishes of their friends or relatives, be they one or two or a host. If we move from principle in these things . . . we shall exert an influence

which will meet the mind of God. The question is, are we willing to be true health reformers?" C.D.F. D. 408.

Its Neglect Hinders Missionary Work

"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." Counsels on Health, p. 452. "There is a message regarding health reform to be borne in every church . . . The Lord does not now work to bring many souls into the truth because of the church members who have never been converted would make of no effect the God given message which His people are to hear." 6 T. 371. "It is not alone those who openly reject the testimonies, or who cherish doubt concerning them, that are on dangerous ground. To disregard light is to reject it." 5 T. 680.

Resisting the Message

For those who have enjoyed the delightful pleasures of tastiness in food, when the coated tongue is cleared up and the body cells are cleansed by the health reform diet it is just as difficult to understand why people want to resist it as it is to realize why people will cling to the filthy tobacco or poison their system with alcohol. Those who have the habit of using stimulants usually do not wish to give them up. All animal foods are stimulating, because they are irritating. Stimulants are like the whip that drives the slave beyond his natural strength. It is so much more delightful to feel that rebound and pleasure, like that of a small child that thrills with enjoyment of a brisk romp. All say they feel ten times more miserable after a night of carousing than if they had never indulged. Why does anyone want to pay good money for a hangover? Why don't they quit it?

Once Mrs. White asked one of our leaders to lead out in "a reformation in healthful living" and wrote him:

"The Lord has given clear light regarding the nature of the food that is to compose our diet. He has instructed us concerning the effect of unhealthful food upon disposition and character. . . . Who among our brethren will sign a pledge to dispense with flesh meats, and all injurious foods and become health reformers in the truest sense of the term." Letter from Sanitarium, Cal. Mar. 29, 1908.

This leader refused saying he would not want to take the responsibility for something that would "split the church." He did not realize that those who would give the health reform message will not cause the shaking, but "Some will not bear this straight testimony. They will rise up against it and this will cause the shaking among God's people." I. I. p. 181. It is not those who follow the teachings of the denomination who will cause division, but those who are against the message.

NO FURTHER LIGHT

Later the above mentioned leader sent someone to arrange for an audience with Mrs. White regarding problems of the work, but she said: "I have nothing more for him." When we reject a single point, such as the health reform, the Lord will give no further light to that individual. 5 T. 729, Middle of page.

Personal Interpretation

An example of perverting clear statements with personal interpretation, is a story that has had wide and long circulation, saying one of our leaders went to Mrs. White about the statement that "Cheese is wholly unfit for food," and asked "Does this apply to Limburger cheese?" and she is supposed to have answered "Yes." I asked Elder Andrew Nelson who this leading worker was, and he said, "Elder L. R. Conradi." He added that he believed the whole story was made up by him. As he loved cheese sandwiches and beer, he was later put out of the position he held and then spent all his time working against denominational teachings.

It seems to be wrong to use any product of fermentation or decay, such as alcohol, vinegar, cheese, pickles, sauerkraut or sour milk. The pharmacist at the Sanitarium said: Whether cheese is decayed by molds to make Limburger, Roquefort or other green cheeses, or decayed by enzymes to make cream cheese, or decayed by germs to make cottage cheese, they are all products of decay. (See elsewhere statement of American Medical Association Journal about those who were killed by lactic acid germs, which make sour milk, sauer kraut, cottage cheese, etc., also that when germs and yeasts act on milk to make koumiss, yogurt etc. considerable amounts of alcohol is produced, explained in U.S. Dept. of Agriculture yearbook for 1939, Food for Life).

Are Eggs Both Harmful and Beneficial?

In commenting on the statements in 2 T. 362 and 400 Witness of Science raises the question of contradiction when raw eggs with grape juice is recommended in another place. Dr. Kress told us personally that this testimony was given to him as he returned from London and was anemic. He needed to build up his blood, but not till 1947 did scientists find out that folic acid found in greens and vegetables, but also in raw eggs, is needed by the body to make red blood corpuscles. He explained that he had never made known the fact that he could not tolerate coarse vegetables, so it would have been a mistake for Mrs. White to have recommended that source. To make raw eggs safer, grape juice must be added, for the grape cure can counteract cancer and many other diseases. If Dr. Kress could have eaten watercress, parsley, turnip and mustard greens he would not have needed to use the diseased food, with precautions.

Delicious Flavors

Nothing good is withheld in the health diet. Mrs. White specifies it must be appetizing, nourishing and economical, (7 T. 135) before we are at liberty to

present it to people. But a man with coated tongue and clogged system cannot enjoy the treat of natural flavors found in organic foods fresh from the garden or orchard or fresh ground mixed grain bread. After eliminating all the diseased and stimulating foods for three weeks, this glorious new experience begins. To explain what we mean, by flavors—sugar is sweet, but honey is sweet with a flavor. Canned peas and corn taste flat, but when brought in fresh from the garden and not heated so much that it kills the natural tang, you have a delicious flavor that can never be equaled by vinegar, pepper, chili or even decayed cheeses, which the traditional cooks depend on for taste. In fact those who depend on strong condiments as appetizers, or on cigarettes, cannot tolerate delicious fruits, or orange juice. They never know what they have missed till they try natural living. I have even seen doctors who were entirely unaware of such a thing as the natural tang of foods which is more delicate than artificial flavorings.

Cholesterol Free Diets

Within recent years we have heard much about the dangers of cholesterol, an animal fat which is considered to be a cause of hardening of the arteries and other symptoms of senility, as well as cancer, gall stones and other diseases. (Gall stones are really cholesterol deposits. It is claimed that the eating of a few eggs introduce into the body enough cholesterol to form a gall stone, when it is not counteracted or eliminated. Lecithin is a chemical that acts antagonistically to cholesterol, for which reason a high lecithin intake is a good preventive of cholesterol deposits and resulting signs of premature old age.)

Cholesterol is an animal fat present in meat, eggs and practically all dairy products. The idea that only fatty meat contains cholesterol, is not correct, as fat contain the most.

In the book "Witness of Science," which the General Conference selected for the Ministerial Reading Course, is a chapter on cholesterol which first quotes from Mrs. White: "He permitted that long lived race to eat animal food to shorten their sinful lives," C.D.F., p. 374. Then Dr. Abbott says: "The principal life-shortening diseases today are the degenerative diseases . . . for the decade increased 20 per cent to a mortality of 44 per cent." This makes it a greater cause of death than cancer, tuberculosis and polio combined. "Pure cholesterol alone produced no sclerosis, while .3 grams fed with milk and eggs produced marked arteriosclerosis." W. S. 109, 113. Egg yolk contains an average of 2000 times as much cholesterol as carrots.

Avocado Pears Beneficial

The avocado provides one of the most digestible and alkaline, as well as mineral and vitamin rich sources of fats and proteins. When mashed and used as the base of a salad dressing, it is vastly superior to olive oil and other vegetable oils which are acid forming, because separated from associated alkaline minerals during the process of their manufacture, (Sunflower and hemp seed oils are less

acid forming and coconut oil is the best.) In the case of the avocado, its lecithin rich fats are in combination with alkaline minerals, which help in their digestion. The fats of the avocado are in perfect emulsion, hence easier to handle than all artificially separated fats. Dr. Uriel Adriana, Page 3. Nature's Path, May, 1953.

PRESCRIPTION DIETS

CANCER RESEARCH HEARINGS

Senate Bill 1875 Supplement of Congressional Record.

“There resides in New York City an unassuming physician who has long since passed the period of research with animals and is actually treating and curing cancer in human beings. I have seen patients so far gone as the result of the ravages of cancer as to be beyond the pale of anything but miracles. These miracles are in fact being performed by Dr. Max Gerson, 667 Madison Ave., New York. To my mind it is important that Dr. Gerson train other doctors in his technique so that hundreds of thousands may be treated rather than the limited number that he is personally able to attend.” Testimony of Dr. Samuel A. Markel.

Return to the laws of Nature

Statement by Dr. Gerson: “The Gerson diet was first developed to relieve my own migraine condition. Then it was successfully applied to patients with allergic conditions. . . By chance a patient with tuberculosis was cured following the use of the diet. It was highly favorable in arthritis, heart disease, chronic sinusitis, ulcers, colitis, high blood pressure, psoriasis, schlerosis, and most striking results were seen in the restoration of liver and gall bladder, which could not be influenced by other methods up to the present. The great number of chronic diseases which responded to the dietetic treatment showed clearly that the human body lost part of its resistance and healing power as man left the way of natural nutrition. The fundamental damage starts with the use of artificial fertilizers, but we can regain the lost defense and healing power if we return as close as possible to the laws of nature, as created.”

Many Malignant Cases Restored

“Senator Claude Pepper heard testimony by many patients who had passed into the metastasis stage and had been given up by other doctors, and had then been cured by Dr. Gerson's diet treatment. He asked; in the case of a girl who had suffered from cancer of the spinal cord: “By your diet treatment you cured the cancer?” Dr. Gerson answered: “We killed the tumor, yes, otherwise the muscles could not have been restored. That is the only case (of tumor of the spine) now arrested in 2000 years of medical history.”

Dr. Miley testified: “I have seen all of these cases many times. . . . I went over to see his tuberculosis cases, and some of his results were very, very remarkable. He had several bronchial fistulas healed which had no right to heal

and he mentioned at that time the possibility of using this in malignant disease. Both Dr. Bailey and I smiled skeptically, thinking it was rather fantastic, so I picked out the worst case I could find, supposed to live three to five months. She has remained improved, and that is now years since that occurred. . .

“The Gerson diet is quite harmless and consists of low salt, low fat, no animal protein and high carbohydrates, plus frequent injections of liver extract and adequate amounts of minerals and vitamins, large amounts of fresh fruits and fresh vegetables, and does not allow any meat, milk, alcohol, tobacco or canned foods. Dr. Rudolph Kellar believes as a result of his investigation that this can well change the entire metabolism of the body in cancer patients. This new approach to cancer is fundamental, because it treats cancer as a systemic disease of abnormal chemistry of the whole body.”

Cancer Virus in Milk and Eggs

“The acute toxic symptoms often present in cancer patients can best be controlled by ultra-violet radiation, which is the best detoxicating agent known to modern medicine . . . This is extremely important in light of the recent demonstration that milk may contain the transmissible agent productive of malignant growth, possibly of a virus nature. . I have many cases where I could activate cancer with certain substances, then could make it all disappear. Then we gave a raw egg yolk. We know this was carcinogen too. I killed three patients when I gave them a little bit of egg yolk.”

Healed, But Blood Vessels Burst Later

The book, *Death Be Not Proud*, by John Gunther, gives the story of the case, of his son's cancer of the brain and on page 139 of the *Readers Digest* of March 1949 it says:

“But on August 31 there was again a new leak in the bump, the white blood count was below 1000. The papilledema was high again and he seemed to be fading fast. Raymond Gram Swing told me about a doctor named Max Gerson who had achieved, remarkable arrestation of cancer and other illnesses by a therapy based on diet. Gerson is a perfectly authentic medical doctor, but “unorthodox” (which means he does not use drugs according to Medical Association Standards). My reaction was skeptical. Then I learned he had long experience with brain tumor cases. I went to see him and he showed me his records of tumors apparently cured. It still seemed to me inconceivable that so serious an ailment could be cleared up merely by diet.

“Gerson impressed me greatly as a human being, however. Dr. Draeger at first violently opposed Dr. Gerson's claims but after all, Johnny was deteriorating fast and in any case the diet could do no harm. Those September days in the nursing home were grim at first. Johnny lay there pale and panting with misery. His blood count had slipped lower and lower and great bruises were on his arms and chest, caused by breakdown of capillaries, but within a week he was feeling,

not worse, but better. The blood count rose steadily, the bruises were absorbed with extraordinary speed, the wound in the bulge healed, and the bump was going down, miracle of miracles. The Gerson diet is saltless and fatless, and protein is reduced to a minimum.

Again Vegetarian Diet Does It

“During the next month Johnny was kept on a diet of fruits and vegetables, with a special soup made of parsley root, celery knob, leek and tomatoes. There were daily injections of liver extract and for a time the improvement in his general health was so evident that we were beside ourselves with joy. Johnny was going to recover after all. Now occurred the most remarkable thing.

Johnny set out to make up his lost school hours by tutoring. He passed the tests. Then he worsened sharply. Everybody but Gerson thought he must have a prompt operation. Gerson fought against operation because anesthesia would be fatal. So began the battle of the doctors, but early the day of the scheduled operation with freezing, the bump spontaneously opened itself. . . . Dr. Mount called me, his voice fairly choking with joy, saying he had successfully drained an abscess that went five centimeters into the brain.

Sluffing Off, With Danger of Bleeding

“Now Johnny recovered with great leaps and bounds. He regained his confidence, studied hard, greeted his friends, laughed, and teased the nurses. The horrible, ferocious bump was entirely gone. . . . Finally Dr. Mount announced Johnny’s eyes were normal and he considered the tumor to be arrested. . . . Johnny said: “The doctors are fighting among themselves as to who cured me.” But June 27 occurred what we had been watching for. He vomited. The tumor had eroded a blood vessel in the brain, (while sluffing off and healing.)

Dr. Traeger said: “He is dying.” Dr Penfield wrote: “Your effort kept him alive a year longer than expected.”

Personal Experiences

When you see cases with your own eyes and with close contact as I saw them in a diet hospital, it of course makes incontrovertible impressions. During the three weeks I was a patient, Dr. Burrus who had the largest practice in Portland at that time, was also a patient, but was appointed as house doctor while he was there. As he heard my extemporaneous lecture on health gardening the first evening, his interest in the subject led to almost daily conversations.

The next day, Mr. Whitehead came from Colorado with a nasty looking sore on the side of his head. After Dr. Burrus had dressed it he remarked to me that according to every tenet of medical practice, it was as hopeless a case of cancer as he had ever seen, and as Mr. Whitehead had already been to six “standard”

hospitals, he wondered how diet could do anything that modern medicine could not do. I asked if he had studied antibiotics and the probability that the molds produced penicillin, streptomycin etc. in the soil for the plants and that getting them naturally thru our foods might be more potent than artificial hypodermic injections. About the third week when sluffing off and healing started, a nurse had to be on constant guard as blood vessels would burst. Fortunately they did not burst inside the brain as in the case of John Gunther Junior, and in a few weeks he went home cured. (See also page 32)

Natural Remedies

“Every member of the church should take hold of medical missionary work Testimonies V. 7, p. 62.

“Soon there will be no work clone in ministerial lines except medical missionary work.” Counsels on Health, p. 533.

World’s Standards Valueless. “The education that meets the world’s stand and is to be less and less valued by those who are seeking for efficiency in carrying on medical missionary work in connection with the third angel’s message ... As they follow right methods in their treatment of the sick, these methods will come to be recognized as preferable to the methods which many have become accustomed to, which demand the use of poisonous drugs. 9 T., 175, 176.

Different Methods: “Some of the methods used in this work will be different fro) the methods used in the past, but let no one, because of this, block the way by criticism. 7 T., p. 25.

Natural Remedies: “The Saviour sought the people where they were, and placed before them the great truths of His kingdom. As He went from place to place He blessed and comforted the suffering, and healed the sick. This is our work. Small companies are to go forth to do the work to which Christ appointed His disciples. While laboring as evangelists, they can visit the sick, praying with them, and if need be, treating them, not with medicine, but with the remedies provided in nature.” Review arid Herald, Aug. 25, 1912. Article by Ellen G. White.

Courage Needed: “Sanitariums were to reform the medical practice of physicians. Health Leaflet No. 10, p. 3. “The physician who has the moral courage to imperil his reputation in enlightening the understanding by plain facts in showing the nature of disease and how to prevent it, and the dangers of the practice of resorting to drugs, will have an uphill business, but he will live and let live.” Medical Missionary Work in the Gospel, No. 6, p. 5.

Lifetime Effects: “The physician who depends on drug medication in his practice, shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a seed that will never lose its destroying properties throughout a lifetime. I tell you this because I dare not withhold it. Id. 4:2.

“When drugs are introduced into the system, for a time then seem to have a beneficial effect. A change may take place but the disease is not cured. It will manifest itself in some other form such as skin diseases, ulcers, painful diseased joints, sometimes in a more dangerous and deadly form . . . and the unfortunate subjects if then live, are invalids for life.” Facts of Faith, 135.

More Deadly Than Diseases: “There are more who die from the use of drugs, than all who would have died of disease had nature been left to do her own work.” Id. 135.

A Change Called for

Safer Methods: “There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger the life.” Manuscript 73, 1908.

Every Family Learn: “The Lord has given simple herbs of the field that at times are beneficial, and if every family understood how to use these herbs in case of sickness, much suffering might be prevented and no doctor need be called. These old fashioned simple herbs, used intelligently, would have recovered many sick who have (lived) under the drug medication.” Ms. 162, 1897.

“This Is God’s Method—The herbs that grow for the benefit of man, the little handfuls of herbs, kept, steeped, and used for sudden ailments, have served a tenfold, yes a hundred fold better purpose, than all the drugs hidden under mysterious names. . . They are a delusion and a farce and do a deleterious work.” Health Leaflet 10, p. 3.

Safety: “We can with safety discard the concoctions which man has used in the past. The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith.” Ms. 66, 1899.

“Some of these herbs growing in the field would be just as efficacious as the drugs used, under mysterious names and concocted by human science, and they would leave no injurious after effects in the system.” Ms. 115, 1903.

“The blood becomes impure, and then diseases of various kinds occur. A physician is sent for who prescribes some drugs which give present relief, but which does not cure disease. It may change the form of the disease, but the real evil is increased tenfold.

Catnip Tea, Hop Tea, Hop Poultices, Mustard: “A cup of tea made from catnip herb will quiet the nerves. Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. 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. When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.

“If sufferers would resort to use of water and proper diet, nature would give just the help she requires. Spiritual Gifts 4: 133-135, C.D.F. No. 460.

“Physicians should prescribe for their patients the food best suited for them. This food should be prepared by one who realizes that he occupies a most important position inasmuch as good food is required to make good blood.” Ms. 93,

Food and Health: “It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. The grains with fruits, nuts and vegetables contain all the nutritive properties necessary to make good blood.” Al. H. 316.

“In grains, fruits, vegetables and nuts are to be found all the food elements we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from taint of flesh meat.” C.D.F. No. 472.

Special Value: “Families and institutions should learn to do more in the cultivation and improvement of land. If people only knew the value of the products of the ground ... more diligent efforts would be made to cultivate the soil. All should be acquainted with the special value of fruits and vegetables fresh from the garden and orchard. Ms. 13, 1911.

“The Lord Instructs: “The Lord is teaching many minds in many places to make healthful foods that will be a blessing to those who cannot afford to purchase the more expensive, specially prepared health foods. . . . It is the Lord’s design that in every place men and women shall be encouraged to develop their talents by preparing healthful foods from the natural product of their own section of the country.... God is working for His people, He is bringing them back to the diet originally given to man ... fruits, grains, nuts and roots.” 7 T. 126, Genesis 1:29.

Diseased Foods: “The time is near when because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse the earth.” 7 T. 135. M. H. 320.

“There will soon be no safety in the possession of flocks and herds. C.D.F. No. 723. Last sentence. “Animals are becoming more and more diseased, and it will not be long until animal foods will be discarded by many besides Seventh-day Adventists.” C.D.F. No. 662. “The liability to take disease is increased tenfold by meat eating.” C.D.F. No. 668.

NATURAL FOODS

When Dr. H. M. Walton, head of our world wide medical work, suggested I might be allergic to animal proteins, I started to study other proteins. Like most people, I had no interest in studying health, till I lost my health. My idea was to hire professional medical men to look after my health when I got sick, just as people hire priests to tell them what to believe in religion, instead of studying for themselves.

Animal Protein Factor

We had been brought up on the advertising propaganda of dairy, poultry, and meat industries, and even the medical associations joined in claiming we could not live without the “animal protein factor” and insisted that the only sources of adequate protein were the “protective foods” they had to sell. Charts showed long graphs for cheese, beef and eggs in quantities of four ounce portions compared with only half an ounce of legumes, or nuts, and such deception fools people unless facts are brought to their attention. We can get propaganda for nothing, but must buy the truth, and many resent to have facts that interfere with their thinking. My miseries finally drove me to seek the facts, even if they should cost some actual cash.

Selling Human Lives for Profit

Some of the astonishing facts I learned were from Dr. Herman Bundeson, chief of the Chicago Health Department, that for every baby fed the natural way, who died, 67 fed artificially died. Then from scientific experiments we learn that no animals can live over two months on pasteurized milk, and often even calves die in 31 days. Still worse, animals fed on only egg whites die in three days. This was more astonishing than the fact that chicks fed on white bread live only half as long as those given no food at all. Other facts are that dogs fed with bread made from wheat treated with agene gas develop staggers in a few weeks, and this preservative affects the nerve centers of human beings. Calcium propionate destroys the enzyme phosphatase, which the body needs to assimilate calcium and other minerals in the body. You can go from one end of town to the other and not find a single loaf made by commercial bakeries without such preservatives and softeners. Thus the staff of life is broken.

Milk in Bread

The bread you buy in the store also has milk, but Mrs. E. G. White wrote that we should never use milk in making bread raised with yeast, because it makes it ferment. When foods ferment in the intestines causing autointoxication, it is as bad as buying beer at a bar, so the evil one seems to make universal use of this innocent looking method. The probable reason milk is put in all bakery bread is that they remove the life germ, and bran, which robs the bread of the finer proteins, vitamin E and most of the minerals. Since the protein casein in milk has been found to be similar to wheat germ protein, it is thought this deficiency is remedied by putting milk in the place of wheat germ. However, adults lack the enzyme necessary to digest casein. When the enzyme rennet is needed to process cheese, they get it from the stomachs of young animals. To meet objections we might raise to the fact that we do not properly digest milk, the government Agriculture Yearbook of 1939 explains that the undigested casein makes good bulk in the digestive tract. This seems a rather expensive source of mere inert bulk.

I Get a 'Professional Cure'

When I had trouble digesting any food, after spending two years in hospitals, I asked an army doctor for a specialist on diet and digestive ailments. This specialist prescribed that I should drink a small glass of half and half milk and cream, every hour, and for nine months I continued to drink an average of fifteen small glasses every day, so I know all about the milk cure.

This experience made me appreciate the following, from another doctor:

“Through my office in these twenty years, has passed a continuous stream of wheezy, itchy persons with stopped up noses, chronic headaches and various stomach and intestinal complaints. They had spent years trying to improve their health and increase their resistance to disease by an ever increasing consumption of milk, for some stomach disorder or weight building. Many had little or no appetite and had fallen into the habit of drinking milk alone, or with eggs. When they develop the symptoms given above the doctor tells them they are run down, and to build up, of course, need to drink more milk, only to find out that milk is the chief cause of their ill health.” M. T. Davidson, M. D. in *Southern Medical Journal*, page 196, February 1942.

Then the doctor adds: “Many physicians as well as dietitians feel that milk has some occult quality which cannot be substituted.” *Id.* 199, and Dr. M. J. Roseneau in writing the introduction to the book on milk, by Dr. Wiley while he was head of the Health Department of the U. S. Government, said: “Milk as a food for adults is responsible for more sickness than all other foods combined.”

Lactic Acid Products

A statement that agrees with the one quoted from Mrs. White on yeast ferments, says about sour milk:

“Micro organisms are used in the production of various milk drinks. Kefir and Koumiss by yeasts and bacteria contain an appreciable amount of alcohol.” Page 349, *Yearbook of Agriculture for 1939*, on Food for Life. (Yogurt is another of these.)

“*Lactobacillus acidophilus* germs commonly found in milk, has usually been considered harmless, but the fatal cases reported may change this concept.” *Journal of the American Medical Association* 135: 1076, December 1947.

Thus we see even the most widely recognized medical authorities now admit that lactic acid found in butter milk and sour milk is not as wonderful as they thought.

Facts About Milk

In explaining why sixty-seven times as many babies died in Chicago when fed artificially on pasteurized milk, we find that:

'Breast milk protein is composed of casein and lacto-albumin in equal proportions, while in cow's milk the proportions are casein four parts and lacto-albumin one part, casein requiring much greater powers of digestion.

"The fat of human milk exists in a much finer state of emulsion than the cream of cow's milk and has a lower melting point. In the two milks the mineral factor does not correspond either in amount, in type of chemical combination, or in absorbability.

"An infant fed on cow's milk with its relatively high casein and low lacto-albumin content requires more protein than the one fed on breast milk.

"The lowered calcium content of the blood . . . observed in infants receiving large amounts of cow's milk with its high calcium content, seems to be from a failure of the body to absorb and retain such calcium as is available. This failure is even more prominent in the use of pasteurized milk.

"The fat globules of cow's milk are often so large that instead of permeating the delicate structures of the intestinal walls of the child, it places a greasy coating there, inhibiting normal function of these membranes.

"The vitamin content of milk varies greatly, perhaps more than any other food, due to type of food the animal eats." Gerald Benesh in *Am. Vegetarian*, June '50.

We are told by the Dairy Association that milk is the most wonderful and perfect food known, but when it is commercially processed and artificially used, the facts are:

Slime Decay

When a cow has to carry its milk in the udder at body temperature for 12 hours it is at the temperature when germs multiply most, hence it always develops slime decay, as anyone knows, who has cleaned the centrifugal bowl of a cream separator. In the tropics this slime develops faster than in northern climates, and our experience with it there made us more aware of it. When calves are permitted to drain the udder every few hours this problem is taken care of.

"Milk is low in iron, as infants are born with enough iron to last till they grow teeth and can chew solid food."

"Milk has little vitamin C, and five sixths of it is destroyed by pasteurizing."

"Milk is almost as low as navy beans in cystine, an essential amino acid."

"Lactose in milk digests slowly, and leaves an undigested residue." P. 177 in "Food for Life," U. S. Dept. of Agriculture Yearbook for 1939.

Milk for Patients

"Bread and milk, comforting at bedtime like an internal poultice, has remained too long the staple of the sick. At first it is soothing, but in the small

hours it is prone to awake him in discomfort. It has cost much sleep, provoked many angina attacks, and delayed many a convalescence. Too often it turns the scale against recovery. Sir Clifford Albutt wrote truly of the mistake of reliance on the light, farinaceous pudding as an invalid food. . . . In this country there can be no doubt that bread and milk has been a very evil element in the dietetics of the sick. So has white rice pudding.”Dr. James Lionel Picton, O.B.E. in *Nutrition and the Soil*, Devin Adair Co., N. Y., pp. 275, 276.

Only Poor Protein in Bakery Bread

The commercial bakeries feared the results as people became wise to the effect of robbing the bread of its fine proteins, and giving us only the poor proteins, and as gluten lacks essential amino acids, and no matter how much gluten you eat, you can still have a deficiency diet. This is explained in our church paper as follows:

“A distinction must be made between an inadequate amount of total protein in the dietary, and a deficit of specific amino acids. . . . A dietary may be low in total protein—even 50 per cent below the accepted dietary standards—and yet if the proteins of high biologic value are well represented, the individual will remain well nourished.” Dr. H. M. Walton, in *The Review and Herald*, pp. 13, April 6, 1950.

“Gluten from the white part of the kernel is known as the poor protein because of its inadequate content of essential amino acids,” says the *Journal of the American Diet Association* of November 1942, as quoted in the *Ministry* of January 1943. Besides this, bread is robbed of vitamins and minerals, and bakeries try to overcome this by offering to enrich their glutinous “bubble gum” bread, but:

The Enriched Bread Hoax

“Enrichment calls for only two vitamins, while in whole grain there are 10 to 12, with 50 to 95 per cent removed in milling. . . . Wheat has 15 to 20 minerals, depending on the soils... 70 to 90 per cent being lost in milling. Enrichment calls for only iron.” Dr. J. A. LeClerk, Senior Chemist, U. S. Department of Agriculture, in report at Purdue University.

It has been found that combinations of whole grains, with beans and nuts, increase the utilization of the protein. Ezekiel was instructed specifically to make such a combination, and eat a specified amount, as a menu to be followed for 390 days, in Ezekiel 4:9.

“Take thou unto thee wheat, barley, beans, lentils, millet and spelt and put them in one vessel and make thee bread thereof . . . by weight, 20 sheckles a day.

Acids in Animal Foods

By adding the oriental beans and millet, this would incidentally give it an alkaline balance. The animal proteins are very high in acid, as well as irritating stimulants, such as cholesterol, uric lactic and carbonic acids and other wastes. Oxidizing the animal fats as a source of energy makes the body acid, while oxidizing starch and other carbohydrates leaves an alkaline ash in the body.

Some of the animal proteins are of definitely inferior quality. In an experiment "Gelatin failed to fill the protein needs and the dogs starved on it." Dr. McCarrison in the Cantor Lectures, Page 66, Wheel of Health. Albumin, a protein of egg white, is another inferior protein that throws a heavy burden on eliminative organs.

In an article on "Your Kidneys," Dr. John Maxwell wrote: "High protein foods leave undesirable end products, poisonous residues, putrefactive material, uric acid, xanthin, guanin, creatin, and hippuric acid. A vegetable diet neutralizes such products from other foods such as animal proteins." Page 30, Nature's Path, February 1952.

Harmful Effects of Eggs

Eggs have a highly acid reaction and besides: "Egg whites contain avidin that destroys the vitamin biotin. Without biotin man or animals cannot live. . . Raw egg whites if used exclusively produce death in a brief period of time. Ten laboratory animals were placed on a diet of nothing but raw egg whites and the animals were all dead in less than three days. When 65 per cent of the food of an animal was of excellent quality, and would produce excellent health, but adding 35 per cent unheated egg white the laboratory animal was reduced to near death." Dr. Stanton's Natural Food Adv. page 66. Prevention, June 1952.

The U. S. Government Says So

We all know the fastest spoiling products are the animal foods. Especially eggs develop a very strong odor and putrefy rapidly. The following facts are from the Department of Agriculture Yearbook of 1939:

"Much of the spoilage and deterioration encountered in fresh, stored and processed eggs are due to micro-organisms. Their presence in large numbers is an indication of improper handling and unsanitary conditions, but some eggs contain bacteria at the time they are laid. Page 344.

"It is often not realized how fast an egg spoils just after it is laid. The nest is usually warm and not a good place for storage. Eggs give off carbon dioxide though they absorb very little oxygen. This is not respiration, but a form of decomposition, the same as with meat. The result is an accumulation of carbon dioxide in the egg. Page 354.

Natural Foods Better Than Eggs

From Mrs. E. G. White we have these counsels:

“Eggs should not be placed upon your table. They are an injury to your children. Fruits and grains prepared in the most simple manner are the most healthful and will impart the greatest amount of nourishment to the body, and at the same time, not impair the intellect.” Page 400, Testimonies Vol. 2.

“I would say that for children of strong animal passions they are positively injurious. The same may be said for adults.” Letter 5, Page 94, Witness of Science.

“For children given to sensual habits, eggs should not be used.” M. H. 320.

“Especially harmful are the custards and puddings in which milk, eggs and sugar are the chief ingredients.” Counsels on Diets and Foods, Paragraph 625.

A Religious Aspect of Foods

“You place upon your table butter, eggs and meat and your children partake of them. They are fed the very things that excite their animal passions, and then you come to meeting and ask God to bless and save your children. How high will your prayers go?” Page 362, Testimonies Vol. 2, C. D. F. par. 627.

“The time will soon come when there will be no safety in using eggs, milk, cream or butter. God will give his people ability to prepare wholesome food without these things. Let our people discard all unwholesome recipes. . . Let them impart this knowledge as they would Bible instruction.... Make it plain that the food which God gave Adam, (Genesis 1:29) is the best, as we seek to regain the sinless state.” Page 135, Testimonies, Vol. 7.

For Everybody, Everywhere

“In all parts of the world, provision will be made to supply the place of milk and eggs.” E. G. White letter 151. C. D. F., par. 359, Witness of Science pp. 98.

In our denominational publications are very timely suggestions on the protein problems, and Life and Health tells of these delicious preparations:

“To substitute for milk, excellent soy milk is available, for cooking as well as beverage. Some enjoy milk made of nut butter. The nuts are ground to a paste and this is diluted to a creamlike consistency with water. . . There is a whipped cream substitute made from frozen soy cream that is simply marvelous. It is called whip topping, for strawberry shortcake, etc.

“Beans come the closest to being an egg substitute for they are rich in lecithin. For protein value, any of the following will substitute for one egg: Five table-spoons soy mince, one fourth cup soy beans, one half cup green peas, one third cup corn germ. (Also 2 spoons flax meal soaked over night till gelatine like, take the place of one egg as a binder for baking purposes.)

“In dietary tests, rats may thrive on milk, because rats do not require vitamin C as does the human.” Dr. G. K. Abbott, pp. 59, *Witness of Science*.

We also find that rats can synthesize folic acid, which the body needs to make red blood corpuscles. Both vitamin C and folic acid are destroyed by pasteurizing. Rats also thrive on practically no iron. Marvelous propaganda on how wonderful milk is in the diet can be shown in laboratory tests on rats, but the trouble with such methods is that human beings are not rats, and therefore cannot synthesize their own blood building compounds, and therefore become anemic.

Natural Foods Are Better

When the statement is made by the “highest professional authorities” that we must have animal proteins, it is very difficult for me to believe, when I have not tasted anything that comes from animals since 1936. Therefore I asked Dr. W. K. Abbott if there is anything in animal foods that we cannot find in better form from plants. He answered that he did not know of any, to which I remarked that seemed to be a very strong point in favor of vegetarian diet. Our leading denominational publications, quoting the highest scientific sources give us the following facts on this point.

“Wheat germ protein, they found, is as good as casein, chief protein of milk and cheese, or even better. They conclude that it can be used in the human dietary as a supplementary protein equal in value to casein, or other animal proteins.” From *Science News Letter*, May 30, 1942, quoted by the Ministry of August 1942, pp. 32.

“Heating increased the nutritive-value of soy beans to an efficiency comparable to that observed for casein and beef liver.” *Nutrition Review*, August 1944.

“Mature lima beans, heated, were also of high biological value, approaching closely that of soy beans. Fresh, green, raw peas, supplied better growth promoting protein than any other protein tested.” *Diet and Health Supplement*, Pacific Union Recorder.

“Cooking releases amino acids of most mature legumes, but not of green peas.” *The Ministry*, pp. 30, May 1948.

“The growth of rats on potato proteins was compared with that of rats on casein, protein of milk, and practically no difference was found, so it was concluded that potato proteins have about the same high biologic value as casein.” *Journal of the American Diet Association*, pp. 117, February 1946.

Even the little appreciated potato, has a complete protein, with all the essential amino acids, and proved to be as good as milk. Dr. Hindhede of Denmark proved this in the war emergency, as his personal gardener lived on nothing but potatoes for a whole year, and incidentally was cured of a supposedly-

incurable disease, while carrying out this experiment. But we find many other vegetarian proteins superior to animal proteins. In an experiment by Dr. G. T. Wrench it was found that the highest values were obtained with whole rye and flax meal which proved better than milk.

“Then came single wheat, rye, maize, oats and kafir corn.” Page 67, Wheel of Life.

Of course even vegetarian proteins that are complete when the whole grain is used, become deficient when robbed of the life germ and mineral layers, for:

“The people who ordinarily depend heavily on white bread and degerminated cereals are sure to suffer from lack of protein. Even though they get enough, the quality is poor, growth is stunted and health is threatened. Yet, if grains can be combined with other protein foods to supply that lack, they become as valuable as meat and milk. That is why nutritionists would like to see wheat germ put back into the flour, and why they favor the whole grain products. That is why they look to soy beans... Wheat, rice and corn matched with soy beans can feed the world.” J. B. McCay, Ph.D. Nutritionist, Cornell University, pp. 6, Life and Health, July 1949.

“In substituting for butter, two tablespoons avocado pear replace one pat. Ripe olives may be ground into butterlike consistency. Greens are also very rich. Use them in sandwiches.

DELICIOUS FOODS

“Whip topping is delicious, like the best cream, but free from germs. It is made of soy beans, a corn product and vanilla. Mix 1 cup boiled rice, 1 cup shaved almonds, 1 cup shredded pineapple, 1 cup whip topping and half a cup honey.” P. 14, Life and Health for July 1949.

For more delicious recipes see the new vegetarian cook book listed on last page.

“The amount of other minerals in milk is very small. . . The same is true of both vitamins B and C, so that a person who uses either pasteurized or raw milk cannot hope to get enough of these vitamins without taking other food. . .

“The greatest danger that can come from the use of milk arises from the living disease germs which it may contain. No milk is entirely free from germs. . . No amount of care and cleanliness and no testing program as yet put into effect can really ensure that raw milk, even certified milk, will always be free from living germs. . . At present by far the most serious and prevalent disease that is largely due to germs carried in milk, is undulant fever, the persistent form of which is brucellosis or Malta fever.

Vegetarian Proteins Are Good

Our general church paper, the Review and Herald adds instructions on Vegetarian Proteins, and elimination of milk and eggs by Loma Linda doctors, and first from the world famous authority on nutrition, Dr. H. C. Sherman, is quoted:

“With sufficient attention to fruit, nut and vegetable supplies, these with cereals and breadstuffs, can constitute fairly well balanced diets derived entirely from primary foods, (i.e. not second hand) or direct food crops, and thus represent high efficiency in the use of food production resources for the advancement of human nutrition and well being.” p. 392, Food Products by Dr. H. C. Sherman, 1948.

“Teachers of food and nutrition may render a much needed service to food economics by careful and confident teaching of the fact that recent research shows that the traditional prejudice in favor of animal protein is largely illusory.” p. 389.

“Nutritionists and agriculture economists have agreed in recommending an initial increase of 50 per cent in the U. S. per capita consumption of mature beans, peas, peanuts and soy beans as human foods. Eventually this food group with other nuts included, might well play a higher part in our dietary.”-Dr. H. C. Sherman in Foods, Their Values and Management, page 47, all quoted in Review and Herald, July 12, 1952.

Loma Linda Doctors Experiment

“Now comes added scientific evidence in one of the leading medical journals to show that not only a meat free diet but actually an all-vegetable diet exclusive of even milk and eggs, is adequate for maintaining normal red-blood cells and general well being. In experiments performed at the College of Medical Evangelists School of Medicine by Doctors O. K. Gant and E. C. Christensen, recently reported in the International Record of Medicine, the effect of a diet of vegetable foods on the blood is given. These research scientists used a vegetable diet that included neither milk nor eggs. These doctors have vividly shown that this diet is not only adequate, but actually conducive to better health. Placing twenty persons on a vegetable diet for 12 weeks and repeatedly making blood tests, the doctors reported:

1. The subjects had no fatigue or loss of pep.
2. The diet was found to be more laxative. Many cases of constipation were cleared up.
3. The diets were higher in vitamin intake than ordinary.
4. The subjects had a normal blood count and total serum protein. There was no reduction in the blood elements and all were maintained in good health throughout the experiment.” Review and Herald, pp. 8, Aug. 23, 1951. Quoted page 4, Life and Health, November 1951.

Consumers Research Findings on Milk

“Consumers Research considers the value of milk as food for persons other than very young children, grossly exaggerated by milk companies’ powerful, ingeniously organized and ubiquitous propaganda, to which reputable nutrition, dietetic, medical and school authorities, governmental and private, have unfortunately been annexed. Because milk is a food containing a number of substances indispensable for the very young infant, it does not follow that it is also an ideal food or even a good food for all—even all children. As one doctor put it, trying to fill a 3 or 4-year old child’s stomach with enough milk to meet his calorie needs is like trying to fire an engine with shavings. The fire box is so full of kindling there is no room for coal.

“The great milk distributors with their huge salaries to executives and their chains of interlocked corporations, have made milk a relatively expensive food. As usually produced and distributed, milk is practically lacking in vitamins C and D. It is also nearly devoid of iron and is inadequate for supplying the needs of the blood building organs. Milk alone, says the American Medical Association, is a bulky, often indigestible, constipating, and anemia producing diet. Patients should not be left on it for long. Many persons are highly sensitized to milk and should not be forced to take it. Mayo Clinic estimates that to one person in fifteen, milk is poisonous. Many cases of anemia have been traced to excessive consumption of milk, yet may not be suspected.

“One child expert estimates that ten per cent of the minor ills of childhood are the evils of too much milk. ‘The typical symptoms are, pale from anemia, constipated, cross and irritable, will not eat, restless sleeper, grits his teeth, kicks and thrashes about... I see night terrors only in milk drinkers.’ A medical journal refers to milk as most slowly passed out of the stomach and may interfere with total food intake. A pint of milk may take as much as 6 1/2 hours to pass from the stomach. ‘Vegetables are a more suitable source of calcium, by using brown rice, and the water in which vegetables are cooked, home cooked soups and greens, so the advice of experts to get more calcium by milk drinking would seem ill directed. Milk is not an economical source of calcium. Problems of allergy, indigestibility, and the crowding out of other foods are greater dangers to health than any fancied lack of calcium. Col. 61, Consumers Research B., September 1937.

A University Medical School Speaks

That a vegetarian diet is an adequate source of protein is attested as follows:

“Our studies, conducted on normal, healthy humans, have proved that a vegetable protein diet composed of pea soup, stew mix, soy cereal and flour is adequate. Blood tests were made twice a week on these groups and at all times the protein level of the blood on persons on the vegetable protein diet was as good

as and in many respects higher than those on regular diet.... The vegetable protein diet is adequate in maintaining the serum protein, albumin and globulin, as well as the hemoglobin of the blood... There was no evidence of anemia . . . absolutely no interference with the subjects' work or daily routine and well being. . . There was no manifestation of subclinical or chemical changes indicative of a diet deficiency." Dr. Samuel A. Levinson, Professor of Pathology, Director of Laboratory, University of Illinois College of Medicine in the April 1946 issue of Health, page 17.

From England, we find the same experiences as in our country:

"Recently in the House of Commons the Minister of Health announced milk was being improperly pasteurized in London plants. In a letter to the Times, Sir Arnold Wilson, retiring president of the National Council of Milk Recording, said it had been proved that there was less tuberculosis in rural areas where all milk is drunk raw, than in the cities where all milk is pasteurized. Pasteurization is supported by commercial interests, but its value as a safeguard against illness is small . . . and it reduces certain health giving qualities of milk, especially vitamin C. . . In Britain they have milk provided for school children, most of which is pasteurized and children have an aversion for it and get nausea, vomiting, diarrhea, headache and cattarrh, mostly from allergy." pp. 99, 100, Wheel of Health by Dr. Wrench.

It would be well to explain here that the many references to milk not being properly assimilated in the body is that pasteurizing or boiling, made necessary by the great danger from disease infection, destroys the enzyme phosphatase, and lacking this it is impossible for the body to assimilate calcium, (which controls all other minerals in the body".

The anemia is from the lack of iron that helps carry oxygen in the red blood cells, and also pasteurizing destroys the folic acid, without which the body cannot make red blood cells. Five-sixths of the small amount of vitamin C is also destroyed by pasteurizing, and all of it by (line missing) in, cannot be digested without the enzyme rennet, and this is found only in the stomachs of the very young. Thus we see as the Bible declares as an axiom, milk is for infants, and when people are weaned they should use other foods One doctor makes the point that man, and animals he has perverted, are the only creatures that use milk after the weaning stage.

Recently I was reading about the millions of animals that have been killed to get rid of diseases, mostly tuberculosis at first, then bangs disease, and lately foot and mouth disease and the tumorous and cancerous animals. The scar tissue is cut out and thrown in the tanks. The culls are ground up and made into hot dogs, and the prime beef is sold at exorbitant prices. To make profit from the wastes, they induced the fish commissions to buy the tankage to feed the young spawn. Up to eighty percent of the fish developed cancer from the diseased meat, so they promptly discontinued that. As it brought too low prices as fertilizer, they

induced poultry feed producers to put it in the laying mash. Grey eye and Fowl Paralysis spread like a plague all over the nation about 1928, whole counties with 60 percent of all chickens dying of this form of cancer. This was a terrible waste, to bury all these dead ones. Chickens were bringing sixty cents a pound if you could raise them in a good condition. If you could detect them in the early stages of grey eye, which is the first symptoms of cancer of the blood, you can sell them direct to lunch counters for forty cents a pound. When they get really paralyzed, they can be sold to roadhouses for twenty cents a pound. As they get just as much for cancerous chickens when stuffed and highly spiced, they prefer to buy the twenty cent kind.” (See Diseases of Food Animals, by Dr. Parrot, Review and Herald, Takoma Park, Washington,(words missing)

“Known cases of undulant fever and chronic brucellosis have been markedly increasing during recent years. Misery, weakness, and general physical debility, due to such infections are more prevalent than most people realize. Most serious of all is the fact that in most cases recovery is never really complete.” Dr. H. O. Swartout, The Truth about Milk, in Life and Health for May 1949, page 8.

What Is Health Reform?

“We are health reformers, seeking to come back to God’s original plan of temperance. Temperance does not consist merely in abstaining from intoxicating liquor and tobacco. It must regulate what we eat.” C.D.F. 406. See Gen. 1:29.

(It is not enough to quit meat alone, but also the things that create a craving for meat.) See Counsels on Diet and Foods p. 399. “Arouse the people from their paralyzed condition and lead them to put away those things that create an appetite for flesh meat. If they neglect to reform, they will lose spiritual power and become more and more debased by indulgence.

“Many a mother sets a table that is a snare to her children: Flesh meats, butter, cheese, rich pastry, spiced foods. These things do their work of deranging the stomach, exciting the nerves and enfeebling the intellect. The blood making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious.” Id. 369.

“You should be teaching your children how to shun the vices and corruptions of the age. Instead of this, many are studying how to get something good to eat. You place on your tables butter, eggs and meat and your children partake of them. They are fed the very things that excite their animal passions, and then you come to meeting and ask God to bless and save your children. How high do such prayers go?” Testimonies Volume 2, page 362. See also C.D.F. 390. “Eggs should not be placed on your table. They are an injury to your children.” Id. 400.

(The Bible says of those who eat unclean foods, even their prayers are an abomination to God, hence our diet does have a spiritual aspect.)

“Let the people be taught to prepare food without the use of milk or butter. Tell them the time will soon come when there will be no safety in using eggs, milk, cream or butter, because disease in animals is increasing. God will give His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes. Let them learn how to live healthfully teaching others what they have learned. Let them impart this knowledge as they would Bible instruction.” 7 T. 135.

“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. C.D.F. 365.

“In all parts of the world provision will be made to supply the place of milk and eggs. C.D.F. 359. “Animals are becoming more and more diseased and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. C.D.F. 384. (Over 600 stores in U.S. where no animal product is sold.)

“It is not only those who openly reject the testimonies, or who cherish doubt regarding them, that are on dangerous ground. To disregard light is to reject it.” 5 T. 680. “The masses will reject any theory, however reasonable, if it lays any restriction upon the appetite. All who leave the common track of custom and advocate reform will be opposed, accounted mad, insane and radical, let them pursue ever so consistent a course.” 2 T. 377.

“Shall we strengthen the animal passions by eating animal food? It is high time that we were educating ourselves to subsist on fruits, grains and vegetables. C.D.F. 407.

There has been no retraction of any of the instructions regarding discarding animal foods, for in the last volume of the Testimonies (9 T. 158) it says:

“I have been shown that the principles that were given us in the early days of the message are as important and should be regarded as conscientiously today as when they were given. There are some who have never followed the light given on the diet question.”

Vocational Training

The best methods of vocational training, are the most natural, with an actual production program. Practical results stimulate the students more, and interest the business management most. While talking with a college president he remarked that the print shop manager was taking an unfavorable attitude toward their industrial training, and refused to hire anyone in the shop who had taken an accredited course in printing from a qualified teacher for vocational that an artificial classroom setup, does not give the student actual experience in efficient commercial production, and because of the law of the mind that it is three times

as hard to get rid of wrong habits, of dillitante puttering learned in most so called “appreciation courses,” and replacing them with efficient methods the modern shops use in actual commercial production. An artificial course is therefore worse than useless.

In the same school we were negotiating for a qualified teacher for vocational training, and we could get a man who had a master’s degree, with all the trimmings. In talking our problems over with the State educational department, we explained that our students needed to learn actual production by efficient methods, and that this man with the Masters’ Degree was in no sense of the word a master of the trade or any of the related industries. Another man who was a very skilled workman and experienced in actually running an industry, who was working in a University shop, lacked a degree or accredited course. He had learned the trade by the apprenticeship method in an actual shop. However, the accrediting association would not let us hire this efficient man, but required the man with the artificial training. Further, they required an appreciation course such as, “The history of book making from the dawn of civilization to the Renaissance” rather than a common working-man’s skill by which he could earn a living at the trade. For this, the appreciation course is mostly a fool’s paradise.

ACCREDITING DISCREDITED

The state educational department official understandingly responded that for twenty years the educational department had been struggling with the accrediting association to permit a practical training program. Such a program can meet every educational standard, by including aesthetic and artistic appeal, problem solving, creative thinking, and every other factor the associations have set up. A practical, experienced man, usually called a “self-made man” is often inventive, adept at solving all the every day problems and mastering new developments, and artistic skill with business ability to make a success of the trade. Such a man, with no degrees of any kind, can be given a short course in effective methods of training others to make a success of it. In fact, a man who has already been successful him self in the business, is the best qualified to make the learners successful.

NATURAL LEARNING METHODS

The best way to learn how to build a house, is to build a house, and not to sit and putter with small birdhouse size models. Most faculties say that college students could never build a house, in spite of that they know that is exactly the means specified in the writings of Mrs. E. G. White. That it can be done by even younger high school students, we saw in Barrington, Illinois where a group of young boys were building a house. The high school carpentry instructor was there with them, and remarked that this was the sixth house the boys had built for neighbors, and they were actually earning as well as saving the school the expense

of building a workshop. It is not only the most efficient way to learn, but the most economical.

This reminds us also of an incident that occurred in Wayne University, when a student from Madison College came there for special vocational training. The head of the department had read the Readers Digest article about Madison and appreciated the practical ideals this school was supposed to have, so after registration of the student and arrangement with one of the school officials, the teachers training department head remarked privately. "They do not want vocational training, all they want is accreditation, so there seems to be nothing we can do for them."

We should be the head, and not the tail in a productive vocational training program, but to be educational, it must not be merely a sweatshop factory with an industry operated by high speed automatic machinery. How often students have come into my shop, and tried to relax a bit, remarking there was no use trying to study after so many hours feeding the high speed machines that worked their nerves up into a state of jitters, and added such a roar that it increased their exhaustion. That some professors consider that ideal, was revealed by the doctor of philosophy that came into our shop where students were learning a quiet skilled trade, and remarking that what we needed was to modernize with a real high speed production setup. We explained that the most inefficient thing we knew of was to make mistakes fast. Skilled trades require correct practice before permitting speed. That applies so evidently to typewriting and piano playing, with which you may be more familiar. It develops patience to keep the speed down till the skills are thoroughly perfected, but it is only correct practice that makes perfect. There are many valuable lessons to be learned in a natural vocational program in our schools, but an industrial setup that is merely a sweatshop factory with a lot of expensive, automatic machinery, is ruinous to any denominational training program. It may give experience to routine workers whose ideals may be city life with a factory job. We should train for more natural country living.

THE WORLD'S STANDARDS

"We are not at liberty to teach that which shall meet the world's standard, or the standard of the church, simply because it is the custom to do so. Testimonies, Vol. 6, p. 142.

Testimonies against Accrediting

"You may attain success in the education of students as medical missionaries without a medical school that can qualify physicians to compete with the physicians of the world. . . . The education that meets the world's standard is to be less and less valued by those who are seeking for efficiency in carrying on medical missionary work in connection with the third angel's message, and as they conscientiously and faithfully follow right methods in the treatment of the sick, these methods will come to be recognized as preferable to methods to which

many have become accustomed which demand the use of poisonous drugs.” Testimonies V. 9, pp. 175, 176.

“I would that people might see the inconsistency of our being God’s commandment keeping people, a peculiar people, and yet feeling that we must copy after the world in order to make our work successful.” Lorna Linda Messages, p. 184.

A DOCTOR DISCARDS DRUGS

(Continued from page 18)

He explained that he got his popularity by never prescribing drugs or any other kind of medicine, but only diet or natural herbs and physiotherapy. Such unorthodox practice threatened his standing, but he had held his ground and the patients liked it. However when his own liver was affected with sclerosis, the accredited doctor came to a lay member where diet was the only medicine, for he had seen what this diet program had done for others.

Unfortunately these lay workers are not allowed to help victims till after they are beyond the pale of any possibility of help by the professional practitioners whose legal rights must be preserved, but how are they going to pass a law to prevent a layman from doing organic gardening and giving his neighbor vitalized foods, without also closing up all agriculture, food stores and lunch counters, is the great problem of the accrediting associations.

A high school agriculture teacher said; “If you want the best, study nature. Human wisdom cannot improve on it. For example in the woods and meadows you see humus, with mulch, on top of the soil. In the cultivated fields you see bare mineral soil, idealized as ‘clean cultivation.’ Dust mulch made by artificial cultivation is a poor substitute for natural mulch with leaves, cuttings and trash. Bare soil blows away in dust storms, or if it rains, the fine dust is puddled into a “pie layer” which forms a crust when it dries, so the air cannot get into the soil. When a hard pan is formed by rain washing fine particles several inches down, water cannot penetrate, and it runs off, washing more soil away. Humus and mulch on the surface absorbs all the rain, for it is seven times as efficient as bare mineral soil for conservation of moisture. It also holds more nitrogen and keeps soil porous so nitrogen from the air has free access to the roots. This increases the protein in our foods, a point of special interest to vegetarians.

Original Diet: “In order to know what are the best foods, we must study God’s original plan for man’s diet... Grains, fruits, nuts and vegetables constitute the diet chosen for us by the creator. . . They impart a strength, a power of endurance, a vigor of intellect, that are not afforded by a more complex and stimulating diet. Min. of Healing 295, 296

Do Something Yourselves: “Our faith requires us to take advance steps. While many question the course pursued by other health reformers, they as reasonable men, should do something themselves... There are few as yet who are

Natural Living

aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in the world and their eternal destiny... Men and women must be instructed, and ministers and people should feel that the burden of the work rests upon them to agitate the subject and urge it home upon others." 1 T. 488, 489

We recommend that all read the counsels of Mrs. E. C. White, so we understand the principles involved and can discern truth wherever we find it. We must read Counsels on Diets and Foods, Counsels on Health, Our Health Message, etc., and then we can study the best secular books that give technical information. To learn how to apply the information in this booklet, we suggest that you send for:

The Herbalist: plants shown in colors \$1.00

Natural Bread, whole grain recipes 50

Compost and How to Make It .50

Prevention Magazine \$3.00

Organic Gardening Magazine \$3.00

Recipes, Organic food and herbs \$2.00

[As this is an older book, these items are not available. – Editor]