

Fundamental Belief Number Thirteen

The Remnant and its Mission

Part 2

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Memory Text

Revelation 19:10 And I fell at his feet to worship him. And he said unto me, See *thou do it not*: I am thy fellowservant, and of thy brethren that have the testimony of Jesus: worship God: for **the testimony of Jesus is the spirit of prophecy.**

Bible Study Summary Introduction Statement

The universal church is composed of all who truly believe in Christ, but in the last days, a time of widespread apostasy, a remnant has been called out to keep the commandments of God and the faith of Jesus. This remnant announces the arrival of the judgment hour, proclaims salvation through Christ, and heralds the approach of His second advent. This proclamation is symbolized by the three angels of Revelation 14; it coincides with the work of judgment in heaven and results in a work of repentance and reform on earth. Every believer is called to have a personal part in this worldwide witness.

BIBLE STUDY

Ellen G. White a prophetess fulfilling the accurate prediction of Revelation 12:17 and Joel 2:28-32 that there would be prophets and prophetesses in the Remnant Church

Can a prophet's work include more work than just that of a prophet?

Matthew 11:7 And as they departed, **Jesus** began to **say** unto the multitudes concerning **John**, What went ye out into the wilderness to see? A reed shaken with the wind?

Matthew 11:8 But what went ye out for to see? A **man** clothed in soft raiment? behold, they that wear soft *clothing* are in kings' houses.

Matthew 11:9 But what went ye out for to see? A **prophet**? **yea**, I say unto you, and **more** than a **prophet**.

Matthew 11:10 For this is *he*, of whom it is written, Behold, I send my **messenger** before thy face, which shall prepare thy way before thee.

Matthew 11:11 Verily I say unto you, Among them that are born of women there hath **not** risen a **greater** than **John** the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he.

Notice the testimony of Ellen G. White herself on her work which embraced the work of a prophet and much more.

No Claim to the Title "Prophetess."--During the discourse [at Battle Creek, October 2, 1904], I said that I did not claim to be a prophetess. Some were surprised at this statement, and as much is being said in regard to it, I will make an explanation. Others have called me a prophetess, but I have never assumed that title. I have not felt that it was my duty thus to designate myself. Those who boldly assume that they are prophets in this our day are often a reproach to the cause of Christ. {3SM 74.2}

My work includes much more than this name signifies. I regard myself as a messenger, entrusted by the Lord with messages for His people.--Letter 55, 1905. (In Selected Messages, book 1, pp. 35, 36.) {3SM 74.3}

The Work of a Prophet and More.--I am now instructed that I am not to be hindered in my work by those who engage in suppositions regarding its nature, whose minds are struggling with so many intricate problems connected with the supposed work of a prophet. **My commission embraces the work of a prophet, but it does not end there.** It embraces much more than the minds of those who have been sowing the seeds of unbelief

can comprehend.--**Letter 244, 1906. (Addressed to elders of the Battle Creek church; See Selected Messages, book 1, pp. 34-36.) {3SM 74.4}**

Was there a prophet in the Bible who was also called a messenger?

Malachi 3:1 Behold, I will send my **messenger**, and he shall prepare the way before me: and the Lord, whom ye seek, shall suddenly come to his temple, even the **messenger** of the covenant, whom ye delight in: behold, he shall come, saith the LORD of hosts.

Luke 7:24 And when the messengers of John were departed, he began to speak unto the people concerning **John**, What went ye out into the wilderness for to see? A reed shaken with the wind?

Luke 7:25 But what went ye out for to see? A man clothed in soft raiment? Behold, they which are gorgeously appavelled, and live delicately, are in kings' courts.

Luke 7:26 But what went ye out for to see? A **prophet**? Yea, I say unto you, and much **more** than a **prophet**.

Luke 7:27 This is *he*, of whom it is written, Behold, I send my **messenger** before thy face, which shall prepare thy way before thee.

Luke 7:28 For I say unto you, Among those that are born of women there is not a greater prophet than **John** the Baptist: but he that is least in the kingdom of God is greater than he.

What did Paul advise us when it comes to our attitude to the gift of prophecy in the Remnant Church?

1 Thessalonians 5:20 **Despise** not prophesyings.

1 Thessalonians 5:21 Prove all things; **hold** fast that which is good.

What does the Old Testament tell us about the blessing of believing His Prophets?

2 Chronicles 20:20 And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD your God, so shall ye be established; **believe** his **prophets**, so shall ye **prosper**.

Ellen G. White fulfils the Thirty Spiritual tests of a True Prophet of God

What is the first spiritual test of a prophet that Ellen G. White fulfilled perfectly?

1. Speak only according to God's Word

Isaiah 8:20 To the **law** and to the **testimony**: if they speak not according to this **word**, *it is* because *there is* no light in them.

Acts 17:11 These were more noble than those in Thessalonica, in that they received the **word** with all readiness of mind, and searched the **scriptures** daily, whether those things were so.

2 Timothy 3:15 And that from a child thou hast known the holy **scriptures**, which are able to make thee wise unto salvation through faith which is in Christ Jesus.

2 Timothy 3:16 **All** scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness:

Notice in the following quote from Ellen G. White's writings how she clearly fulfills this test of the prophetic gift.

"The Holy Scriptures are to be accepted as an authoritative, infallible revelation of His will. They are the standard of character, the revealer of doctrines, and the test of experience." {FLB 13.2}

Little heed is given to the Bible, and the Lord has given a lesser light to lead men and women to the greater light. {CM 125.2}

...Cling to your Bible, as it reads, and stop your criticisms in regard to its validity, and obey the Word, and not one of you will be lost. {1SM 18.1}

What is the second spiritual test of a prophet that Ellen G. White fulfilled?

2. Every unconditional prophecy must come to pass without fail

Jeremiah 28:9 The prophet which prophesieth of peace, when the **word** of the **prophet** shall **come** to **pass**, *then* shall the prophet be known, that the LORD hath truly sent him.

Notice in the following quotes from Ellen G. White's writings and other sources how she clearly fulfills this important test of the prophetic gift.

Ellen White wrote on current events, health and science, education and numerous other subjects. In 1904 she wrote **"Soon great trouble will arise among the nations,--trouble that will not cease until Jesus comes."** {RH, February 11, 1904 par. 1}

Ellen White warned in 1902 that San Francisco and Oakland, California would be visited with judgments of destruction because they were becoming like Sodom and Gomorrah. On April 18, 1906, the great San Francisco Earthquake devastated the bay area.

On Sept. 1, 1902, Mrs. White wrote: {LS 412.1}

"Well equipped tent meetings should be held in the large cities, such as San Francisco; for not long hence these cities will suffer under the judgments of God. San Francisco and Oakland are becoming as Sodom and Gomorrah, and the Lord will visit them in wrath." {LS 412.2}

June 20, 1903: "The judgments of God are in our land. The Lord is soon to come. In fire and flood and earthquake, He is warning the inhabitants of this earth of His soon approach. O that the people may know the time of their visitation! We have no time to lose. We must make more determined efforts to lead the people of the world to see that the day of judgment is at hand." {LS 412.3}

June 3, 1903: "There are many with whom the Spirit of God is striving. The time of God's destructive judgments is the time of mercy for those who have no opportunity to learn what is truth. Tenderly will the Lord look upon them. His heart of mercy is touched; His hand is still stretched out to save." {LS 412.4}

Nov. 12, 1902: "The time is nearing when the great crisis in the history of the world will have come, when every movement in the government of God will be watched with intense interest and inexpressible apprehension. In quick succession the judgments of God will follow one another,--fire and flood and earthquakes**, with war and bloodshed. Something great and decisive will soon of necessity take place." [THESE AND SEVERAL OTHER EXTRACTS OF LIKE NATURE WERE PUBLISHED IN AN ARTICLE BY MRS. WHITE IN THE REVIEW BEARING DATE OF JULY 5, 1906.] {LS 413.1}**

The following quote written by Ellen G. White in 1904 accurately predicted the tragedy of the Twin Towers of 9\11, 2001, in New York City. The two buildings were finished construction in 1970 and 1973 respectively. A building form closely associated with **New York City** is the **skyscraper** which has shifted many commercial and residential districts from low-rise to

high-rise. Surrounded mostly by water, the city has amassed the largest collection of skyscrapers in the world. ["About New York City". Emporis, quoted in Wikipedia encyclopaedia in an article entitled "Architecture of New York City."](#)

Feb. 15, 1904: "When I was last in **New York**, I was in the night season called upon to behold buildings rising story after story toward heaven. These buildings were warranted to be fireproof, and they were erected to glorify the owners. **Higher and still higher these buildings rose, and in them the most costly material was used. . . .** {LS 413.2}

"As these lofty buildings went up, the owners rejoiced with ambitious pride that they had money to use in glorifying self. . . . Much of the money that they thus invested had been obtained through exaction, through grinding the faces of the poor. In the books of heaven, an account of every business transaction is kept. There every unjust deal, every fraudulent act, is recorded. The time is coming when in their fraud and insolence men will reach a point that the Lord will not permit them to pass, and they will learn that there is a limit to the forbearance of Jehovah. {LS 413.3}

"The scene that next passed before me was an alarm of fire. Men looked at lofty and supposedly fireproof buildings, and said, 'They are perfectly safe.' But these buildings were consumed as if made of pitch. The fire engines could do nothing to stay the destruction. The firemen were unable to operate the engines. {LS 413.4}

"I am instructed that when the Lord's time comes, should no change have taken place in the hearts of proud, ambitious human beings, men will find that the hand that has been strong to save will be strong to destroy. No earthly power can stay the hand of God. No material can be used in the erection of buildings that will preserve them from destruction when God's appointed time comes to send retribution on men for their insolence and their disregard of His law." [QUOTED IN REVIEW AND HERALD, APRIL 26, 1906.] {LS 414.1}

The following section of quotes may be found in [Proof Positive by Neil Nedly, M.D. pp 537-](#)

"It was in the medical climate that Ellen White wrote that tobacco is a stimulant and a depressant. She warned that tobacco causes cancer, heart disease, and other health problems. She cautioned that it also causes damage to the mind, which has just very recently been proven. She wrote of its addictiveness, which has now been proven and is widely recognized, even by the tobacco companies. As late as the 1950s, the position of the American Medical Association regarding tobacco was that its benefits outweigh its harm. [Caldwel C. How Trouble Came to Marlboro Country. Wall Street Journal, March 12 1996. Quote from Jama 1950's.](#)

Nicotine Affects the Nervous System

Ellen White's Words: "Tobacco... excites (stimulates) and then paralyses (suppresses) the nerves." The Ministry of Healing pp 327-328.

Medical Science Speaks: "A medical textbook on smoking says: Nicotine is a cholinergic agonist (a stimulant) at low doses and an antagonist (a suppressor) at high doses." Henningfield JE, Cohen C Pickworth WB. Psychopharmacology of Nicotine In: Orleans CT, Slade J, editors. Nicotine addiction: Principles and Management. New York: Oxford University Press, 1993 p.27-28

The Addictive Power Of Tobacco

Ellen White's Words: "Tobacco ... chains the will; it holds its victims in the slavery of habits difficult to overcome..." Temperance p 58.

Medical Science Speaks:

Nicotine is six to eight times more addictive than alcohol

US Department of Health and Human Services. *A report of the Surgeon General 1989*. Rockville, MD: US Department of Health and Human Services, Centers for Disease Control, Centers for Health Promotion and Education, Office on Smoking and Health. DHHS Publication no(CDC) 89-8411.

Intravenous nicotine gave scores 5 to 10 times higher than cocaine

Henningfield JE, Cohen C Pickworth WB. Psychopharmacology of Nicotine In: Orleans CT, Slade J, editors. *Nicotine addiction: Principles and Management*. New York: Oxford University Press, 1993 p.30-31

Tobacco as a Gateway Drug

Ellen White's Words: "appetite for tobacco is self-destructive. It leads to a craving for something stronger,--fermented wines and liquors, all of which are intoxicating." --Letter 102a, 1897. {Te 58.1}

Medical Science Speaks:

Children who use tobacco are more likely to go on to use in sequence alcohol, marijuana, and then other illegal drugs.

Epps RP, Manly MW. Clinical Interventions to Prevent Tobacco Use by children and adolescents. In: Glynn TJ, Manly MW. *How to Help Your Patients Stop Smoking: A National Cancer Institute Manuel for Physicians*. National Institute of Health Publications Number 92-3064. Revised 1991 p. 63

The more Children and adults smoke, the more alcohol and other drugs they tend to use.

Henningfield JE, Cohen C Pickworth WB. Psychopharmacology of Nicotine In: Orleans CT, Slade J, editors. *Nicotine addiction: Principles and Management*. New York: Oxford University Press, 1993 p.30-31

Tobacco's Far-reaching Health Effects

Ellen White's Words: "appetite for tobacco is self-destructive. It leads to a craving for something stronger,--fermented wines and liquors, all of which are intoxicating." --Letter 102a, 1897. {Te 58.1}

Suffering, disease, and death are the sure penalty of indulgence (in tobacco and alcohol).-- Evangelism, page 266. {Te 104.3}

Medical Science Speaks:

All told, more than 400, 000 Americans die each year from smoking.

McGinnis JM, Foege WH. Actual causes of death in the United States. *JAMA* 1993 Nov 10; 270(18):2207-2212. *Figure adapted and adjusted from full article*

One quarter or more of all smokers in our country (United States) die prematurely from a smoking-induced illness with an average loss of life of 21 years.

US Department of Health and Human Services. *A report of the Surgeon General 1989*. Rockville, MD: US Department of Health and Human Services, Centers for Disease Control, Centers for Health Promotion and Education, Office on Smoking and Health. DHHS Publication no(CDC) 89-8411.

Worldwide smoking claims over 3 million lives annually.

Murray CJL, Lopez A, editors. *Summary: The Global Burden of Disease*. The World Health Organization. Boston: Harvard School of Public Health Publishing, 1996 p. 28

Smoking and Cancer

Ellen White's Words: Tobacco is a slow, insidious, but most malignant poison. {MH 328.1}

Medical Science Speaks:

Smoking increases the risk of cancers of the lung, lip, mouth (oral cavity), throat (pharynx), voice box (larynx), trachea (windpipe), esophagus, stomach, liver, pancreas, bladder, kidney, cervix, blood (leukemia), colon, skin and penis.

U.S. Preventive Service Task Force. Counseling to Prevent Tobacco Use. In: *Guide to Clinical Preventive Services -2nd edition*. Baltimore, MD: Williams and Wilkins, 1996 p 579-609 (*all but lip liver and colon*)

Newcomb PA, Carbone PP. The health consequences of smoking. *Cancer. Med Clin North Am* 1992 Mar; 76(2):305-331

Giovannucci E Rimm EB, et al, A prospective study of cigarette smoking and risk of colorectal adenoma and colorectal cancer in U, S, men. *J Natl Cancer Inst* 1994 Feb 2; 86(3):183-191

Giovannucci E Colditz GA, et al, A prospective study of cigarette smoking and risk of colorectal adenoma and colorectal cancer in U, S, women. *J Natl Cancer Inst* 1994 Feb 2; 86(3):192-199

Grodstein F, Spiezer FE, Hunter DJ. A prospective study of cigarette smoking of incident squamous cell carcinoma of skin in nurses' health study. *J Natl Cancer Inst* 1995 Jul 19; 87(14):1061-1066.

Nearly all deaths in our nation (United States) are due to smoking.

Newcomb PA, Carbone PP. The health consequences of smoking. *Cancer. Med Clin North Am* 1992 Mar; 76(2):305-331

Tobacco: A Slow, Insidious Carcinogen

Ellen White's Words: Tobacco is a slow, insidious, but most malignant poison. ... it is all the more dangerous because its effects are slow and at first hardly perceptible. {MH 327.1}

Medical Science Speaks:

This fact is well known today. Its slowness required many years of large statistical studies to determine that it causes cancer and other diseases.

Youth and Tobacco

Ellen White's Words: Boys begin the use of tobacco at a very early age. The habit thus formed when body and mind are especially susceptible to its effects, undermines the physical strength ... {MH 329.1}

Medical Science Speaks:

In both men and women, the earlier a person starts smoking, the greater the susceptibility to lung cancer. For example, women who started smoking before age 18 had nearly double the cancer risk of those who started between ages 21 and 34-nearly seven times the risk of women who picked up the smoking habit when 35 or older.

Zang EA, Wynder EL Smoking trends in the U. S. between 1969-1995, based on patients hospitalized with non-smoking related diseases. *Preventive Medicine* 1998;27:854-861

Smoking and Heart Disease

Ellen White's Words: **Lately I have read ... of the death of many men ... Their death is almost always attributed to failure of the heart, but in reality ... the use of tobacco and liquor had poisoned the system (of many of them). {3MR 330.1}**

Medical Science Speaks:

Each year in America as many as 300,000 cardiovascular disease deaths are the direct result of cigarette smoking.

U. S. Preventive Services Task Force. Counseling to Prevent Tobacco Use. In: Guide to Clinical Preventive Services -2nd edition. Baltimore, MD: Williams and Wilkins, 1996 p. 597-609 (17-30 percent of cardiovascular deaths are attributed to smoking)

Fielding, JE. Smoking Health Effects and Control. In: Last JM, Wallace RB, editors. *Maxcy-Rosenau-Last Public Health and Preventive Medicine-13th* edition. Norwalk, CT: Appleton and Lange, 1992 p. 716-719

Smoking Affects the Blood

Ellen White's Words: **tobacco ... poisons the life current ... {CME 38.2}**
... many chew and smoke (tobacco) until the blood is corrupted... {5T 440.2}

Medical Science Speaks:

Smoking causes atherosclerosis by causing several changes in the blood. In lay language there would probably be no better way to describe those changes as "smoking poisons the blood." It decreases levels of a clot-preventing compound called prostacyclin.

Alster P, Brandt R. et al. Effect of nicotine on prostacyclin formation in endocardium in vitro. *Gen Pharmacol* 1986; 17(4):441-444.

Fraser GE. Preventive Cardiology. New York, Oxford: Oxford University Press, 1986 p. 99.

Fraser GE. Preventive Cardiology. New York, Oxford: Oxford University Press, 1986 p. 113.

It increases blood levels of carbon monoxide and stress hormones, both of which damage blood vessels;

Department of Health and Human Services. *The health consequence of smoking: Cardiovascular disease. A report of the surgeon General, 1983.* Rockville, MD: Department of Health and Human Services. Publication no DHHS (PHS) 84-50204, 1983 p.218

Department of Health and Human Services. *The health consequence of smoking: Cardiovascular disease. A report of the surgeon General, 1983.* Rockville, MD: Department of Health and Human Services. Publication no DHHS (PHS) 84-50204, 1983 p.51-52

it elevates fibrinogen, a blood constituent that increases the risk of atherosclerosis and clotting.

Department of Health and Human Services. *The health consequence of smoking: Cardiovascular disease. A report of the surgeon General, 1983.* Rockville, MD: Department of Health and Human Services. Publication no DHHS (PHS) 84-50204, 1983 p. 55

It raises levels of LDL and lowers HDL.

Smoking Damages the Brain

Ellen White's Words: **"Tobacco weakens the brain and paralyzes its fine sensibilities." {CG 404.2}**

Tobacco... beclouds the brain. {PCP 26.5}

Medical Science Speaks:

Smokers are less able to perform complex mental tasks than non-smokers.

Science News 143:46-47, January 16, 1993

Using as few as 1 to 14 cigarettes per day can more than double the risk of nonfatal stroke,

Colditz GA, Bonita R, et al. Cigarette smoking and risk of stroke in middle-aged women. *N Engl J Med* 1988 Apr 14; 318(15):937-941.

which can damage our highest mental and moral functioning.

No Safe Form of Tobacco

Ellen White's Words: "Tobacco, in whatever form it is used, tells upon the constitution. It is a slow poison." {CH 81.1}

Medical Science Speaks:

Mortality rates of cigar and pipe smokers are 20 to 40 percent higher than that of non-smokers

U.S. Department of Health Education and Welfare. *Smoking and Health: A Report of a Surgeon General*, 1979. Public Health Service Publication 79-50066.

One reason is that cigar and pipe users have a significantly increased risk of heart disease death.

Gyntelberg F, Lauridsen L, et al. Smoking and risk of myocardial infarction in Copenhagen men aged 40-59 with special reference to cheroot smoking. *Lancet* 1981 May 2; 1(8227):987-989

Chewing or dipping smokeless tobacco is a potent cancer risk factor

National Cancer Institute. *Smoking and Tobacco Control Monograph 2. Smokeless Tobacco or Health: An International Perspective*. NIH Publication Number 93-3461, 1992 p 115.

There are 28 different-cancer forming chemicals in chewing tobacco or snuff.

National Cancer Institute. *Smoking and Tobacco Control Monograph 2. Smokeless Tobacco or Health: An International Perspective*. NIH Publication Number 93-3461, 1992 p 115.

Dangers of Second-hand smoke

Ellen White's Words: "by using tobacco, while at the same time they (smokers) poison the Lord's free atmosphere, so that others are injured." {17MR 42.1}

She referred to those non-smokers breathing the air in a room with smokers as being **"...obliged to inhale tobacco-poisoned air." {19MR 283.2}**

Medical Science Speaks:

Deaths in the U.S. per year from second-hand smoke estimated at 50, 000.

Repace JL. Tobacco Smoke Pollution. In: Orleans CT, Slade J, editors. *Nicotine Addiction: Principles and Management*. New York: Oxford University Press, 1993 p. 136-137

Children of Smoking Parents are Damaged

Ellen White's Words: Smoking parents cause "the system of the infant (to be) filled with poison... it acts upon some infants... causing spasms, fits, paralysis, and sudden death." {CCh 104.7}

Medical Science Speaks:

When compared to the babies of non-smokers, infants whose mothers smoked both during pregnancy and after are three times more likely to become victims of SIDS – the “sudden infant death syndrome.

Schoendorf KC, Kiely JL. Relationship of sudden infant death syndrome to maternal smoking during and after pregnancy. *Pediatrics*. 1992 Dec; 90(6):905-908

Mental Damage of Children from Second-hand Smoke

Ellen White’s Words: Smoking parents cause “**Mental inability, physical weakness ...**” (can be the result in children from parents smoking). {1MCP 144.3} “**unborn generations are afflicted by the (parental) use of tobacco and liquor. Intellectual decay is entailed upon them, and their moral perceptions are blunted.**” {HR, August 1, 1878 par. 9}

Medical Science Speaks:

Maternal smoking actually decreases the number of brain nerve cells in the developing fetus.

Cotton P. Smoking cigarettes may do developing fetus more harm than ingesting cocaine, some experts say. *JAMA* 1994 Feb 23; 271(8):576-577.

Intelligence quotients (IQs) were an average of nine points lower among 3 to 4 year old children whose mother’s smoked during pregnancy.”

Olds DL, Henderson CR Jr, Tatelbaum R. Prevention of intellectual impairment in children of women who smoke cigarettes during pregnancy. *Pediatrics*. 1994 Feb; 93(2):228-233.

Other second-hand smoke affects include difficulty in processing sound, and dealing with three dimensional geometry concepts.

Olds DL, Henderson CR Jr, Tatelbaum R. Prevention of intellectual impairment in children of women who smoke cigarettes during pregnancy. *Pediatrics*. 1994 Feb; 93(2):221-227.

The Teratology 33rd annual meeting June 28- July 1, 1993 and the Neurobehavioral Teratology Society 17th annual meeting June 26-29, 1993. Tucson, Arizona. Abstracts. *Teratology* 1993 May; 47(5):345-469

Summing up Ellen White on Tobacco

Ellen White did indeed bless the world with accurate scientific insights into the dangers of tobacco. In addition to the benefits to millions of readers of her books, she gave all nations another precious legacy: she encouraged Seventh-day Adventists to devote energy to help smokers kick the habit. Her philosophy is perhaps best summarized in her own words: “**Work for the intemperate man and the tobacco user...**” {MM 268.6}.

Following White counsel, Seventh-day Adventists have conducted one of the world’s most successful non-smoking programs. Since its conception in the 50s, their “Five Day Plan to Stop Smoking,” has been used by an estimated 14 million smokers in 150 different countries. The program is still used today, sometimes in a revised form known as “The Breath Free Plan to Stop Smoking.” Modern research shows just what Ellen White taught a century ago: tobacco is not just a killer. It can steal life’s quality, destroy happiness, induce disability, and rob billions of dollars from society. Our country and the world would be far different today if everybody had heeded White’s words when she first penned them.

Modern Science is still learning that Ellen White was light years ahead with insights on health. During a time when physicians prescribed tobacco smoke for people with emphysema, **Ellen White counselled in 1886.**

“Tobacco is a slow, insidious, but most malignant poison, and its use is working untold harm” {3MR 115.3}

It wasn't until 1957 that the American Cancer Society and the American Heart Association said smoking was a cause for lung cancer!

Insights into the Superiority of the Pure Vegetarian Diet

One of White's most tireless recommendations was the health benefits of the vegetarian diet. In literally hundreds of places in her writings she upheld this diet as the ideal.

Vegetarianism was little known in the 1800s; the meaning of the term itself was not generally understood. Vitamins had not yet been discovered, and the existence of bacteria was just being discovered. The circulation of the blood had recently been discovered. Modern scientific discoveries have established heart disease, cancer, and many other diseases have their origins in meat itself. Her understanding of the role of diet in regard to health is astounding in light of the prevailing, primitive medical knowledge of the day.

She had much to say about other factors relating to diet and eating habits. Let us look at a few of her pronouncements on diet that have been verified by modern medical science.

Vegetarian diet the most healthful

Ellen White's Words: **Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. {CCh 222.1}**

Medical Science Speaks: Statistical studies combined with increased scientific knowledge of the immune system and the action on the body of dietary fibre, carbohydrates, cholesterol, protein, phytochemicals, vitamins, antioxidants, salt, and many other substances in foods, have proven the superiority of the vegetarian diet. The diet has been shown to be beneficial in the prevention and treatment of many diseases such as rheumatoid arthritis, stroke, heart disease, cancer, asthma, kidney failure, kidney stones, serious infectious illnesses, and mental health. Vegetarians have been shown to have greater longevity, superior muscular endurance, less chronic diseases, less utilization of health care facilities including hospitals, and less need for medications.

The benefits of the vegetarian diet are now found on the pages of even the most conservative scientific publications. Ellen wrote this accurate and advanced scientific knowledge on diet 125 years ago which its evidence of the inspiration of her writings as we will notice in the following quotes.

Admonitions Regarding the Vegetarian Diet

Vegetarian Diet Enhances Physical Endurance

Ellen White's Words: **"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. ... They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." {CCh 222.1} ... (Individuals) will have greater powers of endurance if they abstain from meat than if they subsist largely upon it. {CD 407.3}**

Medical Science Speaks: **Bicycle tests of athletes who follow a high fat, high protein, high meat diet, can triple their endurance by switching to a vegetarian type of high carbohydrate diet.**

Astrand, Per-Olaf, *Nutrition Today* 1968; 3(2):9-11

Marathon runners among many others have discovered that meat is a detriment to distance running or other endurance activities.

The belief that a diet strong in meat is essential for people that do muscular work has been prevalent up to just a few years ago.

Meat increases the Risk of Infectious Diseases

Ellen White's Words: Grains, fruits, nuts, and vegetables ... impart ... a vigor of intellect that (is) not afforded by a more complex and stimulating diet. {CCh 222.1}

Medical Science Speaks: Meat contains a substance that impairs brain activity and lacks a substance that the brain needs to function well. Arachidonic acid found in meat impairs optimal functioning of the brain center for wisdom, judgement and foresight-the frontal lobe.

Adam O. Nutrition is adjuvant therapy in chronic polyarthritis. *Z.Rheumatol* 1993 Sept-Oct; 52(5):275-280

Moriyama T, Uezu K, et al. Effects of Phosphatidylcholine on memory in memory deficient mice with low brain acetylcholine concentration. *Life Sci* 1996; 58(6):PL111-8.

Floyd EA, Young-Seigler AC, et al. Chronic ethanol ingestion produces cholinergic hypofunction in rat brain. *Alcohol* 1997 Jan-Feb; 14(1):93-98.

Boksa P, Mykta S, Collier, B. Arachidonic acid inhibits choline uptake and depletes acetylcholine content in rat cerebral cortical synaptosomes. *J Neurochem* 1988 Apr; 50(4):1309-1318.

Animal foods are devoid of carbohydrate, which is the primary source of energy that the brain can use, but a vegetarian diet contains a plentiful supply.

Guyton, AC. 1991. Textbook of Medical Physiology (ed.8). Philadelphia: W.B. Saunders Co., p. 684-685.

Ellen White's Words: The liability to take disease is increased tenfold by meat eating. {CCh 229.3}

Medical Science Speaks: Infectious agents transmitted especially from animal products include salmonella, listeria, campylobacter, and dangerous varieties of E. Coli (technically referred to as serotypes O157:H7 and O104:H21.

Hennessy TW, Hedberg CW, Slutsker L, et al. A national outbreak of salmonella enteritidis infections from ice cream. *N Engl J Med* 1996; 334(20):1281-1286

Outbreak of salmonella enteritidis associated with nationally distributed ice cream products – Minnesota, South Dakota, and Wisconsin, 1994 *MMWR Morb Mortal Wkly Rep* 1994 Oct 14; 43(40):740-741.

Tappero JW, Schuchat A, et al. Reduction in the incidence of human listeriosis in the United States. Effectiveness of prevention efforts. The Listeriosis Study Group. *JAMA* 1995 Apr 12; 273(14): 1118-1122.

Update: foodborne listeriosis-United States, 1988-1990. *MMWR Morb Mortal Wkly Rep* 1992 Apr 17; 41(15):251, 257-258.

Rees JH, Soudain SE, Gregson NA, Hughs RA. Campylobacter jejuni infection and Guillain Barré syndrome. *N Engl J Med* 1995 Nov 23; 333(21):1374-1379.

Ree JH, Soudain SE et al. Campylobacter jejuni infection and Guillain Barré syndrome. *N Engl J Med* 1995 Nov 23; 333(21):1374-1379.

Craig WJ. "Are You Safe at the Plate." In: *Nutrition for the Nineties*. Eau Claire, MI: Golden Harvest Books, 1992 p. 267-279.

Update: multistate outbreak of Escherichia coli O157:H7 infections from hamburgers – western United States. *MMWR Morb Mortal Wkly Rep* 1993 Apr 16; 42(14): 258-263.

Badr, KF, Brenner BM. Vascular Injury to the Kidney: Hemolytic Uremic Syndrome (HUS) And Thrombotic Thrombocytopenic Purpura (TTP). In: Isselbacher KJ, Braunwald E, editors, et al. *Harrison's Principles of Internal Medicine- 13th edition* (CD-ROM). New York, NY: McGRAW-HILL, Inc. Health Professions Division, 1994.

MacDonald KL, Osterholm MT. The emergence of *Escherichia coli* O157:H7 infection in the United States. The changing epidemiology of foodborne disease. *JAMA* 1993 May 5; 269(17): 2264-2266.

USDA:APHIS:VS. *Escherichia coli* O157:H7: Issues and Ramifications. March 1994. Centers for epidemiology and Animal Health. Fort Collins, Colorado. P. S-1.

Although these agents often cause nothing more than severe diarrhea, they can cause blood infections (sepsis) permanent arthritis, nervous system disease, kidney failure, and fatalities.

Foods commonly associated with one or more of these illnesses are soft cheeses, other dairy products (including pasteurized items), eggs, sausage, beef products undercooked chicken, and non-reheated hot dogs.

Centers for Disease Control and Prevention. 1992. Foodborne Listeriosis-United States, 1988-1990; *MMWR* 41(15); 251, 257-258 Apr 17, 1992.

Hennessy TW, Hedberg CW, et al. A national outbreak of salmonella enteritidis infections from ice cream. *N Engl J Med* 1996 May 16; 334(20):1281-1286.

Outbreak of salmonella enteritidis associated with nationally distributed ice cream products – Minnesota, South Dakota, and Wisconsin, 1994 *MMWR Morb Mortal Wkly Rep* 1994 Oct 14; 43(40):740-741.

Outbreak of acute gastroenteritis attributable to *Escherichia coli* serotype O104:H21 – Helena, Montana, 1994. *MMWR Morb Mortal Wkly Rep* 1995 Jul 14; 44(27):501-503.

Craig WJ. “Are You Safe at the Plate.” In: *Nutrition for the Nineties*. Eau Claire, MI: Golden Harvest Books, 1992 p. 267-279.

Salmonella enteritidis infection. (pamphlet) Centers for Disease Control/National Center for Infectious Diseases; US Department of HHS; November 1992.

Community outbreak of hemolytic uremic syndrome attributable to *Escherichia coli* O111:NM-South Australia 1995. *MMWR Morb Mortal Wkly Rep* 1995 Jul 28;44(29):550-1, 557-558.

Outbreak of *Escherichia coli* O157:H7 Infection-Georgia and Tennessee, June 1995. *MMWR Morb Mortal Wkly Rep* 1996 Mar 29; 45(12): 249-251.

Update: foodborne listeriosis-United States 1988-1990. *MMWR Morb Mortal Wkly Rep* 1992 Apr 17; 41(15):251, 257-258.

Jacobson MF, Lefferts LY, Garland AW. Meat, Poultry, and Eggs. In: *Safe Food: Eating Wisely in a Risky World*. Venice, CA: Living Planet Press, 1991, p. 91-92.

Schwartz B, Ciesielski CA, et al. Association of sporadic listeriosis with consumption of uncooked hot dogs and uncooked chicken. *Lancet* 1988 Oct 1; 2(8614):779-782.

The Vegetarian Diet and infectious Diseases

Ellen White’s Words: We see that cattle are becoming greatly diseased... and we know that the time will come when it will not be best to use milk and eggs. {CD 359.2} Even while sanctioning the use of dairy products in her day White wrote: If milk is used, it should be thoroughly sterilized; with this precaution, there is less danger of contracting disease from its use. {CCh 223.4}

Medical Science Speaks: Even today’s pasteurized milk is contaminated. Thorough sterilization (boiling the milk) would clearly have prevented outbreaks of salmonella and listeria.

Chron’s disease (a serious, and sometimes life threatening intestinal illness) may also be linked to milk. Even pasteurized milk may contain mycobacterium paratuberculosis which may cause Chron’s disease in susceptible individuals.

Grant IR, Ball HJ, et al. Inactivation of mycobacterium paratuberculosis in cow's milk at pasteurization temperatures. *Appl Environ Microbiol* 1996 Feb; 62(2):631-636.

Cho SN, Brennan PJ, et al. Mycobacterial aetiology of Crohn's disease: serologic study using common mycobacterial antigens and a species-specific glycolipid antigen mycobacterium paratuberculosis. *Gut* 1986 Nov; 27(11):1353-1356.

Anonymous. Mycobacterium paratuberculosis implicated in Crohn's disease. *Gastroenterology Observer* 1995 Nov./Dec. 14(6): 4-5.

Animal products, infection, and Cancer

Ellen White's Words: **Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing... People are continually eating flesh that is filled... and cancerous germs. {CG 382.3}**

Medical Science Speaks: **The medical literature does not yet show a definite link between animal infectious illness and human cancer. However, there is growing cause for concern. Animal disease can either cause cancer or immune system changes in infected animals. The bovine leukemia virus causes a form of leukemia in cattle.**

An animal form of AIDS called bovine immunodeficiency virus affects cattle.

Johnson R, Kaneene JB. 1991. Bovine Leukemia Virus. Part III. Zoonotic Potential, Molecular Epidemiology, and an Animal Model. *Compendium on continuing Education for the practicing Veterinarian* 13(10): 1631-1637.

USDA:APHIS (Animal and Plant Health Inspection Service). *DxMonitor: Animal Health Report*. Winter 1995. Fort Collins, Colorado. P. 6-7. (Note: Florida in the 3rd quarter of 1995 had 31 of 42 cattle tested positive for a rate of approx. 74%).

Archambault D, Nadin-Davis S, et al. The Bovine Immunodeficiency Virus 1990-1992 Update. *Vet Res* 1993; 24(2): 179-182.

Van Der Maaten MJ. Update of Bovine Leukosis Virus and Bovine Immunodeficiency Virus. *TNAVC 1993 Proceedings*. Pages 614-615.

Cancer from Eating Animal Products

Ellen White's Words: (animal) **flesh ... is filled with ... cancerous germs. {CCh 229.2}**

Medical Science Speaks: **American women who eat the most red meat double their risk of lymphoma. Eating Hamburgers more than four times per week more than doubles a women's risk of non-Hodgkin's lymphoma.**

Meat eating may also increase a host of other cancers. It more than doubles the risk of colon cancer.

Chiu BC, Cerhan JR, et al. Diet and risk of non-Hodgkin lymphoma in older women. *JAMA* 1996 May 1; 257(17): 1315-1321.

van den Brandt PA, Goldbohm RA, et al. Cross-sectional versus longitudinal investigations of the diet-cancer relation. *Epidemiology* 1990 Sept; 1(5):402-404.

SSteinmetz KA, Porter JD. Food-group consumption and colon cancer in the Adelaide case control study. I. Vegetables and Fruit. *Int J Cancer* 1993 Mar 12; 53(5):711-719, 720-727.

Giovannucci E, Rimm EB, et al. Intake of fat, meat, and fibre in relation to colon cancer in men. *Cancer Res* 1994 May 1; 54(9):2390-2397.

Benito E, Obrador A, et al. A population-based case-control study of colorectal cancer in Majorca. I. Dietary Factors. *Int J Cancer* 1990 Jan 15; 45(1):69-76.

Willett WC, Stampfer MJ, et al. Relation of meat, fat, and fibre intake to the risk of colon cancer in a prospective study among women. *N Engl J Med* 1990 Dec 13; 323(24):1664-1672.

When it comes to cancer, proof that the presence of cancerous “germs” in animals directly causes cancer has not yet been established, but medical evidence raises the question. We do know that certain cancers are caused by bacteria, and certain other cancers are caused by eating meat. It is well established that chronic bacterial infections such as *Helicobacter Pylori* can cause cancer of the stomach and have been linked to lymphoma.

Fennerty MB. *Helicobacter Pylori*. *Archives of Internal Medicine*. 1994 April 11. 154(7): 721-727.

It is now well documented that many cancers are caused by a virus and certain viruses can be transmitted from animals to humans. It is not surprising that some of White’s uncanny insights have not yet be confirmed by modern science. Most of her counsels were not “medically proven” until many years after they were written.

White made the connection between diet, disease and death: **“Many die of diseases wholly due to meat-eating, when the real cause is scarcely suspected by themselves or others. Some do not immediately feel its effects, but this is no evidence that it does not hurt them. It may be doing its work surely upon the system, yet for the time being the victim may realize nothing of it.” {CTBH 47.3}**

Fish are not Safe to Eat

Ellen White’s Words: The fish that partake of the filthy sewerage ... may pass into waters far distant from the sewerage, and be caught in localities where the water is pure and fresh, but because of the unwholesome drainage in which they have been feeding, they are not safe to eat. {14MR 326.2}

Medical Science Speaks: In 1996, 47 of the 50 states of the United States of America had consumption advisories warning about eating certain species of fish. The advisories covered 1,740 rivers and lakes (including all of the Great Lakes) and large chunks of coastal areas.

Schardt D, Schmidt S. Fishing for safe food. *Nutrition Action Health Letter* 1996 Nov; 23(9): 1, 3-5.

Each year in the U.S. there are over 100,000 reported cases of food poisoning due to contaminated sea food.

Food and Drug Administration (FDA) data according to: Schardt D, Schmidt S. Fishing for safe food. *Nutrition Action Health Letter* 1996 Nov; 23(9): 1, 3-5.

Seafood causes as many as 15 times as many food poisoning outbreaks as beef, poultry, or pork.

Miller RW. Get hooked on Seafood Safety. *FDA Consumer* June 1991 p. 7-11.

Raw shellfish pose the greatest threat.

Food and Drug Administration (FDA) data according to: Schardt D, Schmidt S. Fishing for safe food. *Nutrition Action Health Letter* 1996 Nov; 23(9): 1, 3-5.

They are commonly harvested from coastal waters that have been contaminated with human sewerage.

Fish are not Safe to Eat

Ellen White’s Words: In many localities even fish is unwholesome, and ought not to be used. ... they are not safe to eat.--U. T., Jan. 19, 1895. {HL 105.4}

Medical Science Speaks: National Cancer Institute data showed an increased death rate from cancer among people living in areas where fish have exceptionally large amounts of tumours.

Craig WJ. Fishing for Trouble. In: *Nutrition for the Nineties*. Eau Claire, MI: Golden Harvest Books, 1992 p. 76-82.

Lake Erie sediments caused skin cancer when painted onto the skin of mice.

Craig WJ. Fishing for Trouble. In: *Nutrition for the Nineties*. Eau Claire, MI: Golden Harvest Books, 1992 p. 76-82.

It is common to find fish contaminated with halogenated organic compounds (including DDT).

Nicola RM, Branchflower R, Pierce D. Chemical contaminants in bottomfish. *Journal of Environmental Health* 1987; 49(6):342-347.

Hovinga ME, Sowers M, Humphry HE. Environmental exposure and lifestyle predictors of lead, cadmium, PCB, and DDT levels in Great Lake fish eaters. *Arch Environ Health* 1993 March-April; 48(2): 98-104.

Elevated levels of halogenated hydrocarbons have been found in the tissue of breast cancer patients, suggesting a cause-and-effect relationship.

Falck F Jr, Ricci A Jr, et al. Pesticides and Polychlorinated biphenyl residues in human breast lipids and their relation to breast cancer. *Arch Environ Health* 1992 Mar-Apr; 47(2):143-146.

Fish are not Safe to Eat

Ellen White's Words: In many localities even fish is unwholesome, and ought not to be used. ... they are not safe to eat.--U. T., Jan. 19, 1895. {HL 105.4

Medical Science Speaks: In the U.S., fish products contain significantly more pesticide residues than fruits grains of vegetables.

Food and Drug Administration Pesticide Program. Residue Monitoring 1992.

Journal of the Association of Official Analytical Chemists.

Volume 76:September/October 1993.

Many fish are contaminated with PCBs, dioxin, heavy metals and halogenated organic compounds (including DDT).

Nicola RM, Branchflower R, Pierce D. Chemical contaminants in bottomfish. *Journal of Environmental Health* 1987; 49(6):342-347.

Hovinga ME, Sowers M, Humphry HE. Environmental exposure and lifestyle predictors of lead, cadmium, PCB, and DDT levels in Great Lake fish eaters. *Arch Environ Health* 1993 March-April; 48(2): 98-104.

Rosenman KD. *Dioxin, polychlorinated biphenyls, and dibenzofurans in Environmental and Occupational Medicine-2nd edition* (editor WN Rom).

Boston MA: Little Brown and Co, 1992 p. 927-933.

Halogenated organic compounds, PCBs, and dioxins may increase the risk of a variety of conditions such as high blood pressure, arteriosclerosis, diabetes, and elevated blood fats.

Rosenman KD. *Dioxin, polychlorinated biphenyls, and dibenzofurans in Environmental and Occupational Medicine-2nd edition* (editor WN Rom).

Boston MA: Little Brown and Co, 1992 p. 927-933.

Igbedioh SO. Effects of agricultural pesticides on humans, animals, and higher plants in developing countries. *Arch Environ Health* 1991 Jul-Aug; 46(4):218-224.

Fetal PCB exposure may cause nervous system damage and long-lasting mental impairment.

Colborn T. Animal/Health Connection. In: *Proceedings of the US Environmental Protection Agency's National Technical Workshop "PCBs in Fish Tissue."* September 1993. EPA/823-R-93-003; p. 2-27 to 2-30.

Jacobson JL, Jacobson SW. Intellectual impairment in children exposed to polychlorinated biphenyls in utero. *N Engl J Med* 1996 Sept 12; 335(11): 783-789.

In addition to promoting vegetarianism, Ellen White often singled out particular foods or food categories because of their unique effects on health. Sometimes those effects were detrimental, other times they were beneficial. **White EG. *Counsels on Diet and Foods* P. 354.** She commented on foods that we now know have a bearing on heart disease.

Heart Disease Concerns with Cheese

Ellen White's Words: Cheese is ... wholly unfit for food. {MH 302.1}

Medical Science Speaks: Oxidized cholesterol increases heart disease risk.

Peng SK, Morin RJ. Effects on membrane function by cholesterol oxidation derivatives in cultured aortic smooth muscle cells. *Artery* 1987; 14(2): 85-99.

Hubbard RW, Ono Y, Sanchez A. Atherogenic effect of oxidized products of cholesterol. *Prog Food Nutr Sci* 1989; 13(1): 17-44.

Ripened cheese is a top source of this oxidized cholesterol.

Peng SK, Taylor CB. Atherogenic Effect of Oxidized Cholesterol. In: Perkins EG, Visek WJ, editors. *Dietary Fats and Health*. Champaign, II: American Oil Chemists' Society 1983 p. 919-933.

Cheese tends to be high in salt. In susceptible people, this will raise blood pressure (another heart disease risk factor).

Many cheeses are high in saturated fat, which tends to raise blood cholesterol values.

Custards and Heart Health

Ellen White's Words: Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. {CCh 223.3}

Medical Science Speaks: Dried custard mix (which typically contains sugar, milk and eggs) is one of the worst offenders when it comes to containing oxidized cholesterol and producing measurable damage to blood vessel lining cells.

Peng SK, Taylor CB. Atherogenic Effect of Oxidized Cholesterol. In: Perkins EG, Visek WJ, editors. *Dietary Fats and Health*. Champaign, II: American Oil Chemists' Society 1983 p. 919-933.

The destruction caused by oxidized cholesterol appears to be the key factor in causing hardening of the arteries and ultimately heart attacks.

Peng SK, Morin RJ. Effects on membrane function by cholesterol oxidation derivatives in cultured aortic smooth muscle cells. *Artery* 1987; 14(2): 85-99.

Hubbard RW, Ono Y, Sanchez A. Atherogenic effect of oxidized products of cholesterol. *Prog Food Nutr Sci* 1989; 13(1): 17-44.

Peng SK, Taylor CB. Atherogenic Effect of Oxidized Cholesterol. In: Perkins EG, Visek WJ, editors. *Dietary Fats and Health*. Champaign, II: American Oil Chemists' Society 1983 p. 919-933.

Nuts and Heart Health

Ellen White's Words: Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. {CD 363.5}

Medical Science Speaks: Just when many heart disease researchers were about to cross nuts off the list of “healthful foods” (due to their high fat content), researchers at Loma Linda University found that nuts could lower blood cholesterol levels and provide a corresponding decrease in the risk of heart disease.

Fraser GE, Sabate J, et al. A possible protective effect of nut consumption on risk coronary heart disease. The Adventist Health Study. *Arch Intern Med* 1992 Jul; 152(7):1416-1424.

Sabate J, Fraser GE, et al. Effects of walnuts on serum lipid levels and blood pressure in normal men. *N Engl J Med* 1993 Mar 4; 328(9): 603-607.

Nut varieties and Heart Disease

Ellen White’s Words: ... some nuts are not as wholesome as others. Almonds are preferable to peanuts... {CH 477.3}

Medical Science Speaks: Peanut has a specific chemical structure that makes it harder on human arteries.

Kritchevsky D. Dietary fat and experimental atherosclerosis. *Int J Tissue React* 1991; 13(2): 59-65.

From this perspective, almonds (and a variety of other nuts) are superior to peanuts.

Almonds boast more vitamin E than almost all other nuts. Intake of antioxidant E is associated with a decreased risk of heart disease.

Rimm EB, Stampfer MJ, et al. Vitamin E consumption and the risk of coronary heart disease in men. *N Engl J Med* 1993 May 20; 328(20): 1450-1456.

The importance of Fibre

Ellen White’s Words: For use in bread-making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions. {CD 320.3}

Medical Science Speaks: Whole grain outdoes white flour in a host of nutrient comparisons. For example, white bread has virtually no fibre; whole grain bread is a good source. Fibre appears able to decrease a host of diseases including heart disease, cancer, constipation, appendicitis, and varicose veins.

Craig WJ. *Nutrition for the Nineties*. Eau Claire, MI: Golden Harvest Books, 1992 p. 44.

Burkitt D. *Nutrition Today*. Jan/Feb 1976, p. 6-13.

Haskell WL, Spiller GA, et al. Role of water-soluble dietary fibre in the management of elevated plasma cholesterol in healthy subjects. *Am J Cardiol* 1992 Feb 15; 69(5):443-449.

Khaw KT, Barrett-Conner E. Dietary Fibre and ischemic heart disease mortality rates in men and women: a 12 year prospective study. *Am J Epidemiol* 1987 Dec; 126(6): 1093 1102.

Benefits from the Allium Family: Garlic And Onions

Ellen White’s Words: There is great virtue in well-cooked onions. {3MR 350.2}

Medical Science Speaks: Dr. Ben Lau in his book, “The Health benefits of Garlic” lists a number of benefits from this food family. Garlic seems to help with elevated blood pressure, high cholesterol, and infections caused by both

bacteria and yeasts. Onions often help these conditions as well, due to chemical similarities in these plants.

Lau B. Garlic for Health. Wilmont, WI: Lotus publications, 1998.

Dangers of Fat in the Diet

Another area where modern science has come around to agree squarely with Ellen White is on the position of dramatically reducing fat- and specifically saturated fat-in our diet. This is important for both heart disease and cancer prevention. In White's day, however, no one was talking about "saturated fat." Instead, they used the word "grease" to designate the main category of saturated fats-those from animal sources. Some of White's statements that are in harmony with this now well-accepted scientific dictum follow.

Ellen White Condemned High Saturated Fat Foods

Ellen White's Words: "...prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats." {CCh 222.7}

"We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them." {CD 323.1}

"You should keep grease out of your food. It defiles any preparation of food you may make." {CD 200.2}

Medical Science Speaks: In the American Diet 35% of saturated fats comes from eating meat, 35% is consumed from eggs, 16% from milk, 6% from cooking fats, and 8% from other sources of food in the diet. Even skin cancer risk can be decreased by following a low fat diet. Animal studies have shown that a high fat diet increases the risk of skin cancer following sun exposure.

Black HS, Lenger WA, et al. Influence of dietary Lipid upon ultraviolet light carcinogenesis. Nutr Cancer 1983; 5(2): 59-68.

Baumann CA, Rusch HP Effect of Diet on tumors induced by ultraviolet light. Am J Cancer 1939; 35: 213-221. Cited in: Black HS, Herd JA, et al. Effect of a low-fat diet on the incidence of actinic keratosis. N Engl J Med 1994 May 5; 330(18):1272-1275.

In 1994, Baylor University researchers published data confirming these relationships in humans. They identified 76 patients who were willing to participate in their research. All had previously been diagnosed with skin cancer and were generally following a typical high fat American diet. They randomly enrolled 38 of the participants in an educational program that helped them switch to a low-fat diet where fat constituted only 20 percent of their total calories. Over the course of the next two years, the experimental group followed the program well (the average fat intake was 21 percent of calories). The average number of precancerous lesions in the low-fat diet group was 3 but in the average American diet were fat is 39 percent of the calories the average number of lesions was 10.

Black HS, Herd JA, et al. Effect of a low-fat diet on the incidence of actinic keratosis. N Engl J Med 1994 May 5; 330(18):1272-1275.

The adherence to the diet paid off: when compared to those on an average fat intake, they developed only one-third as many pre-cancerous pre-lesions. Other fats linked to high consumption to saturated fat include colon cancer and ovarian cancer.

Ellen White, Sugar and Cancer

In addition to focusing attention on animal products and saturated fats, Ellen White provided insights that may have a bearing on cancer prevention. For example, one sobering linkage involves sugar and cancer.

Warnings against Sugar

Ellen White's Words: ...from the light given me, sugar, when largely used, is more injurious than meat. {CD 328.2}

Medical Science Speaks: A number of different cancers have now been statistically linked to sugar consumption. The risk of the following cancers appears to rise when more sugar is consumed: colon cancer, rectal cancer, kidney cancer, uterine cancer, prostate cancer, and cancers of the nervous system.

Armstrong B, Doll R. Environmental factors and cancer incidence and mortality in different countries, with special reference to dietary practices. *Int J Cancer* 1975, Apr 15; 15(4): 617-631.

Coffee is harmful

Ellen White's Words: Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the after-effect is exhaustion, prostration, (and) paralysis of the mental, moral, and physical powers. {CTBH 34.4}

Tea acts as a stimulant ... The action of coffee ... is similar. ... Fatigue is forgotten; the strength seems to be increased. ... When the influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility. {CCh 104.9}

Medical Science Speaks: The internationally acclaimed Norwegian research project known as the Tromso heart study assessed 143,000 men and women and found a significant increase in depression in women who were heavy coffee users.

Jacobsen BK, Hansen V. Caffeine and Health. *Br Med J (Clin Res Ed)* 1988 Jan 23; 296(6617):291.

Caffeine addiction has only recently been proven at John Hopkins University. Researchers at John Hopkins published startling research that demonstrated that "caffeine has cardinal features of a prototypic drug of abuse."

Griffiths RR, Bigelow GE, Liebson IA. Human Coffee Drinking: Reinforcing and Physical Dependence-Producing Effects of Caffeine. In: Harris LS, editor. *Problems of Drug dependence, 1986*. NIDA Research Monograph 76. US Dept. Of Health And Human Services Publication No. (ADM) 87-1508, 1987.

Based on its drug affects, caffeine acts much like and classic *addictive drug*. The implication is that habitual caffeine users are as much drug addicts, in the chemical sense of the term, as cocaine addicts, heroin addicts, or nicotine addicts.

She warned of its effects on the mind which also has only recently proven.

Insight on Eating Habits

The importance of breakfast

Ellen White's Words: The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day. {CG 390.2}

Medical Science Speaks: Eating breakfast seems to be essential to maximum mental and physical efficiency.

Mathews R. Importance of breakfast to cognitive performance and health Perspectives in Applied Nutrition 1996; 3(3):210.

Regular breakfast eaters may be able to cut their risk of death in half.

Belloc NB. Relationship of health practices and mortality. *Prev Med* 1973 Mar; 2(1):67-81.

Kaplan GA, Seeman TA, et al. Mortality among the elderly in the Alameda Country study: behavioral and demographic risk factors. *Am J Public Health* 1987 Mar; 77(3): 307-312.

A good breakfast and a lighter (or no) supper may improve blood sugar control in diabetics.

Fewer Meals and No Snacking

Ellen White's Words: In most cases, two meals a day are preferable to three. {CD 176.1}

Three meals a day and nothing between meals--not even an apple--should be the utmost limit of indulgence. {CD 182.4}

Medical Science Speaks: The more frequently a person eats, the greater his or her risk of colon cancer.

Potter JD, McMichael AJ. Diet and cancer of the colon and rectum: a case-control study. *J Natl Cancer Inst* 1986 Apr; 76(4): 557-569.

Benito E, Obrador A, et al. A population-based case-control study of colorectal cancer in Majorca. I. Dietary Factors. *Int J Cancer* 1990 Jan 15; 45(1): 69-76.

De Verdier MG, Longnecker MP. Eating frequency-a neglected risk factor for colon cancer? *Cancer Causes Control*. 1992 Jan; 3(1): 77-81.

The original Alameda Country Study data identified "no snacking" as a health habit associated with longevity.

Heavy Suppers Stymie Weight Loss

Ellen White's Words: ...the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. {CD 181.4}

Medical Science Speaks: Leaving off supper may be one of the best ways to deal with excess weight. One study documented weight loss in all of nearly 600 patients who ate their last meal no later than 3:00 p.m.

Carter JP, Brown J. Dr. Cupp's Simple Approach to Weight Loss. *Journal of the Louisiana State Medical Society* 1985; 137(6):35-38.

Benefits of fasting

Ellen White's Words: In many cases of sickness, the very best remedy is for the patient to fast for a meal or two... Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort... {CD 189.3}

Medical Science Speaks: A short fast may improve immune functioning.

Restricting certain essential amino acids such as phenylalanine and tyrosine may play a role in cancer treatment.

Ellen White also singled out many other factors beside diet and addictive substances that can have a substantial effect on health. The following is a very small sampling.

Fresh Air Enhances Mental Clarity

Ellen White's Words: In the construction of buildings...care should be taken to provide for good ventilation and plenty of sunlight... Neglect of proper ventilation is responsible for much ... drowsiness and dullness ... {AH 148.1}

Medical Science Speaks: Fresh air is chemically superior to re-circulated indoor air.

Baldwin BE. Why is fresh air fresh? *Journal of Health and Healing* 11(4):26-27. High quality fresh air is actually electrified and gives rise to a number of benefits including:

Improved sense of well-being.

Mild tranquilization and relaxation (decreased anxiety).

Improved learning in mammals.

Baldwin BE. Why is fresh air fresh? *Journal of Health and Healing* 11(4):26-27.

Duffee RA, Koontz RH. Behavioral effects of ionized air on rats. *Psychophysiology* 1965 Apr; 1(4): 347-359.

Jordan J, Sokoloff B. Air ionized, age and maze learning of rats. *J Gerontol* 1959; 14:344-348.

Reilly T, Stevenson IC. An investigation of the effects of negative air ions on responses to submaximal exercise at different times of the day. *J Hum Ergol (Tokoyo)* 1993 Jun; 22(1): 1-9.

Mitchell BW, King DJ. Effect of negative air ionization on airborne transmission of Newcastle disease virus. *Avian Dis* 1994 Oct -Dec; 38(4): 725-732.

Giannini AJ, Jones BT, Loiselle RH. Reversibility of serotonin irritation syndrome with atmospheric anions. *J Clin Psychiatry* 1986 Mar; 47(3):141-143.

Gabby J, Bergerson O, et al. Effect of ionization on microbial air pollution in the dental clinic. *Environ Res* 1990 Jun; 52(1): 99-106.

Health Risks of City Dwelling

Ellen White's Words: The physical surroundings in the cities are often a peril to health. ... the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthful dwellings, are some of the many evils to be met. {AH 135.2}

Medical Science Speaks: Ozone pollution in urban air cause eye irritation, shortens the breath, coughs, worsened lung function, and decreased physical performance.

Linder J, Herren D, et al. Effect of ozone on the physical performance capacity. *Soz Praventivmed* 1987; 32(4-5): 251-252.

Neher JO, Koenig JQ. Health effects of outdoor air pollution. *Am Fam Physician* 1994 May 1; 49(6): 1397-1404, 1407-1408.

Women living in highly polluted regions increase their risk of cancer in proportion to their total exposure to particulate pollutants.

Exercise is Vital to Health

Ellen White's Words: The more we exercise, the better will be the circulation of the blood. {CH 173.1}

More people die for want of exercise than through over fatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation. {CH 173.2}

Medical Science Speaks: Exercise lowers the risk of heart disease.

Blair SN, Kohl HW 3RD, et al. Changes in physical fitness and all-cause mortality. A prospective study of healthy and unhealthy men. *JAMA* 1995 Apr12; 273(14): 1093-1098.

Exercise lowers the risk of cancer.

Exercise benefits physiology in general.

Regular exercise prolongs longevity.

Wingard DL, Berkman LF. Mortality risk associated with sleeping patterns among adults. *Sleep* 1983; 6(2): 102-107

Breslow L, Enstrom JE. Persistence of health habits and their relationship to mortality. *Prev Med* 1980 Jul; 9(4): 469-483.

Blair SN, Kohl HW 3RD, et al. Changes in physical fitness and all-cause mortality. A prospective study of healthy and unhealthy men. *JAMA* 1995 Apr12; 273(14): 1093-1098.

Medical advice 100 Years Ahead of Her Time

As we see in the foregoing, scientific discoveries made long after her death have proven the validity of her medical advice. Her advanced understanding of the principles of preventive medicine and treatment of disease begs the question, "How could an individual who lived 100 years ago have written anything on health topics that would be of value today?" No other book on health that was written in her time has survived the test of time. The information they contain has been outmoded by the rapid advances in medical science since the 20th century regarding the causes, treatment, and prevention of disease. She was obviously 100 years ahead of her time. Paul Harvey, in referring to Ellen White in one of his network news broadcasts, observed that "Modern science continues more and more to say, "She was right!" **Paul Harvey News, March, 1969.**

Was the advanced information that she possessed restricted to health topics? Did she have advanced information outside the field of health? If so, has that information been substantiated? Let us look at two predictions she made at the time of the Civil War that are matters of record.

Civil War Predictions

Months before the war began, one state, South Carolina had seceded from the Union. The military and government leaders of the United States of America, including President Lincoln, saw the succession as only a minor threat. The renowned editor of the New York Tribune, Horace Greeley, wrote, "A few old women with broom sticks could go down there and beat out all the rebellion that there is in South Carolina." The week before he wrote, "If someone with the firmness of Andrew Jackson should go down there and say, South Carolina, where are you going? They would reply, back into the Union again, Sir." In the same week, on January 12, 1861, Mrs. White gave a public address in Parkville, Michigan. Contradictory to the attitude of the government leaders and the press, she said "**a large number of States are going to join that State, and there will be a most terrible war.**" {GCDB, January 31, 1893 par. 2} She continued, "**There is not a person in this house who has even dreamed of the trouble that is coming upon this land. People are making sport of the secession ordinance of South Carolina, but I have just been shown that a large number of States are going to join that State ... In this vision I have seen large armies of both sides gathered on the field of battle. I heard the booming of the cannon, and saw the dead and dying on every hand. Then I saw them rushing up engaged in hand-to-hand fighting [bayoneting one another]. Then I saw the field after the battle, all covered with the dead and dying. Then I was carried to prison, and saw the suffering of those in want, who were wasting away.**" {GCDB, January 31, 1893 par. 2} She continued by saying, "**There are those in this house who will lose sons in that war.**" {GCDB,

January 31, 1893 par. 4} She was scoffed at in the meeting. News-paper reporters that were outside made light of her speech. The sentiment was “Now we know she is not a true prophet. This is not going to happen.” Some three months later, eleven states had seceded and elected their Confederate president. But President Lincoln called for a paltry of 75,000 men for three months to put down the rebellion. He felt that no more were needed.

The rest is history. The north would have almost three million men on the field of battle and the South would have half that number. The U.S. lost more people in that war than all wars that they have been involved in to this date. Ellen White’s warnings of this coming war and the terrible slaughter to follow, though they contradicted the thinking of the country’s leaders, were accurate and well founded. She was obviously getting her information from another source. Incidentally there were at least 10 men who attended her lecture that lost sons in the war.

The North did not do well at first. Six months into the war she was shown what it would take to bring it to an end. The North had begun national fast days because they believed that they were on the cause of right. They fasted and prayed for success. She made a prediction that the tide of the war would turn around if the North met a certain condition. She had written much against the evils of slavery. She wrote on January 4, 1862, **"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"** When our nation observes the fast which God has chosen, then will He accept their prayers as far as the war is concerned; but now they enter not into His ear. **{1T 258.1}** She wrote concerning slavery in the United States, **The Lord God of Israel has looked upon the vast number of human beings who were held in slavery in the United States of America. The United States has been a refuge for the oppressed. It has been spoken of as the bulwark of religious liberty. God has done more for this country than for any other country upon which the sun shines. It has been marvelously preserved from war and bloodshed. God saw the foul blot of slavery upon this land, He marked the sufferings that were endured by the colored people. He moved upon the hearts of men to work in behalf of those who were so cruelly oppressed. The Southern States became one terrible battlefield. The graves of American sons who had enlisted to deliver the oppressed race are thick in its soil. Many fell in death, giving their lives to proclaim liberty to the captives and the opening of the prison to them that were bound. God spoke concerning the captivity of the colored people as verily as He did concerning the Hebrew captives, and said: "I have surely seen the affliction of my people . . . , and have heard their cry by reason of their taskmasters; for I know their sorrows; and I am come down to deliver them."** **{SW 41.3}**

“Walls of separation have been built up between the whites and the blacks. These walls of prejudice will tumble down of themselves as did the walls of Jericho, when Christians obey the Word of God, which enjoins on them supreme love to their Maker and impartial love to their neighbors.” **{SW 43.1}**

"Satan was the first great leader in rebellion. God is punishing the North, that they have so long suffered the accursed sin of slavery to exist; for in the sight of heaven it is a sin of the darkest dye. God is not with the South, and He will punish them dreadfully in the end. Satan is the instigator of all rebellion. ..." **{1T 359.2}**

She was predicting that if the North freed the slaves, the tide of the war would turn. On January 1, 1863, almost one year to the day later, President Lincoln issued an Emancipation Proclamation which freed the slaves. At that point, the war turned completely around just as her words predicted. Governor St. John of Kansas said in a public address, ‘After Lincoln issued his famous Emancipation Proclamation, we had swung round on God’s side and could not lose.’

Predicting the Healing of the Rift of the Protestant Reformation

History tells us that the Protestant Reformation caused the Roman Catholic Church to suffer a sharp decline in its influence and presence in many countries of the world. At the same time, Protestants, in breaking away from the Catholic Church enjoyed a surge in world acceptance and influence. Notwithstanding this religious climate, Ellen White in 1888 predicted that **“The Protestants of the United States ... will reach over the abyss to clasp hands with the Roman power... Papists (and) Protestants... will see in this union a grand movement for the conversion of the world, and the ushering in of the long-expected millennium.”** {GC88 588.1-3}

About 30 years ago, the ecumenical movement was in its infancy, a degree of cooperation between Catholics and Protestant leaders began to be seen. On March 30, 1994 (100 years after her prediction and just 6 years before the new millennium), leading newspapers across the U.S. posted headlines, “Catholics, Evangelicals Huddle- Statement Calls for Acceptance” **Reid GE. And the World Wonders. In: *Even at the Door*. Hagerstown, MD; Review and Herald Publishing Association, 1994 p. 69. Quoting *USA TODAY* March 30, 1994.**

Another headline was “Christians Herald New Era-U.S Evangelicals, Conservative Catholics End Discord, Urge Shared Vision.

Reid GE. And the World Wonders. In: *Even at the Door*. Hagerstown, MD; Review and Herald Publishing Association, 1994 p. 69. Quoting *Rocky Mountain News, Denver*, March 30, 1994.

A total of 39 leading evangelical Protestant and Roman Catholics signed a “historic declaration,” a 25 page document urging the nation’s 52 million Catholics and 13 million evangelicals to cease holding each other at arm’s length, and instead work together in recognition of a common faith.

Two major goals of the accord were stated-world evangelism and common concerns for society. The signers of the declaration are the most visible and influential in their respective organizations today, such as Pat Robertson of the Christian Coalition, Charles Colson, Cardinal John O’Connor of New York, and the director of the Southern Baptist’s Home Mission Board.

Predictions of the Enduring Value of Her Writings

Another prediction that she made was related to the forward reach of her own writings. In 1907, eight years before her death, she made a remarkable forecast. **“Whether or not my life is spared, my writings will constantly speak, and their work will go forward as long as time shall last.”** {1SM 55.5}

More than 95 years later we see that her writings have continued to be reprinted in English and translated and published into language after language to meet the demand.

This fact is evidence that her writings are relevant to our time. She stressed the importance of pre-natal influences on the health and mental development of a child at a time when medical science was totally unaware of such influences. Ellen White advised on this subject: **“Pre-natal Influences.--God had an important work for the promised child of Manoah [Samson] to do, and it was to secure for him the qualifications necessary for this work, that the habits of both the mother and the child were to be carefully regulated. "Neither let her drink wine or strong drink," was the angel's instruction for the wife of Manoah, "nor eat any unclean thing. All that I commanded her let her observe." [Judges 13:14.] The child will be affected for good or for evil by the habits of the mother. She must herself be controlled by principle, and must practice temperance and self-denial, if she would seek the welfare of her child. Unwise advisers will urge upon the mother the necessity of gratifying every wish and impulse; but such teaching is false and mischievous.**

The mother is by the command of God himself placed under the most solemn obligation to exercise self-control.” {CE 232.1}

“The inquiry of every father and mother should be, "What shall we do unto the child that shall be born unto us?" [Judges 13:8.] The effect of pre-natal influences has been by many lightly regarded; but the instruction sent from heaven to those Hebrew parents, and twice repeated in the most explicit and solemn manner, shows how this matter is looked upon by our Creator.” {CE 233.2}

She warned that birth defects could result from the expectant drinking alcohol: **“Every drop of liquor taken by the mother as a gratification of the appetite is endangering the physical, mental, and moral health of her offspring, and is a direct sin against God.” {HR, February 1, 1880 par. 5}**

She wrote of the relationship between the mind and the body: **“The health of the mind is dependent upon the health of the body.” {ApM 20.1}**

She pointed out the value of very early training of children in the family setting, and described the distinct roles of the mother and the father. **“Oh, that all would understand that these apparently small duties are not to be neglected! Children are peculiarly susceptible to impressions; and the lessons which they receive in the early years, they will carry with them through life. All the learning they may acquire will never undo the evil resulting from lax discipline in childhood. One neglect, often repeated, forms habit. One wrong act prepares the way for another. That act, repeated, forms habit. Bad habits are more easily formed than good ones, and are given up with more difficulty.” {RH, December 5, 1899 par. 6}**

“It is the work of parents to train their children to proper habits of speech. The very best school for this culture is the home life. From the earliest years the children should be taught to speak respectfully and lovingly to their parents and to one another. They should be taught that only words of gentleness, truth, and purity must pass their lips.” {VSS 33.1}

“All members of the family center in the father. He is the lawmaker, illustrating in his own manly bearing the sterner virtues: energy, integrity, honesty, patience, courage, diligence, and practical usefulness. The father is in one sense the priest of the household, laying upon the altar of God the morning and evening sacrifice. The wife and children should be encouraged to unite in this offering and also to engage in the song of praise. Morning and evening the father, as priest of the household, should confess to God the sins committed by himself and his children through the day. Those sins which have come to his knowledge and also those which are secret, of which God's eye alone has taken cognizance, should be confessed. This rule of action, zealously carried out by the father when he is present or by the mother when he is absent, will result in blessings to the family.” {AH 212.1}

“Children should virtually be trained in a home school from the cradle to maturity. And, as in the case of any well-regulated school, the teachers themselves gain important knowledge; the mother especially, who is the principal teacher in the home, should there learn the most valuable lessons of her life.” {CG 26.4}

Many of these concepts were new and different from the conventional wisdom of her day, and have since proven to be accurate.

Thousands of Ships would be sunk and millions would be killed

The following prediction was made by Ellen G. White before World War 1 and World War 11 and today her writings are more accurate than the latest newspaper on current disasters.

The Lord will arise to shake terribly the earth. **We shall see troubles on all sides. Thousands of ships will be hurled into the depths of the sea. Navies will go down, and human lives will be sacrificed by millions. Fires will break out unexpectedly, and no human effort will be able to quench them.** The palaces of earth will be swept away in the fury of the flames. **Disasters by rail will become more and more frequent; confusion, collision, and death without a moment's warning will occur on the great lines of travel.** The end is near, probation is closing. Oh, let us seek God while He may be found, call upon Him while He is near! **{FLB 343-5}**

It would not require divine foresight to make a statement like that today. We see all around us the very things predicted, and most people, it appears, are persuaded that the situation will not improve. But it did require more than human foresight to make such a declaration in 1890. Those who have read the newspapers and news magazines through the years need no list of statistics to prove to them that the prediction is still in the process of fulfillment. We know that the United States, Great Britain, their allies, and the neutral nations lost 4,770 ships, totaling more than 21,000,000 tons of shipping during World War II. These figures take no account of the loss of German, Italian, and Japanese merchant shipping and navies sunk. As for lives sacrificed by millions, we need only to check casualty figures for two world wars. Combined losses of lives of military personnel in World War I were more than 8,500,000; and military and civilian losses totaled more than 22,000,000 in World War II. Fire losses in the United States alone have increased from \$188.7 million in 1909, to \$5,579 million in 1980 and up to 22,680 million 2007. No comment need be added regarding disasters, confusion, and collision on the highways, railroads, and airlines,—they are tragic daily occurrences. It would hardly be possible for any prediction to be more literally and specifically fulfilled.

Modern Spiritualism

In 1850 modern spiritism that purported to communicate with the dead had its origin with the Fox sisters and their mysterious rappings in Hydesville, New York. At that time the phenomena was regarded as atheistic and having nothing to do with religion. **Yet Ellen G. White wrote in 1860:**

Satan knew this, and he was at work in mighty power to keep the minds of as many people as he possibly could wavering and unsettled on the truth. **I saw that the mysterious knocking in New York and other places was the power of Satan, and that such things would be more and more common, clothed in a religious garb so as to lull the deceived to greater security and to draw the minds of God's people, if possible, to those things and cause them to doubt the teachings and power of the Holy Ghost. {EW 43-3}**

When spiritism celebrated the centennial of the origin of modern spiritualism in 1948, the spiritists said this: "Spiritualism, with its signs, wonders, visions, and healing gifts was the religion of the apostles, of the post apostolic fathers, and the primitive Christians." **Centennial Book of Modern Spiritualism, 1948, p 115.** One hundred years after its beginning, spiritism claimed to be what Ellen G. White had said it would become and even much more now.

The following quotations have been taken from that source. Note the parallels with the *Early Writings* statement.

"Spiritualism now encircles the world, embracing millions of sincere adherents from every walk of life."—***Centennial Book of Modern Spiritualism in America, page 5.***

“Neither priest nor press should uncharitably speak of, or touch this holy word Spiritualism, only with clean hands and pure hearts.”—*Ibid.*, p. 34.

“Spiritualists are the only religionists who have used the promised gifts of the Christ, by which gifts they heal the sick, and demonstrate a future conscious and progressive existence.”—*Ibid.*, p. 34.

“It gives you more knowledge of the Christian Bible than all the Commentaries combined. The Bible is a book of Spiritualism.”—*Ibid.*, p. 44.

“A medium foretold the birth of Jesus, whose brief life on earth was filled with the performance of many so-called miracles which in reality were spiritual phenomena.”—*Ibid.*, p. 68.

“Born in humility and obscurity, persecuted and maligned in its infancy and youth, doubted, ridiculed and derided on every hand, it has steadily grown until it has many million adherents. It has crept silently into the pages of popular books, magazines, newspapers, as well as stage and screen, throughout the world, until unconsciously the public mind has been educated and molded into conformity therewith.”—*Ibid.*, p. 69.

Ellen G. White wrote volumes in the field of health and nutrition, a very recent science. Today nearly everything that Ellen G. White wrote in this field has been verified by modern scientific research. **In 1959 Dr. Clive McCay former professor of Nutrition at Cornell University, issued this statement: “In spite of the fact that works of Mrs. White were written long before the advent of modern scientific nutrition, no better over-all guise is available today.”**

A Timely Message That Arrived From Across The Sea

At a general gathering in Australia, some years ago, Pastor W. H. Pascoe, of New Zealand, told the story of a message from the Spirit of prophecy that arrived just at the right time. It is only another illustration of the way in which messages by that gift were now and then guided over land and sea as by a timed schedule, to bring the counsel that helped.

It was when the first camp meeting in the town of Dunedin was being held, said our brother. One minister of the town was particularly hostile. He attacked our teaching also in the press. The account in the Australasian Union Record continued:

“Finding that the Adventists could not be drawn into a controversy in that manner, our opponent then attended one of our evening services, bringing with him a large number of his congregation. In the midst of the service this man arose and challenged the Adventists to debate with him, calling them cowards, etc. With the help of his satellites he succeeded in closing the service. After the meeting all the workers were called together for counsel on how best to meet the boastful opponent. After considering the acceptance of the challenge favorably, the workers were advised to pray much over the matter during the night, then meet together next morning for a final decision before the devotional meeting began.

“Next morning at an early hour they met, according to plan. Pastor E. W. Farnsworth entered the tent, holding in his hand a large envelope. With his happy smile he said, ‘Well, brethren, the Lord knew our needs long before we did. This letter was in my tent last night, but in preparing for the service I left it unopened. Now just listen.’ He read that letter which had been written in America by the servant of the Lord three months before, and which had arrived the night before. That letter seemed to have been written by one who had

actually seen the events taking place. It referred us to Nehemiah 6:3, ‘Why should the work cease, whilst I leave it, and come

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down to you?’ and told us that our work was to keep right on preaching the truth. ‘If you do this, your opponents will soon begin to fight among themselves, and you will be left to carry on your work in peace.’ Needless to say, we believed the message, and the camp work proceeded as usual.

“Now for the sequel. According to the prediction, so was it fulfilled. That opposing minister appealed to the council of churches in Dunedin to sweep the Adventists out of that city. All agreed. Next came the question of how this was to be done. Unanimously it was voted that a tract against Seventh-day Adventists should be written, that this tract be circulated widely throughout Dunedin, and that from all pulpits in Dunedin on a certain Sunday the ministers speak against the errors of Adventism, as well as give every person attending a tract. This was carried unanimously.

“Then their ship came with a terrific crash on a rock, when on that calm sea the question was raised, ‘What shall we place in the tract?’ No two were of the same opinion as to why they kept Sunday, and the meeting broke up in the wildest disorder. The Seventh-day Adventists were permitted to continue their work in peace, just as was seen and written three months before in the United States of America, and the letter, guided by a divine hand, arrived on the very day it was needed. ‘Yes,’ the speaker added, ‘I know by experience that God speaks to His people in the Spirit of prophecy.’”

Again it was according to the promise, “Before they call, I will answer.” And just as this worker of New Zealand could say, “Yes, I know by experience that God speaks to His people in the Spirit of prophecy,” so thousands of believers could say, in observing the working of that gift through the seventy years. So to this day do thousands say again as they find this gift still speaking light and guidance through the printed volumes. *The Spirit of Prophecy in the Advent Movement* by William A. Spicer pp 118, 119

Would you like to accept God’s gift of prophecy manifested in Ellen G. White’s writings for the Remnant Church of the last days? **Yes!**

RESEARCH QUESTIONS

Who in the Bible according to Jesus was a prophet but was also given work by God that included more than a prophet? **John the Baptist**

What was the great work of John the Baptist that was greater than all the prophets that were before him? **To prepare the way for Jesus**

Who was to prepare the way for Jesus the Second Time whose work included more than that of a prophet? **Ellen G. White**

What was John the Baptist called? **God’s messenger**

Who was chosen by God to be His messenger for the last day Remnant Church? **Ellen G. White**

What Bible text tells us not to despise prophesying? **1 Thessalonians 5:20**

What promise does God give to those that “Believe His prophets” in 2 Chronicles 20:20? **So shall ye prosper.**

What is the first spiritual test found in the Bible that Ellen G White fulfilled perfectly? **She spoke only according to God’s Word**

What is the second spiritual test found in the Bible that Ellen G White fulfilled perfectly? Every unconditional prophecy came to pass without fail