

# Hygienic Healing Secrets:

*From Confusion to Confidence*



The Adventist Health Message. . .

WHAT WE WERE GIVEN; AND HOW WE LOST IT

Chapter 05

# Hygienic Healing Secrets

*From Confusion to Confidence*

## **The Adventist Advantage:**

*What we were Given; and How we Lost it*

---

Truth matters in health as much as religion, if not, why would the Bible have so much to say about health? And why would God have placed so much about health in the Spirit of Prophecy writings? We need to go back to the original sources, check it out for ourselves, and find out what the Lord **really** did give us as a healing and reform message.

## **God's Special Dream: Rejected**

---

*“Saying, Did not we straitly command you that ye should not teach in this name? and, behold, ye have filled Jerusalem with your doctrine, and intend to bring this man's blood upon us.” Acts 5:28*

### ***What Could Have Been***

---

After much study of the Spirit of Prophecy, denominational history, biblical, and other history, one can come to see a picture that is truly amazing. This picture is about what we could have had; it is what God handed to us in a basket as it were; but we didn't want it!

Millennia ago, the Children of Israel made a similar choice. God had a plan for them. He wanted to bring them out of Egypt, teach them about Himself; give them the finest system of Government that any nation ever had, actually they were to have God as supreme authority—a truly infallible leader! He planned to plant them as a shining light at the crossroads of the world in one of the finest areas, a country of milk and honey, and wait, while the people of the world gradually saw what God was all about, and came marching in, begging to be taught, and to become part of this miracle nation. But when He marched them to the borders; lo and behold—they refused to go in! They had seen His power and His miracles; they had heard His promise that He was about to drive the heathen out of that land, and they could just walk in and possess it. They would not even have had to fight at that point. But they would not go in, and instead began howling to high heaven that

they were all about to be killed, and they wished they had stayed in Egypt under the slave-driver's lash.

Forty years later, their children, and two of the original bunch, did go into the land. They were given very clear instructions; they were to have **nothing** to do with the heathen. They were not to make any agreements with them. They were not to learn their ways, and they were not to have anything to do with their gods or religion, even their pictures were to be destroyed. They were not to settle down in their ease until they had purged the entire area from all the heathen. God had promised He would be with them, and nothing could stand up to them.

They went part way; they drove out enough heathen to have a place to live, and then kept putting off finishing the job, not going all the way with God. Then someone got a great idea! Instead of going to all the bother to drive out and destroy these nations, why not get them to pay tribute money to Israel, and then the people could get rich from disobeying God.

God told them, "Look, you are to be separate; you are to be entirely different; you are not even to resemble the heathen in any way. I have something far better for you." He also warned that if they did not listen, His plans to make them the head of the world would fall through, and instead they would end up the tail. He warned that if they compromised, even a little, they would go on and on, until they would be as wicked as the heathen, or worse!

You know the story: they were not in the land very long, after having found a way to get rich by taxing the heathen instead of destroying them, that they decided the heathen ways were pretty good after all, and they wanted to do what the heathen did. So they did. Then came the day, an angel showed up and told them that because they had chosen to disobey God, He was withdrawing the special promise that He would help them drive out the heathen; from henceforth the heathen would be a torment to them forever! The special niche of time, when they could have the Special Dream in its fullness, had passed away forever.

The people wept! They did not want the Dream when it was offered, but now they had lost it forever, they wept and brought offerings. Maybe they thought like the heathen, that they could buy back the promise, but they couldn't. God is not a man, to be trifled with.

Quickly skimming through history, we see them later deciding that they wanted to be even more like the heathen. They didn't want God to be the head and direct them; they wanted a human being to rule over them, a king, like the rest of the nations.

Then after many centuries of war, trouble, ups and downs—we see them gathered in the courtyard of an enemy palace. The very God they had rejected was standing there in the garb of humanity. They are so determined to get Him out of their way that they shout; "Let this man's blood be on us

and our children! We have no king but Caesar!” Thus in terrible tragedy, ended God’s Special Dream for that nation.

In the 1800s, God called out a people. He had a Special Dream for them. He wanted to give them something so unique, so remarkable, that no other people on earth would have anything like it. So He sent the needed information through the Spirit of Prophecy. I am going to describe as near as can be done humanly what this Special Dream was to be. To do so I will have to tell it as if it really happened.



## **It could have been like this!**

---

Starting first with a few small buildings on a large tract of land in the country, Adventists established a most remarkable educational center. It was entirely self-supporting, and was to train self-supporting missionaries, who would in turn go out into the world and start other small centers, also in country settings, where they could raise all their own foodstuffs and have enough to sell and pay for what they could not raise or make themselves. These centers were never to go into debt; but rather were to grow only as fast as the means was in hand to be used. Small industries producing worthwhile products would help to support the centers and provide work experience for the students and form a vital part of their education.

All available, practical skills were taught, and students were expected to learn a wide variety of occupations, by which they could find manual labor to support themselves in mission work anywhere in the world. Last but not least, they would all know the basics of agriculture, accounting, household management, physiology, natural healing and cooking. All these were taught in a setting of spiritual richness with the Bible truths as the center and foundation of all other studies.

The usual classical studies and philosophies associated with the regular colleges and universities of the world were not found here. All that was taught had a practical and/or spiritual purpose to it. The blessing of the Lord on these centers was almost palpable, and there was a peaceful joyousness seldom encountered in the world these days. These schools turned out some of the best equipped people ever seen; able to turn their hands to almost any task needed. Like the missionaries from the island of Iona centuries before, they were a blessing and benefit to society wherever they would go.

Used to simple and almost austere living standards, with faith and hard work considered the greatest of blessings, graduates could succeed in establishing missionary centers in areas where people used to the soft life would never venture.

Each main educational center had a unique health institution called a 'Sanitarium', where a special form of medicine was taught and practiced called 'Sanitary' or 'Hygienic Healing.' This system was drug free, and used diet, water therapy and the simplest means to treat and heal the sick. It also taught the patients how they could treat themselves and their families in their own homes for many, if not most, ailments. It also emphasized the Laws of Health, which included proper diet, fresh air, exercise and sunshine and other blessings from God, and just how to use them to promote well being and heal illness. No costly equipment was required, and the system could be adapted for all areas of the world. Lengthy and expensive courses of education were not necessary and fully equipped medical missionaries could be launched within months.

Students were all taught the unique methods by experienced instructors, and they put into practice immediately what they were learning at the small sanitariums found near each educational center. By the time they would leave the centers, they had enough knowledge and practical experience to be able to set up their own treatment rooms, sanitariums or schools elsewhere.

Patients flocked to these centers, because finally they had discovered a source of help that was not only simple and reasonable in cost, but really gave results! It was like nothing ever seen on earth before. Using water treatments, massage, a few of the simplest remedies such as powdered charcoal and common garden herbs, along with a vegetarian diet, people went home cured; even many that came in having been told they were hopeless by the regular doctors.

Early in the new 20th century; when the huge chemical barons set up organizations to bring all medicine under their system of allopathic drug use and surgery, the Hygienic System had been able to obtain a special charter as a separate and unique form of therapy. And so, along side of Osteopaths and Chiropractors, they have the ability to train, license and self-govern their own training schools and sanitariums, and grant the titles of Hygienic Medical Practitioner, Hygienic Medical assistant, and Hygienic Nurse.

This was not particularly difficult, because the dramatic success of these methods, and the low cost and self-supporting nature of the centers, made them very desirable for any government to have in their midst.

All over the world, the name 'Seventh-day Adventist' was associated with these helpful centers, where the afflicted, rich or poor, could find help for their problems. Even most churches operated small treatment rooms to serve the community and teach nutrition, home health care, and God's

laws of health to all who were interested. Thousands with more severe problems would spend some time at the country sanitariums with very good results.

The missionary character of these people and the advanced, practical nature of their education, resulted in few of them having any problem to obtain employment. Most are involved in their own self-supporting health or educational centers. Wherever they go into foreign lands, these resourceful people are welcomed for the special skills for which they are world famous.

Although Allopathic medicine, under the auspices of the AMA, has done its best to encourage the use of drugs and surgery as the only sensible way to treat sickness; still many people opt out for the friendly atmosphere, reasonable cost, and simplicity of the Adventist Hygienic System. The very high level of success the Sanitariums have in treating, even cases declared hopeless by the regular system, has allopathic doctors and surgeons shaking their heads in amazement.

The willingness of these people to be of service to their fellow man and to teach their unique form of health care to all who wish to learn, has made them much respected; even though some feel their religious standings are rather strange. The way they truly practice what they claim to believe in, has won many to their faith and the Adventists have churches and health-educational centers in most countries today.

Although they have no very large or showy centers, and have a surprisingly simple system of organization, with local directors free to make almost all decisions, their overall impact on the world cannot be measured. When asked how they ever learned their incredible systems of Health and Education, they are quick to respond, "It was a gift from the Lord, through His special messenger for these last days! God has richly blessed us because we have followed His guidance."

Because they are entirely self-supporting, and neither receive any moneys from governments nor ask for any, for either their schools or health centers, Adventists have an independence from government interference that is the envy of many larger organizations.

Debt is almost entirely unheard of among them; —either privately or institutionally, and although they are not rich people, rather content to keep to themselves, live plainly, and serve wherever needed, their country life-styles afford a high quality of life. Because they also practice what they teach about health, the common diseases that plague mankind are almost unknown among them.

Anyone investigating the amazing simplicity and wisdom of the Adventist system has to admit, "Surely this great nation is a wise and understanding people." Deuteronomy 4:6.

## ***Trying to do it Man's Way***

---

In ancient Israel the rejection of God's Special Dream resulted in much suffering and oppression. Thinking they knew a better way than God, by trying to get rich by disobedience, they ended up grievously oppressed by the very heathen nations they admired and wanted to be like.

The oppression and burdens pressed upon them, and the yoke was galling and heavy. How much loss and suffering resulted, only the omnipotent God of Heaven can calculate! Finally at the end, the special knowledge God had given them, was almost unknown, and people thought that what they saw before them, was what God had wanted for them.

Even the disciples came to Jesus to point out the wonders of the Roman subsidized and controlled temple and religious structure. Solemnly He told them, "Not one stone will be left upon another!" So sure they were that all was well, they had no concept of how soon this would actually happen.

How much suffering and distress has been caused by Adventists rejecting God's Special Dream, only the omnipotent God of Heaven can calculate! Only a few among us now, know what was meant to be; the bits of special knowledge that have survived are so mixed with so called worldly 'wisdom' that it bears no semblance to the unique system we were to practice. Our people think our hospitals and doctors are 'special', but they are only mirror images of the world, and dare not be anything else, or they will lose their license. They have a king over them, and that king is not God.

Our worldly-imitating schools and hospitals are chained to associates, linked to other denominations, controlled by worldly mixed boards, harnessed by government demands, staffed by many non-Adventists, threatened by unions, and smothered by an incredible load of debt, which very well may drag the whole structure down with it someday soon.

Struggling to meet demands of worldly accreditation boards, our systems are not thousands in debt, not millions, but billions in debt. And why should they cumber the ground? They are not in the tiniest sense fulfilling what God really gave us to do, any more than the Greek and Roman corrupted Sanhedrin was God's plan for Israel!

Jesus made an interesting and solemn statement:

"Then came his disciples, and said unto him, Knowest thou that the Pharisees were offended, after they heard this saying? But he answered and said, Every plant, which my heavenly Father hath not planted, shall be rooted up. Let them alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch." Matthew 15:12-14.

When SDA leaders decided that they would have the 'best the world could offer' instead of God's Special Dream, they chose slavery, suffering and oppression, instead of the beauty and freedom that God was offering them. Why? We may well ask. For one thing, they were sure they knew better than God. Most still think so, as they try and convince you that this monster that has been sucking the means meant to evangelize the world, is actually what God intended. We should not add sin to sin, by claiming we have followed the Dream, and what is there today is what the Lord wanted us to have; It just is not so!

God was giving them something unique, which would have made them the envy of the world. Potentates would have beaten a path to our doors and we would have been a wonder on the face of the earth. But there was something it would **not** have given; it would not have given the massive incomes, the worldly degrees, the haughty pride of status, and the kingly rule over the little guy. It would not have satisfied the proud, disobedient heart of the unconverted among us. They would not have heard the music of 'doctor, doctor' ringing in their ears; but those that wanted that, could have left, and sought what they wanted out in the world, and the truehearted would have been freed of their blighting company.

### ***The Simple and Natural***

---

God's simple, natural way of treatment is life and health to all who find it. The world's method of drugs; radiation and surgery; cut, burn and poison, which has now been imposed on all people, because of the incredible power of the chemical barons, is cruel! People, who are victims of disease brought about by the breaking of the laws of health, suffer wretchedly and die, when God's special methods could have restored them to health and their voices instead of expressing curses and groans of misery, would have been lifted in praise to our great and merciful Saviour!

Health cannot be restored by poisoning our bodies with drugs. Health cannot be purchased in a bottle. Health is found by drawing near to the Life-Giver, learning His ways, obeying, in His strength, His Laws, whether moral or physical.

This is the fact that seems almost unknown among people today; the truth that the allopathic system of medicine the world now uses, and often forces on us, is not there because it has been proven best and most effective! Oh no! It is there because the money and power of the chemical



Health Institution, Battle Creek, 1866.



barons was behind the accreditation boards, the Carnegie foundation, and the AMA, and they were used to force natural healers out of business and impose themselves in their place.

Many perfectly practical colleges of natural healing went down, because they could not, or would not, comply with the demand to promote and develop chemical drugs. The survivors were not there because they were best; but because they would make the most profit for the chemical barons.

Look at it this way; if I have five dogs and I feed two of them and beat and starve the rest, after a while only the two will survive; but that does not mean they are the best dogs. It does not mean that the dead dogs were not just as worthy.

No group that refused to promote drug medicine, and do massive research to develop it, was allowed to exist. But there was a window of opportunity, and God opened it, and tried everything, short of force to get us to go through it. We could have made our own rules! The AMA would never have got its hooks into us. Some groups seized the opportunity and went through, but not us. We chose to spend the time following the AMA around, begging to be allowed in. Even they could not understand it!

The time passed; the monster grew in power; the chains were fastened in place and the Dream faded away. No angel came to announce it was too late, but once when a group of our leaders, in trouble from going contrary to what God had directed, went to consult with the prophet; she solemnly left the room in silence; and closed the door behind her.

The oppressive power of the drug industry, and the corruption that goes with it, grows daily. God's Dream would have given the people of the world an alternative, whereby they could escape into a haven of rest, from the misery of this dying planet. The chemical barons could not have fastened their chains as tightly upon the masses if we would have been there, showing the people another way out! Oh, there would always be plenty who would choose the fancy chemical medicine, because there are many that will not accept any restrictions on their indulgences; but it was not ever to be our business to supply it to them!

The Special Dream can never be what it could have been; but individually, those who are willing to turn to the Lord and follow His ways with an undivided heart and no compromise, can still see His blessing in their lives. If they will reach out to learn His ways and use them to serve others, He will bless their efforts with success.

### ***The Old Paths***

---

God does not change; He told us we were not to teach and practice drug medicine. He meant what He said. Friends don't you see? He told us that, because it is inferior to what He gave us! He did not

want to take a good thing from us, and force us into second-rate status, just to be arbitrary. He was giving us the very best; and it is still the very best!

It is not easy today to learn the Special Dream, as it long ago ceased to be taught among us with any purity, and much knowledge and skill has been lost. The early programs in our medical schools were all forced out decades ago by the accreditation boards. But information is available in the Spirit of Prophecy guidance and related material. Those who truly chose to redeem the past will be helped and guided by the Holy Spirit. God is waiting for us to do His will, using only His methods; how long will we keep Him waiting?

“Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein. Also I set watchmen over you, saying, Hearken to the sound of the trumpet. But they said, We will not hearken.” Jeremiah 6:16, 17.

### ***Simplicity VS. Complexity***

---

Complexity, intricacy, and convolution, always seems to be a big part of the world’s popular ways. If you want to see it illustrated, just take a look at Pagan temples, covered over with ornamentation in mind-boggling profusion, and their countless ritual services, full of meaningless complexity. Mankind seems to love to develop complexity, and does not seem to be bothered if his complexity results in convoluted contradiction, and increases burdens rather than relieving problems. If a so-called professional can put forth something that the ordinary person cannot follow in its logic, this leads the professional to pride, and the common man to servitude. Such is not God’s way.

When God gave us His health plan and His chosen modalities for us to teach and use in the healing of the nations, it was amazingly simple! In fact, obviously, the very simplicity of it was what often caused it to be ridiculed or pushed aside as meaningless. The attitude is that certainly some drug or treatment from the doctors, who have undergone decades of education, **has** to be more effective than simple water treatments.

Certainly an absolutely simple diet of whole plant foods just **can’t** be the solution to problems that are now costing billions, and eluding the best medical efforts to cure them! Certainly we must need to have many complex and expensive supplements, we can’t just trust what God built into plants to keep us healthy! Certainly we must have special, complex, and expensive fake-meat foods that are enriched with synthetic vitamins and minerals to ‘take the place’ of the oh so revered, rotting animal flesh in our diet; we just can’t drop it out of our lives and expect to gain health!

Definitely we can’t get along without complex formulas to take the place of the secretions of a cow’s udder, especially when raising children. Everyone knows that children can’t be healthy

without the milk of a bovine! Yet no one would dream of offering a weaned child a nice, cold glass of human breast-milk!

Yes indeed; I am here to tell you that what was given us **is** simple, but it **is** truly effective non-the-less; the most effective and practical system of healing on earth, and we need none of the complexity of 'higher education' to get it to work for us. Those who have simple faith and believe what God said can take it as it is from the hand of God, find health and happiness and rejoice in the freedom of the sons and daughters of God.

### ***What Happened?***

---

Come back in history with me and take a look at how we lost this treasure in a sea of 'higher education' and complexity.

The first health institute set up by Adventists was a simple home where the 8 laws, basic water treatments, and a hygienic diet, were used to restore health to many people. God could bless these methods because they were according to His plan of bringing relief and better health to the entire world. Also because of the very simplicity of the system, the honor and credit for the cures went to God. There was no super-wise doctor to be bowed to; no complex machinery to stand in awe of; no highly educated therapists, whose wages would make the treatments out of reach of the poor. In fact, God instructed that those receiving treatment be trained, so that not only could they use the same at home, but could teach others as well. Especially were mothers to be taught, so they could care for their families intelligently. The healing rays of the simple hygienic methods would have flowed out like a river into the world; a river of healing and joy.

### ***The Diet was to be simple, such as could be prepared at home***

---

“. . . Our means and talents are not to be bound up in the production of expensive foods. . . In our food work we should study the simplicity of health reform. Better results will be seen if we devote our energies largely to the work of educating the people how to prepare simple, healthful foods in their own homes, instead of spending our entire time in the manufacture and sale of foods which involve a large investment of means. Many are unable to purchase the manufactured health foods. By teaching these persons how to utilize the simple food products of the earth in a healthful manner, we shall reveal a spirit of true Christian benevolence. . . We can have just as good health while using the simple food preparations from the fruits, grains, and the vegetables.” {15MR 319- 320}

### ***The basic health plan***

---

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power-these are the true remedies. Every person should have knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles

involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." Ministry of Healing Pg 127

### ***The treatments were to be simple***

In the early twentieth century, things began to come in that God warned against, and simplicity and practicality was no longer the rule. Worldly pride had come in, and the ability to truly understand God's modalities was being lost. See these instructions from 1906:

"...I was instructed that some connected with the institution were introducing things for the treatment of the sick that were not safe. The application of these electrical treatments would involve the patient in serious difficulties, imperiling life.

"One was conversing with the doctors, and with great earnestness was saying, 'Never, never carry out your wonderful plans. There have been various mechanical devices brought into the treatment rooms that are expensive, and the men who make a specialty of treating certain cases are liable to make grave mistakes.'"

"Several times I have been instructed that much of the elaborate, costly machinery used in giving treatments, did not help in the work as much as is supposed. With it we do not get so good results as with the simple appliances we used in our earlier experiences. The application of water in various simple ways is a great blessing.

"I have been instructed that the X-ray is not the great blessing that some suppose it to be. If used unwisely it may do much harm. The results of some of the electrical treatments are similar to the results of using stimulants. There is a weakness that follows.

"There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons. They should rather be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony. Let them become intelligent in regard to the importance of laying aside corsets and shortening their skirts. Such lessons will be to the women more valuable than they can estimate." Pamphlet on Health 95 18-20.



## ***The Training***

---

But the people harkened not. It is the same age old battle between the haughty ‘prince of this world’ and the meek and lowly God of the universe; self esteem vs. humble faith; pride of position vs. empowerment of the masses; greed for wealth vs. compassion.

Although the Spirit of Prophecy had always urged short and simple courses to enable an army of health workers to speed into the world for the relief of ignorance and suffering, the training became more and more complex. Where simple pamphlets would have been enough to enable use of the basic methods, textbooks became volumous, with pages filled with nit-picky details that were a weariness to learn and did not improve effectiveness at all. Diet left the simplicity of the Whole Food Plant Based foundation, and became something only high education could understand.

Weird machines and elaborate equipment drained resources that should have gone to carrying the work forward into the world. The fashionable crowd flocked to the then prestigious Battle Creek Sanitarium. Those who would have scoffed at treatments from a basin, some towels and blankets, and hot and cold water, were intrigued by the fancy machines and the ‘professionals’ operating them. It became more of a fashion resort, far from what God had intended a Hygienic Health center to be.

From that point, it was only a short jump to rush into the arms of the AMA; selling our birthright for a mess—not even potage—just a mess! The Carnegie-Rockefeller Foundation wanted drug medicine and the allopathic school only; God wanted drug-free medicine and the natural school only; what we see today shows the results of the master chosen! Friends; you are getting another chance; leave behind the worrisome complexity, the propaganda and the lies, choose the simple way that works; God’s Hygienic Health Plan!