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# A SIMPLE DIET

## A SPECTACULAR PLAN

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Selected Quotations from  
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*“When a burden-bearer desires wisdom more than He desires wealth, power, or fame, he will not be disappointed. Such a one will learn from the great teacher not only what to do, but how to do it in a way that will meet with the divine approval.” Ellen G. White Prophets and Kings, 31*

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## A Simple Diet

### THE DIET OF MANY IS NOT CORRECT

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“With all our profession of health reform many of us eat improperly.” CD 127

“There are many who imagine that they are health reformers, and that they are practising right habits in matters of diet.. Many who think themselves patterns of strict propriety in matters of diet are in reality not intelligent health reformers, and their example is not worthy of imitation. They have educated their tastes in the wrong direction, and will have to learn anew what constitutes health reform.” ST 9-30-1897

### WHAT IS GOD'S CURRENT PLAN?

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“Again and again I have been shown that God is trying to lead us back, step by step, to His original design,-that man should subsist upon the natural products of the earth.” CDF 380

### GOD WORKS FOR HIS PEOPLE

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“God is working in behalf of His people. He does not desire them to be without resources. He is bringing them back to the diet originally given to man. Their diet is to consist of the foods made from the materials He has provided. The materials principally used in these foods will be fruits and grains and nuts, but various roots will also be used.” CDF 81-2

“Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist upon the flesh of dead animals. He would have us teach people a better way....

“If meat is discarded, if the taste is not educated in that direction, if a liking for fruits and grains is encouraged, it will soon be as God in the beginning designed it should be. No meat will be used by His people.” CDF 82

### GOD'S PLAN IN EDEN

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#### MAN'S DIET IN EDEN

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“Every herb bearing seed for meat. (e.g. berries) Fruit of every tree-yielding seed. (e.g. apples) Gen. 1:29

“I give you every plant that bears seed, all over the earth, and every tree with seed in its fruit; be that your food.” Gen. 1:29, Moffatt

### ANIMAL'S DIET

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“Every green herb for meat.” Gen. 1:30, KJV

“I give all the green growth for food.” Moffatt

“Every green plant.” RSV

“God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required.” CDF 81

## A Simple Diet

“Adam and Eve came forth from the hand of their Creator in the perfection of every physical, mental, and spiritual endowment. God planted for them a garden and surrounded them with everything lovely and attractive to the eye and that which their necessities required. This holy pair looked out upon a world of unsurpassed loveliness and glory. A benevolent Creator had given them evidence of His goodness and love in providing them with fruits, vegetables, and grains, and had caused to grow out of the ground trees of every variety for usefulness and beauty.” R & H, 2/24/1874

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### AFTER SIN

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#### MAN IS LED TO SIN

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Satan was determined to succeed in his temptation of the sinless Adam and Eve. And he could reach even this holy pair more successfully through the medium of appetite than in any other way. CON 15, 16

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#### AFTER MAN SINNED

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“Thou shalt eat the herb of the field.” Gen. 3:18

“Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, Man received permission to eat also 'the herb of the field.' “ CDF 81

“Plants of the field.” Moffatt and RSV

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#### WICKEDNESS BEFORE THE FLOOD

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“The people who lived before the flood ate animal food and gratified their lusts until their cup of iniquity was full, ...” CDF 373

The world had become so corrupt through indulgence of appetite and debased passion in the days of Noah that God destroyed its inhabitants by the waters of the Flood. CON 24

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#### AFTER THE FLOOD

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“Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for men....

... He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years.” CDF 373

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#### CHILDREN OF ISRAEL

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“It was His purpose to supply them (Israelites) with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man, - the fruits of the earth, which God gave to Adam and Eve in Eden.” CDF 378

“In choosing man's food in Eden, the Lord showed what was the best diet; in the choice made for Israel, He taught the same lesson.” CDF 374

## A Simple Diet

“God gave Israel means so that they might enjoy the food originally provided for men,-the fruits of the earth, which God gave to Adam and Eve in Eden.” CDF 378

### PREPARING FOR TRANSLATION!

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“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” CDF 64

### MAN'S RESPONSIBILITY AND CAUTIONS WHAT IS OUR RESPONSIBILITY?

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“Investigate your habits of diet. Study from cause to effect, but do not bear false witness against health reform by ignorantly pursuing a course which militates against it. Do not neglect or abuse the body, and thus unfit it to render to God that service which is His due. To my certain knowledge, some of the most useful workers in our cause have died through much neglect. To care for the body by providing for it food which is relishable and strengthening, is one of the first duties of the householder. Better be far have less expensive clothing and furniture, than to scrimp the supply of necessary articles for the table.” CDF 93

### ARE THERE ANY CAUTIONS?

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“Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God.” CDF 109

“A diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment to the body.

“Some of our people, while conscientiously abstaining from eating improper foods, neglect to supply themselves with the elements necessary for the sustenance of the body.” CDF 207

“Let us never bear testimony against health reform by failing to use wholesome, palatable food in place of the harmful articles of diet that we have discarded. Much tact and discretion should be employed in preparing nourishing food to take the place of that which has constituted the diet of many families. This effort requires faith in God, earnestness of purpose, and a willingness to help one another. A diet lacking in the proper elements of nutrition brings reproach upon the cause of health reform.” CDF 92

### WHAT DIET WILL ASSURE US PROPER ELEMENTS?

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“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.” CDF 92

“Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet.” CDF 355

### WHAT ABOUT MILK AND EGGS?

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“Some, in abstaining from milk, eggs, and butter, have failed to supply the system with proper nourishment, and as a consequence have become weak and unable to work. Thus health reform is brought into disrepute.” CDF 353

## A Simple Diet

“Especially in families of children who are given to sensual habits, eggs should not be used. But in the case of persons whose blood-making organs are feeble, -especially if other foods to supply the needed elements cannot be obtained, -milk and eggs should not be wholly discarded. Great care should be taken, however, to obtain milk from healthy cows and eggs from healthy fowls, that are well fed and well cared for; and the eggs should be so cooked as to be most easily digested.” CDF 365

### WHAT IS NEEDED TO MAKE GOOD BLOOD?

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“The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood.” MH 316

“Those who live in new countries or in poverty-stricken districts, where fruits and nuts are scarce, should not be urged to exclude milk and eggs from their dietary.” MH 320

### SUBSTITUTION

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“In all parts of the world provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles.” CDF 359

“The health food business... is to supply the people with food which will take the place of flesh meat, and also milk and butter....” CDF 350

## THE BASIC DIET

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### WHAT ARE THE “BASIC FOUR”?

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“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need.” CDF 92

### WHAT ADDITIONAL INSTRUCTION IS GIVEN ON PREPARATION?

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“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” MH 296

## NUTS

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### WHAT ABOUT NUTS?

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“Nuts as combined in large proportions with other articles in some of the recipes given, they make the food so rich that the system cannot properly assimilate it.” CDF 296

“Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.” MH 298

## A Simple Diet

“Some have written to me about the recipes for using the nut preparation, saying that the foods as prepared do not agree with them, and that they have written to the Sanitarium and to others, but have not learned the cause of the difficulty. In replying to such inquiries, I have suggested that they use only one fifth part of the nut preparations called for in the recipes. This is the instruction given me. It would be a blessing if our cookbooks were pruned of some of the recipes appearing in them.” EGW (Kress 144)

... There must be other ingredients combined with the nuts, which would harmonize with them, and not use such a large proportion of nuts. One-tenth to one-sixth part of nuts would be sufficient, varied according to combinations.” CDF 365

“Careful attention should be given to the proper use of nut foods. Some kinds of nuts are not so wholesome as others. Do not reduce the bill of fare to a few articles composed largely of nut foods. These foods should not be used too freely. If they were used more sparingly by some, the results would be more satisfactory.” CDF 365

### IF I USE NUTS SPARINGLY, CAN I BE ASSURED OF GETTING ALL THE NEEDED ELEMENTS OF NUTRITION?

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“All the elements of nutrition are contained in the fruits, vegetables, and grains.” CDF 395

“We may enjoy the fruits, the vegetables, the grains, without doing violence to the laws of our being.” 3T 50

### WHAT IS THE LORD'S PLAN?

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“The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains.” CDF 322

“Encourage the eating of fruit and vegetables and bread.” CDF 315

... it is high time that we were educating ourselves to subsist upon fruits, grains, and vegetables.” CDF 322

## VEGETABLES

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### WHAT ABOUT VEGETABLES?

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... coarse vegetables. . . fail of supplying proper nutriment.” Ed 204

“For those who can use them, good vegetables, prepared in a healthful manner, are better than soft mushes or porridge.” CDF 322

“Some require well-prepared vegetables to meet their peculiar needs. Others have not been able to use vegetables without suffering the consequences.” CDF 322-3

“Vegetables should not come into your (Dr. Kress) diet. Some can subsist upon vegetable food, but you cannot.” Kress p. 26

## A Simple Diet

“That offensive breath must be purified. Get pulverized charcoal, soak it in water, and drink this water freely. Eat no vegetables. Eat fruit, and plain, well baked bread. Take light exercise, and at night, wear a charcoal compress over the liver and abdomen.” Letter 115, 1898.

“I would advise the charcoal compress be worn only occasionally. If you should drink charcoal water, it would not do you any harm. The charcoal itself may be a little irritating to the stomach as sensitive as I judge yours is. Use your own judgment, and trust in living faith to God as you work.... Do not eat vegetables, but make arrangements to have the best homemade bread and fruit. Do not taste of any bread that is sweetened....” Letter 92, 1898.

### HAS GOD MADE PROVISION FOR THOSE WHO HAVE PROBLEMS WITH THE USE OF VEGETABLES?

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“Fruits used with thoroughly cooked bread two or three days old will be more healthful than fresh bread. This, with slow and thorough mastication, will furnish all that the system requires.” CDF 319

“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” CDF 314

“Fruit and grains, prepared in the most simple form, are the most healthful, and will impart the greatest amount of nourishment to the body, and, at the same time, not impair the intellect.” 2T 400

“Grains and fruits, or vegetables with bread and accompaniments, are all that the system needs.” ST 418

### SHOULD WE DISCONTINUE THE USE OF VEGETABLES?

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“Encourage the eating of fruit and vegetables and bread.” CDF 344

## GRAINS

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### WHAT ABOUT GRAINS?

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“It is a religious duty for every Christian girl and woman to learn at once to make good, sweet, light bread from unbolted wheat flour. Mothers should take their daughters into the kitchen with them when very young, and teach them the art of cooking.” CDF 316

“For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.” CDF 320

“All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it.” CDF 321

“Sweet breads and cookies we seldom have on our table. The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability in those who accustom themselves to their use.” CDF 321

“Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet.” CDF 317

## A Simple Diet

“Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods.” CDF 317

“Grains used for porridge or 'mush' should have several hours' cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication.” CDF 314

“In the making of raised or yeast bread, milk should not be used in the place of water.” CDF 316

“The use of soda or baking powder in breadmaking is harmful and unnecessary.” CDF 316

“Some honestly think that a proper dietary consists chiefly of porridge. To eat largely of porridge would not ensure health to the digestive organs; for it is too much like liquid. Encourage the eating of fruit and vegetables and bread.” CDF 344

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## FRUITS

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### WHAT ABOUT FRUITS?

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“A plain, simple, but liberal supply of fruit is the best food that can be placed before those who are preparing for the work of God.” CDF 310

“Make fruit the article of diet to be placed on your table, which shall constitute the bill of fare.” CDF 437

“It would be well for us to do less cooking and to eat more fruit in its natural state. Let us teach the people to eat freely of fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained.” CH 477

“Good ripe, undecayed fruit is a thing we should thank the Lord for, because it is beneficial to health.” CDF 437

“The desserts that are taken in the form of custards are liable to do more harm than good. Fruit, if it can be obtained, is the best article of food.” CDF 333

“The Lord desires those living in countries where fresh fruit can be obtained during a large part of the year, to awake to the blessing they have in this fruit. The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing.” CDF 309 (Kress 135)

“A fruit diet for a few days has often brought great relief to brain workers.” CDF 310

### IF I AM UNABLE TO GET A WIDE VARIETY?

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“If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else .... I do not think such large varieties of fruit are essential, yet they should be carefully gathered and preserved in their season for use when there are no apples to be had. Apples are superior to any fruit for a standby that grows.” CDF 312

### WHAT ABOUT FRUIT JUICE?

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“The pure juice of the grape, free from fermentation, is a wholesome drink.” CDF 436

“The juices of fruit mingled with bread, will be highly enjoyed.” CDF 437

## A Simple Diet

### HEALTHY FRESH FRUIT

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“There is another advantage to be gained by carrying on the cultivation of fruit in connection with our sanitariums. Thus fruit absolutely free from decay, and fresh from the trees, can be obtained for table use. Good ripe, undecayed fruit is a thing we should thank the Lord for, because it is beneficial to health.” CDF 437

### GOD'S PLAN FOR US TODAY

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#### GOD'S DIETARY CHOICE FOR MAN

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“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.” CER 313

“The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains.... God provided fruit in its natural state for our first parents.” CDF 81

...It is high time that we were educating ourselves to subsist upon fruits, grains, and vegetables.” CDF 322

#### IN PREPARATION FOR TRANSLATION

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“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” CDF 314

#### GOD'S DIET IS SIMPLE AND NATURAL

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“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” MH 296

#### SIMPLE TO PROTECT THE BRAIN

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“You should use the most simple food, prepared in the most simple manner, that the fine nerves of the brain be not weakened benumbed, or paralyzed.” 2 T 46

#### SIMPLICITY FOR LIFE

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“If you regard your life, you should eat plain food, prepared in the simplest manner, and take more physical exercise. To confine yourself to a simple diet, which will preserve you in the best of condition of health, is a task to you.” CDF 83

“Let those who advocate health reform strive earnestly to make it all that they claim it is. Let them discard everything detrimental to health. Use simple, wholesome food.” CDF 87

#### DANIEL'S EXAMPLE WAS PLAINNESS

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“Daniel's clearness of mind and firmness of purpose, his strength of intellect in acquiring knowledge, were due in a great degree to the plainness of his diet, in connection with his life of prayer.” CDF 82

## A Simple Diet

### ELLEN WHITE FOLLOWED A SIMPLE DIET

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"I eat the most simple food..." CDF 491

"My health is good. My appetite is excellent. I find that the simpler my food, and the fewer varieties I eat, the stronger I am." CDF 490

"I have enough simple, healthful food ready to satisfy hunger and nourish the system. If any want more than this, they are at liberty to find it elsewhere." CDF 486

### CHRIST'S EXAMPLE OF SIMPLE DIET

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"Christ has given in His own life a lesson of hospitality. When surrounded by the hungry multitude beside the sea, He did not send them unrefreshed to their homes. He said to His disciples, "Give ye them to eat." Matt. 14:16. And by an act of creative power He supplied food sufficient to satisfy their need. Yet how simple was the food provided! There were no luxuries. He who had all the resources of heaven at His command could have spread for the people a rich repast. But He supplied only that which would suffice for their need, that which was the daily food of the fisherfolk about the sea." CDF 87

"Through this miracle Christ desired to teach a lesson of simplicity." CDF 90

### SIMPLE DIET FOR ALL

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"We are all to consider that there is to be no extravagance in any line. We must be satisfied with pure, simple food, prepared in a simple manner. This should be the diet of high and low." CDF 85

### IT'S NOW TIME

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"If ever there was a time when the diet should be of the most simple kind, it is now." CDF 82

### DID EGW PREDICT PROGRESSION TO A SIMPLE DIET DIFFERENT THAN THEIRS

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"We shall soon reach a time when we must understand the meaning of a simple diet. The time is not far hence when we shall be obliged to adopt a diet very different from our present diet..."

"We need to study the art of preparing in a simple manner the fruits, grains, and vegetables. We do not need these complex combinations that are provided. As the matter now stands we are in danger of making dyspeptics." MS 150 (1905)

### HOW SIMPLE A DIET WILL WE COME TO?

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"Let them preserve the health and increase the strength by avoiding large amounts of cooking which has filled the world with chronic invalids. We are coming to the time when recipes for cooking will not be needed for God's people will learn that the food God gave Adam in the sinless state is the best for keeping the body in a sinless state." EGW from Kress Collection (Dr. Rand R-14-1901, Jan. 22)

### WHAT IS THE PROBLEM OF A MORE COMPLEX DIET?

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"We need to study the art of preparing in a simple manner the fruits, grains, and vegetables. We do not need these complex combinations that are provided. As the matter now stands we are in danger of making dyspeptics." MS 150 (1905)

“If men today were simple in their habits, living in harmony with nature's laws, as did Adam and Eve in the beginning, there would be an abundant supply for the needs of the human family. But selfishness and the indulgence of appetite have brought sin and misery, from excess on the one hand, and from want on the other.” CDF 90-91

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## PROBLEMS IN THE DIET OF MAN

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### WHAT SHOULD NOT BE ALLOWED IN OUR FOOD

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“Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you may make.” CDF 334 (1868)

“There should have been a specified time for each meal, and the food should have been prepared in a simple form and free from grease; but pains should have been taken to have it nutritious, healthful, and inviting.” 2T 485

....supply its place with the best fruits and vegetables, prepared in their most natural state, free from grease and spices.” 2T 486

“Let all who sit down at your table see upon it well-cooked, hygienic, palatable food. Be very careful in regard to your eating and drinking, Brothers so that you will not continue to have a diseased body. Eat regularly, and eat only food that is free from grease.” CD 354

“Eat less fine food; eat coarse food free from grease.” MS 3 (1854)

“Our fare is simple and wholesome. We have on our table no butter, no meat, no cheese, no greasy mixtures of food. Food should be prepared in as simple a manner as possible, free from an undue amount of salt.” CDF 340

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## FATS

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### SCRIPTURAL COUNSEL ABOUT FAT

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“It shall be a perpetual Statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.” Lev. 3:17

“Speak unto the children of Israel, saying, Ye shall eat no manner of fat, or ox, or of sheep, or of goat. And the fat of the beast that dieth of itself, and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it. For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto the Lord, even the soul that eateth it shall be cut off from His people.” Lev. 7:23-25

### DID THIS COUNSEL APPLY TO DIET

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“Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions, which tended to lessen the evil results. The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the fat and the blood was strictly forbidden.” CDF 374

IF USED, WHAT WOULD BE THE RESULT

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“The Israelites were forbidden to eat the fat or the blood. It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood. This law not only related to beasts for sacrifice, but to all cattle which were used for food, This law was to impress upon them the important fact that if there had been no sin there would have been no shedding of blood, The blood flowing from the victim in idolatrous sacrifices was frequently eagerly drunk by the people, and confused ideas was the result.

“The blood of the Son of God was symbolized by the blood of the slain victim, and God would have clear and definite ideas preserved between the sacred and the common. Blood was sacred, inasmuch as through the shedding of the blood of the Son of God alone could there be atonement for sin. Blood was also used to cleanse the sanctuary from the sins of the people, thus typifying the blood of Christ which alone can cleanse from sin. The fat was to be used in sacrificial offerings with the beasts, but in no case was it a suitable article of food. If used, disease would be the sure result. “ST July 15, 1880

WHAT KINDS OF PROBLEMS DOES THE USE OF FAT PRODUCE

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“As a family, you are far from being free from disease. You have used the fat of animals which God in His word expressly forbids: 'It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.' Lev. 3:17 “Moreover, ye shall eat no manner of blood whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from His people.” CD 393 (1868)

“You have flesh, but it is not good material. You are worse off for this amount of flesh. If you should each come down to a more spare diet, which would take from you twenty-five or thirty pounds of your gross flesh, you would be much less liable to disease. The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease and to sudden death because you do not possess the strength of constitution to rally and resist disease.” CD 378 (1868)

“The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals are consumed as a luxury. But the Lord gave special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system. The disregard for the Lord's special directions has brought a variety of difficulties and diseases upon human beings.... If they introduce into their systems that which cannot make good flesh and blood, they must endure the results of their disregard of God's word.” CD 393-94 (1896)

“Many a mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion.” CD 354 (1890)

“The grease cooked in the food renders it difficult of digestion.” CDF 369

## A Simple Diet

“Children are allowed to eat flesh meats, spices, butter, cheese, pork, rich pastry, and condiments generally. These things do their work of deranging the stomach, exciting the nerves, and enfeebling the intellect. Parents do not realize that they are sowing the seed which will bring forth disease and death.” CD 354 (1870)

“Butter and meat stimulate. These have injured the stomach and perverted the taste.” CD 48 (1870)

“Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you may make.” CD 354 (1868)

### GREASE OF ALL KINDS

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“A plain diet, free from spices and flesh meats and grease of all kinds, would prove a blessing to you, and would save your wife a great amount of suffering, grief, and despondency.” CD 334-5 (1868)

### WHAT WAS USED IN PLACE OF GREASE

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“We use no lard, but in its place, milk, cream, and some butter.” 4SG 134, CD 483 (1864)

“Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make with milk or cream, the most healthful diet.” CD 334 (1890)

“We use the cream from the milk of the cows which we feed ourselves. We purchase butter for cooking purposes from dairies where the cows are in healthy conditions, and have good pasture.” CD 488 (1895)

### NO BUTTER ON BREAD

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“While parents and children were eating of their dainties, my husband and myself partook of our simple repast, at our usual hour, at 1 p.m., of graham bread without butter, and a generous supply of fruit.” CDF 486

### THE SPIRIT OF PROPHECY COUNSEL IS PROGRESSIVE

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1864 (See p. 12:6) 1870 (See p. 12:3) 1890 (See p. 12:7) 1895 (See p. 12:8).

1899 “We eat no meat or butter, and use very little milk in cooking. There is no fresh fruit at this season.” CD 489

1901 “If your husband enjoys dairy butter, let him eat it until he is convinced that this is not best for his health.” CD 352

1901 “Butter should not be placed on the table; for if it is, some will use it too freely, and it will obstruct digestion. But for yourself, you should occasionally use a little butter on cold bread, if this will make the food more appetizing. This would do you far less harm than to confine yourself to preparations of food that are not palatable.” CD 350

1903 “As for myself, I have settled the butter question, I do not use it. This question should easily be settled in every place where the purest article cannot be obtained. We have good milk cows, a Jersey and a Holstein. We use cream, and all are satisfied with this.” CD 337

## A Simple Diet

1904 "Many of our conscientious brethren have butter on their tables, and I feel under no obligation to force them to do otherwise. These things should never be allowed to cause disturbance among brethren." CD 352

1904 "I cannot see the need of butter where there is an abundance of fruit and sterilized cream." MM 69

1904 "I eat the most simple food.... Dried corn cooked with milk or a little cream, is another dish I sometimes use.... Butter is never placed on my table, but if members of my family choose to use a little butter away from the table, they are at liberty to do so." CD 491

1905 "Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether." MH 302, CD 349

1909 "Vegetables should be made palatable with a little milk or cream, or something equivalent." 9T 162

### SAMPLES OF ITEMS THAT SHOULD NOT BE USED

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"Our fare is simple and wholesome. We have on our table no butter, no meat, no cheese, no greasy mixtures of food." CD 491

"We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them. Good baked or boiled potatoes, served with cream and sprinkling of salt, are the most healthful. The remnants of Irish and sweet potatoes are prepared with a little cream and salt and rebaked, and not fried; they are excellent." CD 354 (1905)

"Many do not feel that this is a matter of duty, hence they do not try to prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats. Skill must be united with simplicity. To do this, women must read, and then patiently reduce what they read to practice." CD 333-4 (1868)

### IS OIL A PROBLEM

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"The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear." CD 345 (1887)

### IN WHAT FORM IS OIL BEST USED

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"When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat." CD 359 (1905)

### NATURAL USE OF OIL

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"It (olive oil as eaten in the olive) serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach." CD 359 (1903)

"The oil in olives is a remedy for constipation and kidney diseases." CD 360 (1901)

"Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives." CD 349 (1902)

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MEDICINAL USE OF OIL

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... Charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent..." Letter 100 (1903)

... Pulverized charcoal ....use it freely. Mix it with sweet oil. Thus it can be taken with less difficulty than if mixed with water. I think that you would obtain benefit from the use of charcoal compresses, pulverized charcoal moistened, put in a flannel bag and placed over the affected part. When my husband was sick, I had recourse to many remedies, and I know the value of charcoal as a healing agency. I have worked for my husband with marked success when his life was in great peril.. .." Letter 75 (1904)

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DID EGW APPROVE OF EVERYTHING ON HER GROCERY LIST?

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"I do not eat butter, but there are members of my family who do. It is not placed on my table; but I make no disturbance because some members of my family choose to eat it occasionally." CD 351 (1904)

"But other members of my family do not eat the same things that I do. I do not hold myself up as a criterion for them ....Butter is never placed on my table, but if the members of my family choose to use a little butter away from the table, they are at liberty to do so." CD 491 (1904)

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BUT EGW WAS FAITHFUL TO HEALTH REFORM

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"I have been a faithful health reformer. Those who have been members of my family know that this is true." 9T 159 (1909)

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LET US PROGRESS, INTELLIGENTLY

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"Let us make intelligent advancement in simplifying our diet." AIM 274

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SHOULD WE BE PROGRESSIVE IN KNOWLEDGE AND ACTION

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"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter..." CD 349 (1902)

"Investigate your habits of diet. Study from cause to effect, but do not bear false witness against health reform by ignorantly pursuing a course which militates against it. Do not neglect or abuse the body, and thus unfit it to render to God that service which is His due. To my certain knowledge, some of the most useful workers in our cause have died through such neglect. To care for the body by providing for it food which is relishable and strengthening, is one of the first duties of the householder." CD 93 (1890)

"Many do not feel that this is a matter of duty, hence they do not try to prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats.

## A Simple Diet

Skill must be united with simplicity. To do this, women must read, and then patiently reduce what they read to practice." CD 353-54 (1868)

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### PROGRESSIVE BUT NOT AGGRESSIVE

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"Be very cautious not to advance too fast, lest we be obliged to retrace our steps. In reforms we had better come one step short of the mark than to go one step beyond it, and if there is error at all, let it be on the side next to the people." 3T 21

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### MORE COUNSEL ON A SIMPLE DIET

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"An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health." CDF 310

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### IF I DON'T RELISH A SIMPLE DIET

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"Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet." CDF 190

"They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet." CH 148

"It will take time for the taste to recover from the abuses which it has received and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties." CH 148

"Persons who have accustomed themselves to a rich, highly stimulating diet, have an unnatural taste, and they cannot at once relish food that is plain and simple. It will take time for the taste to become natural, and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task." CDF 84

"I suffered keen hunger, I was a great meat eater. But when faint, I placed my arms across my stomach, and said, 'I will not taste a morsel. I will eat simple food, or I will not eat at all.' Bread was distasteful to me. I could seldom eat a piece as large as a dollar. Some things in the reform I could get along with very well; but when I came to the bread, I was especially set against it." CDF 483

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### WHAT ABOUT FASTING

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"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." 7T 134

## A Simple Diet

"I think that you have erred in fasting two days. God did not require it of you. I beg of you to be cautious and eat freely good, wholesome food twice a day. You will surely decrease in strength and your mind become unbalanced unless you change your course of abstemious diet." CDF 191

15

"Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required but they should eat sparingly of the most simple food." CDF 188

"In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual... If food is withheld to long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality. It gives nature something to work upon." CDF 190-91

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### SPIRIT OF MEAL

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If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful." CDF 109

"Some are continually anxious lest their food, however simple and healthful, may hurt them. To these let me say: Do not think that your food will injure you; do not think about it at all. Eat according to your best judgment; and when you have asked the Lord to bless the food for the strengthening of your body, believe that He hears your prayer, and be at rest." CDF 109

"People who have a sour stomach are very often of a sour disposition. Everything seems to be contrary to them, and they are inclined to be peevish and irritable. If we would have peace among ourselves, we should give more thought than we do to having a peaceful stomach." CDF 112

"At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings." CDF 109

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### A BEAUTIFUL MEAL SETTING

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"Let several families living in a city or village unite and leave the occupations which have taxed them physically and mentally, and make an excursion into the country, to the side of a fine lake, or to a nice grove, where the scenery of nature is beautiful. They should provide themselves with plain, hygienic food, the very best fruits and grains, and spread their table under the shade of some tree or under the canopy of heaven. The ride, the exercise, and the scenery will quicken the appetite, and they can enjoy a repast which kings might envy." CDF 86-7

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### ADEQUATE DIET

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#### HEARTY HEALTHFUL AND GRATIFYING

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"God has furnished man with abundant means for the gratification of the unperverted appetite. He has spread before him the products of the earth, - a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat." CDF 92

## A Simple Diet

“But while we would recommend simplicity in diet, let it be understood that we do not recommend a meager diet. Let there be a plentiful supply of fruits and vegetables that are in a good condition.” ST 436 (1897)

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### MUST I COUNT CALORIES

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“Your food need not be measured. . . .Some have tried to keep a precise measurement of the food they eat. This keeps the mind on themselves and is fully as bad as eating too much.” Kress 20

E. G. White Lost Weight on the Simple Diet

“I have within eight months lost twenty-five pounds of flesh. I am better without it. I have more strength than I have realized for years.” 4 SG 153-154

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### TOO LIMITED A DIET

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“There is danger of providing to limited a diet for people who have come directly from a diet so abundant as to encourage gluttony. The fare should be liberal. But at the same time, it should be simple. I know that food can be prepared simply, and yet be so palatable as to be enjoyed even by those who have been accustomed to a richer fare.

“Let fruit be placed on the table in abundance.” CDF 296

“Provide an Abundance of the Best Foods. -Children and youth should not be underfed in the least degree; they should have an abundance of healthful food.” CG 390

“It is really contrary to health reform to cut off the great variety of dishes, and then go to the opposite extreme, taking no pains to understand that the living machinery must be fed in order to work, and reducing the quantity and quality of the food to a low degree. Instead of health reform, this is a health deform.” Kress 20

“My brother, devote your whole life to Him who was crucified for you, but do not tie yourself down to a meager diet; for thus you misrepresent health reform.” MM 288

“Hearty men must have plenty of vegetables, fruits, and grains,” CDF 322, 407

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### OVEREATING

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“Never abuse the stomach by overeating, but do not deprive yourself of the wholesome, palatable food that health demands.” CDF 168

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### AVOID TOO LITTLE OR TOO MUCH

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“There are two extremes, both of which we should avoid. May the Lord help everyone connected with our medical institutions not to advocate a meager supply of food.” CDF 256

“You may be surprised at my writing this, but last night I was instructed that a change in the diet would make a great difference in your patronage. A more liberal diet is needed.” CDF 283

“But even health reformers can err in the quantity of food. They can eat immoderately of a healthful quality of food.” CDF 136

### OVEREATING IS SERIOUS

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“Overeating is the sin of this age. The word of God places the sin of gluttony in the catalogue with drunkenness. So offensive was this sin in the sight of God that He gave directions to Moses that a child who would not be restrained on the point of appetite, but would gorge himself with anything his taste might crave, should be brought by his parents before the rulers of Israel, and should be stoned to death.” CDF 133

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Partake of This in Moderation. --Parents often make a mistake by giving their children too much food. Children treated in this way will grow up dyspeptics. Moderation in the use of even good food is essential, Parents, place before your children the amount they should eat. Leave it not with them to eat just as much as they may feel inclined.... Parents, unless this point is guarded, your children will have dull perceptions. They may attend school, but they will be unable to learn as they ought; for the strength which should go to the brain is used in taking care of the extra food that burdens the stomach. Parents need to be educated to see that too much food given to children makes them feeble in. stead of robust. CG 391

“The reason why many of our ministers complain of sickness is, they fail to take sufficient exercise, and indulge in overeating.” CDF 141

“Frequently you place in your stomach double the quantity of food your system requires. This food decays your breath and becomes offensive; your catarrhal difficulties are aggravated; your stomach is overworked; and life and energy are called from the brain to work the mill which grinds the material you have placed in your stomach, In this, you have shown little mercy to yourself.

“You are a gormand when at the table. This is one great cause of your forgetfulness and loss of memory. You say things which I know you have said, and then turn square about, and say that you have said something entirely different. I knew this, but passed it over as the sure result of overeating. Of what use would it be to speak about it? It would not cure the evil.” CDF 137-38

Even if you are strict in the quality of your food, do you glorify God in your bodies and spirits which are His, by partaking of such a quantity of food? Those who place so much food upon the stomach, and thus load down nature, could not appreciate the truth should they hear it dwelt upon. They could not arouse the benumbed sensibilities of the brain to realize the value of the atonement, and the great sacrifice that has been made for fallen man. It is impossible for such to appreciate the great, the precious, and the exceedingly rich reward that is in reserve for the faithful overcomers. The animal part of our nature should never be left to govern the moral and intellectual. CDF 47, 2T 364

An intemperate man cannot be a patient man. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. CDF 50

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### REGULARITY AND SIMPLICITY

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“You have an observing mind, study the foods you can best assimilate. But that which is of the greatest importance is regularity and simplicity in your diet. Do not have a starvation diet, but do

## A Simple Diet

not take a variety at one meal. Get the very best things, if they cost you more, and eat not more than two or three articles at a meal. Two is better." Kress 20

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"There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite." CDF 110

"It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties." CDF 110 "Eat fewer kinds of food at one meal, and eat with thanksgiving." MM 224

### COMPLEX MIXTURES AND MANY KINDS OF FOODS

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...there is danger that the combination of many foods in the dishes served shall be carried too far. The stomach suffers when so many kinds of food are placed in it at one meal. Simplicity is a part of health reform." CDF 275

"Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God." CDF 109

### FRUITS AND VEGETABLES TOGETHER

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"It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another." CDF 112

"Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect." CDF 113

"Vegetables and fruit should not be eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables. Thus we may have all the variety that we need to desire, and if we must have puddings and custards, let bread and these articles form the meal." ST 4-30-1897 P. 418

### SIMPLICITY-BUT AVOID SAMENESS

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"It is essential that continuous sameness in diet be avoided. The appetite will be much better if changes in the food are made. Be uniform. Do not have several kinds of food on the table at one meal, and no variety the next. Study economy in this line. Let people complain if they will. Let them find fault if there is not enough to suit them. The Israelites always complained of Moses and of God. It is your duty to maintain the standard of health reform. More can be accomplished for sick people by regulating their diet than by all the baths that can be given them." CDF 408

### VISITING AND GUESTS

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#### SIMPLICITY EVEN WITH GUESTS IN THE HOME

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"Do not feel it necessary to load down your table with unhealthful food when you have visitors. The health of your family and the influence upon your children should be considered, as well as the habits and tastes of your guests." CDF 176

## A Simple Diet

“All who come to my table are welcome, but I place before them no meat. Grains, vegetables, and fresh and canned fruit constitute our table fare.” CDF 489

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“I have a well-set table on all occasions. I make no change for visitors, whether believers or unbelievers.” CDF 486

“Some householders stint the family table in order to provide expensive entertainment for visitors. This is unwise. In the entertainment of guests there should be greater simplicity. Let the needs of the family have first attention.” CDF 89

“Those who entertain visitors, should have wholesome, nutritious food, from fruits, grains and vegetables, prepared in a simple, tasteful manner. Such cooking will require but little extra labor or expense, and, partaken of in moderate quantities, will not injure any one. If worldings choose to sacrifice time, money, and health, to gratify the appetite, let them do so, and pay the penalty of the violation of the laws of health; but Christians should take their position in regard to these things, and exert their influence in the right direction. They can do much in reforming these fashionable, health and soul-destroying customs.” SM 414

### EATING AWAY FROM HOME

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“It is not always safe to comply with invitations to meals, even though given by your brethren and friends, who wish to lavish upon you many kinds of food. You know that you can eat two or three kinds of food at a time without injury to your digestive organs. When you are invited out to a meal, shun the many varieties of food that those who have invited you set before you. This you must do if you would be a faithful sentinel.” CDF 169

“In your association with unbelievers, do not allow yourselves to be swerved from right principle. If you sit at their table, eat temperately, and only of food that will not confuse the mind. Keep clear of intemperance.” CDF 168

“Fashionable visiting is made an occasion of gluttony. Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system. The blessings which might result from social visiting, are often lost, for the reason that your entertainer, instead of being profited by your conversation, is toiling over the cook-stove, preparing a variety of dishes for you to feast upon. Christian men and women should never permit their influence to countenance such a course by eating of the dainties thus prepared.” 2SM 414

### CHURCH GATHERINGS

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“It is impossible for those who find pleasure in church socials, festivals, and numerous gatherings for pleasure, to have ardent love and sacred reverence for Jesus. His words of warning and instruction have no weight upon their minds. ... Ministers who profess to be Christ's representatives frequently take the lead in these frivolous amusements. . . . Professed followers of Jesus Christ who indulge in gaiety and feasting cannot be partakers with Christ in His sufferings. They have no sense of His sufferings. They do not care to meditate upon self-denial and sacrifice. They find but little

## A Simple Diet

interest in studying the marked points in the history of the life of Christ upon which the plan of salvation rests, but imitate ancient Israel who ate and drank and rose up to play.

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“The numerous socials, festivals, and picnics, to tempt the appetite to overindulgence, and the amusements which lead to levity and forgetfulness of God, can find no sanction in the example of Christ, the World's Redeemer, the only safe pattern for man to copy if he would overcome as Christ overcame. The lessons given our youth by world-loving professors are doing great harm. The festal gatherings, the gluttonous feasts, the lotteries, tableau and theatrical performances, are doing a work that will bear a record with its burden of results to the judgment.” CON 64-68

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### TIMES TO EAT?

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#### WHEN SHOULD I EAT?

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“I am given a message to give to you: Eat at regular periods.” CDF 169

“Regularity in eating is of vital importance. There should be a specified time for each meal.” CDF 179

“In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed.

“Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The Food cannot be converted into good blood.” CDF 179

“Regularity in eating is very important for health of body and serenity of mind. Your children should eat only at the regular mealtime. They should not be allowed to digress from this established rule.” 2T 400

“Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed and is unready for the day's duties.” Ed 205

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### HOW TO EAT-SLOWLY

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“In order to secure healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this.” CDF 107

“If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. The benefit derived from food does not depend so much on the quantity eaten as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed as on the length of time it remains in the mouth. Those who are excited, anxious, or in a hurry, would do well not to eat until

## A Simple Diet

they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids." CDF 107

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### ON THE SABBATH

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"We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this, the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things." MH 307

"Oh, how many are low in the scale of spirituality, because they will not deny their appetite? The brain nerve energy is benumbed and almost paralyzed by overeating. When such go to the house of God upon the Sabbath, they cannot hold their eyes open. The most earnest appeals fail to arouse their leaden, insensible intellects. The truth may be presented with deep feeling; but it does not awaken the moral sensibilities, or enlighten the understanding. Have such studied to glorify God in all things?" CDF 63

### RELATIONSHIP TO EXERCISE

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"Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found." CDF 109

"A short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better." CDF 104

### BETWEEN MEAL EATING

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"If all would eat at regular periods, not tasting anything between meals they would be ready for their meals, and would find a pleasure in eating that would repay them for their effort." CDF 109

"After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food." CDF 179

"Your children should not be allowed to eat candies, fruit, nuts, or anything in the line of food, between their meals. Two meals a day are better for them than three. If the parents set the example, and move from principle, the children will soon fall into line." CDF 229

"Parents, Not Children to Dictate. -Teach them to deny appetite, to be grateful for the plain, simple diet God gives them. It is not for you to allow them to dictate to you what they should eat, but you should dictate what is best for them. It is a sin for you to allow your children to murmur and complain about good wholesome food, just because it does not suit their depraved appetites." CG 391

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TWO MEALS A DAY

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TWO MEALS A DAY OR THREE?

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FOR MOST PEOPLE: "At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three." CDF 174

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FOR PHYSICAL AND SPIRITUAL HEALTH

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"Some eat three meals a day, when two would be more conducive to physical and spiritual health." CDF 141

ELLEN G. WHITE DID: "I eat only two meals a day. But I do not think that the number of meals should be made a test. If there are those who are better in health when eating three meals, it is their privilege to have three. I choose two meals. For thirty-five years I have practiced the two-meal system." CDF 178

"For more than forty years I have eaten but two meals a day. And if I have a specially important work to do, I limit the quantity of food that I take." CDF 492

FOR INFANTS AND CHILDREN: "The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three." CDF 228-29

"For more than twelve years we have taken only two meals each day, of plain unstimulating food. During that time, we have had almost constantly the care of children, varying in age from three to thirteen years. We worked gradually and carefully to change their habit of eating three times a day to two; ...The consequence has been that our children have not been troubled with various maladies to which children are more or less subject..." HR May 1877

EXPERIMENT: "We have, as an occasional experiment, changed the number of their daily meals from two to three, but the result was not good... and after testing the matter for a few weeks, we were thoroughly convinced that the children were better upon two meals a day than upon three..." EGW, Health Reformer, May 1877

SOME NEED THREE MEALS: "In regard to the third meal, do not make eating but two meals compulsory. Some do best healthwise when eating three light meals, and when they are restricted to two, they feel the change severely." CDF 178

THIRD MEAL RESTRICTIONS: "If a third meal be eaten at all, it should be light, and several hours before going to bed." CDF 174

BREAKFAST: "It is the custom and order of society to take a slight breakfast, But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day." CDF 173

## A Simple Diet

“A Mother Counseled That Breakfast Is Important. - Your child has a nervous temperament, and her diet should be carefully guarded. She should not be allowed, to choose that food which will gratify the taste without affording proper nourishment. . . . Never let her go from home to school without her breakfast.” CG 390

SUPPER: “For persons of sedentary habits, late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death.” CDF 173

NO VEGETABLES: “If those who only eat two meals have the idea that they must eat enough at the second meal to answer for the third meal also, they will injure their digestive organs. Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread.” CDF 178

SYMPTOMS OF CHANGE TEMPORARY: “Those who are changing from three meals a day, to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear.” CDF 175

ONE MEAL NOT ENOUGH: “I have been informed that you have taken but one meal a day for a period of time; but I know it to be wrong in your case, for I have been shown that you needed a nutritious diet, and that you were in danger of being too abstemious. Your strength would not admit of your severe discipline....” CDF 191

A TIME TO START: “The days are now growing shorter, and it will be a good time to present this matter. As the days shorten, let dinner be a little later, and then the third meal will not be felt necessary.” CDF 177

DRINK COLD WATER: “If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.”

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### MEAT FREE DIET

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“Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creations of man.” CDF 380

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### MEATLESS DIET ADEQUATE FOR WORK

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“I have a large family which often numbers sixteen. In it there are men who work at the plow and who fell trees. These have most vigorous exercise, but not a particle of the flesh of animals is placed on our table.” CDF 488

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### MEDICAL PROBLEMS

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“The liability to take disease is increased tenfold by meat eating.” CDF 386

“From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.” CDF 388

“Cancers, tumors, and all inflammatory diseases are largely caused by meat eating.” CDF 388

## A Simple Diet

“Some animals that are brought to the slaughter seem to realize by instinct what is to take place, and they become furious, and literally mad. They are killed while in that state, and their flesh is prepared for market. Their meat is poison, and has produced, in those who have eaten it, cramps, convulsions, apoplexy, and sudden death. Yet the cause of all this suffering is not attributed to the meat.” CDF 386

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“Ill health in a variety of forms, if effect could be traced to the cause, would reveal the sure result of flesh eating.” CDF 385

“The animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt; also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease.” CDF 386-87

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### NUTRITION PROBLEMS

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“The simple grains, fruits of the trees, vegetables, have all the nutritive properties necessary to make good blood. This a flesh diet cannot do.” CDF 322

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### MENTAL PROBLEMS

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“It is impossible for those who make free use of flesh meats to have an unclouded brain and as active intellect.” CDF 389

“The state of the mind has largely to do with the health of the body, and especially with the health of the digestive organs. As a general thing, the Lord did not provide His people with flesh meat in the desert, because He knew that the use of this diet would create disease and insubordination. In order to modify the disposition, and bring the higher powers of the mind into active exercise, He removed from them the flesh of dead animals. He gave them angels' food, manna from heaven.” CDF 375

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### SPIRITUAL PROBLEMS

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“A religious life can be more successfully gained and maintained if meat is discarded, for this diet stimulates into intense activity lustful propensities, and enfeebles the moral and spiritual nature.” CDF 389

“By the use of flesh meats the animal nature is strengthened and the spiritual nature weakened.” CDF 383

“The common use of the flesh of dead animals has had a deteriorating influence upon the morals.” CDF 383

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### SO LEAVE MEAT ALONE

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“The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities. We say to you, dear brother and sister, your safest course is to let meat alone.” CDF 391

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### WHAT ABOUT FISH?

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## A Simple Diet

“In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.” CDF 394

25

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### ANIMAL DISEASE INCREASING

“Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. Foods that are healthful and life sustaining are to be prepared, so that men and women will not need to eat meat.” CDF 384

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing.” CDF 384

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### NO LONGER SAFE

“I am instructed to say that if meat eating ever were safe, it is not safe now. Diseased animals are taken to the large cities, and to the villages, and sold for food. Many of these poor creatures would have died of disease in a very short time, if they had not been slaughtered; yet the carcasses of these diseased animals are prepared for the market, and people eat freely of this poisonous food. Such a diet contaminates the blood and stimulates the lower passions.” MM 280

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### BUT MY DOCTOR PRESCRIBES MEAT FOR ME

“If any physician prescribes meat for you, say No; the flesh of dead animals does not compose my diet. Flesh meat is not necessary for the health and strength of mind or body.” Kress 20

“Shall we give the sick that which has made them sick, that which will keep them sick if they continue to use it as food?” CDF 415

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### MINISTERS TO PROMOTE REFORM

“Many parents act as if they were bereft of reason. They are in a state of lethargy, palsied by the indulgence of perverted appetite and debasing passion. Our ministers, who know the truth, should arouse the people from the paralyzed condition and lead them to put away those things that create an appetite for flesh meat. If they neglect to reform, they will lose spiritual power, and become more and more debased by sinful indulgence. Habits that disgust the heavenly universe, habits that degrade human beings lower than the beasts, are practiced in many homes. Let all those who know the truth, say, “Flee fleshly lusts, that war against the soul.” MM 280

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### NOT TO BE SERVED IN OUR SCHOOLS

“I have been instructed that the students in our schools are not to be served with flesh foods or with food preparations that are known to be unhealthful.” CDF 403

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### MEAT NOT TO BE USED IN OUR SANITARIUMS

“I showed that meat was never to be placed on the table as an article of food, that the life and health of thousands were being sacrificed at the altars where dead flesh was being offered for

## A Simple Diet

consumption. I never gave a more earnest and decided appeal. I said, we are thankful that we have an institution here where the flesh of dead animals is not prescribed for any patients." CDF 414

"Now no tea, coffee, or flesh meat is served in the institution. We are determined to live out the principles of health reform, to walk in the way of truth and righteousness. We shall not, for fear of losing patronage, be half-and-half reformers. We have taken our position, and by God's help we shall stand by it." CDF 414.15

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### VEGETARIAN WORKERS IN OUR INSTITUTION

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"There are some in our institutions who claim to believe the principles of health reform, and yet who indulge in the use of flesh meats and other foods which they know to be injurious to health. I say to such in the name of the Lord, do not accept positions in our institutions while you refuse to live the principles for which our institutions stand; for by doing this, you make double hard the work of teachers and leaders who are striving to carry the work on right lines. Clear the King's highway. Cease to block the way of the message He sends." CDF 415

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### WHAT IF OFFERED MEAT WHERE VISITING

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"Let our ministers canvassers step under the banners of strict temperance. Never be ashamed to say 'No, thank you; I do not eat meat. I have conscientious scruples against eating the flesh of dead animals.' If tea is offered, refuse it, giving your reason for so doing. Explain that it is harmful, and though stimulating for a time, the stimulus soon wears off, and a corresponding depression is felt." CDF 402

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### TIME FOR A FIRM STAND ON MEAT EATING

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"It has been clearly presented to me that God's people are to take a firm stand against meat eating. Would God for thirty years give His people the message that if they desire to have pure blood and clear minds, they must give up the use of flesh meat, if He did not want them to heed this message?" CDF 383

"When will those who know the truth take their stand on the side of right principles for time and for eternity? When will they be true to the principles of health reform? When will they learn that it is dangerous to use flesh meat?" MM 280

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### SUBSTITUTE NATURALLY

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"Some fall into the error that because they discard meat, they have no need to supply its place with the best fruits and vegetables, prepared in their most natural state, free from grease and spices. If they would only skillfully arrange the bounties with which the Creator has surrounded them, parents and children with a clear conscience unitedly engaging in the work, they would enjoy simple food, and would then be able to speak understandingly of health reform." CDF 399

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### AND IF WE DON'T TAKE A STAND

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"There are those who ought to be awake to the danger of meat eating, who still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them." CDF 352.

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SWEETS

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DOES THE SCRIPTURE TALK OF SWEETS?

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“It is not good to eat much honey: so likewise for men to search their own glory is not glory.” Prov. 25:27

“The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet.” Prov. 27:7

“Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.” Prov. 25:16

“Be not desirous of his (ruler's) dainties for they are deceitful meat.” Prov. 23:3

WHAT ARE SOME PROBLEMS WITH SUGAR?

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“Sugar clogs the system. It hinders the working of the living machine.” CDF 327

“I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain.” CDF 331

“Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful.” CDF 331

“Sugar is not good for the stomach. It causes fermentation and this clouds the brain and brings peevishness into the disposition.” CDF 327

“Sweet breads and sweet cookies we seldom have on our table. The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability in those who accustom themselves to their use.” CDF 321

“It would be much better to discard the sweet puddings, jams, and marmalade, which cause fermentation in the stomach. When these are banished from our tables, when we have sweeter stomachs, we shall have sweeter tempers, and be better enabled to live a Christian life.” ST 9-30-1887 p. 419

“Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system.” CDF 330

“The less sugar introduced into the food in its preparation, the less difficulty will be experienced because of the heat of the climate.” CDF 95

“Luxurious dishes are placed before the children, - spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach and causes a craving for still stronger stimulants.” CDF 340

SHOULD VEGETARIANS USE MORE SUGAR?

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## A Simple Diet

“From the light given me, sugar, when largely used, is more injurious than meat.” CDF 328

“I would prefer a meat diet to the sweet cakes and pastries so generally used.” CDF 334

28

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### SHOULD WE ENTIRELY STOP USING SUGAR?

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“We have always used a little milk and some sugar. This we have never denounced, either in our writings or in our preaching. We believe cattle will become so much diseased that these things will yet be discarded, but the time has not yet come for sugar and milk to be wholly abolished from our tables.” CDF 330 [editor’s note: I am sure it has come now!]

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### WOULD ANY BENEFIT FROM THE USE OF NONE AT ALL?

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“We know that a free use of these things (salt, sugar, milk) is positively injurious to health, and in many cases we think that if they were not used at all, a much better state of health would be enjoyed.” CDF 468

“It is better to let sweet things alone. Let alone those sweet dishes that are placed on the table. You do not need them. You want a clear mind to think after God's order.” CDF 328

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### DID ELLEN G. WHITE SERVE SUGAR?

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“We have no sugar on our table. Our sauce which is our dependence is ap. ples, baked or stewed, sweetened as is required before being put upon the table.” CDF 330

... my table shall be free from the flesh of dead animals, and devoid of those things in desserts which take much time and strength to prepare.” CDF 488

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### ARE DESSERTS APPROPRIATE?

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“It is customary to provide a variety of vegetables and other articles of diet for the first course at dinner. Then fashion requires that dessert shall come on the table in puddings, custards, or other kinds of sweets. To introduce such combinations into the stomach after partaking of vegetables and fruit is anything but wise.” ST 9-30-1897

“Discard rich pastries, cakes, desserts, and the other dishes prepared to tempt the appetite.” CDF 87

“Provision should be made for obtaining a supply of dried sweet com. Pumpkins can be dried, and used to advantage during the winter in making pies.” CDF 323

“...I have also stewed fruit of some kind and sometimes lemon pie.” CDF

491

“Plain, simple pie may serve as dessert, but when one eats two or three pieces merely to gratify an inordinate appetite, he unfits himself for the service of God.” CDF 333

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### WHAT ABOUT “HEALTH FOODSTORE” DESSERTS?

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## A Simple Diet

“There are various confections that have been invented by manufacturers of health foods, and recommended as perfectly harmless; but I have a different testimony to bear concerning them. They are not truly healthful, and their use should not be encouraged.” CDF 329

29

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### LETS NOT TEMPT OTHERS

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“Sweet cakes, sweet puddings, and custards will disorder the digestive organs; and why should we tempt those who surround the table by placing such articles before them?” CDF 395

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### SUGAR IN OUR FOOD

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“Far too much sugar is ordinarily used in food.” CDF 113

“I then say that appetite must be denied, that rich food should not be prepared.” MS 3, 2/12/1854

“Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.” CDF 113

“Our children should be taught to deny themselves of such unnecessary things as candies, gum, ice cream, and other knick-knacks, that they may put the money saved by their self-denial into the self-denial box of which there should be one in every home.” CDF 329

“It is will to leave sugar out of the crackers that are made. Some enjoy best the sweetest crackers, but these are an injury to the digestive organs.” CDF 321

“I wish we were all health reformers. I am opposed to the use of pastries. These mixtures are unhealthful; no one can have good digestive powers and a clear brain who will eat largely of sweet cookies and cream cake and all kinds of pies, and partake of a great variety of food at one meal. . .” CDF 334

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### GOD'S DESIRE FOR US

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“God wants men to cultivate force of character. Those who are merely timeservers are not the ones who will receive a rich reward by and by. He wants those who labor in His cause to be men of keen feeling and quick perception. They should be temperate in eating; rich and luxurious food would find no place upon their tables; and when the brain is constantly taxed and there is a lack of physical exercise, they should eat sparingly, even of plain food.” 4T 313

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### OTHER PROBLEMS IN THE DIET

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#### LIQUIDS WITH MEALS

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“The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed.” CDF 106

“Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet.” CDF 105

## A Simple Diet

“Food should not be washed down; no drink is needed with meals.” CDF 420

HOW TO AVOID DRINK AT MEALS: “Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear.” CDF 344

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FLUID BETWEEN MEALS: “In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease.” CDF 419

### COLD DRINKS

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“Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.” CDF 420

### HOT DRINKS

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“Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit.” CDF 420

### HOT OR COLD FOODS

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“Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place.” CDF 106

### TEA AND COFFEE

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“Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse.” CDF 421

“Tea and coffee drinking is a sin, and injurious indulgence, which, like other evils, injures the soul.” CDF 425

“We never use tea or coffee. Occasionally I have used redclover-blossom tea for a warm drink, but few of my family drink any fluid at our meals.” CDF 492 Catnip Tea: 2SM 297 Carmel Cereal Beverage: CDF 431

### ALCOHOL

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“Never take, tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues.” CDF 421

### CIDER

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“There is danger to health in the use of even sweet cider as ordinarily produced. If people could see what the microscope reveals in regard to the cider they buy, few would be willing to drink it.” CDF 436

## A Simple Diet

### FOODS THAT GIVE PROBLEMS

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“When your food produces gases and an offensive breath, you should know that things are not as they should be.” Kress 20

### SALT IN EXCESS

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“I use some salt, and always have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood.

31

“The whys and wherefores of this I know not, but I give you the instruction as it is given me.” CDF 344

“Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear.” CDF 345

### CONDIMENTS

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“In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character irritate the stomach and make the blood feverish and impure.” CDF 345

“You should study to prepare a simple yet nutritious diet. Flesh meats, and rich cakes and pies prepared with spices of any kind, are not the most healthful and nourishing diet.” 2T 400

### OVERRIPE OR WILTED

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“Overripe fruit or wilted vegetables ought not to be used.” ST 9-30-1897, p. 419

### CHEESE

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“The effect of cheese is deleterious.” CDF 369

“Cheese is still more objectionable; it is wholly unfit for food.” CDF 368 “Cheese should never be introduced into the stomach.” CDF 368

“In regard to cheese, I am now quite sure we have not purchased or placed on our table cheese for years. We never think of making cheese an article of diet, much less of buying it.” CDF 370

### ADULTERATED FOODS

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“Adulterated substances are to be avoided. We are preparing for the future, immortal life.” CDF 85

### WHAT ABOUT MILK AND EGGS

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“The time will come when milk cannot be used as freely as it is now used; but the present time (1901) is not the time to discard it. And eggs contain properties which are remedial agencies in counteracting poisons.” CD 204-50 (1901)

“The time may come when it will not be safe to use milk. But if the cows are healthy and the milk thoroughly cooked, there is no necessity of creating a time of trouble beforehand.” CD 357 (1901)

## A Simple Diet

### CIRCUMSTANCES WILL DICTATE

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“The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but it is not necessary to bring upon ourselves perplexity of premature and extreme restrictions. Wait until the circumstances demand it and the Lord prepares the way for it.” 9T 162 (1909)

### GOD WILL REVEAL THIS

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32

“I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this. No extremes in health reform are to be advocated. The question of using milk and butter and eggs will work out its own problem. At present we have no burden on this line.” CD 206 (1901)

### TEACH CHILDREN-DO NOT PERMIT WRONG

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“Parents should train the appetites of their children, and should not permit the use of unwholesome foods. But in the effort to regulate the diet, we should be careful not to err in requiring children to eat that which is distasteful, or to eat more than is needed. Children have rights, they have preferences, and when these preferences are reasonable, they should be respected.... CDF 230

### MUST WE ALL EAT ALIKE?

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...other members of my family do not eat the same things that I do. I do not hold myself up as a criterion for them. I leave each one to follow his own ideas as to what is best for him. I bind no one else's conscience by my own. One person cannot be a criterion for another in the matter of eating. It is impossible to make one rule for all to follow. There are those in my family who are fond of beans, while to me beans are poison.” CDF 491

“We have no words, no contention; all moves along harmoniously in my large family, for I do not attempt to dictate what they shall or shall not eat.” CDF 494

“We can not all eat the same things. Some articles of food that are wholesome and palatable to one person may be hurtful and unpalatable to another. Some can not use milk, while others can subsist upon it. Some can use dried beans and peas, while others find them indigestible. Some, whose stomachs are sensitive, can not use the coarser kinds of graham flour. It is impossible to make an unvarying rule by which to regulate the idea that we are health reformers only as we use mush for breakfast. There are some who can not eat mush and have a healthy stomach.” ST 9-30-1897 p.418

### GIVE AN EXAMPLE OF A MEAL ENJOYED BY ELLEN G. WHITE

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“I eat the most simple food, prepared in the most simple way. For months my principal diet has been vermicelli and canned tomatoes; cooked together. This I eat with zwieback. Then I have also stewed fruit of some kind and sometimes lemon pie. Dried corn, cooked with milk or a little cream, is another dish that I sometimes use.” CDF 491

“Yet we do not have an impoverished diet. We have an abundance of dried and canned fruit. If our own fruit crop is short, we buy some in the market. Sister Gray sends me the seedless grapes, and these stewed make a very appetizing dish. We raise our own loganberries, and use them freely. Strawberries do not grow well in this locality, but from our neighbors we purchase blackberries,

## A Simple Diet

raspberries, apples, and pears. We have also an abundance of tomatoes. We also raise a fine variety of sweet corn, and dry a large amount for use during the winter months. Near by us is a food factory, where we can supply ourselves with the grain preparations." CDF 482

33

"But since the Lord presented before me, in June, 1863, the subject of meat eating in relation to health, I have left the use of meat. For a while it was rather difficult to bring my appetite to bread, for which, formerly, I have had but little relish. But by persevering, I have been able to do this. I have lived for nearly one year without meat. For about six months most of the bread upon our table has been unleavened cakes, made of unbolted wheat-meal and water, and a very little salt. We use fruits and vegetables liberally. I have lived for eight months upon two meals a day. I have applied myself to writing the most of the time for above a year. For eight months have been confined closely to writing. My brain has been constantly taxed, and I have had but little exercise. Yet my health has never been better than for the past six months. My former faint and dizzy feelings have left me. I have been troubled every spring with loss of appetite. The last spring I had no trouble in this respect. Our plain food, eaten twice a day, is enjoyed with a keen relish. We have no meat, cake, or any rich food upon our table. We use no lard, but in its place, milk, cream, and some butter. We have our food prepared with but little salt, and have dispensed with spices of all kinds. We have breakfast at seven, and take our dinner at one. It is seldom I have a faint feeling. My appetite is satisfied. My food is eaten with a greater relish than ever before.

"I have, since a child, been afflicted with dropsy and heart disease, occasioned by my misfortune when about nine years old. For several years, in the spring, I have had a shock of paralysis which has nearly cost me my life. But, in answer to prayer, I have recovered from its effects. The last spring I had no symptoms of this much-dreaded affliction. I have no trouble with dropsy or heart disease. I have within eight months lost twenty-six pounds of flesh. I am better without it. I have more strength than I have realized for years." 4SG 153-154

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### APPLYING HEALTH REFORM

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#### HEALTH DEFORM

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"Often health reform is made health deform by the unpalatable preparation of food. The lack of knowledge regarding healthful cookery must be remedied before health reform is a success." CDF 263

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#### WHAT IS OUR RESPONSIBILITY?

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"God will give His people ability and tact to prepare wholesome food without these things (eggs, milk, cream, or butter). Let our people discard all unwholesome recipes. Let them learn how to live healthfully, teaching to others what they have learned. Let them impart this knowledge as they would Bible instruction. Let them teach the people to preserve the health and increase the strength by avoiding the large amount of cooking that has filled the world with chronic invalids. By precept and example make it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state." 7T 135

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#### PROPER FOOD PREPARATION IMPORTANT

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## A Simple Diet

“Many do not feel that this is a matter of duty, hence they do not try to prepare food properly .... Skill must be united with simplicity. To do this, women must read, and then patiently reduce what they read to practice.” CDF 353

“Before children take lessons on the organ or the piano they should be given lessons in cooking. The work of learning to cook need not exclude music, but to learn music is of less importance than to learn how to prepare food that is wholesome and appetizing.” CDF 263

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### MEN ALSO TO LEARN

“Many who adopt the health reform complain that it does not agree with them; but after sitting at their tables I come to the conclusion that it is not the health reform that is at fault, but the poorly prepared food. I appeal to men and women to whom God has given intelligence: Learn how to cook. I make no mistake when I say 'men,' for they, as well as women, need to understand the simple, healthful preparation of food. Their business often takes them where they cannot obtain wholesome food. They may be called to remain days and even weeks in families that are entirely ignorant in this respect. Then, if they have the knowledge, they can use it to good purpose.” CDF 253

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### PREPARE WITH SIMPLICITY

“Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you may make.” CD 354 (1868)

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### APPETIZING

“It is important that the food should be prepared with care, that the ap. petite, when not perverted, can relish it.” CDF 259

“We must remember that food which would be appetizing to a health reformer might be very insipid to those who have been accustomed to highly seasoned food.” MM 286

“Those who take an extreme view of health reform are in danger of prepar. ing tasteless dishes, making them so insipid that they are not satisfying. Food should be prepared in such a way that it will be appetizing as well as nourishing. It should not be robbed of that which the system needs.” 9T 162

“The patients are to be provided with an abundance of wholesome, palatable food, prepared and served in so appetizing a way that they will have no temptation to desire flesh meat. The meals may be made the means of an education in health reform.” MM 283

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### TEACH THE BENEFITS

“They will miss the highly seasoned food to which they have been accustomed, but an effort must be made to give them food that is so wholesome and so appetizing that they will cease to miss the unwholesome dishes. Show them that the treatment given them will not benefit them unless they make the needed change in their habits of eating and drinking.” K-331-1904 MM286

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### DO NOT TRY TO CORRECT ERRORS WITH DRUGS

## A Simple Diet

“If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.” MH 235

### IMPORTANT CRITERIA

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“The productions which God has supplied are to be made up into healthful foods, which people can prepare for themselves.... But until we can present health reform foods which are palatable, nourishing, and yet inexpensive. We are not at liberty to present the most advanced phases of health reform in diet.” CDF 272-73

35

### CAUTION IN TEACHING

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“We are to be brought into connection with the masses. Should health reform in its extreme form be taught to those whose circumstances forbid its adoption, more harm than good would be done.” 9T 103

### DANGER OF EXPENSIVE APPLIANCES

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“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.” CDF 455

### HEALTH FOODS

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“I am instructed to say that there should be a reformation in the restaurants, and a reformation in the homes of our people. Every cook should understand the art of preparing wholesome and palatable food. The knowledge of healthful cookery has been neglected in the home, and our people have learned to depend too much upon the expensive food preparations. Let us arouse ourselves and see what we can do individually, without leaning so heavily upon the food companies.” MR 577 MS Release 577

“We need to study the art of preparing in a simple manner the fruits, grains, and vegetables. We do not need these complex combinations that are provided. As the matter now stands we are in danger of making dyspeptics.” MS 150-1905. MM 281

### MORE SIMPLE, LESS EXPENSIVE

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“In some respects improvements can be made in the health foods sent out from our factories. The Lord will teach His servants how to make food preparations that are more simple and less expensive. There are many whom God will teach in this line if they will walk in His counsel and in harmony with their brethren.” Kress 135 1901

### TEACHING COULD AFFECT SALES

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“All the way along from the beginning, we have found it necessary to educate, educate, educate. God desires us to continue the work of educating the people. We are not to neglect this work because of the effect we may fear it will have on the sales of the goods prepared in the health food factories. That is not the most important matter. Our work is to show the people how they can obtain and

## A Simple Diet

prepare wholesome food, how they can co-operate with God in restoring His moral image in themselves." Kress 144 (EGW)

### TOO MUCH TIME IN THE KITCHEN

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"To use precious time in preparing a variety of dishes that will only result in dyspepsia, is certainly putting time to a wrong use. The cook should not be made a slave, or be required to cater to appetite. Let the diet be of such a character that she may prepare it, and yet have time for the reading of her Bible, for prayer, and for relaxation from labor." ST 9-30-1897 p.419

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"The large amount of cooking done is not at all necessary. Neither should there be any poverty-stricken diet either in quality or quantity." CDF 259

"Food should be so simple that its preparation will not absorb all the time of the mother. It is true, care should be taken to furnish the table with healthful food prepared in a wholesome and inviting manner. Do not think that anything you can carelessly throw together to serve as food is good enough for the children. But less time should be devoted to the preparation of unhealthful dishes for the table, to please a perverted taste, and more time to the education and training of the children. Let the strength which is now given to the unnecessary planning of what you shall eat and drink, and wherewithal you shall be clothed, be directed to keeping their persons clean and their clothes neat." CDF 232

"Because it is fashion, many who are poor and dependent upon their daily labor, will be to the expense of preparing different kinds of rich cakes, preserves, pies, and a variety of fashionable food for visitors, which only injure those who partake of them; when, at the same time, they need the amount thus expended, to purchase clothing for themselves and children. This time occupied in cooking food to gratify the taste at the expense of the stomach, should be devoted to the moral and religious instruction of their children." CDF 332

### EVEN RESTAURANTS TO BE EXAMPLES

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"Far too much time is occupied in the preparation of the mixtures that are placed upon the table. We need to understand that even in the restaurants it is not necessary to provide such dishes as we have tried to instruct our people should not be put on the table—dessert dishes, and other unwholesome articles of diet. Let us return to the position we occupied several years ago. Let every family be determined that they will bring the principles of true health reform into the home." MR 577

### EXPERIMENT WITH NEW IDEAS

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"In simple, inexpensive ways, our people are to experiment with the fruits, and grains and roots in the countries in which they live." CDF 272

"Those working in these restaurants should be constantly experimenting that they may learn how to prepare palatable, healthful foods." CDF 274-73

"The wholesome production of the earth must be experimented upon in an effort to make wholesome, inexpensive food." CDF 271

## A Simple Diet

"I tell our family, 'Whatever you do, do not get a poverty-stricken diet. Place enough on the table to nourish the system. You must do this. You must invent and invent and study all the time, and get up the very best dishes you can, so as not to have a poverty-stricken diet.' " CDF 489-90

"If any would not work neither should he eat." 2 Thes. 3:10 37

### THE LORD WILL HELP

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"The Lord has been working, and is still working, to lead men to prepare from fruits and grains, foods more simple and less expensive than many of those that can now be obtained .... The same God who feed the thousands in the wilderness with bread from heaven will give to His people today a knowledge of how to provide food in a simple manner." CDF 268

"The same God who gave the children of Israel manna from heaven lives and reigns. He will give skill and understanding in the preparation of health foods. He will guide His people in the preparation of wholesome food! CDF 268

"Those who are given a knowledge of how to prepare such foods must use their knowledge unselfishly. They are to help their poor brethren. They are to be producers as well as consumers." CDF 269

"The Lord will give His people wisdom to prepare from that which the earth yields, foods that will take the place of flesh meat. Simple combinations of nuts and grains and fruits, manufactured with taste and skill, will commend themselves to unbelievers. But as a usual thing, too many nuts are used in the combinations made." CDF 269

"Their diet is to consist of the foods made and the materials He has provided. The materials principally used in these will be fruits and grains and nuts, but various roots will also be used." 7T 125-26

"The work of combining fruits, seeds, grains, and roots into wholesome foods, is the Lord's work." CDF 470

"By many the health foods are looked upon as of man's devising but they are of God's originating, as a blessing to His people." CDF 269

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### RECIPES

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#### THE OLD PLAN AND THE NEW WAY

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"Recipes that are formed on the old plan of preparing food are gathered up and put into our health papers. This is not right. Only recipes for the plainest, simplest, and most wholesome food should be put into our health journals. We must not expect that those who all their life have indulged appetite will understand how to prepare food that will be at once wholesome, simple, and appetizing. This is the science that every sanitarium and health restaurant is to teach."

"We are to teach the people how to prepare dishes that are not expensive, but wholesome and palatable. And never is a recipe to appear in our health journals that will injure our reputation as health reformers." Letter 201, 1902, CWE 129

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“During the last seven months we have been at home but about four weeks. In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. Others, who have the same opportunities of learning to live healthfully and well, have hardly taken the first steps in reform. They will tell you that they do not know how to cook in this new way. But they are without excuse in this matter of cooking; for in the work, ‘How to Live’, are many excellent recipes, and this work is within the reach of all. I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But ‘How to Live’ teaches cookery almost infinitely in advance of what the traveler will often meet, even among some Seventh-day Adventists.” 1T p. 680 (1868)

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### GOD'S RECIPE PLANS

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“Let them preserve the health and increase the strength by avoiding large amounts of cooking which has filled the world with chronic invalids. We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in the sinless state is the best for keeping the body in a sinless state.” EGW From Kress Collection (Dr. Rand R-14-1901, Jan. 22)

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### A SPECTACULAR PLAN

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#### THE LAW OF GOD

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“Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God. These include the laws of health.” COH 24-5

“It is truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism will be inclined to violate the law of God spoken from Sinai.” CDF 17

“Your appetites are morbid, and because you do not relish a plain, simple diet, composed of unbolted wheat flour, vegetables and fruits prepared without spices or grease, you are continually transgressing the laws which God has established in your system.” 2T 67.

...we from principle discard the use of meat, butter...” CD 259 (1896) “Excessive indulgence in eating, drinking, sleeping, or seeing, is sin.” CDF 141

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### POPULAR IDEAS IN ERROR

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“Satan's.... master stroke has been an attempt to change the law itself, so as to lead men to violate its precepts while professing to obey it.” PK 178

“The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet. In order to know what are the best foods, we must study God's original plan for man's diet.” MH 295

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### THE IMPORTANCE OF KEEPING GOD'S LAW

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“The commandment of the Lord is pure, enlightening the eyes. The judgments of the Lord are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter

## A Simple Diet

also than honey and the honeycomb.... By them is thy servant warned and in keeping of them there is great reward." Ps. 19:8-11

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### KEEP HIS LAW AND YOU WILL NOT BE SICK

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"Many have inquired of me, 'What course shall I take to best preserve my health?' My answer is, cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food, dress healthfully, which will require modest simplicity; work healthfully; and you will not be sick." CD 30

"It is a sin to be sick, for all sickness is the result of transgression." CH 37

"The God who gives His beloved sleep has furnished them also suitable food to sustain the physical system in a healthy condition." CDF 91

"Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature." CDF 62

"The Great Physician has a remedy for every ill." EGW (MLT 7)

"It is far better to prevent disease than to know how to treat it when contracted." MH 128

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### REASON FOR SICKNESS

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"Disease never comes without a cause. The way is prepared and disease invited, by disregard of the laws of health." MH 234

"A large proportion of all the infirmities that afflict the human family are the results of their own wrong habits, because of their willing ignorance or of their disregard of the light which God has given in relation to the laws of their being. It is not possible for us to glorify God while living in violation of the laws of life. The heart cannot possibly maintain consecration to God while the lustful appetite is indulged. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible." CON 61-62

"The church in general at Battle Creek have not sustained the Institute by their example. They have not honored the light of health reform by carrying it out in their families. The sickness that has visited many families in Battle Creek need not have been, if they had followed the light God has given them. Like ancient Israel, they have disregarded the light, and could see no more necessity of restricting their appetite than did ancient Israel." CDF 378-79

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### APPETITE IS A CAUSE

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"Were all the sins, which have brought the wrath of God upon cities and nations, fully understood, their woes and calamities would be found to be the results of uncontrolled appetites and passions." CON 73

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### TO AVOID ILLNESS

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“Nothing should be taken to camp meeting except the most healthful articles, cooked in a simple manner, free from all spices and grease.

“I am convinced that none need to make themselves sick preparing for camp meeting, if they observe the laws of health in their cooking. If they make no cake or pies, but cook simple graham bread, and depend on fruit, canned or dried, they need not get sick in preparing for the meeting, and they need not be sick while at the meeting.

“Brethren and sisters must not be sick...” 2T 602

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### GOD'S PROMISE

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“You shall serve the Lord your God, and I will bless your bread and your water and I will take sickness away from the midst of you.” Ex. 23:25 RSV

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### GOD TRIED TO DEMONSTRATE A HEALTHFUL PEOPLE

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“God brought the Israelites from Egypt, that he might establish them in the land of Canaan, a pure, holy, and happy people. In the accomplishment of this object He subjected them to a course of discipline, both for their own good and for the good of their posterity. Had they been willing to deny appetite, in obedience to his wise restrictions, feebleness and disease would have been unknown among them...” PP 378

“Had the Israelites obeyed the instruction they received and profited by their advantages, they would have been the world's object lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above all other people they would have possessed physical strength and vigor of intellect.” CDF 27

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### A FAILURE-ONLY PARTIAL SUCCESS

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“The Israelites failed of fulfilling God's purpose and thus failed of receiving the blessings that might have been theirs.” CDF 27 .. not withstanding the hardships they endured, there was not one feeble person among their tribes.” Ps 105:37

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### WE COULD BE A DEMONSTRATION TODAY

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“The Israelites failed of fulfilling God's purpose and thus failed of receiving the blessings that might have been theirs. But in Joseph and Daniel, in Moses and Elijah and many others, we have noble examples of the results of the true plan of living. Like faithfulness today will produce like results.” CDF 27

“A few in every generation from Adam resisted his every artifice and stood forth as noble representatives of what it was in the power of man to do and to be, while Christ should co-operate with human efforts, to help man in overcoming the power of Satan. Enoch and Elijah are the correct representatives of what the race might be through faith in our Lord Jesus Christ. Satan was greatly disturbed because these noble, holy men were untainted amid the moral pollution surrounding them, perfecting righteous characters, and accounted worthy for translation to heaven.” CON 26

## A Simple Diet

“Obedience to God's law in every respect would save men from intemperance, licentiousness, and disease of every type. No one can violate natural law without suffering the penalty.” CON 74

### AN ADVENTIST SPECTACLE

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“If Seventh-day Adventists practiced what they profess to believe, if they were sincere health reformers, they would indeed be a 'spectacle to the world, to angels and to men' (1 Cor. 4:9). And they would show a far greater zeal for the salvation of those who are ignorant of the truth.” CH 575

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### MOMENTOUS POSSIBILITIES

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“Seventh-day Adventists are handling momentous truths. More than forty years ago the Lord gave us special light on health reform, but how are we walking in that light? How many have refused to live in harmony with the counsels of God? As a people, we should make advancement proportionate to the light received.” CDF 24

### GOD'S PROGRAM DESIGN

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“He (God) designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels.” CDF 70

“When they (God's people) break away from all health-destroying indulgences, they will have a clearer perception of what constitutes true godliness. A wonderful change will be seen in the religious experience.” CDF 34

“It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind.” CH 445

### OUR MINDS ARE IMPORTANT

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“The great object of reform... is to secure the highest development of body, mind and soul.” CDF 457

“Every part of the man is to be guarded; we are to beware that which is taken into the stomach shall banish from the mind high and holy thoughts.” MM 275

“We must be right in order to stand in the last days. We need clear brains and sound minds in sound bodies.” 2T 375

“You need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things.” CH 566

“Intemperance of any kind benumbs the perceptive organs, and so weakens the brain-nerve power that eternal things are not appreciated, but placed upon a level with the common.” 3T 50-1

“In order to render to God perfect service, you must have clear conceptions of His requirements. You should use the most simple food, prepared in the most simple manner, that the fine nerves of

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the brain be not weakened, benumbed, or paralyzed, making it impossible for you to discern sacred things, and to value the atonement, the cleansing blood of Christ, as of priceless worth." CDF 83

### DIET AFFECTS THE MIND

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"The relation of diet to intellectual development should be given far more attention than it has received. Mental confusion and dullness are often the result of errors in diet." Ed 204

"Anything that disorders digestion, that creates undue mental excitement, or in any way enfeebles the system, disturbing the balance of the mental and the physical powers, weakens the control of the mind over the body, and thus tends toward intemperance. The downfall of many of a promising youth might be traced to unnatural appetites created by an unwholesome diet." Ed 203

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"Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength." Ed 204-205

"There is need to consider not only the properties of the food but its adaptation to the eater. Often food that can be eaten freely by persons engaged in physical labor must be avoided by those whose work is chiefly mental. Attention should be given also to the proper combination of foods. By brain workers and others of sedentary pursuits, but few kinds should be taken at a meal." Ed 205

"And he has been successful in tempting man to indulge appetite, regardless of the result. He well knows that it is impossible for man to discharge his obligations to God and to his fellowmen while he impairs the faculties which God has given him. The brain is the capital of the body. If the perceptive faculties become benumbed through intemperance of any kind, eternal things are not discerned." CON 57

### SATAN TAKES CONTROL OF THE MIND

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"Through appetite, Satan controlled the mind and being." 3T 562

"And while paralyzed by the indulgence of appetite, Satan controls the mind and leads to every species of crime and wickedness." CON 80

"Through appetite, Satan controls the mind and the whole being. Thousands who might have lived, have passed into the grave, physical, mental, and moral wrecks, because they sacrificed all their powers to the indulgence of appetite." CDF 166

"Satan's influence is constantly exerted upon men to distract the senses, control the mind for evil, and incite to violence and crime." DA 341

"Who can doubt that Satanic agencies corrupt the mind and defile and destroy the body." MH 142-43

"Butter and meat stimulate. These have injured the stomach and perverted the taste. The sensitive nerves of the brain have been benumbed, and the animal appetite strengthened at the expense of the moral and intellectual faculties. These higher powers, which should control, have been growing

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weaker, and that eternal things have not been discerned. Paralysis has benumbed the spiritual and devotional. Satan has triumphed to see how easily he can come in through the appetite and control men and women of intelligence, calculated by the Creator to do a good and great work." CDF 48

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### WE BECOME SATAN'S PLAYTHINGS

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"God gives man no permission to violate the laws of his being. But man, through yielding to Satan's temptations to indulge intemperance, brings the higher faculties in subjection to the animal appetites and passions, and when these gain the ascendancy, man, who was created a little lower than the angels-with faculties susceptible of the highest cultivation-surrenders to the control of Satan. And he gains easy access to those who are in bondage to appetite. Through intemperance, some sacrifice one half, and others two thirds, of their physical, mental, and moral powers, and become playthings for the enemy." CON 57

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### CUSTOM LEADS TO CONTROL

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"The ignorance that has prevailed in regard to God's law in our physical nature is deplorable. Intemperance of any kind is a violation of the laws of our being. imbecility is prevailing to a fearful extent. Sin is made attractive by the covering of light which Satan throws over it. and he is well pleased when he can hold the Christian world in their daily habits under the tyranny of custom, like the heathen, and allow appetite to govern them," CON 57-58

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### DO WE WORK WITH SATAN?

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"Of what profit is it to say pleasant things, to deplore the work of Satan, and yet at the same time to enter into the fulfillment of all his devices? This is being double minded (Letter 13, 1893)." 7 BC 938

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### SELF-CONTROL ESSENTIAL

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"Adam fell by the indulgence of appetite; Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control." CDF 167

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### APPETITE

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#### APPETITE PROBLEM

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"Indulgence of appetite is the cause of dissension, strife, discord, and many other evils. Impatient words are spoken and unkind deeds are done, dishonest practices are followed and passion is manifested, and all because the nerves of the brain are diseased by the abuse heaped upon the stomach." CDF 53

"There are ample reasons why there are so many nervous women in the world, complaining of the dyspepsia, with its train of evils. The cause has been followed by the effect. It is impossible for intemperate persons to be patient. They must first reform bad habits, learn to live healthfully, and then it will not be difficult for them to be patient." 2SM 434

"And yet will you say, 'it is none of your business what I eat, or what course I pursue?' Does anybody around dyspeptics suffer? just take a course that will irritate them in any way. How natural to be fretful! They feel bad, and it appears to them that their children are very bad. They

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cannot speak calmly to them, nor, without especial grace, act calmly in their families. All around them are affected by the disease upon them, all have to suffer the consequences of their infirmity." CDF 135-36

"Indulgence of appetite is the greatest cause of physical and mental debility, and lies largely at the foundation of feebleness and premature death. Let the individual who is seeking to possess purity of spirit bear in mind that in Christ there is power to control the appetite." CDF 127

"A plain diet, free from spices and flesh meats and grease of all kinds, would prove a blessing to you, and would save your wife a great amount of suffering, grief, and despondency." CD 33455 (1868)

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"There is at this time nine times as much money expended for the gratification of appetite and the indulgence of foolish and hurtful lusts as there is given to advance the gospel of Christ." CON 59

### APPETITE'S GREATEST PROBLEM

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"We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification," CDF 45

"Men and women lack principle, They are dying spiritually, because they have so long pampered their natural appetites that their power of selfgovernment seems gone. The lower passions of their nature have taken the reins, and that which should be the governing power has become the servant of corrupt passion." 2T 348

### APPETITE EFFECTS ETERNAL DESTINY

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"There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny." PP 562

"One of the highest attainments in the Christian life is to control appetite. , without this victory all hope of heaven is vain." Christian Temperance and Bible Hygiene, p. 206

"Only by the inexpressible anguish which Christ endured can we estimate the evil of unrestrained indulgence. His example declared that our only hope of eternal life is through bringing the appetites and passions into subjection to the will of God." DA 122

### CHRIST'S METHOD OF WORK

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"Christ began this work of redemption by reforming the physical habits of man." 3T 486

"If we would elevate the moral standard in any country where we may be called to go, we must begin by correcting their physical habits." CH 505

### HIS CHURCH PERFECTED

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### PURIFYING HIS CHURCH

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"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church." CDF 457

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### TO FIT A PEOPLE

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"I was shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord." CDF 457

### A PERFECTED PEOPLE

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"God demands that the appetite be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people." CDF 381

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". . . greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ." CH 575

"In the preparation of a people for the Lord's second coming a great work is to be accomplished through the promulgation of health principles." CH 206

"And those who would be workers together with God must strive for perfection of every organ of the body and quality of the mind." COL 330

"I feel sad when I see those who ought to be zealous for our health principles, not yet converted to the right way of living. . . if things were as they should be in the households that make up our churches, we might do double work for the Lord." 9T 163-64

"Those ministers who feel at liberty to indulge the appetite are falling far short of the mark. God wants them to be health reformers. He wants them to live up to the light that has been given on this subject." 9T 163

### ELLEN G. WHITE LEARNED THE RESULTS OF SELF NEGLECT

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"I was told to gather up the light that had been given me and let its rays shine forth to God's people. I have been doing this in articles in the papers. I arose at three o'clock nearly every morning for months and gathered the different items written after the last two testimonies were given me in Battle Creek. I wrote out these matters and hurried them on to you; but I had neglected to take proper care of myself, and the result was that I sank under the burden; my writings were not all finished to reach you at the General Conference." 5T 68

### HEALTH REFORM NOT STRICT ENOUGH

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"The greatest objection to health reform is that this people do not live it out; and yet they will gravely say they cannot live the health reform and preserve their strength.

"We find in every such instance a good reason why they cannot live out the health reform. They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it." CDF 398-99

"Some say, when an effort is made to enlighten them on this point. I will leave off by degrees. But Satan laughs at all such decisions. He says, They are secure in my power. I have no fear of them on that ground. But he knows that he has no power over the man who, when sinners entice him, has moral courage to say No squarely and positively. Such a one has dismissed the companionship of

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the devil, and as long as he holds to Jesus Christ, he is safe. He stands where heavenly angels can connect with him, giving him moral power to overcome." CDF 166

"In the instruction of the youth the effect of apparently small deviations from the right should be made very plain. Let the student be taught the value of a simple, healthful diet." Ed 203

"As we near the close of time, we must rise higher and still higher upon the question of health reform and their disease and suffering would be greatly lessened. I was shown that this work would progress." CDF 481-82

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### A WORK NOT YET DONE

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"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. CDF 382

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### SATAN DOUBLES HIS EFFORT

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"And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome." CDF 59

"He (Satan) tempts men to indulgence of appetite ... and thus benumbs their sensibilities, so that they fail to hear the very things which they most need to learn." GC 519

"If the church would manifest a greater interest in the reforms through which God Himself is seeking to fit them for His coming, their influence would be far greater than it now is. . . Satan and his agents are seeking to hinder this work of reform, and will do all they can to perplex and burden those who heartily engage in it. Yet none should be discouraged at this, or cease their efforts because of it .... Let not His (Christ's) followers talk of failure or discouragement, but remember the price paid to rescue man." CDF 76-7

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### GOD WILL DO HIS PART

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"And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God." MM 221

"God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many of the dangers to which we shall be exposed." CDF 22,

God's Plan Includes His Love

"God's love and care,-these are health's greatest safeguard. To the Israelites they were to be the very keynote of life." MH 281

"The love which Christ diffuses through the whole being is a vitalizing power. Every vital part-the brain, the heart, the nerves-it touches with healing." MH 115

"The mechanism of the human body cannot be fully understood; it presents mysteries that baffle the most intelligent. It is not as the result of a mechanism, which, once set in motion, continues its

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work, that the pulse beats and breath follows breath. In God we live and move and have our being.” MH 417

“Faith is the very lifeblood of the soul. Its presence gives warmth, health, consistency, and sound judgment. Its vitality and vigor exert a powerful though unconscious influence. The life of Christ in the soul is as a well of water springing up unto everlasting life.” 6T 472

“I am come that they might have life, and that they might have it more abundantly.” John 10:10

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### GOD'S PLAN ALSO INCLUDES DIET REFORM

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“God is working in behalf of His people.... He is bringing them back to the diet originally given to man.” 7T 125

“Again and again I have been shown that God is trying to lead us back, step by step, to His original design, -that man should subsist upon the natural products of the earth.” CD 380

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### HIS SIMPLE AND NATURAL PLAN INVIGORATES

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“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” MH 296

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### IT PREPARES FOR TRANSLATION

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“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” CD 355

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### MAN'S RESPONSIBILITY

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#### FAITH ALONE, OR MUST WE ALSO WORK

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“God's people are not prepared for the loud cry of the third angel. They have work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work; one cannot do it for another.” CDF 32

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#### WE MUST UNDERSTAND OURSELVES

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“In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames, that they may be able with the psalmist to exclaim, 'I will praise Thee, for I am fearfully and wonderfully made.' “ CDF 33

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#### WE MUST MAKE CHANGES

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“He who is thoroughly converted will abandon every injurious habit and appetite.” CDF 457

“Let those who advocate health reform strive earnestly to make it all that they claim it is. Let them discard everything detrimental to health. Use simple, wholesome food.” MM 274

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#### ADOPT THE BEST DIET

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## A Simple Diet

“God's people will learn that the food God gave Adam in the sinless state is the best for keeping the body in a sinless state.” 7T 135

### BE INTELLIGENT AND PERSEVERE

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“Only when we are intelligent in regard to the principles of healthful living, can we be fully aroused to see the evils resulting from improper diet. Those who, after seeing their mistakes, have courage to change their habits will find that the reformatory process requires a struggle and much perseverance.” CDF 24

### WILL POWER AND SELF CONTROL

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“Strength of character consists of two things—power of will and power of self-control.” CT 222

“Few have moral stamina to resist temptation, especially of the appetite, and to practice self denial. To some it is a temptation too strong to be resisted to see others eat the third meal; and they imagine they are hungry, when the feeling is not a call of the stomach for food, but a desire of the mind that has not been fortified with firm principle, and disciplined to self denial.” CDF 168

50

“Do not wait to feel that you are made whole. Believe His word, and it will be fulfilled. Put your will on the side of Christ. Will to serve Him, and in acting upon His word you will receive strength.” DA 203

### FASTING AND PRAYER

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“For certain things fasting and prayer are recommended and appropriate. In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God. If our appetites clamor for the flesh of dead animals, it is a necessity to fast and pray for the Lord to give His grace to deny fleshly lusts which war against the soul.” MM 283

### CAN WE EXPECT OTHERS TO CHANGE FOR US?

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“Some of you feel as though you would like to have somebody tell you how much to eat. This is not the way it should be. We are to act from a moral and religious standpoint. We are to be temperate in all things, because an incorruptible crown, a heavenly treasure, is before us. And now I wish to say to my brethren and sisters, I would have moral courage to take my position and to govern myself. I would not want to put that on some one else. You eat too much and then you are sorry, and so you keep thinking upon what you eat and drink. Just eat that which is for the best and go right away, feeling clear in the sight of Heaven, and not having remorse of conscience. We do not believe in removing temptations entirely away from either children or grown persons. We all have a warfare before us, and must stand in a position to resist the temptations of Satan; and we want to know that we possess the power in ourselves to do this.” CDF 168-69

### BUT PLEDGES WON'T DO IT

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“All the pledges in the world will not make you or your wife health reformers. No mere restriction of your diet will cure your diseased appetite. Brother and Sister \_\_\_ will not practice temperance in all things until their hearts are transformed by the grace of God.” CDF 39

## A Simple Diet

### WE CANNOT DO IT ALONE

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“We cannot keep ourselves from sin for one moment.” MH 180

### CHRIST SUPPLIES THE POWER

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#### A MAN IS WEAK

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“But they excuse themselves by saying that the habit is formed and they cannot overcome it. In this acknowledgment they yield homage to Satan, saying by their actions, if not in words, that, although God is powerful, Satan has greater power.” CON 76

“Christ was firm. Oh! where would now be the salvation of the race if Christ had been as weak in moral power as man? No wonder that joy filled heaven as the fallen chief left the wilderness of temptation, a conquered foe.” CON 63

51

### MAN NEED NOT DIE IN THE CONFLICT

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“Those who make determined efforts in the name of the Conqueror to overcome every unnatural craving of appetite will not die in the conflict. In their efforts to control appetite they are placing themselves in right relation to life, so that they may enjoy health and the favor of God and have a right hold on the immortal life.” CON 79

### CHRIST SUPPLIES THE POWER

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“The only remedy for vice is the grace and power of Christ.” MH 279

“Christ has power from His Father to give His divine grace and strength to man-making it possible for us through His name to overcome. There are but few professed followers of Christ who choose to engage with Him in the work of resisting Satan's temptation as He resisted and overcame.” CON 63

### CHRIST FOUGHT THE BATTLE FOR US

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“Christ fought the battle upon the point of appetite, and came off victorious, and we also can conquer through strength derived from Him.” CDF 109

“Christ commenced the work of redemption just where the ruin began. He made provision to reinstate man in his Godlike purity, if he accepted the help brought him. Through faith in His all-powerful name—the only name given under heaven whereby we may be saved—man could overcome appetite and passion, and through his obedience to the law of God, health would take the place of infirmities and corrupting diseases.” CON 74

### AN INTENSE CONFLICT

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“The indulgence of appetite had been increasing and strengthening with every successive generation since Adam's transgression, until the race was so feeble in moral power that they could not overcome in their own strength. Christ, in behalf of the race, was to overcome appetite by standing the most powerful test upon this point. He was to tread the path of temptation alone, and

## A Simple Diet

there must be none to Help Him, none to comfort or uphold Him. Alone He was to wrestle with the powers of darkness." CON 36-37

"Some even doubt whether Christ really felt the pangs of hunger in His abstinence from food during the period of forty days and forty nights." CON 71

"Many who profess godliness do not inquire into the reason of Christ's long period of fasting and suffering in the wilderness. His anguish was not so much from the pangs of hunger as from His sense of the fearful result of the indulgence of appetite and passion upon the race. He knew that appetite would be man's idol and would lead him to forget God and would stand directly in the way of his salvation." CON 51

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### HE RECEIVED HELP FROM HIS FATHER

"Our Saviour showed perfect confidence that His heavenly Father would not suffer Him to be tempted above what He should give Him strength to endure, but would bring Him off conqueror if He patiently bore the test to which He was subjected. Christ had not of His own will placed Himself in danger. God had suffered Satan for the time being to have this power over His Son. Jesus knew that if He preserved his integrity in this extremely trying position an angel of God would be sent to relieve Him if there was no other way. He had taken humanity and was the representative of the race." CON 50-51

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### BY OBEDIENCE HE OVERCAME FOR US

"And here in the wilderness Christ achieved a victory in behalf of the race upon the point of appetite, making it possible for Adam, in all future time in His name to overcome the strength of appetite on his own behalf." CON 47

"By His perfect obedience He has made it possible for every human being to obey God's commandments. When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness." COL 312

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### MAN NOW HAS THE ADVANTAGE

"Man now has the advantage over Adam in his warfare with Satan; for he has Adam's experience in disobedience and his consequent fall to warn him to shun his example. Man also has Christ's example in overcoming appetite and the manifold temptations of Satan, and in vanquishing the mighty foe upon every point and coming off victor in every contest. If man stumbles and falls under the temptations of Satan, he is without excuse; for he has the disobedience of Adam as a warning, and the life of the world's Redeemer as an example of obedience and self-denial, and the promise of Christ that 'to him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.'" CON 64

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### CHRIST'S EXAMPLE FREES US FROM SLAVERY

"Christ was our example in all things. As we see His humiliation in the long trial and fast to overcome the temptation of appetite in our behalf, we are to learn how to overcome when we are

## A Simple Diet

tempted. If the power of appetite is so strong upon the human family and its indulgence so fearful that the Son of God subjected Himself to such a test, how important that we feel the necessity of having appetite under the control of reason. Our Saviour fasted nearly six weeks that he might gain for man the victory upon the point of appetite. How can professed Christians with enlightened consciences, and with Christ before them as their pattern, yield to the indulgence of those appetites which have an enervating influence upon the mind and body? It is a painful fact that habits of self-gratification at the expense of health and moral power are at the present time holding a large share of the Christian world in the bonds of slavery." CON 50-51

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### CHRIST LONGS TO DELIVER

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"Whatever may be the evil practice, the master passion which through long indulgence binds both soul and body, Christ is able and longs to deliver." DA 203

53

#### A Power that Can Keep Man from Sinning

"This experience every one who is saved must now have. In the day of judgment the course of the man who has retained the frailty and imperfection of humanity will not be vindicated. For him there will be no place in heaven; he could not enjoy the perfection of the saints in light. He who has not sufficient faith in Christ to believe that He can keep him from sinning, has not the faith that will give him an entrance into the kingdom of God." Review and Herald, March 10, 1904

"Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen." Jude 24, 25

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### THANK GOD FOR THIS WAY OUT!

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"I thank God there is away out through Jesus Christ our Lord." Romans 7:25 Phillips.

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### IT MUST START WITH A REFORMATION OF THE HEART

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"Christianity proposes a reformation in the heart. What Christ works within, will be worked out under the dictation of a converted intellect. The plan of beginning outside and trying to work inward has always failed, and always will fail." CDF 35

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### CHRIST'S HELP CAN BE STOPPED

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"In order to be purified and to remain pure, Seventh-day Adventists must have the Holy Spirit in their hearts and in their homes." CDF 25

"The Spirit of God cannot come to our help, and assist us in perfecting Christian characters, while we are indulging our appetites to the injury of health, and while the pride of life controls." CDF 57

"Who will believe the solemn truth for this time, when those who already profess to believe it contradict their faith by their works? It is not God who has closed the windows of heaven to us, but it is our own conformity to the customs and practices of the world." CDF 90

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### THE LAST GREAT EFFORT

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## A Simple Diet

“The gospel of health is to be firmly linked with the ministry of the word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message.” Ev 261

“The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. . This work bears the signature of heaven, and will open doors for the entrance of other precious truths.” Ev 263

“Our work is to show the people how they can obtain and prepare wholesome food, how they can co-operate with God in restoring His moral image in themselves.” Kress 144

“Greater efforts should be put forth to educate the people in the principles of health reform. Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply. Wherever the truth is presented, the people are to be taught how to prepare food in a simple, yet appetizing way. They are to be shown that a nourishing diet can be provided without the use of flesh foods.” 9T 161:1

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### LOST LABOR

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“It is a labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthful practices. In order to receive His blessing in answer to prayer, they must cease to do evil and learn to do well. Their surroundings must be sanitary, their habits of life correct. They must live in harmony with the laws of God, both natural and spiritual.” CDF447

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### TEACH THE THREE ANGELS AND HEALTH REFORM

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“The most solemn, sacred work ever given to mortals is the proclamation of the first, second, and third angels' messages to our world. Although the health reform is not the third angel's message, it is closely connected with it. Those who proclaim the message should teach health reform also. It is a subject that we must understand, in order to be prepared for the events that are close upon us, and it should have a prominent place. Satan and his agents are seeking to hinder this work of reform, and will do all they can to perplex and burden those who heartily engage in it.” CD 76-7

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### HEAL, TEACH AND LIVE AS AN EXAMPLE

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“Christ's method alone will give true success in reaching the people” MH 143

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### THE FINAL DEMONSTRATION

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### GOD IS TESTING HIS PEOPLE

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“Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world. These are His peculiar people, zealous of good works.” CDF379

“The Lord is proving and testing His people. Angels of God are watching the development of character and weighing moral worth. Probation is almost ended, and you are unready. Oh, that the word of warning might burn into your souls! Get ready! get ready! Work while the day lasts, for the night cometh when no man can work. The mandate will go forth: He that is holy, let him be holy

still: and he that is filthy, let him be filthy still. The destiny of all will be decided. A few, yes, only a few, of the vast number who people the earth will be saved unto life eternal, while the masses who have not perfected their souls in obeying the truth will be appointed to the second death. O Saviour, save the purchase of Thy blood! is the cry of my anguished heart." 2T 401-02

"Those who have come up to every point and stood every test and overcome, be the price what it may, have heeded the counsel of the true witness, and they ~will receive the latter rain, and thus be fitted for translation." IT 187

"Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own.

"It is the privilege of every Christian not only to look for, but to hasten the coming of our Lord Jesus Christ, were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be reaped, and Christ would come to gather the precious grain." COL 69

55

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### HOPE FOR THE TEMPTED

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In order to reach excellency of character, we must realize the value which Christ has placed upon the human race. In the beginning, man was invested with dignity; but he fell through indulgence of appetite. Notwithstanding the great gulf thus opened between God and man, Christ loved the hopeless sinner, and came to our world to bridge the gulf, and unite divine power to human weakness, that in his strength and grace man might wrestle for himself against Satan's temptations, overcome for himself, and stand in his God-given manhood, a victor over perverted appetite and degrading passions. The last words of David to Solomon, then a young man and soon to be honored with the throne of Israel, were, "Be thou strong... and show thyself a man." '1 Kings 2:2

To the weak and tempted one I address the same, "Show thyself a man." I point you to the cross of Calvary. I bid you in the name of Jesus, Look and live. Destroy not yourself. With God's blessing it is possible for you to gain the ascendancy over appetite and debasing passion.

God has made man capable of constant progress in everything that constitutes mental and moral dignity. No other creature of his hand is capable of such advancement. Man can reach an eminence in self-control and dignity that will raise him above the slavery of appetite and passion, where he can stand before God as a man, his name written in the books of heaven.

Let the light of truth shine into the mind of a man, let the love of God be shed abroad in his heart, and we can hardly conceive what he may be or what God can do through him. Though a fallen son of Adam, he may, through the merits of Christ, be an heir of immortality, his thoughts elevated and ennobled, his heart purified, and his conversation in heaven. Think, O, think of the superiority of an intelligent Christian man over a poor votary of sin! Note the difference between man blinded by sin, the victim of his own evil passions, and sunk in vice, and a man reclaimed by the truth of God's word, ennobled by looking to Jesus and believing in him, and becoming a partaker of the divine nature.

Look at the condition of the men who give themselves up to intemperance. Littleness, earthliness, degradation, mark their entire character. This is the result of their evil course. They have been walking in the way of their own heart, and in the sight of their own eyes, and are filled with their own devices. Their wretched homes are a hell, made so by themselves. "Whatsoever a man soweth, that shall he also reap." Gal. 6.7.

Shall these men charm you? Would you sink into ignorance and debasement, and become besotted, like them? Shall the habits and practices of these debased creatures, who bear scarcely a trace of the moral image of God, be your pattern? Is not the picture of their degraded condition enough to make you shun the first step in the same direction? Would you desire to be shut out of heaven with such company?

Let me say to him who is struggling to overcome, God presents before you a strong hope, that you may lay hold on eternal life. Lose no opportunity of becoming a man. When you look at yourself, and realize the strength of temptation, you feel so weak in moral power that you say, "I cannot resist." I tell you, you can resist, you must resist temptation. Although you may have been overcome, although moral debasement may have marked your course, it need not always be thus. Jesus is your helper. In his strength you can overcome the beguiling power of appetite. Summon will-power to your aid.

The will is the governing power in the nature of man. If the will is set right, all the rest of the being will come under its sway. The will is not the taste or the inclination, but it is the choice, the deciding power, the kingly power, which works in the children of men unto obedience to God or to disobedience.

You will be in constant peril until you understand the true force of the will. You may believe and promise all things, but your promises and your faith are of no account until you put your will on the right side. If you will fight the fight of faith with your will-power, there is no doubt that you will conquer.

Your part is to put your will on the side of Christ. When you yield your will to his, he immediately takes possession of you, and works in you to will and to do of his good pleasure. Your nature is brought under the control of his Spirit. Even your thoughts are subject to him. If you cannot control your impulses, your emotions, as you may desire, you can control the will, and thus an entire change will be wrought in your life. When you yield up your will to Christ, your life is hid with Christ in God. It is allied to the power which is above all principalities and powers. You have a strength from God that holds you fast to his strength; and a new life, even the life of faith, is possible to you.

You can never be successful in elevating yourself, unless your will is on the side of Christ, co-operating with the Spirit of God. Do not feel that you cannot; but say, "I can, I will." And God has pledged his Holy Spirit to help you in every decided effort.

Every one of us may know that there is a power working with our efforts to overcome. Why will not men lay hold upon the help that has been provided, that they may become elevated and ennobled? Why do they degrade themselves by the indulgence of perverted appetite? Why do they not rise in the strength of Jesus, and be victorious in his name? The very feeblest prayer that we can offer,

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Jesus will hear. He pities the weakness of every soul. Help for everyone has been laid upon Him who is mighty to save. I point you to Jesus Christ, the sinner's Saviour, who alone can give you power to overcome on every point.

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Heaven is worth everything to us. We must not run any risk in this matter. We must take no venture here. We must know that our steps are ordered by the Lord. May God help us in the great work of overcoming. He has crowns for those that overcome. He has white robes for the righteous. He has an eternal world of glory for those who seek for glory, honor, and immortality. Every one who enters the city of God will enter it as a conqueror. He will not enter it as a condemned criminal, but as a son of God. And the welcome given to every one who enters there will be, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.' Matt. 25.54.

Gladly would I speak words that would aid such trembling souls to fasten their grasp by faith upon the mighty Helper, that they might develop a character upon which God will be pleased to look. Heaven may invite them, and present its choicest blessings, and they may have every facility to develop a perfect character; but all will be in vain unless they are willing to help themselves. They must put forth their own God-given powers, or they will sink lower and lower, and be of no account for good, either in time or in eternity.

One who is weakened, and even degraded by sinful indulgence, may become a son of God. It is in his power to be constantly doing good to others, and helping them to overcome temptation; and in so doing he will reap benefit to himself. He may be a bright and shining light in the world, and at last hear the benediction, "Well done, good and faithful servant," from the lips of the King of Glory.

Chapter from Christian Temperance and Bible Hygiene by Ellen G. White, 1890

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