

About the First Health Publication “How to Live” 1865

“Because these [Non-Adventist] writers were contemporary with Ellen White many think she copied her ideas from them. She was asked this question. “Did you receive your views upon health reform before visiting the health Institution at Dansville, N.Y., or before you read works upon this subject?”

“This was her reply: “It was at the house of Brother A. Hilliard, at Otsego, Michigan, June 6, 1863, that the great subject of Health Reform was opened before me in a vision. I did not visit Dansville till August, 1864, fourteen months after I had the view. I did not read any works upon health until I had written “Spiritual Gifts.” Vol. III and IV. “Appeal to Mothers,” and had sketched out most of my six articles in the six members of “How to Live,” and I did not know that such a paper existed as the Laws of Life, published at Dansville, New York. I had not heard of the several works upon health written by Dr. J. C. Jackson, and other publications at Dansville, at the time I had the view named above.

“As I introduced the subject of health to friends where I labored in Michigan, New England, and in the State of New York, and spoke against drugs and flesh meats, and in favor of water, pure air, and a proper diet, the reply was often made, “You speak very nearly the opinions taught in the Laws of Life, and other publications, by Doctors Trall, and others. Have you read that paper and those works? My reply was that I had not, neither should I read them till I had fully written out my views, lest it should be said that I had received my light upon the subject of health from physicians and not from the Lord.

Reformers in Many Denominations:

David Paulson, M. D. wrote in the “Signs of the Times” (Harvest Ingathering number, 1915) “Nearly all great religious reformers were also health reformers - John Wesley (Methodist), Sylvester Graham (Presbyterian), the founder of Oberlin College of the Congregational Church - Like all reformers, they met with opposition; for remember, if you have no opposition you are no reformer.

No doubt God committed those vital health and temperance truths to the stewardship of these three great denominations, first of all because they needed them, and second because the world needed them as part of their preparation to enable them to live through the perils of the last days, when sickness and suffering shall become almost universal.”

Light Given to the Adventists; From the Lord:

When the light of health reform came to the Seventh Day Adventist people they had already made strides in eliminating tobacco and liquor from the congregation and were ardent workers for the cause of Christian Temperance. Mrs. White herself writes. “When the message of health reform first came to me, I was weak and feeble, subject to frequent fainting spells. I was pleading with God for help and He opened before me the great subject of health reform. (9T 158.9) Again she writes, “I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it, it was given me by the Lord to give

to others." C. D. F. 493. "I was astonished at the things shown me in vision, many things came directly across my own ideas." M. S. 149.

One of her historians states. "The information that came to Mrs. White from the Author of truth was bound to be an agreement with such truths as had been discovered by others." (Story of Our Health Message, by Doris Robinson) p. 73.

Visit to Battle Creek, Michigan.

(By invitation I visited this beautiful and flourishing little city, and gave a course of nine lectures in the church of the Seventh-Day Adventists. I found the people of this denomination better posted and more progressive in the principles of health reform than those of any other religious organization, which I have ever had the pleasure of meeting with, or talking to; and when I assure the reader that the church was well filled on Sunday evening, and at two and seven P.M. on Monday, Tuesday, Wednesday and Thursday following, he will readily understand the interest that was generally manifested. On Thursday afternoon I spoke to ladies exclusively, and had an audience of four or five hundred. After the lecture I examined and prescribed for a large number of patients.

The members of the Society have already excluded alcohol, tobacco, tea and coffee, from their "habits:" many of them are vegetarians, and all of them seem to be investigating the dietetic question with the view of "proving all things and holding fast that which is good." On the dress reform question, the Society is in advance of all others, so far as our acquaintance extends, and Mrs. Ellen G. White wife of Elder James White, has written an able tract in favor of it. - R. T. Trall, M. D. THE HEALTH REFORMER, Battle Creek, Michigan, July, 1863.

In Harmony with Others

"And after I had written my six articles for "How to Live" then searched the various works on hygiene, and was surprised to find them so nearly in harmony with what the Lord had revealed to me. And to show this harmony, and to set before my brethren and sisters the subject as brought out by able writers, I determined to publish "How to Live," in which I largely extracted from the works referred to." R & H Oct. 7, 1867.

Elder J. H. Waggoner writing in the same number of the Review and Herald, the Church organ, said, "We do not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land. But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and is thereby producing an effect which we could not have looked for from any other means.

"As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence, but when placed on a level with the great truths of the third angels message by the sanction, and authority of God's spirit, and so declared to be the means whereby a weak people be made strong to overcome, and our diseased bodies

cleansed and fitted for translation, then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our own peril.”

“The work of health reform is the Lords’ means for lessening suffering in our world and for purifying His church. C. H. 443.

“The Lord has been sending us line upon line and if we reject these principles, we are not rejecting the messenger who teaches them, but the One who has given us the principles.” C. H. 48.

In Love and Pity

Later Mrs. White wrote, “Our gracious heavenly Father sees the deplorable condition of men, who, some knowingly but many ignorantly, are living in violation of the laws that He has established. And in LOVE and pity to the race, He causes the light to shine upon health reform. He publishes HIS LAW and the penalty that will follow the transgression of it, that all may learn and be careful to live in harmony with Natural Laws, 3 T 161.

“The Lord has made it a part of His plan that man’s reaping shall be according to his sowing.” H. L. 18.

“Let it be made plain that the way of God’s commandments is the way of life.” M. H. 114. To transgress His law, physical, mental, or moral is to place one’s self out of harmony with the universe, to introduce discord, anarchy, ruin.” M. M. 10. “The same power that upholds nature is working also in man. The same great laws that guide alike the star and the atom, control human life. The laws that govern the heart’s action, regulating the flow of the current of life to the body, are the laws of the mighty Intelligence that has the jurisdiction of the soul.” Ed. 99.

The Cause of Disease

Giving the Cause of Disease in man she stated, “Many marvel that the human race has so degenerated, physically, mentally, and morally. They do not understand that it is the violation of God’s constitution and laws, and the violation of the laws of health, that has produced this sad degeneracy. Sp. G #4 p.120.

“This state of things is not the work of providence, but the work of man; it has been brought about by wrong habits, and abuses, by violating the laws that God has made to govern man’s existence. 3 T 138, 9.

“Since the fall in Eden, the race has been degenerating. Deformity, imbecility, and human suffering have been pressing heavier and heavier upon each successive generation since the fall, and yet the masses are asleep as to the real cause. They do not consider that they themselves are guilty, in a great measure, for this deplorable state of things.” (Disease and Its Causes - p. 3)

“The human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied HOW TO LIVE healthfully, and their transgression of the laws of their being has produced a deplorable state of things. The people have seldom accredited their sufferings to the true cause - their own wrong course of action.” (ibid p. 51)

In order to live a perfect life, man must live in harmony with those Natural laws which govern his being. Therefore it is of the greatest importance that he know HOW TO LIVE so that his powers of body and mind be exercised to the glory of God." 3 T 163.

"Disease never comes without a cause. The way is first prepared and disease invited by disregarding the laws of health." H. L. 65.

"Sickness is caused by a violation of the laws of health." 3 T 164. "There is a divinely appointed connection between sin and disease - sin and disease bear to each other the relationship of cause and effect." C. H. 325

"When Christ healed disease, He warned many of the afflicted ones, Sin no more lest a worse thing come upon thee! Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience. M. H. 113.

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

"A careful conformity to the laws which God has implanted in our being will insure health and there will not be a breaking down of the constitution . . . God has pledged Himself to keep this machinery in healthful condition if the human agent will obey His laws and cooperate with him" H. L. 22.

"There are divinely appointed rules, which, if observed will keep human beings from disease and premature death." M. M. 49. "Christ has been the guide and teacher of Ancient Israel, and He taught them that health is the reward of obedience to the laws of God. The Great Physician who healed the sick in Palestine had spoken from the cloud telling them what they must do, and what God would do for them. "If thou wilt harken to the voice of the Lord thy God, 'He said' and wilt do that which is right in His sight, and wilt give ear to his commandments I will put none of these diseases upon thee - for I am the Lord that healeth thee! Ex.15:26. Christ gave to Israel definite instructions in regard to their habits of life, and He assured them. "The Lord will take away from thee all sickness. `Deut.7:15. When they fulfilled the conditions, the promise was verified to them. There was not a feeble person among their tribes.' Psalms 105:37.

"These lessons are for us. There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to his laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul. And we should teach others how to preserve and recover health. For the sick, we should use the remedies which God has provided in nature, and we should point them to Him Alone Who can restore." D. A. 824.

The Action of Disease

There was much published on the cause of disease and the results of using drugs. The simplicity of God's methods for cure and the principles of the power of the will as an aid to gaining health. But the greatest fact presented was the revelation of the cause and purpose of disease action itself; a truth discovered and brought out by others, but made so plain by the inspired pen of Mrs. White.

Dr. Trall had written in 1851. "Disease is the life principle at war with an enemy. It is the defender and protector of the living organism. It is a process of purification. It is an effort to remove foreign and offensive materials from the system, and repair damage the vital machinery has suffered."

Mrs. White taught that the cause of disease was the violation of natural law. And that "Satan triumphs in the ruinous work he causes by leading the human family to indulge in habits which destroy themselves . . . Sp. G. #4 p. 146. "Sickness suffering and death are the works of an antagonistic power. Satan is the destroyer: God is the restorer." M. M. 11.

Gospel in Illustration

Though sin is the transgression of the law, (Satan tempts to sin) and the `wages of sin is death," Jesus came to save us from the penalty. "The medical missionary work is the gospel in illustration. C. H. 524. Satan tempts man to indulge his appetites and passions thus bringing sickness upon himself, by violation the laws of health that God has ordained. Yet in love God saves us from the results of our transgressions by an effort of our vital powers to remove impurities through the various channels of depuration.

The disease itself is "an effort of nature (or God) to free the system from condition that result from a violation of the laws of health." M. H. 127.

"Christ is life itself. He - is the Source of all vitality." 6 T 230.

Text "In Him we live and move and have our being" Acts 17:28.

Christ the Healer

The scripture says, "I am, the Lord, that healeth thee." Exodus 15:26 "He it is who healeth all thy diseases" Psa. 103:3. M. H. 113.

"God is the restorer." M. M. 11. "God ALONE is the one who can heal. Those whose minds and bodies are diseased are to be behold in Christ the restorer. M. H. 243.4.

"Jesus came to destroy the works of the devil." D. A. 270. "Because I live," He says "ye shall live also." This is the life we are to present to the sick telling them that if they have faith in Christ as the restorer, if they cooperate with Him, obeying the laws of health - He will impart to them His life. - this is the true science of healing for body and soul. M. H. 244.

"The risen Christ, who is now set down on the throne at the right hand of the Father, is the mighty Healer. Look to Him for healing power." M. M. 116.

"Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity. M. H. (226).

Traditions and customs have become so interwoven with the belief of the medical profession that physicians need to be taught the very first principles of the way of the Lord. The physician ministers to the body in healing, yet all the work is the Lord's." M. M. 119. Connection with God is everything. What the physician aims to do, Christ accomplishes in the fullest sense. The physician labors with Zeal to prolong life. Christ is the giver of life.

Who has endowed the physician with reason and intelligence? He who is the truth and the life. He applies the balm in Gilead. He is the great restorer." M. M. 150.

"Through the agencies of nature God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life giving power is from Him. When one recovers from disease, it is God who restores him." C. H. 168. He works through the laws of nature, using them as His instrument. They are not self acting. Nature in her work testifies of the intelligent presence and active agency of a being who moves in all things according to His Will." M. H. 116.

"God has laws that He has instituted, but they are only the agencies through which He effects results.' ST 257,8. "The power working through these agencies is the power of God." C. H. 168. "Nature is God's physician." M. H. 263,4. "Let the physician teach the people that restorative power is - in Nature." M. H. 127.

"Disease is an effort of nature to free the system from conditions caused by a violation of the laws of health." M.H. 127.

Nature's Effort:

Nature bears abuse as long as she can without resisting then she arouses and makes a mighty effort to rid herself of incumbrances, and evil treatment she has suffered. Then come chills, fevers nervousness, paralysis, and other evils too numerous to mention." 2 T 69.

"Impurities are taken - into the blood, and forced upon the internal organs. Nature to relieve herself of poisonous impurities, "makes an effort" to "free the system," which effort produces fevers, and what it termed 'disease.' Sp. G #4 p. 140.1.

"Powerful remedies are often administered which fetter nature in her friendly efforts to recover the abuse the system has suffered." H to L 51. "Nature alone possesses curative powers. Medicine has no power to cure, but will most generally hinder nature in her efforts. She after all must do the work of restoring." Sp. S #4 p. 136. Nature alone possesses restorative powers. She alone can build up her exhausted energies and repair injuries she has received by inattention to her fixed laws." H. L. 63.

The "Hidden Artist":

As one physician so ably put it, "and thus, the healing power of nature . . . and disease turn out to be one and the same thing."

"The healing principle is always in the living system itself. All living organisms are self-constructing, and self-repairing. The only power that can heal is the power that repairs; the only power that can repair is the power that produces, the power that now produces, repairs, heals, etc., is the power that originally produced. The power that produced the organism is in it to maintain it. The 'HIDDEN ARTIST' that made and fashioned the organism is always on hand to continue its work in growth and repair and in function.

“Disease is a process of purification and reparation. It is not an enemy of the vital powers but a “struggle of the vital powers.” themselves in self defense. Disease is not the thing to be removed, expelled and destroyed, or killed. It is not a thing, but an action; not an enemy, but a process; not an enemy at war with the living organism, but a remedial effort - an action to be cooperated with.”

Mrs. White, (When improper foods are used) “the system is not able to resist disease, in its original God given power is a healer. It is God who has made the provision that nature shall work to restore the exhaustive powers. The power is of God. He is the great Healer.” M. M. 11, 12.

Christ’s Methods Cleanse:

“Shall physicians continue to resort to drugs which leave deadly evil in the system, to destroy that life which Christ came to restore? Christ’s remedies cleanse the system.” MS 65 1899.

Disease being the cure what folly to use drugs to stop the cure. God’s method is to aid nature in her work by the “common blessings of heaven,” pure air, water etc.

“In the case of sickness, the cause should be ascertained, unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her efforts to expel impurities and to re-establish right conditions in the system.” M. H. 127.

“The Lord will be the helper of every physician who will work together with Him in the effort to restore suffering humanity to health, not with drugs, but with nature’s remedies. Christ is the great physician, the wonderful Healer. He gives success to those who work in partnership with Him.” Letter 142, 1902.

“Drug medication should never have been introduced into our institutions. There was no need of this being so, and for this reason; the Lord would have us establish an institution where He can come in and where His grace and power can be revealed.” M. S. 105. 1898.

There is no necessity to search for some mysterious science to soothe the sick. We already have the science that gives real rest - the science of restoration, the science of a living faith in a living Saviour.” M. M. 117. The Lord has marked out a way in which his people are to carry forward a work of physical healing.” M. M. 14. “As our work has extended, and institutions have been multiplied, God’s purpose in their establishment remains the same.” 6 T 224.

Patients Educated:

James White wrote in The Healing Reformer magazine, March 1871, “The Health Reform Institute of Battle Creek, Michigan was opened for patients and boarders September 5, 1866. At this institution diseases are treated on hygienic principles. Instructions both theoretical and practical, are given to patients and boarders on the great subject of HOW TO LIVE.

“In the treatment of the sick, no drugs will be given. Those means only will be employed which nature can use in her healing work, such as proper food, water, air, light, exercise, cheerfulness, rest and sleep.”

“Remove the cause, and institute proper habits, and nature will remove obstructions and restore blood, flesh, bone, appetite, impulse, and brain, to a natural healthful condition. But she must have time to do her mysterious, grand and glorious work. She stands guard to ward off disease, and hold up the criminal that is violating the law of life as long as possible. When the sinner turns from his transgressions of natural law, she then goes to work in earnest to repair the damage sin has caused.”

Our heavenly Father does not willingly afflict or grieve the children and men. He is not the author of sickness and death; He is the Source of Life. He would have man live; and he desires them to be obedient to the laws of life and health, that they may live.” G. W. 239.

“He (the physician) knows that the laws of nature as truly as the precepts of the decalogue are divine, and that only by obedience to them can health be recovered and preserved.” M. H. 113.

“All our enjoyment or suffering may be traced to obedience or transgression of natural law. C. D. F. p. 69.

“My son, attend to my words; incline thine ear unto my sayings, Let them not depart from thine eyes; keep them in the midst of thine heart. For they are LIFE unto those that find them, and health to all their flesh.” Prov. 4:20-22.