

# The Medical Missionary Manual

COMPILED FROM THE WRITINGS OF  
ELLEN G. WHITE

A SCHOOL TEXTBOOK AND A WORKING GUIDE  
TO THE TYPE OF MEDICAL MISSIONARY WORK  
DESCRIBED IN THE SPIRIT OF PROPHECY

LARGE PRINT EDITION



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*The Medical Missionary Manual*

*Compiled by the editor of Harvestime Books*

*from the writings of Ellen G. White*

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“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God’s people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message.”

—*Welfare Ministry, 125*

**COMPANION BOOK  
THE BROKEN BLUEPRINT—  
A Brief Guide to the  
Principles and Practices  
of our Educational and Medical Missionary Schools,  
as actually done by our pioneers.  
Many quotations showing how they did it.**

Cover: Infrared photo taken from the space shuttle, Discovery, of the San Francisco Bay Area from a height of 221 mi (356 km). There are millions of people throughout the world who need your help, and are waiting for it.

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—*Welfare Ministry, 125*



# Introduction

In the summer of 1960, the present writer set to work to devise ways and means to conduct a health and medical missionary work in a large West Coast city—a work that would fulfill the blueprint given to the people of God in the Bible and Spirit of Prophecy. Before the year was out, he realized that a clearer understanding was needed of what constitutes the “blueprint” in regard to medical missionary work. Ignorance of the scope and urgency of the work was keeping him from doing the work properly, and it was keeping other Advent believers from starting a similar work elsewhere.

What is included in medical missionary work? Who should be doing it? How should it be carried on? What institutions should be operated within the cities? Which ones should be located only in the country? How important is such a work? Are only the professionals to have a part in it? What remedies are to be used? Which are forbidden? These are all questions that need answers.

This led to research in the Bible and the Spirit of Prophecy. The compiling, arranging, and typing of quotations continued for a full year.

Back in those days, the *Three Volume Index* had not yet been published. There was no laser-disk concordance to help locate passages. The still-later E.G. White CD was far in the future. So, in order to make the compilation as complete as possible, the compiler carefully read through each Spirit of Prophecy health book and typed out everything that would explain the urgency, scope, and methodology of the medical missionary work which God had commanded His people to do in these last days. The study included all the published E.G. White books, plus a number of long-out-of-print publications, such as *Loma Linda Messages*.

When the project was completed, the compiler carefully read through the entire Bible, in order to prepare the last five chapters of the book you now have in hand.

All the collected material was then organized under its logical topics, and the slow work of typing mimeograph stencils began. If you have ever typed a mimeograph stencil, you will know what a task it would be to type two hundred pages of them. Thousands of copies of the first several chapters were mimeographed, as well as three hundred copies of the complete *Manual*. Within a few months, that first edition was completely sold out, but no funds were available for a second print run.

Believing that the seed had been sown and that many would now take hold of genuine medical missionary work, the author moved his family to the Midwest, and there discovered the urgent call in the Spirit of Prophecy to widely circulate the messages of the book, *The Great Controversy*. So work was begun on the *Great Controversy* radio broadcasts, which within the next two years were to go into sixteen states.

More years passed, and it became obvious that *The Medical Missionary Manual* needed to be reprinted. Yet the original stencils were, by that time, no longer useable, and there was no money or time to retype them. Fortunately, one precious copy had been retained. The conviction was heavy that this material must be placed in a clearer typeface and reprinted. Yet, after working all day to support his family and spending much of the evening with his family, there was little time for the task. On one occasion, he knelt before God and wept over the situation.

Then, in the spring of 1977, in a small attic room in Southern Illinois, the present writer rededicated the remainder of his life to doing God's work. The *Great Controversy* broadcasts were begun again, and within a year were broadcasting on four wide-area coverage skywave (satellite reflected) stations.

But a growing insight of many years had become a settled conviction: The printed page would, to the end of time, be more powerful than the spoken word.

So in the summer of 1979, typesetting began on the Sabbath tracts and *The Great Controversy* tracts. It was hoped that work on *The Medical Missionary Manual* would begin soon; but, in the winter of 1979-1980, as the Glacier View Meetings drew near, the urgency of the incoming new theology inroads in our denomination demanded attention, and tracts defending our historic positions began to be typeset.

In the summer of 1980, the printing of those tracts began. Already sixteen *Great Controversy* tracts, twenty Sabbath tracts, and thirty tracts defending historic beliefs had been set in type and were ready for publication. Eventually other tracts were produced, dealing with such topics as loosened standards in regard to wedding rings, music, and Celebrationism in the church.

The task of typesetting *The Medical Missionary Manual* was assigned to a worker, and weeks passed as it was typed into a new computer program. About two months later the task was completed and the material was stored on floppy disks, preparatory to running it through a typesetting process. But then the discovery was made that a totally untranslatable computer program had been used. It was not transferable to any form of typesetting. Time and work had been lost.

A year passed and again we tried to typeset the *Manual*. When it was completed, we found that a poor typing job had been done, and extensive corrections had to be made. This took more time.

At last the book was ready for the printer, but funds were lacking with which to print it in low-cost paperback for widespread circulation among our people.

Portions of the book (chapters on Isaiah 58, drug identification, etc.) were printed in tract format. But still the *Manual* had not been reprinted.

With the exception of *Great Controversy*, there is no book that we have tried to publish with which we encountered so many problems.

We are told that Satan will contest every effort to do the right work in these last days. What are you, dear friend, trying to do for God? How determined are you to resolutely

obey your Bible-Spirit of Prophecy heritage? Be assured that you will meet with difficulties as you attempt to fulfill the will of God for your life. But also know that holy angels will help you. They are recording in the books of heaven that you are loyal to your Creator at a time when a large part of the world is in rebellion. In the midst of all that happens, we can unitedly thank God for His abundant blessings. He alone can provide the inspired seed, plant it in the hearts of men, and bring forth the harvest. He alone can guide and enable, go before, and follow after.

God will always care for, and defend, the Bible and Spirit of Prophecy truths He has given to mankind. If the people of God will but study the Word and obey it, without mingling their own speculations into it, they will be strengthened and helped. Simple obedience, by faith, to God's Word, in the enabling power of Christ is what is needed today.

A number of years ago, we were finally able to print this book, but we later discovered that two pages from the original book (from Chapter 14) had not been typed into the published book. This and other minor problems have been corrected, and we now bring you the best edition yet of this extremely helpful book. In addition, the print size is now much larger.

With respect to its coverage, the *Medical Missionary Manual* is unique in remnant literature. There are compilations dealing with healthful living and natural remedies, but they do not explain the practicalities of carrying on the work, as they are given in the Bible and Spirit of Prophecy.

All you need to do is to read the first three chapters of this *Manual* in order to see that it is a book needed by every Advent believer.

As we uplift, practice, and widely share the messages given in the Inspired Word of God—the Bible and the Spirit of Prophecy, Heaven will cooperate with our efforts. The future may be darkening rapidly among our people and in the world around us, but the pathway before the remnant will ever be bright—as long as they will value, study, and obey His Written Word.

—*uf*

## **THE KEY TO —**

### **SUCCESSFUL MEDICAL MISSIONARY WORK IS FOUND IN MINISTRY OF HEALING, pp. 126 to 128.**

#### **HERE IS PART OF IT —**

**126:1**—Many transgress the laws of health through ignorance, and they need instruction.

**126:2**—A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs.

**126:3-4**—People need to be taught that drugs do not cure disease. [*IMPORTANT: This paragraph explains what drugs do in the body.*]

**127:1**—The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

**127:2**—Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

**127:3-128:4**—We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law.

***Read every word on these three pages carefully, over and over again—until it sinks in. Here you will find the basic healing principles.***

## SECTION ONE

# Origin, Purpose, And Future

**- CHAPTER ONE -****WHY THE MEDICAL MISSIONARY  
AND HEALTH MESSAGE  
WAS GIVEN TO THE REMNANT CHURCH**

*What makes it so important to the lives and work of a people  
keeping the commandments of God and the faith of Jesus  
— and to a world on the brink of destruction?*

**1 - HERE IS THE WORK THAT LIES BEFORE US:  
GO TO ALL THE WORLD WITH THE MESSAGE**

“We are now living in the closing scenes of this world’s history. Let men tremble with the sense of the responsibility of knowing the truth. The ends of the world are come. Proper consideration of these things will lead all to make an entire consecration of all that they have and are to their God . . . The weighty obligation of warning a world of its coming doom is upon us. From every direction, far and near, calls are coming to us for help.”—*Evangelism, 16.*

“We should now feel the responsibility of laboring with intense earnestness to impart to others the truths that God has given for this time. We cannot be

too much in earnest . . . Now is the time for the last warning to be given. There is a special power in the presentation of the truth at the present time; but how long will it continue?—Only a little while. If there was ever a crisis, it is now. All are now deciding their eternal destiny. Men need to be aroused to realize the solemnity of the time, the nearness of the day when human probation shall be ended.”—*Evangelism, 16-17.*

“If diligent effort had been given to the work of making known the truth for this time in the cities that are unwarned, they would not now be as impenitent as they are. From the light that has been given me, I know that we might have had today thousands more rejoicing in the truth if the work had been carried forward as the situation demands, in many aggressive lines.”—*Evangelism, 21.*

“We have no time to lose. The end is near. The passage from place to place to spread the truth will soon be hedged with dangers on the right hand and on the left. Everything will be placed to obstruct the way of the Lord’s messengers, so that they will not be able to do that which it is possible for them to do now. We must look our work fairly in the face, and advance as fast as possible in aggressive warfare.”—*Evangelism, 30-31.*

“Now is the time for the last warning to be given. There is a special power in the presentation of the truth at the present time; but how long will it continue? Only a little while. If there was ever a crisis, it is now.

“All are now deciding their eternal destiny. Men need to be aroused to realize the solemnity of the time, the nearness of the day when human probation shall be ended. Decided efforts should be made to bring

the message for this time prominently before the people. The third angel is to go forth with great power. Let none ignore this work or treat it as of little importance.”—*6 Testimonies*, 16.

**2 - HERE IS A BASIC UNDERLYING PROBLEM:  
HOW TO REACH THE PEOPLE  
AND WIN THEIR CONFIDENCE**

“To reach the people, wherever they are, and whatever their position or condition, and to help them in every way possible—this is true ministry.”—*Ministry of Healing*, 156.

“Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health and life and peace.”—*Ministry of Healing*, 143.

“God’s plan is first to reach the heart.”—*Ministry of Healing*, 157.

“Your success will not depend so much upon your knowledge and accomplishments, as upon your ability to find your way to the heart.”—*Evangelism*, 437.

**3 - THIS BASIC PROBLEM HAS BEEN SOLVED  
— CHRIST SOLVED IT**

“By methods peculiarly His own, He helped all who were in sorrow and affliction.”—*Ministry of Healing*, 23.

“Never was there such an evangelist as Christ. He was the Majesty of heaven, but He humbled Himself to take our nature that He might meet men where they were . . . He went from city to city, from town to town, preaching the gospel and healing the sick.”—*Ministry of Healing*, 22.



**4 - HOW DID CHRIST SOLVE IT?  
— BY MEETING THEIR NEEDS**

“Our Lord Jesus Christ came to this world as the unwearied servant of man’s necessity. He ‘took our infirmities and bare our sicknesses,’ that He might minister to every need of humanity. The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character. Varied were the circumstances and needs of those who besought His aid, and none who came to Him went away unhelped. From Him flowed a stream of healing power, and in body and mind and soul men were made whole.”—*Ministry of Healing, 17.*

“During His ministry, Jesus devoted more time to healing the sick than to preaching . . . He was like a vital current, diffusing life and joy.”—*Ministry of Healing, 19-20.*

“What a busy life He led . . . Wherever He went, He carried blessing.”—*Ministry of Healing, 24.*

“The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace.”—*Ministry of Healing, 20.*

“Just as we trace the pathway of a stream of water by the line of living green it produces, so Christ could be seen in the deeds of mercy that marked His pathway at every step. Wherever He went health sprang up, and happiness followed wherever He passed.”—*Welfare Ministry, 57.*

**5 - SHOULD WE EMPLOY HIS METHOD?  
IT IS THE ONLY METHOD THAT WORKS**

“If ever it has been essential that we understand and follow right methods of teaching and follow the example of Christ, it is now.”—*Evangelism*, 53.

“Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as One who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’ ”—*Ministry of Healing*, 143.

“If you would approach the people acceptably, humble your hearts before God, and learn His ways. We shall gain much instruction for our work from a study of Christ’s methods of labor and His manner of meeting the people.”—*Evangelism*, 53.

“Make Christ’s work your example. Constantly He went about doing good—feeding the hungry and healing the sick. No one who came to Him for sympathy was disappointed.”—*Welfare Ministry*, 53.

“Christ stands before us as a pattern Man, the great Medical Missionary—an example for all who should come after.”—*Welfare Ministry*, 53.

“What, then, is the example that we are to set to the world? We are to do the same work that the great Medical Missionary undertook in our behalf. We are to follow the path of self-sacrifice trodden by Christ.”—*Welfare Ministry*, 54.

“Christ saw the sickness, the sorrow, the want and degradation of the multitudes that thronged His steps . . . Today the same needs exist. The world is in need of workers who will labor as Christ did for the suffering and the sinful.”—*Welfare Ministry*, 54.

“Do you, my brethren and sisters, inquire: What model shall we copy? I do not point you to great and good men, but to the world’s Redeemer. If we would have the true missionary spirit, we must be imbued with the love of Christ; we must look to the Author and Finisher of our faith, study His character, cultivate His spirit of meekness and humility, and walk in His footsteps.”—*Welfare Ministry*, 55.

“The divine commission needs no reform. Christ’s way of presenting truth cannot be improved upon. The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathized with the weary, the heavy laden, the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good. By the good He accomplished, by His loving words and kindly deeds, He interpreted the gospel to men.”—*Welfare Ministry*, 56.

“The union of Christ-like work for the body and Christ-like work for the soul is the true interpretation of the gospel.”—*Welfare Ministry*, 33.

“God calls for thousands to work for Him, not by preaching to those who know the truth for this time, but by warning those who have never heard the last message of mercy. Work with a heart filled with an earnest longing for souls. Do medical missionary work. Thus you will gain access to the hearts of people, and the way will be prepared for a more decided proclamation of the truth.”—*Welfare Ministry*, 57-58.

“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God’s people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body.

The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message.”—*Welfare Ministry, 125.*

“A principle is brought out in this parable (of the good Samaritan) that it would be well for the followers of Christ to adopt. First meet the temporal necessities of the needy and relieve their physical wants and sufferings, and you will then find an open avenue to the heart, where you may plant the good seeds of virtue and religion.”—*Welfare Ministry, 118.*

**6 - BUT DIDN'T JESUS ONLY COMMISSION US  
TO PREACH THE GOSPEL?  
— NO, HE COMMISSIONED US ALSO TO  
MINISTER TO THE SICK AND NEEDY**

“When the Saviour said, ‘Go . . . teach all nations,’ He said also, ‘These signs shall follow them that believe; in My name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.’ The promise is as far-reaching as the commission. Not that all the gifts are imparted to each believer. The Spirit divides ‘to every man severally as He will’ (1 Cor. 12:11). But the gifts of the Spirit are promised to every believer according to his need for the Lord’s work. The promise is just as strong and trustworthy now as in the days of the apostles. ‘These signs shall follow them that believe.’ This is the privilege of God’s children, and faith should lay hold on all that it is possible to have as an endorsement of faith.

“‘They shall lay hands on the sick, and they shall recover.’ This world is a vast lazar house, but Christ came to heal the sick, to proclaim deliverance to the captives of Satan. He was in Himself health and strength. He imparted His life to the sick, the afflicted, those possessed of demons. He turned away none who came to receive His healing power. He knew that those who petitioned Him for help had brought disease upon themselves; yet He did not refuse to heal them. And when virtue from Christ entered into these poor souls, they were convicted of sin, and many were healed of their spiritual diseases, as well as of their physical maladies. The gospel still possesses the same power, and why should we not today witness the same results? Christ feels the woes of every sufferer. When evil spirits rend a human frame, Christ feels the curse. When fever is burning up the life current, He feels the agony. And He is just as willing to heal the sick now as when He was personally on earth. Christ’s servants are His representatives, the channels for His working. He desires through them to exercise His healing power.

“In the Saviour’s manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, ‘Go, wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing.’ John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.

“To many of the afflicted ones who received healing, Christ said, ‘Sin no more, lest a worse thing come unto thee.’ John 5:14. Thus He taught that disease is

the result of violating God's laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator's plan."—*Desire of Ages*, 823-824.

"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 to recover health. For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the Great Healer. We should lay hold on His promise and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength.

"The power of love was in all Christ's healing, and only by partaking of that love through faith, can we be instruments for His work. If we neglect to link ourselves in divine connection with Christ, the current of life-giving energy cannot flow in rich streams from us to the people. There were places where the Saviour Himself could not do many mighty works because of their unbelief. So now, unbelief separates the church from her divine Helper. Her hold upon eternal realities is weak. By her lack of faith, God is disappointed and robbed of His glory.

"It is in doing Christ's work that the church has

the promise of His presence. Go teach all nations, He said; 'and, lo, I am with you alway, even unto the end of the world.' To take His yoke is one of the first conditions of receiving His power."—*Desire of Ages*, 824-825.

**7 - DOES THIS WORK ONLY INVOLVE  
THE HEALING OF DISEASE?  
— IT ALSO INVOLVES A WORK OF EDUCATION  
IN OBEDIENT LIVING.**

"Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if His name can be glorified thereby."—*Counsels on Diet and Foods*, 26.

"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."—*Counsels on Diet and Food*, 43.

"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.' They should ever have the appetite in subjection to the moral and

intellectual organs. The body should be servant to the mind, and not the mind to the body.”—*Counsels on Diet and Foods*, 33.

“Those who choose to be presumptuous, saying, ‘The Lord has healed me, and I need not restrict my diet; I can eat and drink as I please,’ will ere long need, in body and soul, the restoring power of God. Because the Lord has graciously healed you, you must not think you can link yourselves up with the self-indulgent practices of the world. Do as Christ commanded after His work of healing, ‘Go and sin no more.’ John 8:11. Appetite must not be your god.”—*Counsels on Diet and Foods*, 25.

**8 - SINCE WE ARE LIVING SO NEAR  
TO THE SECOND COMING OF CHRIST,  
DO WE HAVE TIME FOR THIS WORK?  
— WE MUST DO IT  
IN ORDER TO PREPARE FOR HIS COMING!**

“God has shown that health reform is as closely connected with the third angel’s message as the hand is with the body. There is nowhere to be found so great a cause of physical and moral degeneracy as a neglect of this important subject. Those who indulge appetite and passion, and close their eyes to the light for fear they will see sinful indulgences which they are unwilling to forsake, are guilty before God.”—*Counsels on Diet and Foods*, 71-72.

“Knowledge must be gained in regards to how we eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature’s law.”—*Counsels on Diet and Foods*, 21.

“God’s people should place themselves where they will grow in grace, being sanctified, body, soul,



and spirit, by the truth. When they 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.”—*Counsels on Diet and Foods*, 34.

“You have stumbled at the health reform. It appears to you to be a needless appendix to the truth. It is not so; it is a part of the truth. Here is a work before you which will come closer and be more trying than anything which has yet been brought to bear upon you . . . You are stumbling over the very blessing which heaven has placed in your path to make progress less difficult.”—*Counsels on Diet and Foods*, 39.

“We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification.”—*Counsels on Diet and Foods*, 45.

“Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right.”—*Counsels on Diet and Foods*, 48-49.

“As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion.”—*Counsels on Diet and Foods*, 59.

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character.”—*Counsels on Diet and Foods*, 59.

“God demands that the appetites 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.”—*9 Testimonies*, 153-154.

“If man will cherish the light that God in mercy gives him upon health reform, he may be sanctified through the truth, and fitted for immortality.”—*Counsels on Diet and Foods*, 70.

**9 - WHAT RELATION SHOULD THE PRINCIPLES  
OF HEALTHFUL LIVING  
HAVE IN OUR MESSAGE TO THE WORLD?  
— IT SHOULD BE AS CLOSE  
AS THE ARM TO THE BODY**

“The health reform, I was shown, is a part of the third angel’s message, and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God’s people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work; one cannot do it for another.”—*Counsels on Diet and Foods*, 74.

“Health reform is to stand out more prominently in the proclamation of the third angel’s message . . . In perfect and complete unity with the gospel ministry, the work of health reform will reveal its God-given power. Under the influence of the gospel, great reforms will be made by medical missionary work. But separate medical missionary work from the gospel, and the work will be crippled.”—*Counsels on Diet and Foods*, 75.

“For years the Lord has been calling the atten-

tion of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of Man.”—*Counsels on Diet and Foods*, 70-71.

“I can see in the Lord’s providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached.”—*Counsels on Diet and Foods*, 76.

“The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things.”—*Counsels on Diet and Foods*, 71.

“He 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 in the kingdom of glory.”—*Counsels on Diet and Foods*, 70.

“It is well, in presenting the truth to unbelievers, first to present some subjects upon which they will agree with us. The principles of health and temperance will appeal to their judgment, and we can from these subjects lead them on to understand the binding claims of the fourth commandment.”—*Counsels on Health*, 545.

“When properly conducted, the health reform is an entering wedge, making way for other truths to reach the heart.”—*Counsels on Health* 434.

**AT THIS TIME?****— YES, IT IS PART OF A BASIC ISSUE  
IN THE GREAT CONTROVERSY:  
OBEDIENCE TO GOD'S LAWS**

“From the very beginning of the great controversy in heaven it has been Satan’s purpose to overthrow the law of God. It was to accomplish this that he entered upon his rebellion against the Creator, and though he was cast out of heaven he has continued the same warfare upon the earth. To deceive men, and thus lead them to transgress God’s law, is the object which he has steadfastly pursued.”—*Great Controversy*, 582.

“The last great conflict between truth and error is but the final struggle of the long-standing controversy concerning the law of God. Upon this battle we are now entering.”—*Great Controversy*, 582.

“Jesus, looking down to the last generation, saw the world involved in a deception similar to that which caused the destruction of Jerusalem. The great sin of the Christian world would be their rejection of the law of God, the foundation of His government in heaven and earth.”—*Great Controversy*, 22.

“The transgression of physical law is the transgression of God’s law. Our Creator is Jesus Christ. He is the author of our being. He has created the human structure. He is the author of physical laws, as He is the author of the moral law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God.”—*Counsels on Diet and Foods*, 43.

“Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God. Therefore He has permit-

ted the light of health reform to shine upon us, that we may see our sin in violating the laws which He has established in our being. All our enjoyment or suffering may be traced to obedience or transgression of natural law . . . 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 law. He proclaims His law so distinctly, and makes it so prominent, that it is like a city set on a hill. All accountable beings can understand it if they will. Idiots will not be responsible. To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord."—*Counsels on Diet and Foods*, 69; *3 Testimonies*, 161.

"We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law."—*Ministry of Healing* 128.

"The progress of reform depends upon a clear recognition of fundamental truth . . . The foundation of all enduring reform is the law of God. We are to present in clear, distinct lines the need of obeying this law. Its principles must be kept before the people."—*Ministry of Healing*, 129.

"I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as clearly connected with the third angel's message as the hand is with the body. The law of ten commandments has been lightly re-

garded by man; but the Lord would not come to punish the transgressors of that law without first sending them a message of warning. The third angel proclaims that message. Had men ever been obedient to the law of ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not be.”—*Counsels on Diet and Foods*, 69.

“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. Yet none should be discouraged at this, or cease their efforts because of it.”—*Counsels on Diet and Foods*, 77.

“We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.”—*Ministry of Healing*, 128.

“Thus genuine medical missionary work is bound up inseparably with the keeping of God’s commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God’s creative work. Its observance is bound up with the work of restoring

the moral image of God in man. This is the ministry which God's people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church."—*6 Testimonies*, 266.

## **- CHAPTER TWO -**

### **THE MESSAGE OF ISAIAH FIFTY-EIGHT TO THE REMNANT CHURCH**

*The blueprint for preparing a people  
for the loud cry and translation*

Within the fifty-eighth chapter of Isaiah is to be found a special message for our people. We would not realize its great importance if Inspiration had not specifically pointed it out to us. And when God through Scripture speaks to our time, we want to give special attention to what He has to say.

Here, within this chapter, are to be found the four specific problems in our church today. The prophet of our day comments on a prophecy for our time that was written centuries ago.

Carefully consider the following principles and their applications, and prayerfully take them to heart in your own life. We are here viewing the basis of the Laodicean problem. Significantly, each one of these four very much-needed changes (if obeyed as they should be obeyed) could in time lead you into serious conflict with your church or your government. This but clearly reflects how critical the situation has become.

It is time to pray and it is time to change our lives—no matter what it costs. Elijah was willing to do

what needed to be done in his day, in each of these four areas; except for divine intervention, it would have cost him his life.

When you and I have come to the point where we are willing to die for our beliefs—beliefs that are at last turning into practices—then the work of God on earth will be finished and Jesus will return.—Friend, let's begin!

### **A SPECIAL CHAPTER FOR GOD'S PEOPLE TODAY**

“The whole of the Fifty-eighth chapter of Isaiah is to be regarded as a message for this time, to be given over and over again.”—*Special Testimonies, Series B, No. 2, page 5.*

“The whole chapter is applicable to those who are living in this period of the earth's history. Consider this chapter attentively; for it will be fulfilled.”—*Manuscript 36, 1897.*

“What saith the Lord in the fifty-eighth chapter of Isaiah? The whole chapter is of the highest importance.”—*8 Testimonies, 159.*

“Many Seventh-day Adventists fail to realize the responsibility which rests upon them to cooperate with God and Christ for the saving of souls. They do not show forth to the world the great interest God has in sinners. They do not make the most of the opportunities granted them. The leprosy of selfishness has taken hold of the church. The Lord Jesus Christ will heal the church of this terrible disease if she will be healed. The remedy is found in the fifty-eighth chapter of Isaiah.”—*Counsels on Stewardship, 85.*

**FIRST, POINT OUT SIN AND PUT IT AWAY  
— STOP VIEWING IT WITH SILENCE**



“Cry aloud, spare not, lift up thy voice like a trumpet, and show My people their transgression, and the house of Jacob their sins.”—*Isaiah 58:1*.

“Our work is to arouse the people. Satan with all his angels has come down with great power, to work with every conceivable deception to counterwork the work of God. The Lord has a message for His people. This message will be borne, whether men will accept or reject it. As in the days of Christ, there will be the deep plottings of the powers of darkness, but the message must not be muffled with smooth words or fair speeches, crying peace, peace, when there is no peace, to those who are turning away from God. ‘There is no peace, saith my God, to the wicked.’ [Isaiah 58:1-2, quoted].”—*Manuscript 36, 1897*.

**SECOND, TREAT OTHERS JUSTLY.  
STOP MISTREATING THEM  
AND USING THEM TO YOUR OWN ADVANTAGE**

“Yet they [apparently] seek Me daily, and delight to know My ways, as a nation that did righteousness, and forsook not the ordinance of their God: They ask of Me the ordinances of justice; they take delight in approaching to God. Wherefore have we fasted, say they, and Thou seest not? Wherefore have we afflicted our soul, and Thou takest no knowledge? [But I say,] Behold, in the day of your fast ye find pleasure, and exact all your labours.

“Behold, ye fast for [purposes of] strife and debate, and to smite with the fist of wickedness: ye shall not [continue to] fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? A day for a man to afflict his soul? Is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? Wilt thou call this a fast, and

an acceptable day to the Lord?”—*Isaiah 58:2-5*.

“My brethren, you need to study more carefully the fifty-eighth chapter of *Isaiah*. This chapter marks out the only course that we can follow with safety . . .

“ ‘Cry aloud, spare not, lift up thy voice like a trumpet, and show My people their transgression, and the house of Jacob their sins.’ Show them where they are making a mistake. Set their danger before them. Tell them of the sins they are committing, while at the same time they pride themselves on their righteousness. Apparently seeking God, they are forgetting Him, forgetting that He is a God of love and compassion, long-suffering and goodness, dealing justly and loving mercy. Worldly policy has come into their business and religious life. Their hearts are not purified through the truth. God looks on their outward ceremonies of humility as a solemn mockery. He regards all religious sham as an insult to Himself.

“The people of whom the prophet spoke made a high profession of piety, and pointed to their fasting and to other external forms as an evidence of their piety. But their deeds were tainted by the leprosy of selfishness and covetousness. They had nothing except that which they had first received from God. He bestowed His goods on them that they might be His helping hand, doing what Christ would do were He in their place, giving a true representation of the principles of heaven.”—*Letter 76, 1902*.

“The outward signs of fasting and prayer, without a broken and contrite spirit, are of no value in God’s sight. The inward work of grace is needed. Humiliation of soul is essential. God looks upon this. He will graciously receive those who will humble their hearts before Him. He will hear their petitions and

heal their backslidings. Ministers and people need the work of purification in their souls, that God's judgments may be turned away from them. God is waiting—waiting for humiliation and repentance. He will receive all who will turn unto Him with their whole hearts.”—*Manuscript 33, 1903.*

“The people here described realize that they have not the favor of God; but instead of seeking His favor in His own way, they enter into a controversy with God. They ask why, since they observe so many ceremonies, the Lord does not give them special recognition. God answers their complaints: ‘Behold, in the day of your fast, ye find pleasure and exact all your labors. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.’ These fasts are only outward show, mere pretense, a mockery of humility. These worshipers, while mourning and lamenting, retain all their objectionable traits of character. Their hearts are not humbled, nor cleansed from spiritual defilement. They have not received the softening showers of the grace of God. They are destitute of the Holy Spirit, destitute of the sweetness of the heavenly influences. They manifest no repentance, nor faith that works by love and purifies the soul. They are unjust and selfish in their dealings, mercilessly oppressing those whom they regard as their inferiors. Yet they charge God with a neglect to manifest His power to them, and exalt themselves above others because of their righteousness. The Lord sends them a message of positive reproof, showing why they are not visited by His grace.”—*Manuscript 48, 1900.*

“[Isaiah 58:1-4, quoted] . . . The house of Jacob, at the time this warning was given to Isaiah, appeared to be a very zealous people, seeking God daily, and

delighting to know His ways; but in reality they were filled with presumptuous self-confidence. They were not walking in the truth. Goodness, mercy, and love were not practiced. While presenting an appearance of sorrow for their sins, they were cherishing pride and avarice. At the very time when they were showing such outward humiliation, they would exact hard labor from those under them or in their employ. They placed a high estimate on all the good that they had done, but a very low estimate on the services of others. They despised and oppressed the poor. And their fasting only gave them a higher opinion of their own goodness.

“There are sins of this same character among us today, and they bring the rebuke of God upon His church. Wherever such sins are found, seasons of fasting and prayer are indeed necessary; but they must be accompanied with sincere repentance and decided reformation. Without such contrition of soul, these seasons only increase the guilt of the wrong-doer. The Lord has specified the fast He has chosen, the one He will accept. It is that which bears fruit to His glory, in repentance, in devotion, in true piety. [Isaiah 58:6-7, quoted].

“In the fast that God has chosen, mercy, tenderness, and compassion will be exercised. Avarice will be put away, and fraud and oppression will be repented of and renounced. All the authority and influence will be used to help the poor and oppressed.”—*Review*, October 13, 1891.

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”—*Isaiah 58:6*.

“The Lord has not given man the work of putting yokes on the necks of His people, binding them in such a way that they are not free to look to Him and to be led and guided by Him. It is not the Lord’s design that His people shall be made amenable to their fellow men, who are themselves wholly dependent on God.”—*Letter 76, 1902.*

**THIRD, MINISTER TO THEIR NEEDS  
WITH COMPASSION AND MERCY**

“Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked that thou cover him; and that thou hide not thyself from thine own flesh?”—*Isaiah 58:7.*

“Of him who walks in the way of life everlasting, using his blessings to bless others, the prophet Isaiah declares: ‘The Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones. And thou shalt be like a watered garden, and like a spring of water, whose waters fail not.’

“These blessings we need. We need the water of life that flows from Jesus Christ, which will be in us a well of water springing up into everlasting life. ‘The Lord shall guide thee continually.’ When we are guided by the Lord, we shall have clear discernment. We shall not call righteousness unrighteousness, nor think that things that the Lord has forbidden are right. We shall understand where the Lord is working.

“Many have not understood this. There are some who I know have been led astray by the enemy. But God wants to make you a partaker of the divine nature. He wants no yoke of human authority on your neck, but that you shall look to Him who is able to save to the uttermost every one that comes to Him in

righteousness and truth. We have no time to tamper with the enemy, for we are very near the close of this earth's history."—*Manuscript 43, 1908.*

"The piety and advanced spiritual knowledge and growth of a church is proportionate to the zeal, piety, and missionary intelligence that has been brought into it, and carried out of it to be a blessing to the very ones who need our assistance the most. Again, I urge you to consider Isaiah 58, which opens a wide and extensive vineyard to be worked upon the lines which the Lord has pointed out. When this is done there will be an increase of moral resources and the church will no more remain almost stationary. There will be blessing and power attending their labor. The selfishness that has bound up their souls they have overcome, and now their light is being given to the world in clear, bright rays of a living faith and godly example. The Lord has His promises for all who will do His requirements."—*Manuscript 14a, 1897.*

"The matter of caring for our aged brethren and sisters who have no homes is constantly being urged. What can be done for them? The light which the Lord has given me has been repeated: It is not best to establish institutions for the care of the aged . . . Nor should they be sent away from home to receive care. Let the members of every family minister to their own relatives. When this is not possible, the work belongs to the church, and it should be accepted both as a duty and as a privilege . . .

"The minister should educate the various families and strengthen the church to care for its own sick and poor . . . Let them deny themselves luxuries and needless ornaments, that they may make the suffering needy ones comfortable. In doing this they prac-

tice the instruction given in the fifty-eighth chapter of Isaiah, and the blessing there pronounced will be theirs.”—*6 Testimonies*, 272.

“We felt that the Lord’s instruction in Isaiah 58 was for us, and that His blessing would attend us in obedience to His Word. All can do something for the needy little ones, by helping to place them in homes where they can be cared for.”—*Welfare Ministry*, 221.

“I have been instructed to refer our people to the fifty-eighth chapter of Isaiah. Read this chapter carefully and understand the kind of ministry that will bring life into the churches. The work of the gospel is to be carried by means of our liberality as well as by our labors. When you meet suffering souls who need help, give it to them. When you find those who are hungry, feed them. In doing this you will be working in lines of Christ’s ministry. The Master’s holy work was a benevolent work. Let our people everywhere be encouraged to have a part in it.”—*Manuscript 7*, 1908.

“I have no fears of workers who are engaged in the work represented in the fifty-eighth chapter of Isaiah. This chapter is explicit, and is enough to enlighten anyone who wishes to do the will of God. There is plenty of opportunity for everyone to be a blessing to humanity. The third angel’s message is not to be given a second place in this work, but is to be one with it. There may be, and there is, a danger of burying up the great principles of truth when doing the work that is right to do. This work is to be to the message what the hand is to the body. The spiritual necessities of the soul are to be kept prominent.”—*Letter 24*, 1898.

“The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how

medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God.”—*Evangelism*, 516-517.

“[Christ declared,] ‘It is written, My house shall be called the house of prayer, but ye have made it a den of thieves.’ Then the Restorer practiced His medical missionary work. ‘The blind and the lame came to Him in the temple, and He healed them.’ The market places, the merchandise stores, need cleansing. Courts of justice, lawyer’s offices, the medical fraternity, need purifying. Shall we say that the medical missionary work needs cleansing? Christ, who came to our world to reveal the Father’s heart of tender compassion, has shown us the methods which Sabbathkeepers are to follow in their work. These are plainly specified in the fifty-eighth chapter of Isaiah. God will not be a party to any dishonest transaction. The soul who keeps the Sabbath is stamped with the sign of God’s government, and he must not dishonor this sign. By closely examining the Word of God, we may know whether we have the King’s mark, whether we have been chosen and set apart to honor God.”—*Medical Ministry*, 123.

“The fifty-eighth chapter of Isaiah is a prescription for maladies of the body and of the soul. If we desire health and the true joy of life, we must put into practice the rules given in this Scripture. Of the service acceptable to Him, and its blessings, the Lord says, [Isaiah 58:7-11] . . .

“If those who are suffering from ill health would forget self in their interest for others; if they would



fulfill the Lord's command to minister to those more needy than themselves, they would realize the truthfulness of the prophetic promise, 'Then shall thy light break forth as the morning, and thine health shall spring forth speedily.'"—*Ministry of Healing, 256, 258.*

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and Thy righteousness shall go before thee; and the glory of the Lord shall be thy rereward [rearward, or, shall follow thee]. Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, 'Here I am.' If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity. And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday. And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones. And thou shalt be like a watered garden, and like a spring of water, whose waters fail not."—*Isaiah 58:8-11.*

"Please read Isaiah 58 . . . This is the special work now before us. All our praying and abstinence from food will avail nothing unless we resolutely lay hold of this work. Sacred obligations are resting upon us. Our duty is plainly stated. The Lord has spoken to us by His prophet. The thoughts of the Lord and His ways are not what blind, selfish mortals believe they are or wish them to be. The Lord looks on the heart. If selfishness dwells there, He knows it. We may seek to conceal our true character from our brethren and sisters, but God knows. Nothing can be hid from Him.

"The fast which God can accept is described. It is to deal thy bread to the hungry and to bring the

poor which are cast out to thy house. Wait not for them to hunt you up and entreat of you a home for themselves. You are to search for them and bring them to your house. You are to draw out your souls after them. You are with one hand to reach up and by faith take hold of the mighty arm which brings salvation, while with the other hand of love you reach the oppressed and relieve them . .

“If you engage in this work of mercy and love, will the work prove too hard for you? Will you fail and be crushed under the burden, and your family be deprived of your assistance and influence? Oh, no; God has carefully removed all doubts upon this question, by a pledge to you on condition of your obedience. This promise covers all that the most exacting, the most hesitating, could crave. ‘Then shall thy light break forth as the morning, and thine health shall spring forth speedily.’ Only believe that He is faithful that hath promised. God can renew the physical strength. And more, He says He will do it. And the promise does not end here. ‘Thy righteousness shall go before thee; the glory of the Lord shall be thy rearward.’ God will build a fortification around thee. The promise does not stop even here. ‘Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am.’ If ye put down oppression and remove the speaking of vanity, if ye draw out your soul to the hungry, ‘then shall thy light rise in obscurity and thy darkness be as the noonday; and the Lord shall guide thee continually, and satisfy thy soul in drought (famine), and make fat thy bones. And thou shalt be like a watered garden, and like a spring of water, whose waters fail not.’ ”—*2 Testimonies*, 33-35.

“We are to put into practice the precepts of the law, and thus have righteousness before us; the

rereward will be God's glory. The light of the righteousness of Christ will be our front guard, and the glory of the Lord will be our rereward. Let us thank the Lord for this assurance. Let us constantly stand in a position where the Lord God of heaven can favor us. Let us consider that it is our high privilege to be in connection with God—to be His helping hand.”—*Notebook Leaflets, No. 23, page 1.*

“Note the inspired promise of the prophet to those who do all in their power to relieve distress, both physical and spiritual [Isaiah 58:8, quoted]. As Christians we are to have a righteousness that shall be developed and seen—a righteousness that represents the character of Jesus Christ when He was in our world.”—*Manuscript 43, 1908.*

“To those who minister to the necessities of the hungry and afflicted, the promise is, ‘Then shall thy light arise in obscurity.’ Many are in obscurity. They have lost their bearings. They know not what course to pursue. Let the perplexed ones search out others who are in perplexity, and speak to them words of hope and encouragement. When they begin to do this work, the light of heaven will reveal to them the path that they should follow. By their words of consolation to the afflicted they themselves will be consoled. By helping others, they themselves will be helped out of their difficulties.”—*Manuscript 116, 1902.*

“As believers in Christ we need greater faith. We need to be more fervent in prayer. Many wonder why their prayers are so lifeless, their faith so feeble and wavering, their Christian experience so dark and uncertain. Have we not fasted, they say, and ‘walked mournfully before the Lord of hosts?’ In the fifty-eighth chapter of Isaiah, Christ has shown how this condi-

tion of things may be changed. He says: 'Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him, and that thou hide not thyself from thine own flesh?' This is the recipe that Christ prescribed for the fainthearted, doubting, trembling soul. Let the sorrowful ones, who walk mournfully before the Lord, arise and help someone who needs help . . .

"To those who have been engaged in this work I would say: Continue to work with tact and ability. Arouse your associates to work under some name whereby they may be organized to cooperate in harmonious action. Get the young men and women in the churches to work. Combine medical missionary work with the proclamation of the third angel's message. Make regular, organized efforts to lift the church members out of the dead level in which they have been for years . . . God's people must realize their great need and peril, and take up the work that lies nearest them.

"With those who engage in this work, speaking words in season and out of season, helping the needy, telling them of the wonderful love of Christ for them, the Saviour is always present, impressing the hearts of the poor and miserable and wretched. When the church accepts its God-given work, the promise is [Isaiah 58:8, quoted]. Christ is our righteousness; He goes before us in this work, and the glory of the Lord follows.

"All that Heaven contains is awaiting the draft of every soul who will labor in Christ's lines. As the mem-

bers of our churches individually take up their appointed work, they will be surrounded with an entirely different atmosphere. A blessing and a power will attend their labors. They will experience a higher culture of mind and heart. The selfishness that has bound up their souls will be overcome. Their faith will be a living principle. Their prayers will be more fervent. The quickening, sanctifying influence of the Holy Spirit will be poured out upon them, and they will be brought nearer to the kingdom of heaven.”—*6 Testimonies, 266-268.*

**FOURTH, GIVE THE FINAL MESSAGE  
THAT THE WORLD SO MUCH NEEDS**

“And they that shall be of thee shall build the old waste places. Thou shalt raise up the foundations of many generations. And thou shalt be called, The repairer of the breach, the restorer of paths to dwell in. If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day, and call the Sabbath a delight, the holy of the Lord, honourable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord, and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.”—*Isaiah 58:12-14.*

“Here are given the characteristics of those who shall be reformers, who will bear the banner of the third angel’s message, those who avow themselves God’s commandment-keeping people, and who honor God, and are earnestly engaged, in the sight of all the universe, in building up the old waste places. Who is it that calls them, ‘the repairers of the breach, the restorers of paths to dwell in?’—It is God. Their names

are registered in heaven as reformers, restorers, as raising the foundations of many generations.”—*Review, October 13, 1891.*

“As the end approaches, the testimonies of God’s servants will become more and more decided and more powerful, flashing the light of truth upon the systems of error and oppression that have so long held the supremacy. The Lord has sent us messages for this time, to establish Christianity upon an eternal basis; and all who believe present truth must stand, not in their own wisdom but in God, and raise up the foundation of many generations. These will be registered in the books of heaven as repairers of the breach, the restorers of paths to dwell in. We are to maintain the truth because it is truth, in the face of the bitterest opposition. God is at work upon human minds; it is not man alone that is working. The great illuminating power is from Christ; the brightness of His example is to be kept before the people.”—*Letter 1f, 1890.*

“The work specified in these words [Isaiah 58] is the work God requires His people to do. It is a work of God’s own appointment. With the work of advocating the commandments of God and repairing the breach that has been made in the law of God, we are to mingle compassion for suffering humanity. We are to show supreme love to God; we are to exalt His memorial, which has been trodden down by unholy feet; and with this we are to manifest mercy, benevolence, and the tenderest pity for the fallen race. ‘Thou shalt love thy neighbor as thyself.’ As a people we must take hold of this work. Love revealed for suffering humanity gives significance and power to the truth.”—*Special Testimonies, series A, No. 10, pages 3-4.*

“I cannot too strongly urge all our church mem-

bers, all who are true missionaries, all who believe the Third Angel's Message, all who turn away their feet from the Sabbath to consider the message of the fifty-eighth chapter of Isaiah. The work of beneficence enjoined in this chapter is the work that God requires His people to do at this time. It is a work of His own appointment. We are not left in doubt as to where the message applies, and the time of its marked fulfillment, for we read: 'They that shall be of thee shall build the old waste places. Thou shalt raise up the foundations of many generations and thou shalt be called, the repairer of the breach, the restorer of paths to dwell in.' God's Memorial, the seventh-day Sabbath, the sign of His work in creating the world, has been displaced by the man of sin. God's people have a special work to do in repairing the breach that has been made in His law; and the nearer we approach the end, the more urgent this work becomes. All who love God will show that they bear His sign by keeping His commandments. They are the restorers of paths to dwell in. The Lord says: 'If thou turn away thy foot from the Sabbath, from doing thy pleasure on My Holy day, and call the Sabbath a delight . . . then shalt thou delight thyself in the Lord, and I will cause thee to ride upon the high places of the earth.' Thus genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great Memorial of God's creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God's people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church."—*6 Testimonies*, 265-266.

"In the fifty-eighth chapter of Isaiah is outlined

the work which God's people are to do. They are to magnify the law and make it honorable, to build up the old waste places, and to raise up the foundations of many generations. To those who do this work, God says [Isaiah 58:12-14, quoted] . .

“The Sabbath question is to be the issue in the great final conflict in which all the world will act a part . . Each Sabbath institution bears the name of its author, an ineffaceable mark that shows the authority of each. It is our work to lead the people to understand this. We are to show them that it is of vital consequence whether they bear the mark of God's kingdom or the mark of the kingdom of rebellion, for they acknowledge themselves subjects of the kingdom whose mark they bear. God has called us to uplift the standard of His down-trodden Sabbath. How important, then, that our example in Sabbathkeeping should be right.”—*6 Testimonies*, 352-353.

“Many in the church are represented to me as seeing men like trees walking. They must have another and deeper experience before they discern the snares spread to take them in the net of the deceiver. There must be no halfway work done now. The Lord calls for staunch, decided, whole-souled men and women to stand in the gap, and make up the hedge [Isaiah 58:12-14, quoted].

“There is a decided testimony to be borne by all our ministers in all our churches. God had permitted apostasies to take place in order to show how little dependence can be placed in man. We are always to look to God; His work is not yea and nay, but yea and amen.”—*Notebook leaflets*, No. 19, pages 2-3.

“The union that should exist between the medical missionary work and the ministry is clearly set



forth in the fifty-eighth chapter of Isaiah. There is wisdom and blessing for those who will engage in the work as presented. This chapter is explicit, and there is in it enough to enlighten anyone who wishes to do the will of God. It presents abundant opportunity to minister to suffering humanity, and at the same time to be an instrument in God's hands of bringing the light of truth before a perishing world. If the work of the third angel's message is carried on in right lines, the ministry will not be given an inferior place, nor will the poor and sick be neglected. In His Word God has united these two lines of work, and no man should divorce them."—*Counsels on Health*, 514-515.

"Where do we find the people who are thus addressed? Who is it that shall build the old waste places, and raise up the foundations of many generations? Where are the people who have had light from heaven to see that a breach has been made in the law of God?

"In the Revelation, John says, 'the temple of God was opened in heaven, and there was seen in His temple the ark of His testament' (Rev. 11:19). John saw in vision the Lord's people looking for His coming and searching for truth. As the temple of God was opened unto His people, the light of the law of God, which was in the ark, shone forth. Those who receive this light are brought to view in the proclamation of the third angel's message.

"This angel is seen flying in the midst of heaven, 'saying with a loud voice, if any man worship the beast and his image, and receive his mark in his forehead or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation . . . Here is the patience of the saints: Here are they that keep the command-

ments of God and the faith of Jesus.’

“This is the people that are repairing the breach in the law of God. They see that the Sabbath of the fourth commandment has been supplanted by a spurious sabbath, a day that has no sanction in the Word of God. Amid great opposition they become loyal to their God, and take their position under the standard of the third angel.”—*Manuscript 48, 1900.*

“The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God.”—*Evangelism, 516-517.*

### **- CHAPTER THREE -**

## **THE FUTURE OF MEDICAL MISSIONARY WORK**

### *The blueprint for finishing the work*

#### **1 - GOD IS WAITING FOR IT TO BE TAKEN UP**

**NO CHANGE IN THE MESSAGES**—“There is no change in the messages that God has sent in the past. The work in the cities is the essential work for this time. When the cities are worked as God would have them, the result will be the setting in operation of a mighty movement such as we have not yet witnessed.”—*Medical Ministry, 304.*

**EVERY TRUE REFORM HAS ITS PLACE**—“Every true reform has its place in the work of the third angel’s message. Especially does the temperance reform demand our attention and support.”—*Counsels on Health*, 433.

**LOOKING FOR HIS SOON APPEARING**—“Sabbath-keepers who are looking for the soon appearing of their Saviour should be the last to manifest a lack of interest in this great work of (health) reform. Men and women must be instructed, and ministers and people should feel that the burden of the work rests upon them to agitate the subject, and urge it home upon others.”—*1 Testimonies*, 489.

**THE LONG NEGLECTED WORK: THE LAST CALL TO THE SUPPER**—“Again and again the Lord has pointed out the work which the church in Battle Creek and those all through America are to do. They are to reach a much higher standard in spiritual advancement than they have yet reached. They are to awake out of sleep, and go without the camp, working for souls that are ready to perish. The medical missionary workers are doing the long-neglected work which God gave to the church.”—*8 Testimonies*, 70-71.

**THE ONLY WORK THAT WILL SOON BE DONE**—“My heart is made sad as I look at our churches, which ought to be connected in heart and soul and practice with the medical missionary work . . . I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.”—*Counsels on Health*, 533.

**WHY IT IS YET IN ITS INFANCY**—“Medical missionary work is yet in its infancy. The meaning of genuine medical missionary work is known by but few. Why?—Because the Saviour’s plan of work has not

been followed. God's money has been misapplied."—*A Call to Medical Evangelism* 10.

**THE NEW ELEMENT THAT IS NEEDED**—"A new element needs to be brought into the work. God's people must receive the warning, and work for souls right where they are . . . As He (Christ) went from place to place He blessed and comforted the suffering and healed the sick. The reason that the Lord does not manifest His power more decidedly is because there is so little spirituality among those who claim to believe the truth."—*Medical Ministry*, 319.

**THE WORK TO BE DONE**—"There is a work to be done by our churches that few have any idea of. 'I was an hungered,' Christ says, 'and ye gave me meat; I was thirsty, and ye gave me drink; I was a stranger, and ye took me in; naked, and ye clothed me; I was sick, and ye visited me . . . There is a work, as yet untouched, that must be done. The mission of Christ was to heal the sick, encourage the hopeless, bind up the broken-hearted. This work of restoration is to be carried on.'"—*A Call to Medical Evangelism*, 22-23.

**MANY WILL BE WAITING**—"I was shown God's people waiting for some change to take place,—a compelling power to take hold of them. But they will be disappointed, for they are wrong. They must act; they must take hold of the work themselves, and earnestly cry to God for a true knowledge of themselves. The scenes which are passing before us are of sufficient magnitude to cause us to arouse, and urge the truth home to the hearts of all who will listen. The harvest of the earth is nearly ripe."—*1 Testimonies*, 261.

**SOMEONE MUST FULFILL THE COMMISSION**—"Why has it not been understood from the Word of God that the work being done in medical missionary

lines is a fulfillment of the Scripture. [So that servant came, and shewed his lord these things. Then the master of the house being angry said to his servant] 'Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind. The servant said, Lord, it is done as thou hast commanded, and yet there is room. And the Lord said unto the servant, Go out into the high-ways and hedges, and compel them to come in, that my house may be filled.' This is a work that the churches in every locality, north and south and east and west, should do. The churches have been given the opportunity of answering this work. Why have they not done it? Someone must fulfill the commission."—*Review and Herald, May 25, 1897.*

**NOW IS THE TIME FOR IT TO BE DONE**—"We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease . . . The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths."—*7 Testimonies, 62.*

**IT WILL BE DONE**—"We should feel deeply over these things, for they are true. We should have a high estimate of truth and of the value of souls. Time is short, and there is a great work to be done. If you feel no interest in the work that is going forward, if you will not encourage medical missionary work in the churches, it will be done without your consent; for it is the work of God, and it must be done. My brethren and sisters, take your position on the Lord's side and be earnest, active, courageous co-workers with Christ, laboring with Him to seek and save the lost."—*8 Testimonies, 75.*

**AGENTS AND INSTITUTIONS WILL BE RAISED UP**—“Thus saith the Lord: ‘Buildings will give character to My work only when those who erect them follow My instruction in regard to the establishment of institutions. Had those who have managed and sustained the work in the past always been controlled by pure, unselfish principles, there never would have been the selfish gathering of a large share of My means into one or two places. Institutions would have been established in many localities. The seeds of truth, sown in many more fields, would have sprung up and borne fruit to My glory. Places that have been neglected are now to receive attention. My people are to do a sharp, quick work. Those who with purity of purpose fully consecrate themselves to Me, body, soul, and spirit shall work in My way and in My name. Everyone shall stand in his lot, looking to Me, his Guide and Counselor. I will instruct the ignorant, and anoint with heavenly eyesalve the eyes of many who are now in spiritual darkness. I will raise up agents who will carry My will to prepare a people to stand before Me in the time of the end. In many places that before this ought to have been provided with sanitariums and schools, I will establish My institutions, and these institutions will become educational centers for the training of workers.’ ”—*Counsels on Health*, 226-227.

**A CHARACTER TO FORM**—“Let no one think that he can do as he pleases in the matter of diet. But before all who sit at the table with you, let it appear that you follow principle in the matter of eating—as in all matters—that the glory of God may be revealed. You cannot afford to do otherwise; for you have a character to form for the future immortal life.”—*Counsels on Diet and Foods*, 34.

**CLOSER AND MORE TRYING**—“Said the angel, ‘Ab-

stain from fleshly lusts which war against the soul.' You have stumbled at the health reform. It appears to you to be a needless appendix to the truth. It is not so; it is a part of the truth. Here is a work before you which will come closer and be more trying than anything which has yet been brought to bear upon you. While you hesitate and stand back, failing to lay hold upon the blessing which it is your privilege to receive, you suffer loss. You are stumbling over the very blessing which heaven has placed in your path to make progress less difficult."—*Counsels on Diet and Foods*, 39.

**HE CANNOT SUSTAIN HIS SERVANTS IN SIN—**

"The Lord has given His people a message in regard to health reform. This light has been shining upon their pathway for thirty years; and the Lord cannot sustain His servants in a course which will counteract it. He is displeased when His servants act in opposition to the message upon this point, which He has given them to give to others. Can He be pleased when half the workers laboring in a place, teach that the principles of health reform are as closely allied with the third angel's message as the arm is to the body, while their co-workers, by their practice, teach principles that are entirely opposite? This is regarded as a sin in the sight of God."—*Counsels on Diet and Foods*, 38.

**UNFITTED TO ACCOMPLISH THE WORK—**

"The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do."—*Counsels on Diet and Foods*, 49.

**NOT POSSIBLE TO GLORIFY GOD—**

"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 lustful appetite is indulged.”—*Counsels on Diet and Foods*, 44.

**SANCTIFICATION AND PERFECTION IMPOSSIBLE**—“A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible. The apostle understood the importance of the healthful conditions of the body for the successful perfection of Christian character.”—*Counsels on Diet and Foods*, 44.

## **2 - IT WILL SHAKE AND PURIFY THE CHURCH**

**FOR OUR SALVATION AND THE SALVATION OF THE WORLD**—“The light God has given on health reform is for our salvation and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place, and over which He desires us to be faithful stewards. ‘For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people.’ ”—*Welfare Ministry*, 130-131.

**TO LESSEN SUFFERING AND PURIFY HIS PEOPLE**—“We have been given the work of advancing health reform. The Lord desires His people to be in harmony with one another. As you must know, we shall not leave the position in which, for the last thirty-five years, the Lord has been bidding us stand. Beware how you place yourself in opposition to the work of health reform. It will go forward; for it is the Lord’s means of lessening the suffering in our world, and of purifying His people.”—*Medical Ministry*, 279.

**TO LESSEN SUFFERING AND PURIFY HIS CHURCH**—“The work of health reform is the Lord’s



means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand by cooperating with the Master Worker in restoring physical and spiritual health."—*9 Testimonies, 112-113.*

**BACKSLIDING HAS BROUGHT GREAT LACK—**

"The failure to follow sound principles has marred the history of God's people. There has been a continual backsliding in health reform, and as a result, God is dishonored by a great lack of spirituality. Barriers have been erected which would never have been seen had God's people walked in the light."—*Counsels on Diet and Foods, 33.*

**REGAINING EDEN—**"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion."—*Counsels on Diet and Foods, 59.*

**IF THEY HAD CONQUERED ON THIS POINT—**"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome."—*Counsels on Diet and Foods, 59.*

**IT IS IMPOSSIBLE—**"It is impossible for those who give the reins to appetite to attain to Christian perfection."—*Counsels on Diet and Foods, 236.*

**IN ORDER TO BE FITTED FOR TRANSLATION—**

"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.' They should ever have the appetite in subjection to the moral and intellectual organs. The body should be servant to the mind, and not the mind to the body."—*Counsels on Diet and Foods*, 33.

**FITTED FOR IMMORTALITY**—"Men, then, can make their bodies unholy by sinful indulgences. If unholy, they are unfitted to be spiritual worshipers, and are not worthy of heaven. If man will cherish the light that God in mercy gives him upon health reform, he may be sanctified through the truth, and fitted for immortality."—*Counsels on Diet and Foods*, 70.

**CLEANSING: A FITNESS TO ENGAGE IN THE LOUD CRY**—"God requires His people to cleanse themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of the Lord . . . I was shown that if God's people make no efforts on their part, but wait for the refreshing to come upon them and remove their wrongs and correct their errors; if they depend upon that to cleanse them from filthiness of the flesh and spirit, and fit them to engage in the loud cry of the third angel, they will be found wanting. The refreshing or power of God comes only on those who have prepared themselves for it by doing the work which God bids them, namely, cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."—*Counsels on Diet and Foods*, 33.

**PREPARATION FOR THE LOUD CRY**—"I was shown that the work of health reform has scarcely been entered upon yet. While some feel deeply, and act out

their faith in the work, others remain indifferent and have scarcely taken the first step in reform. There seems to be in them a heart of unbelief, and as this reform restricts the lustful appetite, many shrink back. They have other gods before the Lord. Their taste, their appetite, is their god . . . [God's people] They have a 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."—*Counsels on Health*, 453.

**THE LAST GREAT TEST**—"The truth for this time, the third angel's message, is to be proclaimed with a loud voice, as we approach the great final test. This test must come to the churches in connection with true medical missionary work, a work that has the Great Physician to dictate and preside in all that it comprehends."—*Manuscript dated 1900; Loma Linda Messages*, 62.

**THE VERY LAST DECEPTION OF SATAN**—"As the end draws near and the work of giving the last warning to the world extends, it becomes more important for those who accept present truth to have a clear understanding of the nature and influence of the *Testimonies*, which God in His providence has linked with the work of the third angel's message from its very rise."—*5 Testimonies*, 654.

"If you lose confidence in the testimonies you will drift away from Bible truth . . . As you now hold the testimonies, should one be given crossing your track, correcting your errors, would you feel at perfect liberty to accept or reject any part, or the whole? That which you will be least inclined to receive is the very part most needed."—*5 Testimonies*, 98.

"Satan is . . . constantly pressing in the spurious—

to lead away from the truth. The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. 'Where there is no vision, the people perish' (Prov. 29:18). Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God's remnant people in the true testimony."—2 *Selected Messages*, 78.

**OPEN TO WORLD, SHUT TO THOSE WHO WOULD NOT ENTER**—"O that the people might know the time of their visitation! There are many who have not yet heard the testing truth for this time. There are many with whom the Spirit of God is striving. The time of God's destructive judgments is the time of mercy for those who have had no opportunity to learn what is truth. Tenderly will the Lord look upon them. His heart of mercy is touched; His hand is still stretched out to save, while the door is closed to those who would not enter."—9 *Testimonies*, 97.

**THE DOOR WILL BE SHUT**—"Brethren, be careful, very careful. There is a work being done by the medical missionaries which answers to the description given in Matthew 24:48-51. The Lord is working to reach the most depraved. Many will know what it means to be drawn to Christ, but will not have moral courage to war against appetite and passion. But the workers must not be discouraged at this; for it is written, 'In the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils.' 1 Timothy 4:1.

"Is it only those rescued from the lowest depths that backslide? There are those in the ministry who have had light and a knowledge of the truth, who will not be overcomers. They do not restrict their appetites and passions, or deny themselves for Christ's

sake. Many poor outcasts, even publicans and sinners, will grasp the hope set before them in the gospel, and will go into the kingdom of heaven before the ones who have had great opportunities and great light, but who have walked in darkness. In the last great day, many will say: 'Lord, Lord, open unto us.' But the door will be shut, and their knock will be in vain."—8 *Testimonies*, 75.

**BOUND UP WITH THE LAW AND SABBATH—**

"Genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God's creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God's people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church."—6 *Testimonies*, 266.

**THE SIGN OF THOSE WHO LOVE GOD AND OBEY HIS LAW—**"True sympathy between man and his fellowmen is to be the sign distinguishing those who love and fear God from those who are unmindful of His law. How great the sympathy that Christ expressed in coming to this world to give His life a sacrifice for a dying world! His religion led to the doing of genuine medical missionary work."—*Medical Ministry*, 251.

**ANSWERING SATAN'S CHARGES: OUR REPRESENTATION BEFORE THE WORLD—**"The Lord desires, through His people, to answer Satan's charges by showing the result of obedience to right principles. He desires our health institutions to stand as witnesses for truth. They are to give character to the work which must be carried forward in these last days in restoring man through a reformation of the habits, appetite, and passions. Seventh-day Adventists are to be rep-

resented to the world by the advance principles of health reform which God has given us.”—*Manuscript, “God’s Design in Establishing Sanitariums,” December 22, 1899.*

**SEALED WITH THE SEAL OF GOD**—“The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God.”—*Welfare Ministry, 121.*

### **3 - IT WILL SWELL THE THIRD ANGEL'S MESSAGE INTO A LOUD CRY**

**A CLEARER PERCEPTION, A WONDERFUL CHANGE**—“God calls upon every church member to dedicate his life unreservedly to the Lord’s service. He calls for decided reformation. All creation is groaning under the curse. God’s people should place themselves where they will grow in grace, being sanctified—body, soul, and spirit—by the truth. When they 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.”—*Counsels on Diet and Foods, 34.*

**IF WORKERS HUMBLE THEIR HEARTS: A WONDERFUL REVIVAL WILL COME**—“If the workers will humble their hearts before God, the blessing will come. They will all the while be receiving fresh, new ideas, and there will be a wonderful revival of gospel medical missionary work.”—*Medical Ministry, 257.*

**A GREAT REFORMATORY MOVEMENT**—“In vi-

sions of the night representations passed before me of a great reformatory movement among God's people. Many were praising God. The sick were healed and other miracles were wrought. A spirit of intercession was seen, even as was manifested before the great day of Pentecost. Hundreds and thousands were seen visiting families, and opening before them the Word of God. Hearts were convicted by the power of the Holy Spirit, and a spirit of genuine conversion was manifest. On every side doors were thrown open to the proclamation of truth. The world seemed to be lightened with the heavenly influence. Great blessings were received by the true and humble people of God. I heard voices of thanksgiving and praise, and there seemed to be a reformation such as we witnessed in 1844. Yet some refused to be converted. They were not willing to walk in God's way, and when, in order that the work of God might be advanced, calls were made for free-will offerings, some clung selfishly to their earthly possessions. These covetous ones became separated from the company of believers."—*Counsels on Health*, 580.

**AS RELIGIOUS AGGRESSION SUBVERTS LIBERTIES: A FIELD OF LABOR**—"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. The shortness of time demands an energy that has not been aroused among those who claim to believe the present truth."—*Counsels on Health*, 506.

**SOUND PHILOSOPHY AND GENUINE EXPERIENCE TO STIR THE PUBLIC MIND**—“All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which He is now giving them in reference to health reform. He 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 in the kingdom of glory.”—*Counsels on Diet and Foods*, 70.

**AGITATION**—“The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things.”—*Counsels on Diet and Foods*, 71.

**AN ENTERING WEDGE TO THE HEART**—“When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel’s message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.”—*Counsels on Diet and Foods*, 73.

**THE RIGHT HAND TO OPEN DOORS**—“Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God . . . Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel’s message, God’s methods of treating disease



will open doors for the entrance of present truth.”—7 *Testimonies*, 59.

**RECEIVED BY ALL WHO WANT LIGHT**—“The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time.”—6 *Testimonies*, 379.

**HENCEFORTH**—“Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities.”—9 *Testimonies*, 167.

**UNTIL THE WHOLE EARTH IS COVERED**—“We shall see the medical missionary work broadening and deepening at every point of its progress, because of the inflowing of hundreds and thousands of streams, until the whole earth is covered as the waters cover the sea.”—*Medical Ministry*, 317.

#### **4 - IT WILL BE THE PRACTICAL BASIS OF JUDGMENT IN THE GREAT DAY OF GOD**

**TWO CLASSES**—“ ‘When the Son of Man shall come in His glory, and all the holy angels with Him, then shall He sit upon the throne of His glory; and before Him shall be gathered all nations: and He shall separate them one from another.’ Thus Christ on the Mount of Olives pictured to His disciples the scene of the great judgment day. And He represented its decision as turning upon one point. When the nations are gathered before Him, there will be but two classes; and their eternal destiny will be determined by what they have done or have neglected to do for Him in the person of the poor and the suffering.

“In that day Christ does not present before men

the great work He has done for them in giving His life for their redemption. He presents the faithful work they have done for Him. To those whom He sets upon His right hand He will say, 'Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison and ye came unto Me.'"—*Desire of Ages*, 637.

**TWO PARTIES**—"In the last days there are to be only two parties, the one on the right hand and the other on the left. And Christ says unto one, 'Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me.' And they answer, 'When saw we thus and ministered unto Thee?' And Christ says, 'Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me.' But to those on the left, He says, 'Depart from Me, ye cursed, into everlasting fire, prepared for the devil and His angels' . . .

"Well, now we want to bring Christ into our everyday life. Those who had not fed the hungry, or clothed the naked, or visited the sick were not conscious of it, and why? Because they had educated and trained themselves in the school of self-indulgence, and the result was they lost heaven and the eternity of bliss which they might have had, had they devoted their powers to God."—*Medical Ministry*, 133-134.

**PRAISE AND THANKSGIVING, FOR SOULS HAVE**

**BEEN SAVED**—"There will be a blessed commendation, a holy benediction, on the faithful winners of souls. They will join the rejoicing ones in heaven, who shout the harvest home. How great will be the joy when the redeemed of the Lord shall all meet,—gathered into the mansions prepared for them! Oh, what rejoicing for all who have been impartial, unselfish laborers together with God in carrying forward His work in the earth! What satisfaction will every reaper have when the clear, musical voice of Jesus shall be heard, saying, 'Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world!' . . .

"The Redeemer is glorified because He has not died in vain. With glad rejoicing hearts, those who have been co-laborers with God see of the travail of their soul for perishing, dying sinners, and are satisfied. The anxious hours they have spent, the perplexing circumstances they have had to meet, the sorrow of heart because some refused to see and receive the things which make for their peace, are forgotten. The self-denial they have practiced in order to support the work is remembered no more. As they look upon the souls they sought to win to Jesus, and see them saved, eternally saved,—monuments of God's mercy and of a Redeemer's love,—there ring through the arches of heaven shouts of praise and thanksgiving."—*Medical Ministry, 134-135.*

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties." —*Counsels on Health, 323*

**SECTION TWO**

# Blueprint Evangelism

**- CHAPTER FOUR -****THOSE WHO ARE CALLED  
TO DO MEDICAL MISSIONARY WORK***The medical missionary commission***1 - EVERY CHURCH MEMBER IS CALLED  
TO DO MEDICAL MISSIONARY WORK**

“We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God’s people today is, ‘Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.’ Isaiah 60:1.

“On every hand we see those who have had much light and knowledge deliberately choosing evil in the

place of good. Making no attempt to reform, they are growing worse and worse. But the people of God are not to walk in darkness. They are to walk in the light, for they are reformers.

“Before the true reformer, the medical missionary work will open many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible—the work that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to Him who gave His life for you. Act as if you heard Christ calling upon you personally to do your utmost in His service. Look not to see who else is ready. If you are truly consecrated, God will, through your instrumentality, bring into the truth others whom He can use as channels to convey light to many that are groping in darkness.

“All can do something. In an effort to excuse themselves, some say, ‘My home duties, my children, claim my time and my means.’ Parents, your children should be your helping hand, increasing your power and ability to work for the Master . . .

“Let our people show that they have a living interest in medical missionary work. Let them prepare themselves for usefulness by studying the books that have been written for our instruction in these lines.”—*Counsels on Health*, 425-426.

“His was the medical missionary work that He asks His people to do today . . . None who came to Him for aid went away unrelieved. Not a thread of selfishness was woven into the pattern He has left for His

children to follow. He lived the life that He would have all live who believe on Him.”—*Welfare Ministry*, 116.

“For three years the disciples had before them the wonderful example of Christ. Day by day they walked and talked with Him, hearing His words of cheer to the weary and heavy laden and seeing the manifestations of His power in behalf of the sick and afflicted. When the time came for Him to leave them, He gave them power to work as He had worked. He bestowed upon them His grace, saying, ‘Freely ye have received, freely give.’ They were to go forth into the world to shed abroad the light of His gospel of love and healing. The work He had done they were to do. And this is the work we also are to do in the world.”—*Welfare Ministry*, 117.

“We are to act our part, standing close by the side of Christ as His co-laborers. He is the head; we are His helping hand. He designs that we, by doing medical missionary work, shall undo the heavy burdens and let the oppressed go free. Let us not close our eyes to the misery around us, or our ears to the cries of distress which are continually ascending.”—*Welfare Ministry*, 118.

“We shall find His footprints beside the sickbed, in the hovels of poverty, in the crowded alleys of the great city, and in every place where there are human hearts in need of consolation. In doing as Jesus did when on earth, we shall walk in His steps.”—*Desire of Ages*, 640.

“Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. God grant that the impor-

tance of medical missionary work shall be understood and that new fields may be immediately entered.”—*Welfare Ministry, 119.*

“As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries.”—9 *Testimonies, 211.*

“The Lord gave me great light on health reform. In connection with my husband, I was to be a medical missionary worker. I was to set an example to the church by taking the sick to my home and caring for them. This I have done, giving the women and children vigorous treatment.”—*A Call to Medical Evangelism, 9.*

“As He went from place to place, He blessed and comforted the suffering and healed the sick. This is our work.”—*Medical Ministry, 319.*

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have the opportunity, become intelligent in regard to disease, its cause, prevention, and cure. All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help.”—*Counsels on Health, 506.*

“Christ’s servants are to follow His example. As He went from place to place, He comforted the suffering and healed the sick. Then He placed before them the great truths in regard to His kingdom. This is the work of His followers.”—*Christ’s Object Lessons, 233.*

“Begin to do medical missionary work with the

conveniences which you have at hand. You will find that thus the way will open for you to hold Bible readings. The heavenly Father will place you in connection with those who need to know how to treat their sick ones. Put into practice what you know regarding the treatment of disease. Thus suffering will be relieved, and you will have opportunity to break the bread of life to starving souls.”—*A Call to Medical Evangelism*, 26.

“To my ministering brethren I would say, Prosecute this work with tact and ability. Set to work the young men and the young women in our churches. Combine the medical missionary work with the proclamation of the third angel’s message. Make regular, organized efforts to lift the churches out of the dead level into which they have fallen, and have remained for years. Send into the church workers who will set the principles of health reform in their connection with the third angel’s message before every family and individual. Encourage all to take a part in work for their fellow men, and see if the breath of life will not quickly return to these churches.”—*Welfare Ministry*, 124.

“Why has it not been understood from the Word of God that the work being done in medical missionary lines is a fulfillment of the Scripture (Luke 14:21-23, quoted)? This is a work that the churches in every locality, north and south and east and west, should do. The churches have been given the opportunity of answering this work. Why have they not done it? Someone must fulfill the commission.”—*Welfare Ministry*, 121-122.

“A work which should have been done has been left undone. Those who have been engaged in the medical missionary work have been doing the very class of



work the Lord would have done.”—*Welfare Ministry*, 122.

“Work for Him, not by preaching to those who know the truth for this time, but by warning those who have never heard the last message of mercy. Work with a heart filled with an earnest longing for souls. Do medical missionary work. Thus you will gain access to the hearts of the people, and the way will be prepared for a more decided proclamation of the truth.”—*Welfare Ministry*, 57-58.

“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God’s people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts.”—*Welfare Ministry*, 125.

“Nothing can, or ever will, give character to the work in the presentation of truth, to help the people just where they are, so well as Samaritan work . . . A different order of things needs to be established among us as a people, and as this class of work is done, there will be created an entirely different atmosphere surrounding the souls of the workers.”—*Welfare Ministry*, 132.

“God’s people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how,

by right habits of eating, drinking, and dressing, disease may be prevented and health regained. A demonstration of the value of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless every one who will go forward humbly and trustfully, seeking to impart the truth for this time.”—*Welfare Ministry*, 127.

“Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature’s remedies, and teaching them how to regain health and avoid disease.”—*9 Testimonies* 172.

## **2 - EVERY MOTHER IS CALLED TO MEDICAL MISSIONARY WORK**

“There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”—*Ministry of Healing*, 237.

(*Ministry of Healing*, 237; *2 Testimonies*, 370, 536-537; *Fundamentals of Christian Education*, 139, 141, 143, 152-154; *Counsels on Health*, 39, 114-115, 144, 608; *Counsels to Parents, Teachers, and Students*, 125)

**3 - EVERY CHILD IS CALLED  
TO MEDICAL MISSIONARY WORK**

“Take time to read to your children from the health books, as well as from the books treating more particularly on religious subjects . .

“The Lord has appointed the youth to be His helping hands. If in every church they would consecrate themselves to Him, if they would practice self-denial in the home, relieving their careworn mother, the mother could find time to make neighborly visits, and when opportunity offered, they could themselves give assistance by doing little errands of mercy and love. Books and papers treating on the subject of health and temperance could be placed in many homes. The circulation of this literature is an important matter; for thus precious knowledge can be imparted in regard to the treatment of disease.”—*7 Testimonies*, 64-65.

(7 Testimonies, 64-65; Counsels to Parents, Teachers, and Students, 176-177; Counsels on Health, 426-428, 430, 486)

**4 - EVERY MINISTER IS CALLED  
TO MEDICAL MISSIONARY WORK**

“Let our ministers who have gained an experience in preaching the Word, learn how to give simple treatments, and then labor intelligently as medical missionary evangelists.”—*Counsels on Health*, 397.

“My heart is made sad as I look at our churches, which ought to be connected in heart and soul and practice with the medical missionary work . .

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. The work of a minister is to minister. Our ministers

are to work on the gospel plan of ministering.

“You will never be ministers after the gospel order till you show a decided interest in medical missionary work, the gospel of healing and blessing and strengthening. Come up to the help of the Lord . . . against the mighty powers of darkness, that it be not said of you, ‘Curse ye Meroz . . . curse ye bitterly the inhabitants thereof; because they came not to the help of the Lord.’ Judges 5:23 . . .

“It is because of the directions I have received from the Lord that I have the courage to stand among you and speak as I do, notwithstanding the way in which you may look at the medical missionary work. I wish to say that the medical missionary work is God’s work. The Lord wants every one of His ministers to come into line. Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities. As you relieve their sufferings, you will find opportunity to speak to them of the love of Jesus.”—*Counsels on Health*, 533.

“Some utterly fail to realize the importance of missionaries being also medical missionaries. The gospel minister will be twice as successful in his work if he understands how to treat disease. Continually increasing light has been given me on this subject.”—*Medical Ministry*, 245.

(6 Testimonies, 240-241, 288-289, 300-301, 377-378; 7 Testimonies, 111-112; 8 Testimonies, 77, 163; 9 Testimonies, 169-170; *Counsels on Health* 331, 394, 397, 513-518, 524, 533; *Counsels on Diet and Foods*, 74; *Welfare Ministry* 123-124; *Ministry of Healing*, 149)

**5 - EVERY PHYSICIAN IS CALLED  
TO MEDICAL MISSIONARY WORK**

“Christ has given us an example. He taught from the Scriptures the gospel truths, and He also healed the afflicted ones who came to Him for relief . . . And thus should our physicians labor. They are doing the Lord’s work when they labor as evangelists, giving instruction as to how the soul may be healed by the Lord Jesus. Every physician should know how to pray in faith for the sick, as well as to administer the proper treatment. At the same time He should labor as one of God’s ministers, to teach repentance and conversion, and the salvation of soul and body.”—*Counsels on Health* 544.

(Ministry of Healing 119-121; 6 Testimonies 229-234, 246; Gospel Workers 360-362; Counsels on Health 503-504)

#### **6 - EVERY BIBLE WORKER IS CALLED TO MEDICAL MISSIONARY WORK**

“All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease.”—*Counsels on Health*, 389.

“The voice of the third angel’s message is to be heard with power. Let the teachings of health reform be brought into every effort made to get the light of truth before the people.”—*Evangelism* 533 (*Medical Ministry*, 304).

“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God’s people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by the practical work, they go out to give treatments to the sick. As they go from house to house they will find

access to many hearts.”—*Welfare Ministry*, 125.

(Christian Service, 132-140; Evangelism, 513-551; Gospel Workers, 360-363).

### **7 - EVERY NURSE IS CALLED TO MEDICAL MISSIONARY WORK**

“Missionary nurses who care for the sick and relieve the distress of the poor will find many opportunities to pray with them, to read to them from God’s Word, and to speak of the Saviour. They can pray with and for the helpless ones who have not strength of will to control the appetites that passion has degraded . . . The revelation of unselfish love, manifested in acts of disinterested kindness, will make it easier for these suffering ones to believe in the love of Christ.”—*Counsels on Health*, 388.

(*Counsels on Health*, 388-389; 9 Testimonies, 171; *Welfare Ministry*, 126; *Counsels on Health*, 396)

### **8 - EVERY COLPORTEUR IS CALLED TO MEDICAL MISSIONARY WORK**

“As the canvasser goes from place to place, he will find many who are sick. He should have a practical knowledge of the causes of disease, and should understand how to give simple treatments, that he may relieve the suffering ones. More than this, he should pray in faith and simplicity for the sick, pointing them to the Great Physician. As he thus walks and works with God, ministering angels are beside him, giving him access to hearts. What a wide field for missionary effort lies before the faithful, consecrated canvasser; what a blessing will be his in the diligent performance of his work.”—*Counsels on Health*, 463-464.

(9 Testimonies, 34, 172; 6 Testimonies, 323-4; *Counsels on Health* 397, 435, 462-464, 466; 7 Testi-

monies, 59)

It is important that we understand that one does not become a medical missionary until he unites both sides of the Pattern. A medical missionary ministers to the diseases of both soul and body. A minister or gospel worker is not one unless he also ministers to the physical needs; a physician or nurse is not one unless he also ministers to the spiritual needs. It is as we unite the two that we follow in the pattern that Jesus gave us and become medical missionaries.

(Read also 6 Testimonies, 240-241, 288-293; 7 Testimonies, 59, 111; 8 Testimonies, 46, 168, 148-162; 9 Testimonies, 169-170, 222; Gospel Workers, 360; Counsels on Health, 212, 219, 288, 508, 513-518, 519-523, 528, 534, 536, 557-558; Counsels to Parents, Teachers, and Students, 468)

### **9 - EVERY FOLLOWER OF JESUS IS CALLED TO MEDICAL MISSIONARY WORK**

“And when He had called unto Him His twelve disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease . . . ‘Go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.’ ”—*Matthew 10:1,7-8.*

“The breadth of gospel medical missionary work is not understood. The medical missionary work now called for is outlined in the commission which Christ gave to His disciples just before His ascension. ‘All power is given unto Me in heaven and earth,’ He said, ‘Go ye therefore, and teach all nations . . . teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world’ (Matt. 28:18-20). These words point out

our field and our work. Our field is the world; our work is the proclamation of the truths which Christ came to our world to proclaim.”—*Counsels on Health*, 509.

“And He said unto them, ‘Go ye into all the world, and preach the gospel to every creature . . . lay hands on the sick, and they shall recover . . .’ And they went forth, and preached everywhere, the Lord working with them, and confirming the Word with signs following.”—*Mark 16:15, 18, 20*.

“The divine commission needs no reform. Christ’s way of presenting truth cannot be improved upon. The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathized with the weary, the heavy laden, the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good. By the good He accomplished, by His loving words and kindly deeds, He interpreted the gospel to men.”—*Welfare Ministry*, 56.

“Our Lord teaches that the true object of life is ministry.”—*Christ’s Object Lessons*, 326.

“Make Christ’s work your example. Constantly He went about doing good—feeding the hungry and healing the sick.”—*Welfare Ministry*, 53.

“He that saith he abideth in Him ought himself also so to walk, even as He walked.”—*1 John 2:6*.

“Make the life of Christ your constant study, and labor as He did, following His example.”—*Welfare Ministry*, 128.

“Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympa-



thy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.' There is need of coming close to the people by personal effort. The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counseled."—*Ministry of Healing*, 143.

"The world's Redeemer was the great model missionary."—*5 Testimonies*, 385.

"Christ stands before us as the pattern Man, the great Medical Missionary—an example for all who would come after."—*Welfare Ministry*, 53.

"And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people; and His fame went throughout all Syria. And they brought unto Him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and He healed them. And there followed Him great multitudes of people from Galilee, and Decapolis, and from Jerusalem, and from Judæa, and from beyond Jordan."—*Matthew 4:23-25*.

"Many feel that it would be a great privilege to visit the scenes of Christ's life on earth, to walk where He trod, to look upon the lake beside which He loved to teach, and the hills and valleys on which His eyes so often rested. But we need not go to Nazareth, to Capernaum, or to Bethany in order to walk in the steps of Jesus. We shall find His footprints beside the sick-bed, in the hovels of poverty, in the crowded alleys of the great city, and in every place where there are human hearts in need of consolation. In doing as Jesus

did when on earth, we shall walk in His steps.”—*Desire of Ages*, 640.

“For even hereunto were ye called: because Christ also suffered for us, leaving us an example that ye should follow in His steps.”—*1 Peter 2:21*.

“Do you, my brethren and sisters, inquire: what model shall we copy? I do not point you to great and good men, but to the world’s Redeemer. If we would have the true missionary spirit, we must be imbued with the love of Christ; we must look to the Author and Finisher of our faith, study His character, cultivate His spirit of meekness and humility, and walk in His footsteps.”—*5 Testimonies*, 385.

“And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd. Then saith He unto His disciples, ‘The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest.’”—*Matthew 9:35-38*.

“The disciples were to have the same power which Jesus had to heal ‘all manner of sickness and all manner of disease among the people.’ By healing in His name the diseases of the body, they would testify to His power for the healing of the soul . . . Thus Christ gave His disciples their commission. He made full provision for the prosecution of the work, and took upon Himself the responsibility for its success. So long as they obeyed His Word, and worked in connection with Him, they could not fail. Go to all nations, He

bade them. Go to the farthest part of the habitable globe, but know that My presence will be there. Labor in faith and confidence, for the time will never come when I will forsake you. The Saviour's commission to the disciples included all the believers. It includes all believers in Christ to the end of time."—*Desire of Ages*, 821-822.

"God will use men who are willing to be used. It is not the most brilliant or the most talented persons whose work produces the greatest and most lasting results. Men and women are needed who have heard a message from heaven. The most effective workers are those who respond to the invitation, 'Take My yoke upon you, and learn of Me.' "—*Ministry of Healing*, 150.

"The Lord must be given an opportunity to show men their duty, and to work upon their minds. No one is to bind himself to serve for a term of years under the direction of one group of men or in one specified branch of the Master's work; for the Lord Himself will call men, as of old He called the humble fishermen, and will Himself give them instruction regarding their field of labor and the methods they should follow. He will call men from the plow and from other occupations, to give the last note of warning to perishing souls. There are many ways in which to work for the Master, and the Great Teacher will open the understanding of these workers, enabling them to see wondrous things in His Word."—*Counsels on Health*, 395.

"He is just as willing to heal the sick now as when He was personally on earth. Christ's servants are His representatives, the channels for His working. He desires through them to exercise His healing power. In the Saviour's manner of healing there were lessons

for His disciples. On one occasion, He anointed the eyes of a blind man with clay, and bade him, 'Go wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing' (John 9:7). The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.

"To many of the afflicted ones who received healing, Christ said, 'Sin no more, lest a worse thing come unto thee' (John 5:14). Thus He taught that disease is the result of violating God's laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator's plan . . . 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 to recover health. For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the great Healer. We should lay hold on His promise, and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength . . .

"It is in doing Christ's work that the church has the promise of His presence. 'Go teach all nations,' He said; 'and, lo, I am with you always, even unto the end of the world.' To take His yoke is one of the first conditions of receiving His power. The very life of the church depends upon her faithfulness in fulfilling the

Lord's commission."—*Desire of Ages*, 823-825.

**- CHAPTER FIVE -**

**WHERE AND HOW  
MEDICAL MISSIONARIES  
SHOULD RECEIVE THEIR TRAINING**

*The blueprint for medical missionary schools*

**1 - WE HAVE COME TO A TIME WHEN EVERY  
MEMBER SHOULD TAKE HOLD OF  
MEDICAL MISSIONARY WORK**

“We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths.”—*Counsels on Health*, 425.

“God’s people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and health regained. A demonstration of the value of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless every one who

will go forward humbly and trustfully, seeking to impart the truth for this time.”—*Welfare Ministry*, 127.

## **2 - NEVER FORGET THAT GOD IS THE ONLY TEACHER AND THAT HE ALONE INSTRUCTS**

“The great storehouse of truth is the Word of God—the written Word, the book of nature, and the book of experience in God’s dealing with human life. Here are the treasures from which Christ’s workers are to draw. In the search after truth they are to depend upon God, not upon human intelligences, the great men whose wisdom is foolishness with God. Through His own appointed channels the Lord will impart a knowledge of Himself to every seeker.

“If the follower of Christ will believe His Word and practice it, there is no science in the natural world that he will not be able to grasp and appreciate. There is nothing but that which will furnish him means for imparting the truth to others.”—*Christ’s Object Lessons*, 125.

“The common people are to take their place as workers. Sharing the sorrows of their fellow men as the Saviour shared the sorrows of humanity, they will by faith see Him working with them.”—*7 Testimonies*, 272.

“God will take men who do not appear to be so richly endowed, who have not large self-confidence, and He will make the weak strong, because they trust in Him to do for them that which they can not do for themselves. God will accept the wholehearted service, and will Himself make up the deficiencies.

“The Lord has often chosen for His co-laborers men who have had opportunity to obtain but a limited school education. These men have applied their pow-

ers most diligently, and the Lord has rewarded their fidelity to His work, their industry, their thirst for knowledge. He has witnessed their tears, and heard their prayers. As His blessing came to the captives in the courts of Babylon, so does He give wisdom and knowledge to His workers today.

“Men deficient in school education, lowly in social position, have, through the grace of Christ, sometimes been wonderfully successful in winning souls for Him. The secret of their success was their confidence in God. They learned daily of Him who is wonderful in counsel and mighty in power. Such workers are to be encouraged. The Lord brings them into connection with those of more marked ability, to fill up the gaps that others leave.”—*Ministry of Healing*, 150-151.

(Speaking of the feeding of the five thousand) “The providence of God had placed Jesus where He was, and He depended on His heavenly Father for means to relieve the necessity. When we are brought into strait places, we are to depend on God. In every emergency we are to seek help from Him who has infinite resources at His command.”—*Ministry of Healing*, 48-49.

“If you are pressing close to the side of Christ, wearing His yoke, you will daily learn of Him how to carry messages of peace and comfort to the sorrowing and disappointed, the sad and broken hearted. You can point the discouraged ones to the Word of God and take the sick to the Lord in prayer.”—*Colporteur Ministry*, 41.

“Christ greets with hopeful assurance the very men and women who cause us discouragement. In them He sees qualifications that will enable them to

take a place in His vineyard. If they will constantly be learners, through His providence He will make them men and women fitted to do a work that is not beyond their capabilities; through the impartation of the Holy Spirit He will give them power of utterance.

“Many of the barren, unworked fields must be entered by beginners. The brightness of the Saviour’s view of the world will inspire confidence in many workers, who, if they begin in humility, and put their hearts into the work, will be found to be the right men for the time and place. Christ sees all the misery and despair of the world, the sight of which would bow down some of our workers of large capabilities with a weight of discouragement so great that they would not know how even to begin the work of leading men and women to the first round of the ladder. Their precise methods are of little value. They would stand above the lower rounds of the ladder, saying: ‘Come up where we are’ . .

“He (Christ) corrects our erring piety, giving the burden of the work for the poor and needy in the rough places of the earth to men and women who have hearts that can feel for the ignorant and for those that are out of the way. The Lord teaches these workers how to meet those whom He wishes them to help. They will be encouraged as they see doors opening for them to enter places where they can do medical missionary work. Having little self-confidence, they give God all the glory. Their hands may be rough and unskilled, but their hearts are susceptible to pity; they are filled with an earnest desire to do something to relieve the woe so abundant; and Christ is present to help them.”—7 *Testimonies*, 271-272.

Christ is the Great Teacher (6 *Testimonies*, 86, 152-153, 331; 9 *Testimonies*, 170; *Fundamentals of*



Christian Education, 184, 224, 383, 450-451), the Greatest Educator—(Desire of Ages, 809: 5 Testimonies, 588; Fundamentals of Christian Education, 48).

**3 - ALWAYS REMEMBER  
THAT GOD IS THE GREAT PHYSICIAN**

“The Lord would have the workers make special efforts to point the sick and suffering to the Great Physician who made the human body . . . The Lord would have His people come to Him for their power of healing. He will baptize them with His Holy Spirit, and fit them for service that will make them a blessing in restoring the spiritual and physical health of those who need healing.”—*9 Testimonies*, 178.

“It is God who has made the provision that nature shall work to restore the exhausted powers. The power is of God. He is the great Healer.”—*Medical Ministry*, 11-12.

“We cannot heal. We cannot change the diseased conditions of the body. But it is our part, as medical missionaries, as workers together with God, to use the means that He has provided. Then we should pray that God will bless these agencies. We do believe in a God; we believe in a God who hears and answers prayer. He has said, ‘Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you.’”—*Medical Ministry*, 13.

Christ is the Great Healer (Ministry of Healing, 22, 233, 244; Gospel Workers, 44; Counsels on Health, 30); the Great Medical Missionary (Ministry of Healing, 267; 8 Testimonies, 201-202, 206; 9 Testimonies, 170); He desires to exercise His healing power through His obedient servants (Desire of Ages 823-824; Counsels on Health 30; 9 Testimonies 178).

**4 - ENROLL IN ONE OR MORE  
OF THE FOLLOWING  
MEDICAL MISSIONARY SCHOOLS**

**[1] - THE WORD OF GOD**

**THE STUDY OF THE BIBLE**—"There is very precious work to be done in connection with the interests of the sanitarium and school at Loma Linda; and this will be done when all work to that end. The Word of God is to be our lesson book."—*Medical Ministry*, 59.

"From the study of the Word of life, students may come forth with minds expanded, elevated, ennobled. If they are, like Daniel, hearers and doers of the Word of God, they may advance as he did in all the branches of learning. Being pure-minded, they will become strong-minded. Every intellectual faculty will be quickened. They may so educate and discipline themselves that all within the sphere of their influence shall see what man can be, and what he can do, when connected with the God of wisdom and power."—*Ministry of Healing*, 466.

**THE STUDY OF JESUS' LIFE**—"Make the life of Christ your constant study, and labor as He did, following His example."—*Welfare Ministry*, 128.

"Do you, my brethren and sisters, inquire: What model shall we copy? I do not point you to great and good men, but to the world's Redeemer. If we would have the true missionary spirit we must be imbued with the love of Christ; we must look to the Author and Finisher of our faith, study His character, cultivate His spirit of meekness and humility, and walk in His footsteps."—*5 Testimonies*, 385.

**[2] - THE STUDY OF JESUS'  
MEDICAL WISDOM**

“The book, *Ministry of Healing*, may do the same work for our sanitariums and health institutions that *Christ’s Object Lessons* has done for our schools. This book contains the wisdom of the Great Physician.”—*9 Testimonies*, 71.

### **[3] - THE HOME SCHOOL**

“Many who desire to obtain knowledge in medical missionary lines have home duties that sometimes prevent them from meeting with others for study. These may learn much in their own homes in regard to the express will of God concerning these lines of missionary work, thus increasing their ability to help others. Fathers and mothers, obtain all the help you can from the study of our books and publications . . . Take time to read to your children from the health books, as well as from the books treating more particularly on religious subjects. Teach them the importance of caring for the body—the house they live in. Form a home reading circle, in which every member of the family shall lay aside the busy cares of the day and unite in study. Fathers, mothers, brothers, sisters, take up this work heartily, and see if the home church will not be greatly improved.”—*Counsels on Health*, 427.

“From the first dawn of reason, the human mind should become intelligent in regard to the physical structure.”—*Medical Ministry*, 221.

“Parents should seek to interest their children in the study of physiology. There are but few among the youth who have any definite knowledge of the mysteries of life. The study of the wonderful human organism, the relation and dependence of its complicated parts, is one in which many parents take little interest.”—*Counsels on Health*, 428.

“Let our people show that they have a living interest in medical missionary work. Let them prepare themselves for usefulness by studying the books that have been written for our instruction in these lines.”—*Counsels on Health*, 426.

“Read the best authors on these subjects, and obey religiously that which your reason tells you is truth.”—*Counsels on Health*, 566.

“Learn to reflect as well as to study, that your minds may expand, strengthen, and develop.”—*Counsels on Health*, 405.

“There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”—*Ministry of Healing*, 237.

“Fathers and mothers, do you realize the importance of the responsibility resting upon you? Do you realize the necessity of guarding your children from careless, demoralizing habits? Allow your children to form only such associations as will have a right influence upon their characters. Do not allow them to be out in the evening unless you know where they are and what they are doing. Instruct them in the principles of moral purity. If you have neglected to teach them line upon line, precept upon precept, here a little and there a little, begin at once to do your duty. Take up your responsibilities, and work for time and for eternity. Let not another day pass without confessing your neglect to your children. Tell them that you mean now to do your God-appointed work. Ask them to take hold with you in the reform. Make diligent efforts to redeem the past . . .

“As you faithfully do your duty in the home, the father as a priest of the household, the mother as a home missionary, you are multiplying agencies for doing good outside of the home.”—*Counsels on Health*, 429-430.

“The mother’s work begins with the babe in her arms. I have often seen the little one throw itself and scream, if its will was crossed in any way. This is the time to rebuke the evil spirit. The enemy will try to control the minds of our children, but shall we allow him to mold them according to his will?”—*Fundamentals of Christian Education*, 150.

“There is work for mothers in helping their children to form correct habits and pure tastes. Educated the appetite; teach the children to abhor stimulants. Bring your children up to have moral stamina to resist the evil that surrounds them. Teach them that they are not to be swayed by others, that they are not to yield to strong influences, but to influence others for good.”—*Ministry of Healing*, 334-335.

“The demon of intemperance is of giant strength, and is not easily conquered. But if parents begin the crusade against it at their own firesides, in their own families, in the principles they teach their children from very infancy, then they may hope for success. It will pay you, mothers, to use the precious hours which are given you by God in forming the characters of your children, and in teaching them to adhere strictly to the principles of temperance in eating and drinking.”—*Fundamentals of Christian Education*, 143.

“The diet affects both physical and moral health. How carefully, then, should mothers study to supply the table with the most simple, healthful food, in order that the digestive organs may not be weakened,

the nerves unbalanced, or the instruction which they give their children counteracted.”—*Fundamentals of Christian Education*, 143.

“Do not neglect to teach your children how to cook. In so doing, you impart to them principles which they must have in their religious education. In giving your children lessons in physiology, and teaching them how to cook with simplicity and yet with skill, you are laying the foundation for the most useful branches of education.”—*2 Testimonies*, 537.

“Happy are the parents whose lives are a true reflection of the divine, so that the promises and commands of God awaken in the child gratitude and reverence; the parents whose tenderness and justice and long-suffering interpret to the child the love and justice and long-suffering of God; and who, by teaching the child to love and trust and obey them, are teaching him to love and trust and obey his Father in Heaven.”—*Ministry of Healing*, 375-376.

(Especially read: 7 Testimonies, 62-67, Counsels on Health, 425-430; Child Guidance, 339-470; Adventist Home, 251-263; Ministry of Healing, 349-408.)

#### **[4] - LOCAL CHURCH MEDICAL MISSIONARY SCHOOLS**

“The medical missionary work should be a part of the work of every church in our land.”—*Counsels on Health*, 514.

“Pastors and teachers are to work intelligently in their lines, instructing church members how to work in medical missionary lines. When the professed followers of Christ have an indwelling Saviour, they will be found doing as Christ did. They will have no op-

portunity to rust through inaction.”—*Welfare Ministry*, 123.

“To my ministering brethren I would say, Prosecute this work with tact and ability. Set to work the young men and the young women in our churches. Combine the medical missionary work with the proclamation of the third angel’s message. Make regular, organized efforts to lift the churches out of the dead level into which they have fallen, and have remained for years. Send into the church workers who will set the principles of health reform in their connection with the third angel’s message before every family and individual. Encourage all to take a part in work for their fellow men, and see if the breath of life will not quickly return to these churches.”—*Welfare Ministry*, 124.

“Every church should be a training-school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath-school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian-help work. There should not only be teaching, but actual work under experienced instructors. Let the teachers lead the way in working among the people, and others, uniting with them, will learn from their example. One example is worth more than many precepts.”—*Ministry of Healing*, 149 (*Welfare Ministry*, 105-112).

#### **[5] - MEDICAL MISSIONARY SCHOOLS AT CAMP MEETING AND OTHER LARGE GATHERINGS**

“At our large gatherings, instruction should be given upon health and temperance. Seek to arouse the intellect and the conscience. Bring into service all the talent at command, and follow up the work with

publications upon the subject. 'Educate, educate, educate,' is the message that has been impressed upon me."—*Counsels on Health*, 449.

"At the camp meeting, instruction on health topics should be given to the people. At our meetings in Australia, lectures on health subjects were given daily, and a deep interest was aroused."—*Counsels on Health*, 467.

"On such occasions as our annual camp meetings we must never lose sight of the opportunities afforded for teaching the believers how to do practical missionary work in the place where they may live. In many instances it would be well to set apart certain men to carry the burden of different lines of educational work at these meetings. Let some help the people to learn how to give Bible readings and to conduct cottage meetings. Let others bear the burden of teaching the people how to practice the principles of health and temperance, and how to give treatments to the sick. Still others may labor in the interests of our periodical and bookwork."—*9 Testimonies*, 82-83.

#### **[6] - EVANGELISTIC EFFORT TRAINING SCHOOLS**

Early camp meetings were, in reality, evangelistic efforts. (See *Evangelism*, 21, footnote.) They were moved from place to place, and were largely attended by non-members. So the above quoted counsels would apply also to evangelistic effort training schools. (Read *Evangelism*, 107-110, for more on these classes.)

#### **[7] - COUNTRY SANITARIUMS: AFFILIATED MEDICAL MISSIONARY SCHOOLS**

"The Lord has instructed me to warn those who in the future establish sanitariums in new places, to



begin their work in humility, consecrating their abilities to His service. The buildings erected are not to be large or expensive. Small local sanitariums are to be established in connection with our training schools. In these sanitariums young men and young women of ability and consecration are to be gathered—those who will conduct themselves in the love and fear of God, those who, when prepared for graduation, will not feel that they know all that they need to know, but will diligently study and carefully practice the lessons given by Christ. The righteousness of Christ will go before such ones, and the glory of God will be their rearward.”—*Counsels on Health*, 220.

“The Lord calls upon our young people to enter our schools and quickly fit themselves for service. In various places, outside of cities, schools are to be established, where our youth can receive an education that will prepare them to go forth to do evangelical work and medical missionary work.”—*Counsels on Health*, 395.

“I am thankful when I think of the advantages enjoyed by the schools that are established near our sanitariums, so that the work of the two educational institutions can blend. The students in these schools, while gaining an education in the knowledge of present truth, can also learn how to be ministers of healing to those whom they go forth to serve.”—*Counsels on Health*, 542.

“From our sanitariums trained workers are to go forth into places where the truth has never been proclaimed, and do missionary work for the Master.”—*Medical Ministry*, 323.

“Thus saith the Lord: ‘Buildings will give character to My work only when those who erect them follow

My instructions in regard to the establishment of institutions. Had those who have managed and sustained the work in the past always been controlled by pure, unselfish principles, there never would have been the selfish gathering of a large share of My means into one or two places. Institutions would have been established in many localities. The seeds of truth, sown in many more fields, would have sprung up and borne fruit to My glory' . .

“ ‘I will raise up agents who will carry out My will to prepare a people to stand before Me in the time of the end. In many places that before this ought to have been provided with sanitariums and schools, I will establish My institutions, and these institutions will become education centers for the training of workers.’ ”—*Counsels on Health* 226-227.

#### **[8] - SCHOOLS OUTSIDE THE CITY**

“The righteousness of Christ will go before such ones, and the glory of God will be their rearward.”—*Counsels on Health*, 220.

“The Lord calls upon our young people to enter our schools and quickly fit themselves for service. In various places, outside of cities, schools are to be established, where our youth can receive an education that will prepare them to go forth to do evangelical work and medical missionary work.”—*Counsels on Health*, 395.

#### **[9] - CITY MISSION TRAINING SCHOOLS**

“There should be connected with our missions, training schools for those who are about to enter the field as laborers. They should feel that they must become as apprentices to learn the trade of laboring for the conversion of souls.”—*Evangelism*, 107.

“In all our health institutions, it should be made a special feature of the work to give instruction in regard to the laws of health. The principles of health reform should be carefully and thoroughly set before all, both patients and helpers.”—*Counsels on Health*, 452.

“While city missions must be established where colporteurs, Bible workers, and practical medical missionaries may be trained to reach certain classes, we must also have, in our cities, consecrated evangelists through whom a message is to be borne so decidedly as to startle the hearers.”—*9 Testimonies*, 137.

#### **[10] - THEN BEGIN YOUR WORK IN THE SCHOOL OF EXPERIENCE**

“Let none pass by little opportunities, to look for larger work. You might do successfully the small work, but fail utterly in attempting the larger work, and fall into discouragement. It is by doing with your might what you find to do that you will develop aptitude for larger work. It is by slighting the daily opportunities, by neglecting the little things right at hand, that so many become fruitless and withered.

“Do not depend upon human aid. Look beyond human beings, to the One appointed by God to bear our griefs, to carry our sorrows, and to supply our necessities. Taking God at His Word, make a beginning wherever you find work to do, and move forward with unfaltering faith. It is faith in Christ’s presence that gives strength and steadfastness. Work with unselfish interest, with painstaking effort, with persevering energy.

“In fields where the conditions are so objectionable and disheartening that many are unwilling to go to them, remarkable changes have been wrought by

the efforts of self-sacrificing workers. Patiently and perseveringly they labored, not relying upon human power, but upon God, and His grace sustained them. The amount of good thus accomplished will never be known in this world, but blessed results will be seen in the great hereafter.”—*Ministry of Healing*, 153-154.

“All around us are doors open for service. We should become acquainted with our neighbors, and seek to draw them to Christ. As we do this, He will approve and cooperate with us.”—*Counsels on Health* 396.

“Before the true reformer, the medical missionary work will open many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible—the work that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to Him who gave His life for you. Act as if you heard Christ calling upon you personally to do your utmost in His service. Look not to see who else is ready. If you are truly consecrated, God will, through your instrumentality, bring into the truth others whom He can use as channels to convey light to many that are groping in darkness.”—*Counsels on Health*, 425-426.

“The Macedonian cry is coming from every quarter. Shall men go to the ‘regular lines’ to see whether they will be permitted to labor, or shall they go out and work as best they can, depending on their own abilities and on the help of the Lord, beginning in a humble way and creating an interest in the truth in

places in which nothing has been done to give the warning message?"—*Medical Ministry*, 321.

"God calls for workers. The cause needs men who are self-made, who, placing themselves in the hands of the Lord as humble learners, have proved themselves workers together with Him. These are the men that are needed in the ministry and in the school work. Let those who have shown themselves to be men move out and do what they can in the Master's service. Let them step into the ranks of workers and by patient, continuous effort prove their worth. It is in the water, not on the land, that we learn to swim."—*7 Testimonies*, 280-281.

**[11] - WE ARE CAUTIONED NOT TO SPEND  
LONG YEARS PREPARING  
FOR THE WORK OF GOD**

"There are among us many young men and women who, if inducements were held out, would naturally be inclined to take several years' course of study to fit themselves for service. But will it pay? Time is short. Workers for Christ are needed everywhere. There should be a hundred earnest, faithful laborers in home and foreign mission fields where now there is but one. The highways and byways are yet unworked. Urgent inducements should be held out to those who ought now to be engaged in work for the Master."—*8 Testimonies*, 229.

"The youth should be encouraged to attend our training schools for Christian workers, which should become more and more like the schools of the prophets. These institutions have been established by the Lord, and if they are conducted in harmony with His purpose, the youth sent to them will quickly be prepared to engage in various lines of missionary work. Some will be trained to enter the field as missionary nurses, some as canvassers, and some as gospel ministers."—*8 Tes-*

*timonies, 230.*

“Young men and young women, gather a stock of knowledge. Do not wait until some human examination pronounces you competent to work, but go out into the highways and hedges, and begin to work for God. Use wisely the knowledge you have. Exercise your ability with faithfulness, generously imparting the light that God gives you. Study how best to give to others peace and light and truth and the many other rich blessings of heaven. Constantly improve. Keep reaching higher and still higher. It is the ability to put to the tax the powers of mind and body, ever keeping eternal realities in view, that is of value now. Seek the Lord most earnestly, that you may become more and more refined, more spiritually cultured. Then you will have the very best diploma that anyone can have—the endorsement of God.”—7 *Testimonies, 281.*

“You need not go to the ends of the earth for wisdom, for God is near. It is not the capabilities you now possess or ever will have that will give you success. It is that which the Lord can do for you. We need to have far less confidence in what man can do and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. Put your talents into the work, ask God for wisdom, and it will be given you.”—*Christ’s Object Lessons, 146.*

“This work requires self-sacrifice. While many are waiting to have every obstacle removed, the work they might do is left undone, and multitudes are dying without hope and without God.”—*Ministry of Healing, 156.*

“The practice of furnishing a few persons with ev-

ery advantage of perfecting their education in so many lines that it would be impossible for them to make use of all of them, is an injury rather than a benefit to the one who has so many advantages, besides depriving others of the privileges they need so much. If there were far less of this long continued preparation, far less exclusive devotion to study only, there would be much more opportunity for an increase of the student's faith in God. He who long devotes all his energies to his studies alone, becomes fascinated,—is actually absorbed in his books, and loses sight of the goal for which he started when he came to school. It has been shown to me that some of the students are losing their spirituality, that their faith is becoming weak, and that they do not hold constant communion with God. They spend nearly all their time in the perusal of books; they seem to know but little else. But what advantage will all this preparation be to them? What benefit will they derive for all the time and money spent? I tell you, it will be worse than lost. There must be less of this kind of work, and more faith in God's power. God's commandment-loving people are to testify to the world of their faith by their works.”—*Fundamentals of Christian Education*, 336-337.

“In this closing work of the gospel there is a vast field to be occupied; and, more than ever before, the work is to enlist helpers from the common people. Both the youth and those older in years will be called from the field, from the vineyard, and from the workshop, and sent forth by the Master to give His message. Many of these may have had little opportunity for education, but Christ sees in them qualifications that will enable them to fulfill His purpose. If they put their hearts into the work and continue to be learners, He will fit them to labor for Him.”—*Welfare Ministry*, 108-109.

“Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in prepa-

ration. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature's remedies, and teaching them how to regain health and avoid disease."—*Counsels on Health*, 397.

"Let them endeavor to treat the sick, as they have opportunity, putting into practice the theory that they gain from the study of books. I have been instructed that in many instances more practical knowledge can be obtained in this way than by a long course of study in a medical school."—*Medical Ministry*, 84.

(For additional study: Fundamentals of Christian Education, 334-367, "Speedy Preparation for the Work"; 3 Testimonies, 323-324; 5 Testimonies, 22; Counsels on Health, 395; Counsels to Parents, Teachers, and Students, 404-419)

## **- CHAPTER SIX -**

### **HOW SMALL GROUPS OF MEDICAL MISSIONARIES SHOULD WORK**

*The blueprint for medical missionary team evangelism*

#### **1 - SOME FACTS TO THINK ABOUT**

"The present is a time of overwhelming interest to all living. Rulers and statesmen, men who occupy positions of trust and authority, thinking men and



women of all classes, have their attention fixed upon the events taking place about us. They are watching the strained, restless relations that exist among the nations. They observe the intensity that is taking possession of every earthly element, and they recognize that something great and decisive is about to take place,—that the world is on the verge of a stupendous crisis.”—*Education*, 179.

“Angels are now restraining the winds of strife, that they may not blow until the world shall be warned of its coming doom; but a storm is gathering, ready to burst upon the earth; and when God shall bid His angels loose the winds, there will be such a scene of strife as no pen can picture.”—*Education*, 179-180.

“The work that should long ago have been in active operation to win souls to Christ has not been done. The inhabitants of the ungodly cities so soon to be visited by calamities have been cruelly neglected. The time is near when large cities will be swept away, and all should be warned of these coming judgments. But who is giving to the accomplishment of this work the wholehearted service that God requires?”—*Welfare Ministry*, 135.

“When the nations are gathered before Him, there will be but two classes, and their eternal destiny will be determined by what they have done or have neglected to do for Him in the person of the poor and the suffering.

“In that day Christ does not present before men the great work He has done for them in giving His life for their redemption. He presents the faithful work they have done for Him. To those whom He sets upon His right hand He will say, ‘Come, ye blessed of My Father, inherit the kingdom prepared for you from the

foundation of the world: for I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: naked, and ye clothed Me.' ”—*Desire of Ages*, 637.

## 2 - THE HOME TEAM

“We must make wise plans to warn the cities, and at the same time live where we can shield our children and ourselves from the contaminating and demoralizing influences so prevalent in these places.”—*Evangelism*, 76-77.

“Let men of sound judgment be appointed, not to publish abroad their intentions, but to search for such properties in the rural districts, in easy access to the cities, suitable for small training schools for workers, and where facilities may also be provided for treating the sick and weary souls who know not the truth. Look for such places just out from the large cities.”—*Evangelism*, 77.

“The first great business of your life is to be a missionary at home.”—*4 Testimonies*, 138.

“Our households must be set in order, and earnest efforts must be made to interest every member of the family in missionary enterprises. We must seek to engage the sympathies of our children in earnest work for the unsaved, that they may do their best at all times and in all places to represent Christ.”—*Christian Service*, 207.

“Before the true reformer, the medical missionary work will open many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible—the work

that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to Him who gave His life for you.”—*Counsels on Health*, 425-426.

“All can do something. In an effort to excuse themselves, some say, ‘My home duties, my children, claim my time and my means.’ Parents, your children should be your helping hand, increasing your power and ability to work for the Master. Children are the younger members of the Lord’s family. They should be led to consecrate themselves to God, whose they are by creation and by redemption. They should be taught that all their powers of body, mind, and soul are His. They should be trained to help in various lines of unselfish service. Do not allow your children to be hindrances. With you the children should share spiritual as well as physical burdens. By helping others they increase their own happiness and usefulness.”—*Counsels on Health*, 426.

“If in every church they would consecrate themselves to Him, if they would practice self-denial in the home, relieving their careworn mother, the mother could find time to make neighborly visits, and, when opportunity offered, they could themselves give assistance by doing little errands of mercy and love. Books and papers treating on the subject of health and temperance could be placed in many homes. The circulation of this literature is an important matter; for thus precious knowledge can be imparted in regard to the treatment of disease—knowledge that would be a great blessing to those who cannot afford to pay for a physician’s visits.”—*Counsels on Health*, 428.

“Go to your neighbors one by one, and come close

to them till their hearts are warmed by your unselfish interest and love. Sympathize with them, pray for them, watch for opportunities to do them good, and as you can, gather a few together and open the Word of God to their darkened minds.”—*Welfare Ministry*, 87.

“My brethren and sisters, visit those who live near you, and by sympathy and kindness seek to reach their hearts. Be sure to work in a way that will remove prejudice instead of creating it.”—*9 Testimonies*, 34-35.

“To all who are working with Christ I would say, Wherever you can gain access to the people by the fireside, improve your opportunity. Take your Bible, and open before them its great truths. Your success will not depend so much upon your knowledge and accomplishments, as upon your ability to find your way to the heart.”—*Gospel Workers*, 193.

“There is a wide field for service for women as well as for men. The efficient cook, the seamstress, the nurse—the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home. Even the children should be taught to do some little errand of love and mercy for those less fortunate than themselves.”—*Welfare Ministry*, 75.

“When hearts sympathize with hearts burdened with discouragement and grief, when the hand dispenses to the needy, when the naked are clothed, the stranger made welcome to a seat in your parlor and a place in your heart, angels are coming very near, and an answering strain is responded to in heaven.”—*2 Testimonies*, 25.

“Medical missionary work is the pioneer work of

the gospel, the door through which the truth for this time is to find entrance to many homes. God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message."—*Welfare Ministry*, 125.

"The Lord gave me great light on health reform. In connection with my husband I was to be a medical missionary worker. I was to set an example to the church by taking the sick to my home and caring for them. This I have done, giving the women and children vigorous treatment."—*A Call to Medical Evangelism*, 9.

"Often the relief of their physical needs is the only avenue by which they can be approached."—*Welfare Ministry*, 126.

"Present Jesus because you know Him as your personal Saviour. Let His melting love, His rich grace, flow forth from human lips. You need not present doctrinal points unless questioned. But take the Word, and with tender, yearning love for souls, show them the precious righteousness of Christ, to whom you and they must come to be saved."—*Welfare Ministry*, 92.

### **3 - GOSPEL COMPANIES**

"Let there be in every church well-organized companies of workers to labor in the vicinity of that church. Put self behind you, and let Christ go before as your life and power. Let this work be entered into without

delay, and the truth will be as leaven in the earth. When such forces are set to work in all our churches, there will be a renovating, reforming, energizing power in the churches, because the members are doing the very work that God has given them to do.”—*Welfare Ministry*, 107.

“In every large city there should be corps of organized, well-disciplined workers; not merely one or two, but scores should be set to work . . .

“Each company of workers should be under the direction of a competent leader, and it should ever be kept before them that they are to be missionaries in the highest sense of the term. Such systematic labor, wisely conducted, would produce blessed results.”—*Medical Ministry*, 300-301.

“To those who have been engaged in this work I would say: Continue to work with tact and ability. Arouse your associates to work under some name whereby they may be organized to cooperate in harmonious action. Get the young men and women in the churches to work. Combine medical missionary work with the proclamation of the third angel’s message. Make regular, organized efforts to lift the church members out of the dead level in which they have been for years. Send out into the churches workers who will live the principles of health reform. Let those be sent who can see the necessity of self-denial in appetite, or they will be a snare to the church. See if the breath of life will not then come into our churches. A new element needs to be brought into the work. God’s people must realize their great need and peril, and take up the work that lies nearest them.”—*6 Testimonies*, 267.

“Brother and Sister Haskell have rented a house in one of the best parts of the city, and have gathered

round them a family of helpers, who day by day go out giving Bible readings, selling our papers, and doing medical missionary work. During the hour of worship the workers relate their experiences. Bible studies are regularly conducted in the home, and the young men and women connected with the mission receive a practical, thorough training in holding Bible readings and in selling our publications . . .

“A similar work should be done in many cities. The young people who go out to labor in these cities should be under the direction of experienced, consecrated leaders. Let the workers be provided with a good home, in which they may receive thorough training.”—*Evangelism, 108-109.*

“Why do not believers feel a deeper, more earnest concern for those who are out of Christ? Why do not two or three meet together and plead with God for the salvation of some special one, and then for still another? In our churches let companies be formed for service. Let different ones unite in labor as fishers of men. Let them seek to gather souls from the corruption of the world into the saving purity of Christ’s love.

“The formation of small companies as a basis of Christian effort has been presented to me by One who cannot err. If there is a large number in the church, let the members be formed into small companies, to work not only for the church members, but for unbelievers. If in one place there are only two or three who know the truth let them form themselves into a band of workers. Let them keep their bond of union unbroken, pressing together in love and unity, encouraging one another to advance, each gaining courage and strength from the assistance of the others.”—*7 Testi-*

*monies, 21-22.*

#### 4 - MEDICAL MISSIONARY EVANGELISTIC TEAMS

“From the instruction that the Lord has given me from time to time, I know that there should be workers who make medical evangelistic tours among the towns and villages. Those who do this work will gather a rich harvest of souls, from both the higher and lower classes. The way for this work is best prepared by the efforts of the faithful canvasser.”—*Counsels on Health, 397.*

“Messengers should be appointed who can present the Word of God from city to city upon the subject of temperance.”—*A Call to Medical Evangelism, 37.*

“The subject of Christian Temperance should find a place in our sermons in every city where we labor.”—*A Call to Medical Evangelism, 38.*

“In every effort such as you are now making, much more good would result from your labors if you had appropriate reading matter ready for circulation. Tracts upon the important points of truth for the present time should be handed out freely to all who will accept them, without money and without price, which might eventually result in a hundredfold returns to the treasury. You are to sow beside all waters.”—*Counsels on Health, 465.*

“Instruction should be given upon health and temperance . . . and follow up the work with publications on these subjects.”—*Counsels on Health, 449 (see pages 465-466).*

“Some may think the question of diet is important enough to be included in the question of reli-



gion.”—*Evangelism*, 265.

**5 - MEDICAL MISSIONARY COLPORTEURS**

“There should be more earnest efforts made to enlighten the people on the great subject of health reform.”—*Counsels on Health*, 466.

“The way for this work [by medical evangelists] is best prepared by the efforts of the faithful canvasser.”—*Counsels on Health*, 397.

“Canvassers should call the attention of those they visit to our health publications, telling them of the valuable instruction these periodicals contain regarding the care of the sick and the treatment of diseases.”—*Counsels on Health*, 462.

“As opportunity is offered, let him [the canvasser] speak of the value of a healthful diet. He should never be ashamed to say ‘No, thank you; I do not eat meat. If tea is offered, let him refuse it.’”—*Counsels on Health*, 463.

“As the canvasser goes from place to place . . . he should have a practical knowledge of the causes of disease, and should understand how to give simple treatments . . . pointing them to the great physician.”—*Counsels on Health*, 463-464.

“The note of warning against the great evil of intemperance should be sounded; and that this may be done, every Sabbathkeeper should study and practice the instruction contained in our health periodicals and our health books. And they should do more than this: they should make earnest efforts to circulate these publications among their neighbors.

“The sale of our health literature will in no way hinder the sale of publications dealing with other phases of the third angel’s message. All are to prepare

the way for the coming of the Lord.”—*Counsels on Health*, 462.

## 6 - CAMP MEETING

(It should be noted here that early camp meetings were actually evangelistic tent efforts. They were mainly attended by non-members and were moved from city to city.)

“Public meetings should be held, to introduce the subject, and schools should be held.”—*Evangelism*, 534.

“Let them [workers] take the living principles of health reform into the communities . . . Let classes be formed and instruction be given regarding the treatment of disease.”—*8 Testimonies*, 148.

“Beginnings [of health institutions] might be made in every prominent place where camp meetings are held.”—*Counsels on Health*, 468.

“At the camp meeting, instruction on health topics should be given to the people. At our meetings in Australia, lectures on health subjects were given daily, and a deep interest was aroused . . . Thousands of people attended the lectures, and at the close of the camp meeting the people were not satisfied to let the matter drop with what they had already learned. In several cities where camp meetings were held, some of the leading citizens urged that a branch sanitarium be established, promising their co-operation. In several cities the work has been started, with good success.”—*Counsels on Health*, 467-468.

## 7 - FOREIGN MISSIONARY TEAMS

“The breadth of gospel medical missionary work is not yet understood [Matthew 28:18-20 outlines the

commission Christ has given to each of us].”—*Counsels on Health*, 509.

“There is a great demand in all parts of the world for Christian teachers and for medical missionaries. In all parts of the field both at home and abroad, are open doors for those who can do good to body and soul, presenting the precious light of truth. The past neglect in this direction must not be perpetuated. Great light has shone upon our pathway in some directions more than others, and yet our advance along these very lines has been far behind the light we have had.”—*Fundamentals of Christian Education*, 231-232.

“Those who have been trained for medical missionary work in foreign countries should be encouraged to go without delay where they expect to labor, and begin work among the people, learning the language as they work. Very soon they will be able to teach the simple truths of God’s Word.”—*Ministry of Healing*, 155.

“Throughout the world, messengers of mercy are needed. There is a call for Christian families to go into communities that are in darkness and error, to go to foreign fields, to become acquainted with the needs of their fellow men, and to work for the cause of the Master. If such families would settle in the dark places of the earth, places where the people are enshrouded in spiritual gloom, and let the light of Christ’s life shine out through them, what a noble work might be accomplished.”—*Ministry of Healing*, 155-156.

### **8 - WHENEVER POSSIBLE, GO OUT TWO BY TWO**

“Calling the twelve about Him, Jesus bade them go out two and two through the towns and villages. None were sent forth alone, but brother was associated with brother, friend with friend. Thus they could

help and encourage each other, counseling and praying together, each one's strength supplementing the other's weakness . . . In our own time evangelistic work would be far more successful if this example were more closely followed."—*Desire of Ages*, 350.

"Why is it that we have departed from the method of labor which was instituted by the Great Teacher? Why is it that the laborers in His cause today are not sent forth two and two? 'Oh,' you say, 'we have not laborers enough to occupy the field.' Then occupy less territory. Send forth the laborers into the places where the way seems to be opened, and teach the precious truth for this time. Can we not see the wisdom of having two go together to preach the gospel?"—*Evangelism*, 74.

(Gospel companies themselves should probably split up into teams of two, as they go out each day from house to house.)

#### **9 - WHEN WORK HAS BEEN ESTABLISHED IN ONE PLACE AND TRAINED WORKERS, BEGIN A NEW WORK ELSEWHERE**

"In every city that is entered, a solid foundation is to be laid for permanent work."—*Evangelism*, 462.

"Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath-school classes, how best to help the poor and to care for the sick, how to work for the unconverted . . . There should not only be teaching, but actual work under experienced instructors."—*Ministry of Healing*, 149.

"The Saviour's work was not restricted to any time or place. His compassion knew no limit. On so

large a scale did He conduct His work of healing and teaching that there was no building in Palestine large enough to receive the multitudes that thronged to Him. On the green hill slopes of Galilee, in the thoroughfares of travel, by the seashore, in the synagogues, and in every other place where the sick could be brought to Him, was to be found His hospital. In every city, every town, every village, through which He passed, He laid His hands upon the afflicted ones and healed them. Wherever there were hearts ready to receive His message, He comforted them with the assurance of their heavenly Father's love."—*Ministry of Healing*, 17-18.

(For more on this see *Evangelism*, 353-354; 381-383.)

#### **10 - THE ASSURANCE OF DIVINE GUIDANCE AND BLESSING**

*Each day as you go out to do your work, keep ever before your mind the wonderful truth that if you are surrendered, humble, and obedient all heaven is waiting to help you and guide you in this work.*

"If the teachers of His Word are willing, the Lord will lead them into close relation with the people. He will guide them into the homes of those who need and desire the truth, bringing them into the situations best suited to their talents."—*Welfare Ministry*, 101.

"Christ calls every man and woman to put on the armor of His righteousness and begin to work. 'I am at your right hand to help you,' He declares . . . Think of Jesus. He is in His holy place, not in a state of solitude, but surrounded by ten thousand times ten thousands of heavenly angels who wait to do His bidding. And He bids them go and work for the weakest saint who puts his trust in God. High and low, rich and

poor, have the same help provided.”—*Christian Service, 261.*

“In this work all the angels of heaven are ready to cooperate. All the resources of heaven are at the command of those who are seeking to save the lost. Angels will help you to reach the most careless and the most hardened. And when one is brought back to God, all heaven is made glad; seraphs and cherubs touch their golden harps, and sing praises to God and the Lamb for their mercy and lovingkindness to the children of men.”—*Christ’s Object Lessons, 197.*

“In working for perishing souls, you have the companionship of angels.”—*9 Testimonies, 129.*

“Angels of God . . . are sent forth by God to minister to His human workers who are speaking the truth to those who know it not.”—*8 Testimonies, 17.*

“Angels of God are waiting to cooperate with all who will devise plans whereby souls for whom Christ died may hear the glad tidings of salvation.”—*6 Testimonies, 433.*

“Angels have long been waiting for human agents . . . to cooperate with them in the great work to be done.”—*9 Testimonies, 46-47.*

“All the heavenly angels are at the service of the humble, believing people of God.”—*Acts of the Apostles, 154.*

“Our adversary will not allow us to rest. If we are indeed God’s children we shall be harassed and sorely beset, and we need not expect that Satan or those under his influence will treat us well. But there are angels who excel in strength who will be with us in all our conflicts if we will only be faithful.”—*3 Testimonies, 526.*

“The doing of medical missionary work brings rays of heavenly brightness to wearied, perplexed, suffering souls . . . At every work of mercy, every work of love, angels of God are present.”—*A Call to Medical Evangelism*, 27.

“For He shall give His angels charge over thee, to keep thee in all thy ways.”—*Psalms 91:11*.

“Behold, I send an angel before thee, to keep thee in the way, and to bring thee into the place which I have prepared.”—*Exodus 23:20*.

“It is not the power that emanates from men that makes the work successful, it is the power of the heavenly intelligences working with the human agent that brings the work to perfection.”—*Christian Service*, 260.

“The way of the Lord’s helping we may not know but this we do know: He will never fail those who put their trust in Him. Could Christians realize how many times the Lord has ordered their way, that the purposes of the enemy concerning them might not be accomplished, they would not stumble along complainingly. Their faith would be stayed on God, and no trial would have power to move them.”—*Prophets and Kings*, 576.

“But when we give ourselves wholly to God and in our work follow His directions, He makes Himself responsible for its accomplishment. He would not have us conjecture as to the success of our honest endeavors. Not once should we even think of failure. We are to cooperate with One who knows no failure.”—*Christ’s Object Lessons*, 363.

## — CHAPTER SEVEN —

**HOW  
MEDICAL MISSIONARY INSTITUTIONS  
SHOULD OPERATE**

*The blueprint for  
medical missionary center evangelism*

**1 - FRONT LINE MEDICAL MISSIONARY  
UNITS - SMALL CITY CENTERS****[1] - OUR WORKERS ARE TO GO INTO THE CITIES**

“Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities.”—*Counsels on Health*, 392.

“Let the Lord’s work go forward. Let the medical missionary and the educational work go forward. I am sure that this is our great lack—earnest, devoted, intelligent, capable workers. In every large city there should be a representation of true medical missionary work. Let many now ask, ‘Lord, what wilt Thou have me to do?’ It is the Lord’s purpose that His method of healing without drugs shall be brought into prominence in every large city through our medical institutions.”—*Counsels on Health*, 393-394.

“There is no change in the messages that God has sent in the past. The work in the cities is the essential work for this time. When the cities are worked as God would have them, the result will be the setting in operation of a mighty movement such as we have not yet witnessed.”—*Medical Ministry*, 304.



**[2] - BUT WARNINGS HAVE BEEN GIVEN AGAINST  
LIVING IN OR MAKING LARGE CENTERS  
IN THE CITIES**

“The trade unions and confederacies of the world are a snare. Keep out of them . . . Because of these unions and confederacies, it will soon be very difficult for our institutions to carry on their work in the cities. My warning is: Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities and into the country, where they can obtain a small piece of land, and make a home for themselves and their children.

“Our restaurants must be in the cities; for otherwise the workers in these restaurants could not reach the people and teach them the principles of right living. And for the present we shall have to occupy meetinghouses in the cities. But ere long there will be such strife and confusion in the cities, that those who wish to leave them will not be able. We must be preparing for these issues. This is the light that is given me.”—*Country Living*, 10-11. (Read the entire booklet.)

**[3] - MANY SMALL MEDICAL MISSIONARY  
CENTERS ARE TO BE ESTABLISHED  
IN THE CITIES**

“We must do more than we have done to reach the people of our cities. We are not to erect large buildings in the cities, but over and over again the light has been given me that we should establish in all our cities small plants which shall be centers of influence.”—*Counsels on Health*, 481.

**1 - TREATMENT ROOMS**—“In every city where we have a church, there is need of a place where treatment can be given. Among the homes of our church members there are few that afford room and facilities for the proper care of the sick. A place should be pro-

vided where treatment may be given for common ailments. The building might be inelegant and even rude, but it should be furnished with facilities for giving simple treatments. These, skillfully employed, would prove a blessing, not only to our own people, but to their neighbors, and might be the means of calling the attention of many to health principles.”—*Counsels on Health*, 468.

“I have been given light that in many cities it is advisable for a restaurant to be connected with treatment rooms. The two can cooperate in upholding right principles. In connection with these, it is sometimes advisable to have rooms that will serve as lodgings for the sick. These establishments will serve as feeders to the sanitariums located in the country, and would better be conducted in rented buildings. We are not to erect in the cities large buildings, in which to care for the sick, because God has plainly indicated that the sick can be better cared for outside the cities.”—7 *Testimonies*, 60.

**2 - LECTURE HALLS**—“As a people we have been given the work of making known the principles of health reform . . . In connection with our city missions there should be suitable rooms where those in whom an interest has been awakened can be gathered for instruction.”—*Counsels on Health*, 443.

“Arrangements should be made to hold meetings in connection with our restaurants. Whenever possible, let a room be provided where the patrons can be invited to lectures on the science of health and Christian temperance, where they can receive instruction on the preparation of wholesome food and on other important subjects. In these meetings there should be prayer and singing and talks, not only on health

and temperance topics, but also on other appropriate Bible subjects. As the people are taught how to preserve physical health, many opportunities will be found to sow the seeds of the gospel of the kingdom.”—*Counsels on Health*, 481.

“Successful evangelistic work can be done in connection with medical missionary work. It is as these lines of work are united that we may expect to gather the most precious fruit for the Lord.”—*Medical Ministry*, 26-27.

“The principles of health reform are to be promulgated as a part of the work in these cities. The voice of the third angel’s message is to be heard with power. Let the teachings of health reform be brought into every effort made to get the light of truth before the people.”—*Evangelism*, 533.

“Gospel workers should be able also to give instruction in the principles of healthful living . . . Thousands need and would gladly receive instruction concerning the simple methods of treating the sick—methods that are taking the place of the use of poisonous drugs.”—*Ministry of Healing*, 146.

“Health talks will be given, publications will be multiplied. The principles of health reform will be received with favor, and many will be enlightened. The influences that are associated with health reform will commend it to the judgment of all who want light, and they will advance step by step to receive the special truths for this time.”—*6 Testimonies*, 379.

(For more information on lecture halls, see *Counsels on Health*, 37-40, 422, 452, 449, 469, 481; *Medical Ministry*, 26-27, 147; 190.)

**3 – HYGIENIC RESTAURANTS**—“While in New York in the winter of 1901, I received light in regard to the

work in that great city. Night after night the course that our brethren should pursue passed before me. In Greater New York the message is to go forth as a lamp that burneth. God will raise up laborers for this work and His angels will go before them . . . It was presented to me that we should not rest satisfied because we have a vegetarian restaurant in Brooklyn, but that others should be established in other sections of the city. The people living in one part of Greater New York do not know what is going on in other parts of that great city. Men and women who eat at the restaurants established in different places will become conscious of an improvement in health. Their confidence once gained, they will be more ready to accept God's special message of truth.

“Wherever medical missionary work is carried on in our large cities, cooking schools should be held; and wherever a strong educational missionary work is in progress, a hygienic restaurant of some sort should be established, which shall give a practical illustration of the proper selection and the healthful preparation of foods.”—*Counsels on Health*, 487-488.

“I have been instructed that one of the principal reasons why hygienic restaurants and treatment rooms should be established in the centers of large cities is that by this means the attention of leading men will be called to the third angel's message. Noticing that these restaurants are conducted in a way altogether different from the way in which ordinary restaurants are conducted, men of intelligence will then begin to inquire into the reasons for the difference in business methods, and will investigate the principles that lead us to serve superior food. Thus they will be led to a knowledge of the message for this time.”—*Counsels*

on Health, 491. (See also pages 408-411, 443, 449-451, 471-496; *Medical Ministry*, 265-281.)

**4 – COOKING SCHOOLS**—“In connection with our city missions there should be suitable rooms where those in whom an interest has been awakened can be gathered for instruction . . . Cooking schools should be held. The people are to be taught how to prepare wholesome food. They are to be shown the need of discarding unhealthful foods. But we should never advocate a starvation diet. It is possible to have a wholesome, nutritious diet without the use of tea, coffee, and flesh food. The work of teaching the people how to prepare a dietary that is at once wholesome and appetizing, is of the utmost importance. The work of health reform is the Lord’s means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God’s helping hand . . . This work bears the signature of Heaven, and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently.”—*Counsels on Health*, 443-444.

“Wherever the truth is carried, the people should be given instruction in regard to the preparation of healthful food. God desires that in every place the people should be taught by skillful teachers how to utilize wisely the products that they can raise or readily obtain in their section of the country. Thus the poor, as well as those in better circumstances, can be taught to live healthfully . . . We are not to neglect this work because of the effect we may fear it will have on the sale of goods manufactured in our health food factories. This is not the most important matter. Our work is to show the people how they can obtain and prepare wholesome food, how they can cooperate with

God in restoring in themselves His image.”—*A Call to Medical Evangelism*, 31.

(For more information: *Counsels on Health*, 443; 471-496, *Medical Ministry*, 256-281)

**5 – HEALTH AND RELIGIOUS BOOKSTORES AND LENDING LIBRARIES**—“The press is a powerful means to move the minds and hearts of the people . . . You should be more earnest to get reading matter of an elevating and saving character before the people. There should be more earnest efforts made to enlighten the people upon the great subject of health reform. Tracts of four, eight, twelve, sixteen, and more pages containing pointed, well written articles on this great question, should be scattered like the leaves of autumn.”—*Counsels on Health*, 465-466.

“Those who come to our restaurants should be supplied with reading matter. Their attention should be called to our literature on temperance and dietetic system reform, and leaflets treating on the lessons of Christ should also be given them.”—*Counsels on Health*, 482.

“Hold up the principles of health reform, and let the Lord lead the honest in heart. Present the principles of temperance in their most attractive form. Circulate the books that give instruction in regard to healthful living.”—*Counsels on Health*, 479.

“Instruction should be given upon health and temperance. Seek to arouse the intellect and the conscience. Bring into service all the talent at command, and follow up the work with publications upon the subject. ‘Educate, educate, educate’ is the message that has been impressed upon me.”—*Counsels on Health*, 449.

“The books containing the special message to

come to the world at this present time—should be more freely circulated. ‘Why,’ he inquired, ‘do not our people appreciate and circulate more widely the books containing . . . the warning regarding Satan’s work? Why do we not give greater effort to circulating the books that point out Satan’s plans to counterwork the work of God, that uncover his plans and point out his deceptions?’—*9 Testimonies*, 67.

“Much more should have been accomplished in the sale of our books than we see accomplished today.”—*9 Testimonies*, 70.

“Because books were being sold at low prices, some being especially reduced for the occasion, many were purchased, and some by persons not of our faith. . . . But dissatisfaction was expressed by some of our own people. One said: ‘A stop must be put to this work, or our business will be spoiled.’ As one brother was carrying away an armful of books, a canvasser laid his hand upon his arm and said: ‘My brother, what are you doing with so many books?’ Then I heard the voice of our Counselor saying: ‘Forbid them not. This is a work that should be done. The end is near. Already much time has been lost, when these books should have been in circulation. Sell them far and near. Scatter them like the leaves of autumn. This work is to continue without the forbiddings of anyone. Souls are perishing out of Christ. Let them be warned of His soon appearing in the clouds of heaven.’ ”—*9 Testimonies*, 72.

“Lend your neighbors some of our smaller books. If their interest is awakened, take some of the larger books.”—*9 Testimonies*, 35.

“By lending or selling books, by distributing papers, and by holding Bible readings, our lay members

could do much in their own neighborhoods.”—9 *Testimonies*, 35.

**6 - HEALTH-FOOD STORES**—“Let centers of influence be made in many of the Southern cities by the opening of food stores and vegetarian restaurants. Let there also be facilities for the manufacture of simple, inexpensive health foods. But let not selfish, worldly policy be brought into the work: for God forbids this. Let unselfish men take hold of this work in the fear of God, and with love for their fellow men.”—*Counsels on Health*, 493-494.

“Men of ability and economy are to be chosen to take up the food work; for, in order to make it a success, the greatest wisdom and economy must be exercised.”—*Counsels on Health*, 494.

**[4] - THESE SMALL CITY CENTERS SHOULD  
BE OPERATED IN CONNECTION  
WITH EACH OTHER**

Religious and health lectures and cooking schools to be united with simple treatments (*Counsels on Health*, 469-470).

Circulation of books and pamphlets in connection with hygienic restaurants (*Counsels on Health*, 482).

Religious and health lectures and cooking schools united with hygienic restaurants (*Counsels on Health*, 481).

Lecture rooms and cooking schools to be united with the city missions (*Counsels on Health*, 443).

Medical missionary work always combined with cooking schools, and educational work with hygienic restaurants (*Counsels on Health*, 487).

Health restaurants and treatment rooms (*Counsels on Health*, 488).



Centers of influence through food stores and vegetarian restaurants, with facilities for the manufacture of simple, inexpensive health foods (Counsels on Health 493); 495-496 reveals the ideal plan for the health-food factory to be located near the country school.

#### **[5] - LOCATION OF THE CITY CENTERS**

Many small centers are to be scattered throughout each city (Counsels on Health, 485, 487; 7 Testimonies 55).

#### **[6] - AN INSPIRING EXAMPLE: A CHURCH THAT OBEYED THE BLUEPRINT**

“Sabbath morning, November 10, 1900, we entered the San Francisco church, and found it crowded to its utmost capacity. As I stood before the people I thought of the dream and the instruction which had been given me so many years ago, and I was much encouraged. Looking at the people assembled, I felt that I could indeed say, ‘The Lord has fulfilled His Word.’

“During the past few years the ‘beehive’ (a revelation in 1876 when the activities of the then-relatively-new churches in San Francisco and Oakland were represented as two beehives) in San Francisco has been indeed a busy one. Many lines of Christian effort have been carried forward by our brethren and sisters there. These included visiting the sick and destitute, finding homes for orphans and work for the unemployed, nursing the sick, teaching the truth from house to house, distributing literature, and conducting classes on healthful living and the care of the sick. A school for the children has been conducted in the basement of the Laguna Street meetinghouse. For a time a

workingmen's home and medical mission was maintained. On Market Street, near the city hall, there were treatment rooms, operated as a branch of the St. Helena Sanitarium. In the same locality was a health-food store. Nearer the center of the city, not far from the Call building, was conducted a vegetarian café, which was open six days in the week and entirely closed on the Sabbath. Along the waterfront, ship mission work was carried on. At various times our ministers conducted meetings in large halls in the city. Thus the warning message was given by many."—*Welfare Ministry*, 112.

## **2 - BEHIND THE LINES: MEDICAL MISSIONARY "OUTPOSTS," SMALL COUNTRY CENTERS**

### **[1] - MANY SMALL MEDICAL MISSIONARY CENTERS ARE TO BE ESTABLISHED OUTSIDE THE CITIES**

**1 - SANITARIUMS**—"The proclamation of the truth in all parts of the world calls for small sanitariums in many places, not in the heart of cities, but in places where city influences will be as little felt as possible."—*Medical Ministry*, 159.

"Many small sanitariums are to be established in places outside the cities. Connected with them there are to be men and women of ability and consecration, who will conduct themselves in the love and fear of God. These institutions are to be training schools."—*Medical Ministry*, 156.

"Small plants should be established. God designs that sanitariums shall be a means of reaching high and low, rich and poor. They are to be so conducted that by their work attention may be called to the message God has sent to the world."—*Counsels on Health*, 501.

"As to drugs being used in our institutions, it is

contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why institutions should be established, that is, sanitariums were to reform the medical practice of physicians.”—*Medical Ministry*, 27.

“Our sanitariums are to be established for one object—the advancement of present truth.”—*Counsels on Health*, 272.

“The purpose of our health institutions is not first and foremost to be that of hospitals. The health institutions connected with the closing work of the gospel in the earth stand for the great principles of the gospel in all its fullness . . . If a sanitarium connected with this closing message fails to lift up Christ and the principles of the gospel as developed in the third angel’s message, it fails in its most important feature, and contradicts the very object of its existence.”—*Medical Ministry*, 27-28.

**SANITARIUMS SHOULD BE SMALL AND IN THE COUNTRY**—“Those who have to do with the locating of our sanitariums should prayerfully study the character and aim of sanitarium work.”—*Counsels on Health*, 265.

“We have lost great advantages by failing to realize the need of a change in our plans in regard to the location of sanitariums. It is the Lord’s will that these institutions shall be established outside the city.”—*Counsels on Health*, 265.

“They should be situated in the country, in the midst of surroundings as attractive as possible.”—*Counsels on Health*, 265.

“The sick should be cared for away from the bustle of the cities.”—*Counsels on Health*, 265.

“In retirement, patients will be more readily influenced by the Spirit of God.”—*Counsels on Health*, 266.

“Sanitariums should be established in the midst of the most pleasant surroundings, in places not disturbed by the turmoil of the city.”—*Counsels on Health*, 266.

“Surround them with the beautiful things of nature; place them . . . where their hearts will break into song.”—*Counsels on Health*, 268.

Not to be surrounded by wealthy homes (*Counsels on Health*, 270).

Not expensive mammoth sanitariums, but home-like institutions in pleasant places (*Counsels on Health*, 211).

No sanitariums to be located in Los Angeles (*Counsels on Health*, 166; 231; 7 Testimonies, 85).

“It is not the Lord’s will for His people to erect mammoth sanitariums anywhere. Many sanitariums are to be established. They are not to be too large, but sufficiently complete to do a good and successful work.”—*Counsels on Health* 225.

“The Battle Creek Sanitarium is too large. A great many workers will be required to care for the patients who come. A tenth of the number of patients who come to that institution is as many as can be cared for with the best results in one medical missionary center.”—8 *Testimonies*, 205.

(At the General Conference held in Oakland, California, 1903, Dr. J.H. Kellogg made a statement concerning the very building to which this testimony referred. He said, “In erecting our building we have provision for 296 patients. One tenth of 296 is 29. We can therefore conclude that 29 or 30 “patients’ rooms”

would be the limit of the largest sanitarium, and still adequately care for the physical and spiritual needs of patients, workers, and students.)

(Very strong cautions have been given in regard to strict simplicity and economy rather than needless appearances and display. See *Counsels on Health*, 214-227, 239, 274-279, 300, 242, 319, 468; *Medical Ministry*, 154-168. These should be carefully read by anyone considering this work.)

**SANITARIUMS SHOULD NOT BE TOO CLOSE TOGETHER**—"It is not generous or right to start a sanitarium work . . . where another is already established."—*Medical Ministry*, 154.

"It is not His plan for an institution to be in too close proximity to another doing the same kind of work."—*Medical Ministry*, 151.

"Our institutions, for any land, are not to be crowded together in one locality. God never designed that the light of truth should be thus restricted."—*Counsels on Health*, 216.

"Plants should be established in various places all over the world . . . Efforts are to be put forth wherever the need is greatest."—*Counsels on Health*, 214.

"The first question to be settled is 'Should there be a sanitarium in this locality?' If there should be, the path of duty is plain."—*Medical Ministry*, 153.

**2 - TRAINING SCHOOLS**—"The sanitariums established in the future are not to be immense, expensive buildings. Small local sanitariums are to be established in connection with our schools."—*Medical Ministry*, 156. (See also *Counsels on Health*, 200.)

"It is well that our training schools for Christian workers should be established near to our health institutions, that the students may be educated in the

principles of healthful living. Institutions that send forth workers who are able to give a reason for their faith, and who have a faith which works by love and purifies the soul, are of great value. I have clear instruction that, wherever it is possible, schools should be established near to our sanitariums, that each institution may be a help and strength to the other . . . He has directed in the establishment of our sanitariums, and in the building up of our schools close to our sanitariums, that they may become efficient mediums in training men and women for the work of ministering to suffering humanity.”—*Counsels on Health*, 301.

“Cautions have been given me in reference to the work of training nurses and medical missionary evangelists. We are not to centralize this work in any one place. In every sanitarium established, young men and young women should be trained to be medical missionaries. The Lord will open the way before them as they go forth to work for Him.”—*Counsels on Health*, 225.

“Every sanitarium established by Seventh-day Adventists is to be conducted on educational lines.”—*Medical Ministry*, 175 (*Counsels on Health*, 393; 395-396).

“An educational work should be carried on in connection with all our sanitariums. There is a close relation between the work of our schools and our sanitariums; and, wherever it is practical, there are decided advantages in having a school in close connection with a sanitarium. There would be in such an arrangement decided advantages to both lines of work.”—*Counsels on Health*, 242-243.

**AGRICULTURAL SCHOOLS**—“In various places properties are to be purchased to be used for sanitarium

purposes. Our people should be looking for opportunities to purchase properties away from the cities, on which are buildings already erected and orchards already in bearing. Land is a valuable possession.”—*Counsels on Health*, 227.

“It was His design that instead of rebuilding the one large sanitarium, our people should make plants in several places. These smaller sanitariums should have been established where land could be secured for agricultural purposes. It is God’s plan that agriculture shall be connected with the work of our sanitariums and schools. Our youth need the education to be gained from this line of work. It is well, and more than well,—it is essential—that efforts be made to carry out the Lord’s plan in this respect.”—*Counsels on Health*, 223.

“Students should not be permitted to take so many studies that they will have no time for physical training. The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air. Stated hours should be devoted to manual labor.”—*Medical Ministry*, 77.

“The pale, weak student is a continual reproach to health reform. Far better would it be for students to go outdoors and work in the soil. Exercise is good. God designs that all parts of the human machinery shall be worked. There should be regular hours for working.”—*Medical Ministry*, 79.

“In all our educational institutions physical and mental work should have been combined. In vigorous physical exercise, the animal passions find a healthy outlet and are kept in proper bounds. Healthful exercise in the open air will strengthen the muscles, encourage a proper circulation of blood, help to preserve the body from disease, and will be a great help in spiri-

tuality. For many years it has been presented to me that teachers and students should unite in this work. This was done anciently in the schools of the prophets.”—*Medical Ministry*, 81.

**3 - HEALTH -FOOD FACTORIES**—“The health-food business is to be connected with our school, and we should make provision for it. We are erecting buildings for the care of the sick, and food will be required for the patients. Wherever an interest is awakened, the people are to be taught the principles of health reform. If this line of work is brought in, it will be the entering wedge for the work of presenting truth. The health-food business should be established here. It should be one of the industries connected with the school. God has instructed me that parents can find work in this industry and send their children to school. But everything that is done should be done with the greatest simplicity. There is to be no extravagance in anything. Solid work is to be done . . . Just as soon as the helpers in this line of work are controlled by the Holy Spirit, the Lord will give them tact and intelligence in the manufacturing of foods, just as He gave the workers on the tabernacle understanding and ability.”—*Counsels on Health*, 495-496.

(For more on health-food industries, read *Counsels on Health*, 471-496.)

**4 - STUDENT INDUSTRIES**—“In every place where schools are established we are to study what industries can be started that will give the students employment.”—*Medical Ministry*, 323.

**5 - STAFF, WORKER, AND STUDENT HOMES**—“Connected with our sanitariums there should be lands, small portions of which can be used for the homes of the helpers and others who are receiving a training for medical missionary work.”—*Counsels on Health*, 227.



**6 - LECTURE HALLS**—"When the light came that we should begin sanitarium work, the reasons were plainly given. There were many who needed to be educated in regard to healthful living . . . As a part of the treatment, lectures were to be given on right habits of eating and drinking and dressing. Instruction was to be given regarding the choice and the preparation of food, showing that food may be prepared so as to be wholesome and nourishing, and at the same time appetizing and palatable."—*Counsels on Health*, 469.

"In all our health institutions, it should be made a special feature of the work to give instruction in regard to the laws of health. The principles of health reform should be carefully and thoroughly set before all, both patients and helpers. This work requires moral courage."—*Counsels on Health*, 452.

**7 - COOKING SCHOOLS**—"Connected with our sanitariums and schools there should be cooking schools, where instruction is given on the proper preparation of food. In all our schools there should be those who are fitted to educate the students, both men and women, in the art of cooking. Women especially should learn how to cook."—*Medical Ministry*, 270 (*Counsels on Health* 469).

**[1] - THESE COUNTRY CENTERS  
ARE TO BE OPERATED  
IN CONNECTION WITH EACH OTHER**

Sanitariums are to be united with health lectures and cooking schools (*Counsels on Health*, 469-470).

Sanitariums are to be established in connection with our schools, in order to train all of our people—young and old—as medical missionaries (*Medical Ministry*, 156; *Counsels on Health*, 211, 225, 227, 243-244, 301; *Medical Ministry*, 323).

Sanitariums are to be united with agricultural schools (Counsels on Health 223).

Schools are to be united with agricultural farms (Counsels on Health, 223; Medical Ministry, 79).

Schools are to be connected with student industries (Medical Ministry, 323).

Sanitariums and schools are to be connected with cooking schools (Medical Ministry, 270).

Sanitariums are to have lecture rooms (Counsels on Health, 469).

## **[2] - THE CITY CENTERS ARE TO ACT AS FEEDERS FOR THE COUNTRY CENTERS**

“I have been given light that in many cities it is advisable for a restaurant to be connected with treatment rooms . . . These establishments will serve as feeders to the sanitariums located in the country.”—*Counsels on Health*, 488.

“Henceforth medical missionary work is to be carried forward with greater earnestness. Medical missions should be opened as pioneer agencies for the proclamation of the third angel’s message . . . A special work is to be done in places where people are constantly coming and going. Christ labored in Capernaum much of the time because this was a place through which travelers were constantly passing and where many often tarried. Christ sought the people where they were, and placed before them the great truths in regard to His kingdom. As He went from place to place, He blessed and comforted the suffering and healed the sick. This is our work.”—*Counsels on Health*, 500-501.

(For more on this, read 9 Testimonies, 121-122; Counsels on Health, 318; Ministry of Healing, 22, 29-30; Luke 4:28-41; 5:17-19).

“The Great Teacher laid plans for His work. Study

these plans. We find Him traveling from place to place, followed by crowds of eager listeners. When He could, He would lead them away from the crowded cities, to the quiet of the country. Here He would pray with them, and talk to them of eternal truths.”—*Medical Ministry*, 299. [Read the entire page.]

(For more on this: Ministry of Healing, 52-54; Christ’s Object Lessons, 24-27; Ministry of Healing, 261-268; Matthew 5:1; 13:1-2; 14:13-14; 15:29-30).

### **3 - EXTENT OF THE MEDICAL MISSIONARY CENTERS**

**1 - INTO THE CITIES OF AMERICA**—“Let many now ask, ‘Lord, what wilt Thou have me to do?’ It is the Lord’s purpose that His method of healing without drugs shall be brought into prominence in every large city through our medical institutions. God invests with holy dignity those who go forth in His power to heal the sick. Let the light shine forth farther and still farther, in every place to which it is possible to obtain entrance. Satan will make the work as difficult as possible, but divine power will attend all true-hearted workers. Guided by our heavenly Father’s hand, let us go forward, improving every opportunity to extend the work of God.”—*Medical Ministry*, 325.

“Missions are essential as the foundation of missionary effort in our cities.”—*Gospel Workers*, 365.

“In every city where we have a church, there is need of a place where treatment can be given.”—*Counsels on Health*, 468.

“Intemperance has filled our world, and medical missions should be established in every city. By this I do not mean that large institutions should be established, calling for a large outlay of means.”—*Medical Ministry*, 322.

“Beginnings might be made in every prominent place where camp meetings (at that time, itinerant evangelistic efforts) are held. Make small beginnings, and enlarge as circumstances may demand.”—*Counsels on Health*, 468.

“Centers should be made in all the cities that are unacquainted with the great work that the Lord would have done to warn the world that the end of all things is at hand.”—*Counsels Health*, 214.

“Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities.”—*9 Testimonies*, 167.

Boston and other New England cities: *Counsels on Health*, 554-555 / New York: 7 *Testimonies*, 37 / San Francisco: 7 *Testimonies*, 110-111 / Los Angeles: 7 *Testimonies*, 55 / San Diego: 7 *Testimonies*, 55 / Southern California: 7 *Testimonies*, 112 / The South: 7 *Testimonies*, 57, 227; *Counsels on Health*, 494 / Prominent thoroughfares: *Counsels on Health*, 500-501 / Tourist Resorts: 7 *Testimonies*, 55 / Inland and sea-side resorts: *Counsels an Health*, 488

**2 - INTO FOREIGN FIELDS**—“In foreign countries many enterprises for the advancement of this message must yet be begun and carried forward. The opening of hygienic restaurants and treatment rooms, and the establishment of sanitariums for the care of the sick and the suffering is just as necessary in Europe as in America.”—*7 Testimonies*, 51.

“The Lord is working impartially for every part of His vineyard . . . In foreign lands many medical missionary enterprises are to be started and carried forward to success.”—*Counsels on Health*, 224.

“In many lands medical missions are to be established to act as God’s helping hand in ministering to the afflicted.”—*7 Testimonies*, 51.

**3 - INTO ALL THE WORLD**—“Christ embraced the world in His missionary work, and the Lord has shown me by revelation that it is not His plan for large centers to be made, for large institutions to be established, and for the funds of our people in all parts of the world to be exhausted in the support of a few large institutions, when the necessities of the times call for something to be done as Providence opens the way, in many places. Plants should be established in various places all over the world. First one, and then another part of the vineyard is to be entered, until all has been cultivated. Efforts are to be put forth wherever the need is greatest. But we cannot carry on this aggressive warfare, and at the same time make an extravagant outlay of means in a few places.”—*Counsels on Health*, 214.

“Henceforth medical missionary work is to be carried forward with greater earnestness. Medical missions should be opened as pioneer agencies for the proclamation of the third angel’s message. How great is the need of means to do this line of work! Gospel medical missions cannot be established without financial aid. Every such enterprise calls for our sympathy and for our means, that facilities may be provided to make the work successful.”—*Counsels on Health*, 500.

“God has qualified His people to enlighten the world. He has entrusted them with faculties by which they are to extend His work until it shall encircle the globe. In all parts of the earth they are to establish sanitariums, schools, publishing houses, and kindred facilities for the accomplishment of His work.”—*7 Testimonies*, 51.

“There is a great demand in all parts of the world

for Christian teachers and for medical missionaries. In all parts of the field both at home and abroad, are open doors for those who can do good to body and soul, presenting the precious light of truth. The past neglect in this direction must not be perpetuated. Great light has shown upon our pathway in some directions more than others, and yet our advance along these very lines has been far behind the light we have had.”—*Fundamentals of Christian Education*, 231-232.

“It is the Lord’s purpose that in every part of our world health institutions shall be established as a branch of the gospel work. These institutions are to be His agencies for reaching a class whom nothing else will reach. They need not be large buildings, but should be so arranged that effective work may be done.”—*Counsels on Health*, 468.

“There is no change in the messages that God has given in the past. The work in the cities is the essential work for this time. When the cities are worked as God would have them worked, the result will be the setting in operation of a mighty movement such as we have not yet witnessed.”—*Medical Ministry*, 304.

“We shall see the medical missionary work broadening and deepening at every point of its progress, because of the inflowing of hundreds and thousands of streams, until the whole earth is covered as the waters cover the sea.”—*Medical Ministry*, 317.

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature.”

—*Ministry of Healing*, 127

SECTION THREE

# Principles and Standards

- CHAPTER EIGHT -

**WORKING PRINCIPLES  
THAT SHOULD BE ADHERED TO**

*Reference outline only.*

*(The next chapter will provide much of this quoted material.)*

**MEDICAL MISSIONARY WORKING PRINCIPLES**

**1 – Dependence upon God alone for every human**

**need:** John 3:27; 15:5; 2 Chron. 20:12; Jer. 10:23; 2 Cor. 3:5; Ex. 20:3; Prov. 3:5; 6 Testimonies, 359-364; Ministry of Healing, 48-49.

**2 — Adherence to the Bible and Spirit of Prophecy:**

Isa. 8:20; Deut. 8:1-3; Matt. 4:4; Psalm 119:11; 1 Cor. 10:11; Testimonies to Ministers, 105-111.

**3 – Stand by principle in every decision made:**

Isa. 8:20; Job 1:8; Acts 5:29; Matt. 7:24; Prophets

- and Kings, 483; Medical Ministry, 71-73; Counsels on Health, 287-296; Medical Ministry, 124; Ministry of Healing, 25.
- 4 – Simplicity, never display** in organization, buildings, furnishings and work: Psalm 116:6; Mark 10:5; 2 Cor. 1:12; 11:3; Matt. 23:5; Counsels on Health, 274-279, 300, 319; Evangelism, 136-139; Medical Ministry, 160; Ministry of Healing, 47.
- 5 – Strict honesty in all matters:** Deut. 25:15; Rom. 12:17; Medical Ministry, 71-72.
- 6 – Neatness and order in everything done:** Medical Ministry, 212.
- 7 – Faithfulness in little things:** Eccl. 9:10; Luke 16:10; John 6:12; Counsels on Health, 404, 428; Ministry of Healing, 40; Patriarchs and Prophets, 573-574.
- 8 – Strictest economy in all lines:** Matt. 10:8-10; John 6:12; Counsels on Health, 280, 281, 299, 300; Ministry of Healing, 48.
- 9 – Cash only—never credit**—Keep yourself and others from debt: Rom 13:8; Prov. 22:7; Luke 6:35; Psalm 37:21. Never be surety for another's debts: Prov. 6:1-2; 11:15; 17:18; 22:26; 3 Testimonies 173, 175; 6 Testimonies, 206-207, 210-213, 216, 217, 469, 470; 7 Testimonies, 206-209, 235, 236, 284; Counsels on Health, 262, 263, 304, 305; 8 Testimonies, 89; 9 Testimonies, 71; 9 Testimonies, 271-272.
- 10 – No irrevocable time contracts**—Sign no contracts, agreements, or leases that would, in effect, bind you in regard to your location or employment for a period of time: Counsels on Health, 238; 9 Testimonies 170-171. This would, of course, include the signing of a city lease:



Country Living, 32; 9 Testimonies, 92-93; Evangelism, 29; Country Living, 8-11, 13, 29, 30.

**11 – Fair charge or no charge for medical fees—**

Two methods are given in the Spirit of Prophecy. We are instructed to charge honest, fair medical fees (Medical Ministry, 121- 122, 125, 128). But a higher method—the method of the Master Himself—is clearly brought out (Matt. 10:1, 7-10; Luke 6:38; 22:35; Matt. 6:25-34; Psalm 37:3; Isa. 65:13; Medical Ministry, 123, 125, 126, 128; Life Sketches of Ellen G. White, 302; Medical Ministry, 131-133; Prophets and Kings, 65; Medical Ministry, 152, 154, 155, 156, 159, 181, Mount of Blessing, 144, 145, 147, 148; Great Controversy, 113-114; Desire of Ages, 273; Ministry of Healing, 480-482). Each should be free to seek for himself the counsel of the Lord regarding the method he should follow. Some apply the no-charge plan rates and some do not. Read and pray for guidance.

**12 – Simple and equitable wages—**Except in the case of those donating part or all of their time and services: Acts 2:44, 45; 4:32; Counsels on Health, 302-307, 314-318, 311.

**13 – Partnership plan, non-profit: Everything in excess of a predetermined income goes to build like centers elsewhere** (Deut. 8:18; Proverbs 3:27, 28; Matt 6:19, 20; Counsels on Health, 308-310, 220, 224, 225; Medical Ministry, 165).

**14 – Few Possessions—**Consider carefully every purchase, do not go above your needs and own no more than necessity requires (Matt. 10:7-10; 19:21; 8:19-20; Rev. 3:17; Luke 12:33; Matt. 13:44; Prov. 13:17; Mark 4:19; 1 Tim. 6:7; Matt. 16:24-26; 8 Testimonies, 52-53).

- 15 – Growth Check**—After a predetermined small size is reached, all further growth ceases and another institution begins elsewhere (Counsels on Health, 308-310, 220, 224, 225, 275, 217; Medical Ministry, 164, 322; 7 Testimonies, 285; Counsels on Health, 211, 212, 214-227, 239).
- 16 – Keep Moving**—When workers have been trained and the work has been established in one place, begin another center of influence elsewhere (Matt. 9:35, 10:11, 23; 28:19; Acts 1:8; Ministry of Healing, 17; Counsels on Health, 430, 396; Evangelism, 45; 8 Testimonies, 148; 9 Testimonies, 171; Counsels on Health, 517, 518, 542).
- 17 – Follow the entire blueprint**—Always live with your family in the country—work the cities, but don't live in them. Read *Country Living*, the entire book. Always combine health, welfare, evangelism, and education (Matt. 4:23-24; 9:35, 36; 28:18-20; Mark 16:15-17; Luke 4:16-21; Isa. 58:1-14). *Health and welfare* (Welfare Ministry, 117-133; Ministry of Healing, 139-208). *Health and Evangelism* (Evangelism, 513-547; Counsels on Health, 497-558; Medical Ministry, 237-257). *Health and Education* (Counsels on Health, 425-470; Fundamentals of Christian Education, 145-148, Ministry of Healing, 125-160). *Welfare and Evangelism*: Welfare Ministry, 295-319). *Welfare and Education* (Ministry of Healing, 183-200, Welfare Ministry, 194-202). *Evangelism and Education* (Counsels to Parents, Teachers, and Students, 493-545; Fundamentals of Christian Education, 201-211).
- 18 – Bring the Sick to Jesus**—Follow the pattern that He gave in Medical Missionary work (Ministry of Healing, 95-107; Welfare Ministry, 53-59, 117-124).

- A – Bring them to the Great Physician—only God can heal** (Psalm 103:2-5; Ex. 15:26; 23:25; John 10:10; Ministry of Healing; 112-113, 130-131; Medical Ministry, 7-30, 120; Counsels on Health, 29, 346).
- B – Ask God for healing, but “Thy will be done”** (James 5:14-16; Luke 22:42; Romans 8:26; Psalm 37:5, 7; Ministry of Healing, 225-233, Counsels on Health, 247, 373-376).
- C – Change wrong habits; obey the laws of health** (Exodus 15:26; John 5:14; 8:11; 1 Cor. 3:16-17; 6:19-20; Ex. 23:25; Luke 9:23; 1 Cor. 10:31; Phil. 4:13; Ministry of Healing, 126-129; 234-268; 271-346; Counsels on Health, 37-303; Medical Ministry, 221-236. Counsels on Diet and Foods, the entire book).
- D – Cleanse the body** (Ministry of Healing, 127; Psalm 51:7; Isa. 1:16; 2 Selected Messages, 289, 446, 460; Counsels on Health, 61, 63. Fasting; Psalm 107:17-21; Matt. 17:19-21; 6:16-18, 4:1-2; Medical Ministry, 281-282; 2 Selected Messages, 305-450; Counsels on Health, 477, 148; Ministry of Healing, 283; Counsels on Diet and Foods, 185-191).
- E – Use simple water treatments** (Psalm 51:1, 7; 2 Kings 5:10, 14; Judges 9:6-7; Lev. 11-15; Ministry of Healing, 127, 237, 276; Counsels on Health, 323, 55, 56, 61, 62 103, 104, 168, 169, 247; Medical Ministry, 227, 228, 230, 233, 281, 282; 5 Testimonies, 195, 443; 2 Selected Messages 281, 266, 287, 288, 289, 290, 291, 294, 297, 304, 446, 450, 451, 453, 456, 458, 460, 463).
- F – Use the simple herbs of the field** (Eze. 47:12; Rev. 22:2; Psalm 104:14; Medical Ministry, 230-231; 2 Selected Messages, 279, 287-291; 293-

302. Also read *The Use of Herbs*, the entire booklet).

**G – Thank Him for the recovery** (1 Thess. 5:18; Luke 17:12-19; 19:37; Ministry of Healing, 251-256, 100, 101, 233; Counsels on Health, 348).

**H – Continue to trust Him and obey His laws** (John 5:14; Exodus 15:26; Deut. 28; Ministry of Healing, 233).

**19 – Never give poison in any form** (Ex. 20:13; 1 Cor. 3:16-17; Deut. 27:24-25; Prov. 6:16-17; Gen. 9:5; Deut. 29:18-20; Num. 35:16-18; Hab. 2:10; Eze. 22:8-9. Ministry of Healing, 126-127, 146, 233; Counsels on Health, 261, 212, 323, 389, 393, 394, 452, 469, 501; Medical Ministry, 27, 29, 57, 75, 85, 125, 221-229, 231; 2 Selected Messages, 279-284, 287-291, 293-295, 305; 441-454, 456, 460).

**20 – Teamwork and encouragement, never criticism** (Matt. 7:1-5; Rom. 14:4-13; Luke 22:32; 1 Cor. 4:5; Ex. 17:12; Matt. 18:19; Counsels on Health, 242-244, 296-298, Medical Ministry, 137-138, 164).

**21 – Counsel together with the brethren:** Consider carefully all advice that does not conflict with principle (Prov. 11:15; 15:22; 24:6; Phil. 2:2-3; cf: Isa. 30:1; Rom. 11:34; Testimonies to Ministers, 252; Counsels on Health, 296).

**22 – No Rulers**—When no principles are endangered, each is free to seek the direct guidance of the Lord in carrying out His work. When no principle is being violated, none should seek to be conscience for another man and direct the particular manner in which God's people shall carry forward that work (Matt. 23:8-11; Gal. 2:4; Ex. 20:3; Psalm 119:45; Medical Ministry, 203;

Testimonies to Ministers, 347-359, 374-386).

- 23 – Point out sin**—When principles are violated, be sure which ones they are; then in deep humility of spirit, and after earnest heart searching, tenderly counsel with the party involved. Carefully bring the lambs back to Jesus, remembering how often you have strayed (James 5:19-20; Jude 23; Psalm 51:12; Isa. 58:1; Joshua 7:11-12; Isa. 59:2, 64:7; Ministry of Healing, 113-115; 3 Testimonies, 293-304, 252-293; 1 Selected Messages, 195-197).
- 24 – Do not betray confidences:** Guard the interests of both the patient and the work (Isa. 39:1-6; Eccl. 3:7; Prov. 17:27; 11:13; 25:9; 13:3; 21:23; Medical Ministry, 212-213).
- 25 – Non-affiliation with any worldly organization, association, or secret society** (Rev. 18:1-4; 2 Cor. 6:14-18; Eph. 5:6-7, 11; Gen. 19:15; 20:3; Ex. 23:2, 32-33; 33:15-16; 34:12-15; Numbers 16:26; 25:1-5; Joshua 23:6-13; Deut. 7:24; 12:30; 13:6-8; 1 Kings 11:2; 2 Kings 1:3; 17:15; 2 Chron. 16:12; 19:2; Ezra 4:3; 6:21; 9:12, 14; 10:11; Neh. 9:2; 10:30; 13:13; Psalm 1:1; 6:8; 26:4, 5, 9; 28:3; 31:6; 50:18; 84:10; 101:4, 7; 106:34-35; 119:115; 120; 139:19, 21-22; 141:4; Prov. 1:10, 11, 14, 15; 4:14, 15; 9:6; 13:20; 14:7; 20:19, 22:10; 24:1; 29:16, 24; Eccl. 9:18; Isa. 1:23; 8:11-12; 52:11; Jer. 15:17; 51:6; Hos. 4:17; 7:5, 8, 9; Amos 3:3; Micah 6:6; John 18:18, 25; 1 Cor. 10:21, 31; 15:33, 1 Tim. 6:5; 2 Tim. 3:4, 5; Rev. 2:2; 2 Peter 2:18, 19; 3:17; 1 John 1:5-7; 2:15; Counsels on Health, 226, 237-239, 274, 291, 300, 401, 456-459, 520, 521, 522, 525; Medical Ministry, 123, 125, 206, 207, 24-25, 62-63, 71-72, 75, 84-85, 127, 132, 160, 161, 164, 329; 8 Testimonies, 45; 9 Testimonies, 175; Country

Living, 10-12; read the entire book).

**26 – Strive for Unity** among the workers and in the church, without sacrificing principle (John 17:21; Rom. 12:5; 1 Cor. 1:10; 2 Cor. 13:11; Eph. 4:3; 1 Peter 3:8; Isa. 52:8; 2 Selected Messages, 158-161; Gospel Workers, 483-490; 5 Testimonies, 571-573).

**27 – Loyalty to Seventh-day Adventism**, without violating the principles upon which it was founded (Acts 23:5; Ex. 22:28; Matt. 22:21; Acts 5:27-29; Testimonies to Ministers, 15-23, 32, 61; 2 Selected Messages 63, 71, 387-479; Great Controversy, 39-46; Testimonies to Ministers, 53).

## - CHAPTER NINE -

### GUIDING PRINCIPLES IN THE ESTABLISHMENT AND OPERATION OF MEDICAL MISSIONARY INSTITUTIONS

#### *The blueprint for personal and institutional business standards*

Although most of the quotations in this chapter refer to the sanitarium, the principles involved would apply to other institutions as well.

#### 1 – THE OBJECTIVE

##### THE GLORY OF GOD AND THE SALVATION OF MEN

“The sanitariums which are established are to be closely and inseparably bound up with the gospel. The Lord has given instruction that the gospel is to be carried forward; and the gospel includes health re-

form in all its phases. Our work is to enlighten the world; for it is blind to the movements which are taking place, preparing the way for the plagues which God will permit to come upon the world.”—*Medical Ministry, 159-160.*

“The purpose of our health institutions is not first and foremost to be that of hospitals. The health institutions connected with the closing work of the gospel in the earth stand for the great principles of the gospel in all its fullness. Christ is the one to be revealed in all the institutions connected with the closing work, but none of them can do it so fully as the health institutions where the sick and suffering come for relief and deliverance from both physical and spiritual ailment. Many of these, like the paralytic of old, need the forgiveness of sin first, and then they need to learn how to ‘go, and sin no more.’”—*Medical Ministry, 27-28.*

“If a sanitarium connected with this closing message fails to lift up Christ and the principles of the gospel as developed in the third angel’s message, it fails in its most important feature, and contradicts the very object of its existence.”—*Medical Ministry, 28.*

“Often in the care of the suffering, most attention is given to minor matters, while the patients’ need of the great all-saving truths of the gospel, which would minister to both soul and body, is forgotten. When you neglect to offer prayer for the sick, you deprive them of great blessings; for angels of God are waiting to minister to these souls in response to your petitions.”—*Medical Ministry, 195.*

“It is to save the souls, as well as to cure the bodies of men and women, that at much expense our

sanitariums are established. God designs that by means of these agencies of His own planting, the rich and the poor, the high and the low, shall find the bread of heaven and the water of life. He designs that they shall be educated in right habits of living, spiritual and physical. The salvation of many souls is at stake.”—*Counsels on Health*, 470.

“I have been instructed that we are not to delay to do the work that needs to be done in health reform lines. Through this work we are to reach souls in the highways and byways. I have been given special light that in our sanitariums . . . women are to be taught how to care for their own bodies, and at the same time how to become sound in the faith.”—*Counsels on Health*, 393.

“Let the Lord’s work go forward. Let the medical missionary and the educational work go forward. I am sure that this is our great lack—earnest, devoted, intelligent, capable workers. In every large city there should be a representation of true medical missionary work. Let many now ask, ‘Lord, what wilt Thou have me to do?’ It is the Lord’s purpose that His method of healing without drugs shall be brought into prominence in every large city through our medical institutions. God invests with holy dignity those who go forth farther and still farther, in every place to which it is possible to obtain entrance. Satan will make the work as difficult as possible, but divine power will attend all true-hearted workers. Guided by our heavenly Father’s hand, let us go forward, improving every opportunity to extend the work of God.”—*Counsels on Health*, 393-394.

“A health institution, rightly conducted, gives character to our work in new fields.”—*Medical Minis-*



try, 25.

“The conversion of souls is now to be our one object.”—*Medical Ministry*, 328.

“We should ever remember that the efficiency of the medical missionary work is in pointing sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. By beholding Him they will be changed into His likeness. Our object in establishing sanitariums is to encourage the sick and suffering to look to Jesus and live.”—*Counsels on Health*, 528.

“The establishment of sanitariums is a providential arrangement, whereby people from all churches are to be reached and made acquainted with the truth for this time.”—*Counsels on Health* 470.

“The anxious hours they have spent, the perplexing circumstances they have had to meet, the sorrow of heart because some refused to see and receive the things which make for their peace, are forgotten. The self-denial they have practiced in order to support the work is remembered no more. As they look upon the souls they sought to win to Jesus, and see them saved, eternally saved,—monuments of God’s mercy and of a Redeemer’s love,—there ring through the arches of heaven shouts of praise and thanksgiving.”—*Medical Ministry*, 135.

“Let us remember that one most important agency is our medical missionary work. Never are we to lose sight of the great object for which our sanitariums are established—the advancement of God’s closing work in earth.”—*Counsels on Health*, 233. (Read also: “Why conduct Sanitariums?” in *Counsels on Health* 469-470.)

**2 - LOCATION****[1] - NOT TOO NEAR OTHER SANITARIUMS**

“It is not generous or right for a man to start sanitarium work on independent lines in a place where a sanitarium is already established.”—*Medical Ministry, 154.*

“It is not His plan for an institution to be in too close proximity to another one doing the same kind of work; for an institution, wherever it may be, must have good facilities and experienced helpers.”—*Medical Ministry, 151.*

“Our institutions, for any land, are not to be crowded together in one locality. God never designed that the light of truth should be thus restricted.”—*Counsels on Health, 216.*

“There are physicians who, because of a past connection with our sanitariums, find it profitable to locate close to these institutions; and they close their eyes to the great field, neglected and unworked, in which unselfish labor would be a blessing to many.”—*Counsels on Health, 394.*

“The first question to be settled is, ‘Should there be a sanitarium in this locality?’ If there should be, the path of duty is plain.”—*Medical Ministry, 153.*

**[2] - WHERE THERE IS A NEED**

“Plants should be established in various places all over the world. First one, and then another part of the vineyard is to be entered, until all has been cultivated. Efforts are to be put forth wherever the need is greatest. But we cannot carry on this aggressive warfare and at the same time make an extravagant outlay of means in a few places.”—*Counsels on Health, 214.*

“Many plants are to be established in the cities of America, and especially in the Southern cities, where as yet little has been done.”—*Counsels on Health*, 224.

“Centers should be made in all the cities that are unacquainted with the great work that the Lord would have done to warn the world that the end of all things is at hand.”—*Counsels on Health*, 214.

“Beginnings might be made in every prominent place where camp meetings are held. Make small beginnings and enlarge as circumstances may demand.”—*Counsels on Health*, 468.

### **[3] - ONLY IN THE COUNTRY**

“Those who have to do with the locating of our sanitariums should prayerfully study the character and aim of sanitarium work. They should ever bear in mind that they are working for the restoration of the image of God in man.”—*Counsels on Health*, 265.

“No selfishness, no personal ambition, is to be allowed to enter into the work of selecting locations for our sanitariums . . . Let us learn from Him not to choose for our sanitariums the places most agreeable to our taste, but those places best suited to our work.”—*Counsels on Health*, 265.

“Light has been given me that in medical missionary work we have lost great advantages by failing to realize the need of a change in our plans in regard to the location of sanitariums. It is the Lord’s will that these institutions shall be established outside the city. They should be situated in the country, in the midst of surroundings as attractive as possible.”—*Counsels on Health*, 265.

(Sanitariums in the country: *Counsels on Health*, 265-268; the only exception to this that is given: Coun-

sels on Health, 488; Medical Ministry, 323).

#### **[4] - NOT SURROUNDED BY WEALTHY HOMES**

“It might seem to us that it would be best to select for our sanitariums places among the wealthy, that this would give character to our work and secure patronage for our institutions. But in this there is no light. ‘The Lord seeth not as man seeth.’ 1 Samuel 16:7. Man looks at the outward appearance; God looks at the heart. The fewer grand buildings there are around our institutions, the less vexation we shall experience.”—*Counsels on Health*, 269.

#### **[5] - ALWAYS IN CONNECTION SWITH OUR SCHOOLS**

“The Lord has instructed me to warn those who in the future establish sanitariums in new places, to begin their work in humility, consecrating their abilities to His service. The buildings erected are not to be large or expensive. Small local sanitariums are to be established in connection with our training schools. In these sanitariums young men and young women of ability and consecration are to be gathered.”—*Counsels on Health*, 220.

“From our sanitariums, trained workers are to go forth into places where the truth has never been proclaimed, and do missionary work for the Master, claiming the promise, ‘Lo, I am with you always, even unto the end of the world.’ ”—*Counsels on Health*, 211.

“I have clear instruction that, wherever it is possible, schools should be established near to our sanitariums, that each institution may be a help and strength to the other.”—*Counsels on Health*, 301.

“Cautions have been given me in reference to the work of training nurses and medical missionary evan-

gelists. We are not to centralize this work in any one place. In every sanitarium established, young men and young women should be trained to be medical missionaries. The Lord will open the way before them as they go forth to work for Him.”—*Counsels on Health*, 225 (see *Counsels on Health* 227, 242, 243, 493, 542).

“Every sanitarium established by Seventh-day Adventists is to be conducted on educational lines.”—*Medical Ministry* 175. (See also *Counsels on Health* 393, 395-396.)

#### **[6] - WHERE LAND IS OBTAINABLE FOR AGRICULTURAL PURPOSES**

“It was His design that instead of rebuilding the one large sanitarium, our people should make plants in several places. These smaller sanitariums should have been established where land could be secured for agricultural purposes. It is God’s plan that agriculture shall be connected with the work of our sanitariums and schools. Our youth need the education to be gained from this line of work. It is well, and more than well—it is essential—that efforts be made to carry out the Lord’s plan in this respect.”—*Counsels on Health*, 223.

“The Lord will work upon human minds in unexpected quarters. Some who apparently are enemies of the truth will, in God’s providence, invest their means to develop properties and erect buildings. In time, these properties will be offered for sale at a price far below their cost. Our people will recognize the hand of Providence in these offers and will secure valuable property for the use in educational work. They will plan and manage with humility, self-denial, and self-sacrifice. Thus men of means are unconsciously preparing auxiliaries that will enable the Lord’s people to

advance His work rapidly.”—*Counsels on Health*, 227.

“In the visions of the night the Lord had shown me unoccupied properties in the country, suitable for sanitarium purposes, and for sale at a price far below the original cost.”—*Counsels on Health*, 231-232.

“It was some time before we found these places.”—*Counsels on Health*, 232.

(How teachers and students are to work together out in the fields: Medical Ministry, 81, 77, 79)

### **3 - INITIAL CONSTRUCTION**

#### **[1] - DISPLAY AND APPEARANCE**

“The work of God is to be carried on without outward display.”—*Counsels on Health*, 300.

“In no case is money to be invested for display. The gospel medical missionary work is to be carried forward in simplicity, as was the work of the Majesty of heaven, who seeing the necessities of a lost, sinful world, laid aside His royal robe and kingly crown and clothed His divinity with humanity, that He might stand at the head of humanity. He so conducted His missionary work as to leave a perfect example for human beings to follow. ‘If any man will come after Me,’ He declared, ‘Let him deny himself, and take up his cross, and follow Me.’ Matthew 16:24. Every true medical missionary will obey these words. He will not strain every nerve to follow worldly customs and make a display, thus thinking to win souls to the Saviour. No, no. If the Majesty of heaven could leave His glorious home to come to a world all seared and marred by the curse, to establish correct methods of doing medical missionary work, we His followers ought to practice the same self-denial and self-sacrifice.”—*Counsels on*

*Health, 319.*

“To those who engage in the medical missionary work, the temptation will come to exalt themselves, to put on an appearance for the sake of effect. Cut away everything of this character from your work. Let the whole burden of soul be to be just what Christ was in His work. We are to stand upon the platform of eternal truth—pure, unadulterated truth. In this we may be considered singular, but this is the lot of all who make Christ their portion. Every worker in medical missionary lines is to make that work a success by living in connection with the Great Worker.”—*Medical Ministry, 161.*

“Those whose affections are set on God will succeed. They will lose sight of self in Christ, and worldly attractions will have no power to allure them from their allegiance. They will realize that outward display does not give strength. It is not ostentation, outward show, that gives a correct representation of the work that we, as God’s chosen people, are to do. Those who are connected with our sanitarium work should be adorned with the grace of Christ. This will give them the greatest influence for good.

“The Lord is in earnest with us. His promises are given on condition that we faithfully do His will; therefore, in the building of sanitariums He is to be made first and last and best in everything.

“Let all who are connected with the service of God be guarded, lest by desire for display they lead others into indulgence and self-glorification. God does not want any of His servants to enter into unnecessary, expensive undertakings, which bring heavy burdens of debt upon the people.”—*Counsels on Health, 274-275.*

“Never should appearance be depended on as a means of success. This is a delusion. The desire to make an appearance that is not in every way appropriate to the work that God has given us to do, an appearance that could be kept up only by expending a large sum of money, is a merciless tyrant. It is like a canker that is ever eating into the vitals.”—*Counsels on Health*, 277.

“The idea that outward show gives influence to a man or his position is one of Satan’s lies.”—*Medical Ministry*, 160.

## [2] - SIZE

“In establishing institutions, we are never to compete with the institutions of the world in size or splendor.”—*Counsels on Health*, 300.

“We believe that the Lord is soon to come, and should not our faith be represented in the buildings we erect? Shall we put a large outlay of money into a building that will soon be consumed in the great conflagration?”—*Counsels on Health*, 276.

“Then let us bind about our ambitious plans; let us guard against extravagance or improvidence.”—*Counsels on Health*, 276.

“Much more money than was necessary has been expended on our older institutions. Those who have done this have supposed that this outlay would give character to the work. But this plea is no excuse for unnecessary expenditure.”—*Counsels on Health*, 276.

“He came to be our example in all things. His life was one of strict self-denial. If we follow His example, we shall never expend means unnecessarily.”—*Counsels on Health*, 276.

“Character is given to the work, not by investing



means in large buildings, but by maintaining the true standard of religious principles, with noble Christ-likeness of character.”—*Counsels on Health*, 276.

“The sanitariums established in the future are not to be immense, expensive buildings. Small local sanitariums are to be established in connection with our schools.”—*Medical Ministry*, 156.

“It is that thirsting souls may be led to the living water that we plead for sanitariums—not expensive, mammoth sanitariums, but home-like institutions in pleasant places.”—*Counsels on Health*, 211.

“The Battle Creek Sanitarium is too large. A great many workers will be required to care for the patients who come. A tenth of the number of patients who come to that institution is as many as can be cared for with the best results in one medical missionary center.”—*Counsels on Health*, 214.

“To absorb a large amount of means in a few places is contrary to Christian principles. Every building is to be erected with reference to the need for similar buildings in other places.”—*Counsels on Health*, 217.

“It is not the Lord’s will for His people to erect mammoth sanitariums anywhere. Many sanitariums are to be established. They are not to be large, but sufficiently complete to do a good and successful work.”—*Counsels on Health*, 225.

“I have been repeatedly shown that it is not wise to erect mammoth institutions. It is not by the largeness of an institution that the greatest work for souls is to be accomplished. A mammoth sanitarium requires many workers. And where so many are brought together, it is exceedingly difficult to maintain a high

standard of spirituality.”—*Counsels on Health*, 239.

“The fact that many patients are coming to the new sanitarium at \_\_\_\_ is not to be read as a sign that the planning for so large work there was for the best. To this large institution will come many men and women who are not really sick. Workers will be required to wait on them; our nurses will become the servants of worldly men and women who are not inclined to piety or religion. But this is not the work that God has given to His medical missionaries.”—*Medical Ministry*, 159.

### [3] - NUMBER OF PATIENTS

“The sick are to be reached, not by massive buildings, but by the establishment of many small sanitariums, which are to be as lights shining in a dark place.”—*Counsels on Health*, 211.

“Christ embraced the world in His missionary work, and the Lord has shown me by revelation that it is not His plan for large centers to be made, for large institutions to be established, and for the funds of our people in all parts of the world to be exhausted in the support of a few large institutions, when the necessities of the times call for something to be done, as Providence opens the way, in many places. Plants should be established in various places all over the world. First one, and then another part of the vineyard is to be entered, until all has been cultivated. Efforts are to be put forth wherever the need is greatest. But we cannot carry on this aggressive warfare and at the same time make an extravagant outlay of means in a few places.”—*Counsels on Health*, 214.

“Centers should be made in all the cities that are unacquainted with the great work that the Lord would

have done to warn the world that the end of all things is at hand. 'There is too much,' said the Great Teacher, 'in one place.'"—*Counsels on Health*, 214.

"Break up the large centers, has been the word of the Lord. 'Carry the light to many places.' Those who are desirous of receiving a training for effective medical missionary work should understand that large sanitariums will be conducted so much like institutions of the world that students laboring in such sanitariums cannot obtain a symmetrical training for Christian medical missionary work."—*Medical Ministry*, 158-159.

"Some will be attracted by one phase of the gospel, and some by another. We are instructed by our Lord to work in such a way that all classes will be reached. The message must go to the whole world. Our sanitariums are to help to make up the number of God's people. We are not to establish a few mammoth institutions; for thus it would be impossible to give the patients the messages that will bring health to the soul. Small sanitariums are to be established in many places."—*Medical Ministry*, 327.

"Never, never build mammoth institutions. Let these institutions be small, and let there be more of them, that the work of winning souls to Christ may be accomplished."—*Medical Ministry*, 323.

"The proclamation of the truth in all parts of the world calls for small sanitariums in many places."—*Medical Ministry*, 159.

#### **[4] - CONSTRUCTION EXPENSES**

"While the work of building is going forward, let them remember that, as in the days of Noah and of Moses, God arranged every detail of the ark and of

the tabernacle; so in the building of His institutions today, He Himself is watching the work done. Let them remember that the great Master Builder, by His Word, by His Spirit, and by His providence, designs to direct His work. They should take time to ask counsel of Him.”—*Counsels on Health*, 278-279.

“Brick and stone buildings are not the most desirable for a sanitarium, for they are generally cold and damp. It may be said that a brick building presents a much more attractive appearance, and that the building should be attractive. But we need roomy buildings; and if brick is too costly, we must build of wood. Economy must be our study. This is a necessity, because of the greatness of the work that must be done in many lines in God’s moral vineyard.

“It has been suggested that patients will not feel safe from fire in a wooden structure. But if we are in the country, and not in the cities where buildings are crowded together, a fire would originate from within, not from without; therefore brick would not be a safeguard. It should be presented to the patients that for health a wooden building is preferable to one of brick.”—*Counsels on Health*, 279.

“Those who lead out in the establishment of medical institutions must set a right example. Even if the money is in sight, they should not use more than is absolutely needed. The Lord’s work should be conducted with reference to the necessities of every part of His vineyard.”—*Counsels on Health*, 275.

#### **[5] - FURNISHINGS AND ACCOMMODATIONS**

“In all our advance work we must regard the necessity of economy. There must be no needless expense. The Lord is soon to come, and our outlay in buildings is to be in harmony with our faith. Our means are to be

used in providing cheerful rooms, healthful surroundings, and wholesome food.”—*Counsels on Health*, 277.

“Men of common sense appreciate comfort above elegance and display. It is a mistake to suppose that by keeping up an appearance, more patients, and therefore more means would be gained. But even if this course would bring an increase of patronage, we could not consent to have our sanitariums furnished according to the luxurious ideas of the age. Christian influence is too valuable to be sacrificed in this way. All the surroundings, inside and outside our institutions, must be in harmony with the teachings of Christ and the expression of our faith. Our work in all its departments should be an illustration, not of display and extravagance, but of sanctified judgment.”—*Counsels on Health*, 277.

“It is not large, expensive buildings, it is not rich furniture, it is not tables loaded with delicacies, that will give our work influence and success. It is the faith that works by love and purifies the soul; it is the atmosphere of grace that surrounds the believer. The Holy Spirit working upon the mind and heart makes him a savor of life unto life and enables God to bless his work.”—*Counsels on Health*, 278.

“Less expensively furnished rooms than you desire will be in accordance with the work God has given us to do in these last days. Your ideas are not molded and fashioned by a true practical idea of what it means to walk humbly with God. You look upon appearance as the great means of lifting you up to success. This is a delusion. You seek to make an appearance that is not in any way appropriate to the work God has given you to do, an appearance which it would require a large sum of money to keep up. We cannot consent to have the rooms of the sanitarium furnished in accordance

with the idolatry of the age, even if this will bring an increase of patronage. Christian influence is of more value than this.”—*Medical Ministry*, 167.

“They should count the cost of every step taken. They should not launch out into the work without knowing how much money they have to invest.”—*Medical Ministry*, 153.

“If they would depend on the help of God, putting their trust in Him, and showing themselves willing to begin small, and to let the merit of their work speak for itself, if they had sanctified motives, and if they would make it their determination to exert a saving influence in the world, they would be blessed in their work, and many more sanitariums would be established as representatives of the truth.”—*Medical Ministry*, 156.

“Make small beginnings and enlarge as circumstances may demand. Count the cost of every undertaking, that you may be sure of being able to finish. Draw as little as possible from the treasury. Men of faith and financial ability are needed to plan economically. Our sanitariums must be erected with a limited outlay of means. Buildings in which to begin the work can often be secured at low cost.”—*Counsels on Health*, 468.

“Before adopting plans and methods that require a large outlay of means, we are to consider whether they bear the divine signature.”—*Counsels on Health*, 518.

## [6] - EQUIPMENT

“To the managers of all our sanitariums, I would say, Let no large debts be created. Make no unnecessary move. Set aside your desire for full equipment at once. Let the best possible use be made of fewer fa-

cilities, rather than to increase debt. All that is needed may in time be obtained, but all the furnishings and facilities need not be provided at once. Let reason, calm thought, and wise calculation be the rule of action. If success attends our institutions established for the care of the sick, it will be because the managers have preferred to get along with the most essential things, rather than to pile up debts.”—*Medical Ministry*, 166.

“Dr. \_\_ is not to study how he can best meet the requirements of the world. He is not to pattern after the world in his appearance and equipage, flattering himself that this is the way to meet the higher classes. The gospel forbids the cherishing of worldly ideas.”—*Medical Ministry*, 160.

“Begin to do medical missionary work with the conveniences which you have at hand.”—*A Call to Medical Evangelism and Health Education*, 26 (*speaking especially of personal work*).

## **4 - OPERATING EXPENSES**

### **[1] - ECONOMY**

“The men in positions of trust should regard the means they handle as God’s revenue, and use it in an economical manner. When there is an abundance in the treasury, they are not to invest it in adding building to building in places already provided with memorials for God. Hundreds of other places are in need of this money, that they, too, may have something established to represent the truth.”—*Medical Ministry*, 165.

“Many sanitariums are to be established. They are not to be large, but sufficiently complete to do a good and successful work.”—*Counsels on Health*, 225.

“The one who has charge of the finances should

study how much he can save, instead of how much he can spend. All needless expense should be curtailed. Let the helpers understand that the consumption must not exceed the production. To waste in a sanitarium is a grave matter. There are so many who have to do with the different lines of work, and it is most essential that they understand the need of economy. Economy is a very valuable science. Many waste much by failing to save the odds and ends.”—*Medical Ministry*, 176.

“As my guide conducted me through the different departments, the lack of economy everywhere stirred my soul with grief, for I had a full sense of the debt hanging over the institution. The petty dishonesty, the selfish neglect of duty, were marked by the recording angel. The waste permitted here and there in the course of a year amounts to a considerable sum. Much of this might be saved by the helpers; but each will say, ‘It does not belong to me to look after these things.’ Would they pass these things by so indifferently if the loss was to be sustained by themselves? No, they would know exactly what to do and how to do it; but it makes all the difference, now that it belongs to the institution. This is the fruit of selfishness and is registered against them under the heading of unfaithfulness.”—*Counsels on Health*, 420.

“Your being a physician in no case releases you from the necessity of practicing economy. There are new fields to be entered, and to enter these fields requires the closest economy. Will you enter these fields as you have entered \_\_, content to let others practice self-denial and lift the cross while you indulge your fancies, spending money lavishly to make a show?”—*Medical Ministry*, 130.



“Watch the little outgoes. Stop every leak. It is the little losses that tell heavily in the end. Gather up the fragments; let nothing be lost. Waste not the minutes in talking; wasted minutes mar the hours. Persevering diligence, working in faith, will always be crowned with success.”—*Counsels on Health*, 304-305.

“Some think it beneath their dignity to look after small things. They think it the evidence of a narrow mind and a niggardly spirit. But small leaks have sunk many a ship. Nothing that would serve the purpose of any should be allowed to waste. A lack of economy will surely bring debt upon our institutions. Although much money may be received, it will be lost in the little wastes of every branch of the work. Economy is not stinginess.”—*Counsels on Health*, 305.

“Some seem to have no idea of the science of handling money. They allow hundreds of dollars to pass through their hands without producing anything for God.”—*Medical Ministry*, 130.

“God calls upon you to straighten yourself out. Be a man. Put away your extravagance. Extravagant ideas must not be indulged under the name of medical missionary work. It is high time that we became Christians in heart. Integrity, self-denial, and humility should characterize our lives.”—*Medical Ministry*, 131.

“All who are connected with our institutions should have a jealous care that nothing be wasted, even if the matter does not come under the very part of the work assigned them. Everyone can do something toward economizing. All should perform their work, not to win praise of men, but in such a manner that it may bear the scrutiny of God.”—*Counsels on*

*Health*, 281.

## [2] - EXPENDITURES

“The power to use and disburse the Lord’s money is not to be left to the judgment of any one man. An account must be given for every dollar expended.”—*Medical Ministry* 165. (*Compare with Medical Ministry under Equipment.*)

“In all our advance work we must regard the necessity of economy. There must be no needless expense.”—*Counsels on Health*, 277.

“There should be regular hours for working, regular hours for eating, without studying the exact cost of every article of food and providing the cheapest kind. Procure those articles of food that are the best for making steam to run the living machinery. There is no extravagance in providing those articles of food that the system can best take in and digest, and send to every part of the living organization that all may be nourished.”—*Medical Ministry*, 79-80.

“A prevention of failure is worth far more than can be estimated. Let not the young men who have been placed in charge of certain lines of work become uneasy, restless, and venturesome. Let them learn wisdom from the failures of others.”—*Medical Ministry*, 153.

“Those who have charge of our sanitariums should move more guardedly. There are times when they will see little increase. Let them act with wisdom and tact and adaptability. Let them study and practice the instruction Christ gave in regard to building a tower. Forethought is of far more value than afterthought.”—*Medical Ministry*, 157.

“Some neglect to perform deeds of mercy for the

needy, and use for themselves the pittance saved in this way. Many commit act after act of complicated robbery of God in the person of His saints.”—*Medical Ministry*, 158.

### [3] - DEBT

“God does not want His work to be continually embarrassed with debt. When it seems desirable to add to the buildings or other facilities of an institution, beware of going beyond your means. Better to defer the improvements until Providence shall open the way for them to be made without contracting heavy debts and having to pay interest.”—*Counsels on Health*, 304.

“Men who might have done well if they had consecrated themselves to God, if they had been willing to work in a humble way, enlarging their business slowly, and refusing to go into debt, have made a failure because they have not worked in the right lines. After getting into difficulty, they have sold out, as men incompetent to manage. They desire relief from financial pressure, and did not stop to think of the after results.

“Those who help such ones out of difficulty are tempted to bind them with such strong cords in the shape of pledges that ever after they feel that they are bond slaves. They seldom outgrow the reputation of poor management and failure.

“To those who thus become involved in debt, I am instructed to say: Do not give up if you are moving in right lines. Work with all your power to relieve the situation yourselves. Do not throw an embarrassed institution upon an association that is already heavily burdened with debt. It is best for every sanitarium to stand in its own responsibility.”—*Medical Ministry*,

157.

“A large attendance should not be so much a matter of rejoicing as freedom from debt.”—6 *Testimonies*, 211.

“Shun the incurring of debt as you would shun disease.”—6 *Testimonies*, 211.

“We should shun debt as we should shun the leprosy.”—6 *Testimonies*, 217.

“Let them guard themselves as with a fence of barbed wire against the inclination to go into debt.”—7 *Testimonies*, 235-236.

“The practice of drawing money from the treasury before it is earned is a snare.”—*Colporteur Ministry*, 93-94.

“When one voluntarily becomes involved in debt he is entangling himself in one of Satan’s nets which he sets for souls.”—*Counsels on Stewardship*, 94.

Avoid the blot and dark shadow of debt on institutions by refusing to erect large and costly buildings (3 *Testimonies*, 175; 7 *Testimonies*, 206-209, 235-236; *Counsels on Health*, 263, 304-305; 9 *Testimonies*, 71. It is not in the gospel plan: 6 *Testimonies*, 206-207, 211; 9 *Testimonies*, 71. Institutions are in peril because of it: 6 *Testimonies*, 469. 6 *Testimonies* 216-217 explains how to avoid it. It is caused by lack of economy and by working on wrong lines (6 *Testimonies*, 216; 7 *Testimonies*, 207, 284). The Health Institute (3 *Testimonies*, 175; *Counsels on Health*, 262), publishing houses (*Counsels on Health*, 304-305; 7 *Testimonies*, 235-236), and the tract societies (*Counsels on Health*, 66) are examples of great difficulties encountered because of debt. If debt is incurred, it is our duty to remove it (6 *Testimonies*, 207), for the

eighth commandment requires payment (Patriarchs and Prophets, 309). We are to pay the debts we have incurred.

**Methods for liquidating debt** would include: [1] All work to do it; [2] Practice self-denial when necessary; [3] Place the Lord first, and every week lay aside something for this in a self-denial box (6 Testimonies, 103); [4] Use the relief book plan: sale of the Spirit of Prophecy books by canvassers, proceeds of which to go for this purpose (Christ's Object Lessons, for schools; Ministry of Healing, for medical institutions; 6 Testimonies, 468-471; 9 Testimonies, 70-71); [5] Gifts and offerings from friends (6 Testimonies, 103-104). [6] When confession of sin is made, then the Lord will pardon and means will come to cancel debts (8 Testimonies, 89).

**Counsel for the Health Institute:** [1] Personal sacrifice on the part of all workers [2] Personally give of means and example to others; [3] encourage economy and industry in all; [4] pray for the blessing of God upon the institution, so that the people will feel confident to donate money (Counsels on Health, 263); [5] labor earnestly; [6] urge that all work hard for small pay until it is established; [7] hear a plain testimony against selfishness; [8] counsel and reprove wrongs. When these steps are taken, confidence in the institution will come and money will be received. The workers must be right with God; all must be humble, and all must obey the commandments of God (Counsels on Health 292-293). Other plans for liquidating debt (9 Testimonies 75; Fundamentals of Christian Education, 520, 532; 6 Testimonies, 473, 478; 9 Testimonies 71, 79, 80, 88).

**[4] - OWN, LEASE, OR RENT?**

(**The owning of property** for the country center is recommended. See quotations under "*Location.*")

"There are reasons why we should not build in the cities. On these cities, God's judgments are about to fall."—*Country Living*, 8.

"These establishments will serve as feeders to the sanitariums located in the country and would better be conducted in rented buildings. We are not to erect in the cities large buildings in which to care for the sick, because God has plainly indicated that the sick can be better cared for outside of the cities."—*Counsels on Health*, 488. (*This is speaking of treatment rooms in connection with restaurants.*)

**Should we lease** properties? To the compiler's knowledge, no direct statement is given on this. Commercial city locations, suitably zoned are frequently available only on a lease basis, especially in the larger communities. Such lease agreements occasionally entail the initial payment of the first and last month's rent, with only the forfeiture of the last month's, if the lease is broken [prematurely terminated]. But more often these lease agreements involve an iron-clad contract by which the lessee is obligated to make each monthly payment as it comes due, for a period of from one to five years at least. Are we safe in signing such a contract, obligating ourselves to pay such large sums of money and binding us to serve in a specified location for a certain number of years—in cities so soon to be destroyed? The following quotations are quite clear:

"The Lord is testing His people to see who will be loyal to the principles of His truth. Our work is to proclaim to the world the first, second, and third an-

gels' messages. In the discharge of our duties we are neither to despise nor to fear our enemies. To bind ourselves up by contracts with those not of our faith is not in the order of God. We are to treat with kindness and courtesy those who refuse to be loyal to God, but we are never, never to unite with them in counsel regarding the vital interests of His work."—*Counsels on Health*, 238.

"The Lord must be given an opportunity to show men their duty and to work upon their minds. No one is to bind himself to serve for a term of years under the direction of one group of men or in one specified branch of the Master's work; for the Lord Himself will call men, as of old He called the humble fishermen, and will Himself give them instruction regarding their field of labor and the methods they should follow. He will call men from the plow and from other occupations to give the last note of warning to perishing souls. There are many ways in which to work for the Master, and the Great Teacher will open the understanding of these workers, enabling them to see wondrous things in His Word."—*9 Testimonies*, 170. (*Read page 171 also.*)

"It is no time now for God's people to be fixing their affections or laying up their treasure in the world. The time is not far distant, when, like the early disciples, we shall be forced to seek a refuge in desolate and solitary places. As the siege of Jerusalem by the Roman armies was the signal for flight to the Judean Christians, so the assumption of power on the part of our nation, in the decree enforcing the papal Sabbath, will be a warning to us. It will then be time to leave the large cities, preparatory to leaving the smaller ones for retired homes in secluded places among the mountains. And now, instead of seeking expensive dwell-

ings here, we should be preparing to move to a better country, even a heavenly.”—5 *Testimonies*, 464-465.

“During a vision of the night, I stood on an eminence, from which I could see houses shaken like a reed in the wind. Buildings, great and small, were falling to the ground. Pleasure resorts, theaters, hotels, and the homes of the wealthy were shaken and shattered. Many lives were blotted out of existence, and the air was filled with the shrieks of the injured and the terrified.

“The destroying angels of God were at work. One touch, and buildings, so thoroughly constructed that men regarded them as secure against every danger, quickly became heaps of rubbish. There was no assurance of safety in any place.”—9 *Testimonies*, 93.

“The time is near when large cities will be swept away.”—*Evangelism* 29.

“The Lord has sent us warning and counsel to get out of the cities. Then let us not make more investments in the cities.”—*Country Living*, 12-13.

“God has sent warning after warning that our schools and publishing houses and sanitariums are to be established out of the city, in places where the youth may be taught most effectively what is truth. Let no one attempt to use the Testimonies to vindicate the establishment of large business interests in the cities. Do not make of no effect the light that has been given upon this subject.

“Men will arise speaking perverse things, to counterwork the very movements that the Lord is leading His servants to make. But it is time that men and women reasoned from cause to effect. It is too late, too late, to establish large business firms in the cities—too late to call young men and women from the



country to the city. Conditions are arising in the cities that will make it very hard for those of our faith to remain in them. It would therefore be a great mistake to invest money in the establishment of business interests in the cities.”—*Country Living*, 29.

“The work of the people of God is to prepare for the events of the future, which will soon come upon them with blinding force. In the world gigantic monopolies will be formed. Men will bind themselves together in unions that will wrap them in the folds of the enemy.”—*Country Living*, 10.

“But ere long there will be such strife and confusion in the cities, that those who wish to leave them will not be able. We must be preparing for these issues. This is the light that is given me.”—*Country Living*, 11.

One might ask whether we should enter into obligations in cities that we expect soon to flee from, in view of the statements given us about incurred debts and how they should not be left, but be faithfully paid off (see under Debt).

## **5 - MEDICAL FEES**

### **[1] - UNSELFISHNESS AND MERCY — NOT ROBBERY OR INJUSTICE**

“He would have the members of the medical profession expel from their practice everything which has been brought in by selfishness, avariciousness, injustice. He has given wisdom and skill to physicians, and He designs that nothing savoring of robbery and injustice shall be practiced by those who make the law of Jehovah the rule of their life.”—*Medical Ministry*, 121.

**[2] - WORLDLY FEES NOT OUR STANDARD**

“The charges made by other practicing physicians are not to be his criterion.”—*Medical Ministry*, 121.

“Often an exorbitant sum is charged even for small services, because physicians are supposed to be governed in their charges by the practices of the worldly physicians.”—*Medical Ministry*, 125.

“High prices are current in the world; but correct principles are to be brought into our work.”—*Medical Ministry*, 126.

**[3] - HONEST FEES**

Every physician should be true and honest. If he performs a simple operation, he is to charge a simple price.”—*Medical Ministry*, 121.

“The charges made are to be proportionate to the work done.”—*Medical Ministry*, 126.

“But poor men are often charged for services they never received.”—*Medical Ministry*, 122.

“We are to practice the strict principles of mercy and justice.”—*Medical Ministry*, 125.

“To charge a large sum for a few minutes' work, is not just. Physicians who are under the discipline of the greatest Physician the world ever knew, must let the principles of the gospel regulate every fee. Let mercy and love of God be written on every dollar received.”—*Medical Ministry*, 125-126.

“Never entertain the thought that an honest, truthful physician cannot succeed. Such a sentiment dishonors the God of truth and righteousness. He can succeed; for he has God and heaven on his side.”—*Medical Ministry*, 128-129.

**[4] - THE GOSPEL PATTERN OF SELF-SACRIFICE: FREELY GIVE - NO CHARGE**

“And when He had called unto Him His twelve disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease . . . These twelve Jesus sent forth . . . And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Provide neither gold, nor silver, nor brass in your purses.”—*Matthew 10:1, 5, 7-9.*

**[5] - CHRIST'S METHODS ARE TO BE OURS**

“He who does this work must put into it his whole heart; for it is a work that requires all there is of a man. He who does it as a work that is done for wages, will make an utter failure.”—*Medical Ministry, 181.*

Not to start a private sanitarium for personal profit or for money making (*Medical Ministry, 152, 154-155*).

The merchants and money changers were charging exorbitant prices. Christ drove them out of the temple. “Then the Restorer practiced His medical missionary work. ‘The blind and the lame came to Him in the temple; and He healed them.’ ”—*Medical Ministry 123 (notice the context).*

“Christ, who came to our world to reveal the Father’s heart of tender compassion, has shown us the methods which Sabbathkeepers are to follow in their work. These are plainly specified in the fifty-eighth chapter of Isaiah.”—*Medical Ministry, 123.*

“The sanitariums which are established are to be closely and inseparably bound up with the gospel.”—*Medical Ministry, 159.*

“Many sanitariums are to be established in places outside the cities . . . These institutions are to be training schools. Those who act a part in them are not to feel that they are prepared for graduation, that they know all they need to know. They are to study diligently and practice carefully the lessons Christ has given.”—*Medical Ministry*, 156.

**[6] - PRINCIPLES TO MAINTAIN  
IN FOLLOWING CHRIST'S EXAMPLE**

God is the one who has provided material and wisdom for healing the sick (*Medical Ministry*, 121).

“When our sanitariums are conducted as they should be, a large medical missionary work will be done.”—*Medical Ministry*, 126.

“Let every one work on the principles of self-sacrifice. Work while the day lasts; for the night cometh, in which no man can work. As God's people work earnestly, humbly, self-sacrificingly, they will gain the rich reward of which Job speaks: ‘When the ear heard me, then it blessed me . . . the blessing of him that was ready to perish came upon me: and I caused the widow's heart to sing for joy.’”—*Medical Ministry*, 129.

The results of working thus in the new earth (*Medical Ministry*, 129).

“Medical missionary workers are acknowledged by Christ, not because they bear the name they do, but because they are under the guardianship of the Chief Missionary, who left heaven to give His life for the life of the world.”—*Medical Ministry*, 129.

“Then, as witnesses for God, give proof that you are under the discipline and training of the great Medical Missionary; that you have placed yourself in His hands, to manifest His Spirit, to show the world the

sacred character of His great work, and to reveal to unbelievers the advantage of being under His guardianship.”—*Medical Ministry*, 130.

“They are not to cherish one principle that bears a taint of selfishness. They are to stand before the world as followers of Christ, partaking of His self-denial and humiliation, and heralding His coming.”—*Medical Ministry*, 130.

“The self-denial they have practiced in order to support the work is remembered no more. As they look upon the souls they sought to win to Jesus, and see them saved, eternally saved,—monuments of God’s mercy and of a Redeemer’s love,—there ring through the arches of heaven shouts of praise and thanksgiving.”—*Medical Ministry*, 135.

“We are not to cover mercy with selfishness and then call it Medical Missionary work.”—*Medical Ministry*, 131.

“Whatever work we do, we are to do it for Christ. There are many kinds of temporal work to be done for God. An unbeliever would do this work mechanically, for the wages he received. He does not know the joy of cooperation with the Master Worker. There is no spirituality in the work of him who serves self. Common motives, common aspirations, common inspirations, a desire to be thought clever by men, rule in his life. Such a one may receive praise from men, but not from God. Those who are truly united with Christ do not work for the wages they receive. Laborers together with God, they do not strive to exalt self.

“In the last great day decisions will be made that will be a surprise to many. Human judgment will have no place in the decisions then made.”—*Medical Ministry*, 133.

“Never forsake the true standard, even though to cling to it makes you a beggar.”—*Medical Ministry*, 132.

“The men who will give themselves to the great work of teaching the truth are not to be men who will be bribed with wealth or frightened by poverty.”—*Life Sketches of Ellen G. White*, 302.

A very important lesson from Solomon’s reign (*Prophets and Kings*, 61-65).

“Not for the wages we receive are we to labor. The motive that prompts us to work for God should have in it nothing akin to self-serving. Unselfish devotion and a spirit of sacrifice have always been and always will be the first requisite of acceptable service. Our Lord and Master designs that not one thread of selfishness shall be woven into His work. Into our efforts we are to bring the tact and skill, the exactitude and wisdom, that the God of perfection required of the builders of the earthly tabernacle; yet in all our labors we are to remember that the greatest talents or the most splendid services are acceptable only when self is laid upon the altar, a living, consuming sacrifice.”—*Prophets and Kings*, 65.

“God’s law is the law of love. He has surrounded you with beauty to teach you that you are not placed on earth merely to delve for self, to dig and build, to toil and spin, but to make life bright and joyous and beautiful with the love of Christ,—like the flowers, to gladden other lives by the ministry of love.”—*Thoughts from The Mount of Blessing*, 97.

“While Jesus was opening to them the treasures of heaven, the question uppermost in many minds was, How will a connection with Him advance our prospects in the world? Jesus shows that in making the

things of the world their supreme anxiety, they were like the heathen nations about them, living as if there were no God, whose tender care is over His creatures.

“‘All these things,’ said Jesus, ‘do the nations of the world seek after.’ ‘Your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you.’ Luke 12:30, Matthew 6:33. I have come to open to you the kingdom of love and righteousness and peace. Open your hearts to receive this kingdom, and make its service your highest interest. Though it is a spiritual kingdom, fear not that your needs for this life will be uncared for. If you give yourself to God’s service, He who has all power in heaven and earth will provide for your needs.”—*Thoughts from the Mount of Blessing, 98-99.*

“All heaven is looking on with intense interest to see what stamp medical missionary work will assume under the supervision of human beings. Will men make merchandise of God’s ordained plan for reaching the dark parts of the earth with a manifestation of His benevolence?”—*Medical Ministry, 131.*

“I ask those who live in the vanity of self-indulgence, will you continue to act as if there rested on you no responsibility to practice self-denial? For what purpose are you living? What good are you accomplishing? Can you afford to live for self? Can you gain eternal life while you live thus?”—*Medical Ministry, 133.*

“But a change has come that has hindered the work which God designed to move forward without a trace of selfishness. All heaven is watching with intense anxiety to see what is to be the outcome of the work which is so large and so important. God is watch-

ing, the heavenly universe is watching; and souls are perishing. Is the enterprise of mercy, through which in the past God has manifested His grace in rescuing and restoring, to become a matter of selfish merchandise? Shall the instrumentality ordained by heaven to bring good to man and glory to God be lost through improvident expenditure? Shall God's agency of blessing be used by those who profess to believe the truth in buying and selling and getting gain?

"The experience of apostolic days will come to us if men will be worked by the Holy Spirit. The Lord will withdraw His blessing where selfish interests are indulged, but He will put His people in possession of good all through the world if they will use this for the uplifting of humanity. His work is to be a sign of His benevolence, a sign that will win the confidence of the world, and bring in resources for the advancement of His kingdom.

"God will test the sincerity of men. Those who will deny self, take up the cross, and follow Christ will have a continual work to do in the line of restoring the fallen human order. Those who sacrifice for truth make a great impression on the world. Their example is contagious and convincing. Men see that there is in the church that faith which works by love and purifies the soul."—*Medical Ministry*, 131-132.

## **6 - INSTITUTIONAL RATES**

### **[1] - EQUITABLE**

"In our sanitariums provision must be made for all classes."—*Medical Ministry*, 169.

"The Lord does not call upon our people to establish institutions where all who come can receive food and lodging free, and where the peculiar points



of our faith must not be introduced. The Lord has not laid this work upon any Seventh-day Adventist. To do this would be a misuse of time and means.”—*Medical Ministry, 169-170.*

“The accommodation and treatment must be such that patients of the higher class will be attracted. Rooms must be fitted up for the use of those who are willing to pay a liberal price. But physicians are not to place too high an estimate on wealthy patients who can afford to pay high prices; neither is there to be an extravagant outlay of means with a view to gain patronage. The charges for treatment and accommodations must not be so high that there will be a reluctance to keep the simple, wholesome food that is essential to health. Ask a reasonable price for the treatment given. This course will recommend itself to all reasonable minds.”—*Medical Ministry, 170.*

“A reformation is required in regard to the management of these institutions. They are not to be conducted as the world would conduct them. While many who cannot afford to pay are treated free, others are charged exorbitant prices for operations which take but little time. The charges of worldly physicians are not to rule in our institutions.”—*Medical Ministry, 170.*

**[2] - FINANCIAL LOSSES PREFERABLE  
TO MERCENARY AND ANGRY FEELINGS**

“You are to always place yourself in the position of the one with whom you deal and see how you would feel under similar circumstances; then act as you would have others act toward you, that no shadow may be cast upon the precious cause of truth. It must not be reproached for the sake of gaining a few dollars or cents. Let no occasion ever be given for anyone

to say that Seventh-day Adventists ever will do mean actions. Contempt will be what they will reap. Let all our business transactions stand in a pure, untarnished light before the world and with those of our faith. Do not let your course of action be of that character that it requires explanations in order to make it appear anyway in a favorable light.”—*Medical Ministry*, 171.

## **7 - WAGES AND HOURS**

### **[1] - FAIR**

Workers are to be employed who are producers (Counsels on Health, 319).

Workers should be paid according to the hours of honest labor (Counsels on Health, 315).

Everyone should receive fair wages (Counsels on Health, 303, 305-306).

It would be far better to spend less on buildings and more on fair wages (Counsels on Health, 312).

“At times you have encouraged the workers to think that their wages would be raised, and then you have failed to fulfill the promise made. Is this letting your light shine forth in good works? Is such service acceptable to the Master? Is this kind of work to continue in God’s institutions, which were established to do a work for the saving of the souls of those connected with them? You have restitution to make for wages as long as possible withheld. Did you not know when withholding these wages that you were not doing as you would be done by?”—*Medical Ministry*, 183.

### **[2] - EQUITABLE**

There should not be higher wages for special groups or more talented individuals (Counsels on Health, 299, 302-303, 307, 316-318, 320). An excep-

tion: head administrator (Counsels on Health, 305), physician-in-chief (Counsels on Health, 311). Example of Hiram with his special talents on Solomon's temple demanding high wages and the effects of this on fellow workers. (Prophets and Kings, 64). "The wages of the woman should be proportionate to her services."—*Counsels on Health*, 365.

### **[3] - EQUALLY SHARE IN LOSS AND IN PROSPERITY**

When money is tight—let all equally consent to reduction in wages (Counsels on Health, 304).

When more prosperous—all receive higher wages (Counsels on Health, 311).

### **[4] - HOURS**

None should work too long hours (Counsels on Health, 314-315).

None should be overworked (Counsels on Health, 311).

"Do not allow the helpers to overwork. Let the patients see nurses that are cheerful and bright, not nurses who, because they are overworked, are discouraged and downhearted. It is most inconsistent with the principles on which our sanitariums are founded for the nurses to be allowed to break down in their work."—*Medical Ministry*, 212.

"The workers in our sanitariums are to be trained for the work for which they are best adapted. But when an emergency arises, and help is needed, workers should not say, That is not my work. The helper who has the idea that he is only to do the work assigned him, and no more, who feels no responsibility to help wherever and whenever help is needed, should at once dismiss this idea from his mind. He should never feel

that a wrong is done him if in an emergency he is asked to work overtime. When extra help is needed, let the workers assist willingly, in Christian meekness, and they will receive a blessing.”—*Medical Ministry*, 176-177.

Overwork, overeating, lack of exercise, and the worker's health (*Medical Ministry*, 291-297).

Physicians should not overwork—obtain more help if necessary—a vacation essential occasionally (*Counsels on Health*, 354).

Have enough workers to properly assist the physician (*Counsels on Health*, 360).

Of all men, physicians should have regular hours for rest (*Counsels on Health*, 361).

## **8 - GROWTH LIMIT**

“If you who have charge of an institution see other institutions bravely struggling for standing room, so that they may do a work similar to the work of the institutions with which you are connected, do not be jealous.”—*Counsels on Health*, 308.

“Rather curtail some of your large plans and help those who are struggling. Aid them in carrying out some of their plans to increase their facilities. Do not use every dollar in enlarging your facilities and increasing your responsibilities. Reserve part of your means for establishing in other places health institutions and schools.”—*Counsels on Health*, 308.

“Everyone should aim to carry forward to a successful issue the work placed in his hands. All our institutions should keep this in mind and strive for success: but at the same time let them remember that their success will increase in proportion as they exercise disinterested liberality, sharing their abundance

with institutions that are struggling for a foothold. Our prosperous institutions should help those institutions that God has said should live and prosper, but which are still struggling for an existence. There is among us a very limited amount of real, unselfish love.”—*Counsels on Health*, 309.

“Donations were made to the Battle Creek Sanitarium in its earlier history, and should not this sanitarium consider carefully what it can do for its sister institutions on the Pacific Coast? My brethren in Battle Creek, does it not seem in accordance with God’s order to restrict your wants, to curtail your building operations, not enlarging our institutions in that center? Why should you not feel that it is your privilege and duty to help those who need help?”—*Counsels on Health*, 309-310.

“It is selfishness that hinders men from sending help to those places where the work of God is not as prosperous as it is in the institution over which they have supervision.”—*Counsels on Health*, 310.

“Restrict your ambition to enlarge the institution and to accumulate responsibilities. Let some of the means flowing into the sanitarium be given to the institutions needing help. This is certainly right. It is in accordance with God’s will and way, and it will bring the blessing of God upon the sanitarium.”—*Counsels on Health*, 312.

“From the light given me, the managers of all our institutions, and especially of newly established sanitariums, are to be careful to economize in the expenditure of means, that they may be in a position to help similar institutions that are to be established in other parts of the world.”—*Counsels on Health*, 224-225.

“We must not absorb in a few places all the money

in the treasury, but must labor to build up the work in many places. New territory is to be added to the Lord's kingdom. Other parts of His vineyard are to be furnished with facilities that will give character to the work. The Lord forbids us to use selfish schemes in His service. He forbids us to adopt plans that will rob our neighbor of facilities that would enable him to act his part in representing the truth. We are to love our neighbor as ourselves."—*Counsels on Health*, 275.

"The men in positions of trust should regard the means they handle as God's revenue, and use it in an economical manner. When there is an abundance in the treasury, they are not to invest it in adding building to building in places already provided with memorials for God. Hundreds of other places are in need of this money, that they too, may have something established to represent the truth."—*Medical Ministry*, 165.

"The Lord is certainly opening the way for us as a people to divide and subdivide the companies that have been growing too large to work together to the greatest advantage. And this dividing should be done, not only that the students may have greater advantages, but that the teachers may be benefited, and life and health spared. To establish another school will be better than further enlargement of the school at \_\_. Let another locality have the advantage of one of our educational institutions."—*Medical Ministry*, 322 (*read 7 Testimonies*, 285).

"The Lord will give to our sanitariums whose work is already established an opportunity to cooperate with Him in assisting newly established plants. Every new institution is to be regarded as a sister helper in the great work of proclaiming the third angel's message. God has given our sanitariums an opportu-

nity to set in operation a work that will be as a stone instinct with life, growing as it is rolled by an invisible hand. Let this mystic stone be set in motion.”—*Counsels on Health*, 220.

## **9 – NON-AFFILIATION WITH WORLDLY GROUPS OR ORGANIZATIONS**

Statements on this will be found compiled together in the section entitled “Working Standards.”

## **10 – ORGANIZE FOR HARMONIOUS ACTION**

“Let there be a company formed somewhat after the order of the Christian Endeavor Society, and see what can be done by each accountable human agent in watching and improving opportunities to do work for the Master. He has a vineyard in which everyone can perform good work. Suffering humanity needs help everywhere.”—*Counsels on Health*, 537.

## **11 – MANAGEMENT**

### **[1] – MUST NOT PUSH IDEAS THROUGH, HEEDLESS OF ADVICE**

“No one man is ever to set himself up as a ruler, as a lord over his fellow men, to act out his natural impulses. No one man’s voice and influence should ever be allowed to become a controlling power. Those who oppress their fellow workers in our institutions, and who refuse to change their manner of treating helpers under their charge, should be removed. As overseers, they should have exerted a superior, refining influence for the right. Their investment with power makes it all the more necessary for them to be models of true Christianity.”—*Medical Ministry*, 165.

“I am instructed by the Lord to say that position never gives a man grace or makes him righteous. ‘The fear of the Lord is the beginning of wisdom.’ Some men intrusted with positions of responsibility entertain the idea that position is for the aggrandizement of self. Let no manager think that all minds must be subjected to his mind, that all wills must be subordinate to his will, and that all methods must be laid aside for his methods. Greater injury cannot be done to any institution than by allowing such a man to remain in his position, after proper test and trial. It is a sin against God to permit unfaithful stewards to remain in positions of trust; for the Lord’s people are liable to be misled by their unfaithfulness.”—*Medical Ministry*, 165.

**[2] - MUST BE A LEARNER,  
EVER WILLING TO RECEIVE COUNSEL**

“No one in an institution, not even the superintendent, should take the position that he is free to follow his own judgment in all things. Let no one think that he knows so much that he no longer needs to learn. Unless we are constantly learning of Christ, and unless we are willing to take counsel and advice from our brethren, we shall fail in our work; for we shall become self-sufficient, and with those who are self-sufficient God cannot work.”—*Medical Ministry*, 166.

**[3] - MUST BE SELF-CONTROLLED**

“The man at the head of any work in God’s cause is to be a man of intelligence, a man capable of managing large interests successfully, a man of even temper, Christlike forbearance, and perfect self-control. He only whose heart is transformed by the grace of Christ can be a proper leader.”—*Medical Ministry*, 164.



**[4] - MUST STAND FEARLESSLY FOR THE RIGHT**

“The man who occupies the position of superintendent must be brave and true, ready to stand fearlessly for what he knows to be right. He must be a man who is quick to discern and discriminate, a man who can make wrong right with as little friction as possible. A lack of discernment, a failure to reason from cause to effect, often brings about in our institutions a condition of things that is very displeasing to God.”—*Medical Ministry*, 166.

**[5] - MUST NOT ACCEDE  
TO WORLDLY REQUESTS**

Not to cater to demands for pleasure; no worldly or theatrical amusements (Counsels on Health, 293, 271-274; *Medical Ministry*, 205).

Not to cater to tastes and habits of unconsecrated people by bringing in innovations (*Medical Ministry*, 163).

**[6] - MUST BECOME CHRISTLIKE**

“Those who take charge of this work are first to obtain Christlikeness. Daily they are to learn in the school of Christ. Then they will have wisdom to know how to deal with human minds. They will know how to carry on from stage to stage of true knowledge those who come to the institution to prepare themselves for usefulness in God’s service.”—*Medical Ministry*, 175.

**[7] - MUST BE MANAGED BY THE LORD**

“He should have dignity and knowledge, blended with a clear sense of how to use his authority. Christ must be revealed in his life. He must be a man who can give religious instruction and exert a spiritual influence. He must know how to deal with minds, and he must allow his own mind to be controlled by the

Spirit. Wisdom is to come forth from his lips in words of encouragement to all with whom he is connected. He must know how to discern and correct mistakes. He must be a man who will harmonize with his fellow workers, a man who possesses adaptability. He should be able to speak of the different points of our faith, as occasion requires. His words and acts should reveal justice, judgment, and the love of God.”—*Medical Ministry*, 169.

**[8] - MUST BE KINDLY AND UNDERSTANDING**

“Those in responsible positions will have to deal with those whose life is far from easy. Toil and deprivation, with no hope for better things in the future make their burden very heavy. And when pain and sickness are added, the load is almost greater than they have strength to bear. Let not God’s stewards put sharpness into their dealings with such ones. This would be cruelty itself. Let them clothe themselves with courtesy as with a garment. Let them be kind and conciliatory in their dealing with the lowest and poorest. God will see and reward such dealing.”—*Medical Ministry*, 172.

**[9] - MUST CAREFULLY TRAIN  
FELLOW WORKERS**

“Those who occupy positions of responsibility in a sanitarium, either as manager or matron, should feel the importance of the responsibility resting on them to train those in their charge to do their work thoroughly and quickly.”—*Medical Ministry*, 175. (Read also page 176.)

**[10] - MUST LOVE AND DEAL KINDLY  
WITH THE ERRING,  
REMEMBERING HOW CHRIST DEALS WITH YOU**

“Christ says, My sheep hear My voice, and they

follow Me away from the byways of sin. As Christ worked, so you are to work. In tenderness and love seek to lead the erring to the right way. This will call for great patience and forbearance, and for the constant manifestation of the forgiving love of Christ. Daily the Saviour's compassion must be revealed. The example He has left must be followed. He took upon His sinless nature our sinful nature, that He might know how to succor those that are tempted."—*Medical Ministry, 181.*

"It is not necessary to bring everything that needs to be corrected before the manager. When you see a worker in error, go to him, and talk with him kindly and tenderly, showing a sincere desire for his welfare. In nine cases out of ten, your efforts will be successful. You will save a soul from death, and hide a multitude of sins."—*Medical Ministry, 181-182.*

"While the students must be ready to begin with lesser responsibilities and give evidence that they can be trusted, he [the instructor] should feel for them the tenderest affection. He should not become discouraged at their ignorance, but should give them credit for all the good qualities he sees in them. In educating himself in this direction, he is obtaining a valuable experience,—an experience which he needs in order to be a practical Christian.

"If the students make mistakes, let him not think them unworthy to be placed on trial again, as though they had committed sins that cannot be forgiven. He should kindly point out their errors; and they, in turn, should be grateful for a friend so faithful as to tell them their faults and how to correct them. To cast off the erring, to treat them coldly, would not be doing as Christ has done for him. We are all fallible, and need

the pity and consideration and forgiveness of one another. He cannot find perfection anywhere, and should not expect it, but he must bear with the perversity of men, and try to teach them.”—*Medical Ministry*, 211.

## 12 - WORKERS

### [1] - NEATNESS, CAREFULNESS, AND ACCURACY

Let everything in and around the Sanitarium be orderly and neat (Counsels on Health, 242).

Modest and neat dress of workers, but deportment is more important (Counsels on Health, 292).

“Build for eternity. Christ’s lessons are before us. We are to do carefully, neatly, and with exactitude whatever is to be done.”—*Medical Ministry*, 204.

“Everything connected with a sanitarium should be neat and orderly. Neatness and order will often have more influence than mere words.”—*Medical Ministry* 212.

Not wise to have too many inexperienced learners as workers, and too few experienced and efficient ones (Counsels on Health, 292; *Medical Ministry*, 173-174).

### [2] - COUNSEL AND SILENCE VS. CRITICISM AND THOUGHTLESS TALK

When you see where changes could be made and have a possible solution, go to the head of the institution and counsel with him. Do not talk or listen to discouragement. Be silent or work to correct the evil (Counsels on Health, 243- 244). No criticism (*Medical Ministry*, 137-138).

“If we would guard our words, so that nothing but kindness shall escape our lips, we will give evi-

dence that we are preparing to become members of the heavenly family. In words and works we shall show forth the praises of Him who has called us out of darkness into His marvelous light. Oh, what a reformatory influence would go forth if we as a people would value at its true worth the talent of speech and its influence upon human souls!"—*Medical Ministry* 213.

"The conversation I was made to hear in the rooms of the helpers was not of a character to elevate and strengthen mind or morals. The frivolous talk, the foolish jesting, the meaningless laugh, fell painfully upon the ear . . .

"I was astonished as I saw the jealousy indulged and listened to the words of envy, the reckless talk, which made angels of God ashamed."—*Counsels on Health*, 412 (read 412-413).

"Let the helpers, in whatever department they work, be discreet. If they repeat all they hear and talk of all they see, they will be a curse to the institution. There are those who find delight in telling things to create a sensation. This is demoralizing to an institution, and should not receive the least countenance."—*Counsels on Health*, 212.

"Do not allow levity to come into your experience, but cultivate cheerfulness; for this is an excellent grace."—*Medical Ministry*, 214.

Frivolous talk, foolish jesting, meaningless laughs, words of jealousy and envy, reckless talk, low wit, vain talk, jesting about sacred things (*Counsels on Health*, 412-413).

### [3] - UNITY

"Unity of action in diversity of labor must be maintained."—*Medical Ministry*, 203.

“It is of the utmost importance that harmony exist in our institutions. Better for the work to go crippled than for workers who are not fully devoted to be employed. It is unconsecrated, unconverted men who have been spoiling the work of God. The Lord has no use whatever for men who are not wholly consecrated to His service.”—*Medical Ministry*, 207.

#### **[4] - ATTACHMENT TO THE INSTITUTION**

Loyalty to our institutions: In having received training from them, we should not unnecessarily leave them for jobs elsewhere. We are not to entice people from institutions by offering them higher wages (*Counsels on Health*, 282, 284; *Medical Ministry*, 201).

“The Lord must be given an opportunity to show men their duty and to work upon their minds. No one is to bind himself to serve for a term of years under the direction of one group of men or in one specified branch of the Master’s work, for the Lord Himself will call men, as of old He called the humble fishermen, and will Himself give them instruction regarding their field of labor and the methods they should follow. He will call men from the plow and from other occupations, to give the last note of warning to perishing souls. There are many ways in which to work for the Master, and the Great Teacher will open the understanding of these workers, enabling them to see wondrous things in His Word.”—*Counsels on Health*, 395.

#### **[5] - CHRISTIAN WORKERS**

Our sanitariums are not to have workers who are not under the rule of the Spirit of God, and who do not obey the instructions of Christ—who are fretting, scolding, or disagreeable and uncouth (*Medical Ministry*, 173).

“Far better would it be to pay higher wages and secure good, sensible helpers in our institutions than to accept those whom you cannot discipline and train.”—*Medical Ministry*, 173.

“Let those employed in our institutions be such as will let the light of truth shine forth in their daily words and actions. It is only such that Christ can accept as workers together with Him.”—*Medical Ministry* 173.

“A special effort should be made to secure the services of conscientious, Christian workers. It is the purpose of God that a health institution should be organized and controlled exclusively by Seventh-day Adventists, and when unbelievers are brought in to occupy responsible positions, an influence is presiding there that will tell with great weight against the sanitarium.”—*Counsels on Health*, 401.

#### **[6] - FAITHFULNESS IN LITTLE THINGS**

“It is essential that you cultivate faithfulness in little things, and in so doing you will acquire habits of integrity in greater responsibilities. The little incidents of everyday life often pass without our notice, but it is these things that shape the character. Every event of life is great for good or for evil. The mind needs to be trained by daily tests, that it may acquire power to stand in any difficult position.”—*Counsels on Health*, 404.

#### **[7] - THEFT**

“The helpers at the sanitarium should not feel at liberty to appropriate to their own use articles of food provided for the patients.”—*Counsels on Health*, 408.

**[8] - PERSONAL APPEARANCE**

“Many dress like the world, in order to have an influence over unbelievers; but here they make a sad mistake. If they would have a true and saving influence, let them live out their profession, show their faith by their righteous works, and make distinction plain between the Christian and the worldling. The words, the dress, the actions, should tell for God.”—*Counsels on Health*, 598.

“Christians are the light of the world, the salt of the earth. Their dress should be neat and modest, their conversation chaste and heavenly, and their deportment blameless.”—*Counsels on Health*, 604 (*Evangelism*, 672-673; *Welfare Ministry*, 61).

**[9] - CHEERFULNESS**

“In sanitariums and hospitals, where nurses are constantly associated with large numbers of sick people, it requires a decided effort to be always pleasant and cheerful and to show thoughtful consideration in every word and act.”—*Counsels on Health*, 406.

**[10] - QUIETNESS**

“Nurses, and all who have to do with the sick-room, should be cheerful, calm, and self-possessed. All hurry, excitement, or confusion should be avoided. Doors should be opened and shut with care and the whole household be kept quiet.”—*Counsels on Health*, 407.

**[11] - PERSONAL WORSHIP AND PRAYER**

“We cannot always be on our knees in prayer, but the way to the mercy seat is always open. While engaged in active labor, we may ask for help; and we are promised by the One who will not deceive us, ‘Ye shall



receive.' The Christian can and will find time to pray . . . All who really desire it can find a place for communion with God, where no ear can hear but the One open to the cries of the helpless, distressed, and needy—the One who notices even the fall of the little sparrow.”—*Counsels on Health*, 423-424.

“If the rush of work is allowed to drive us from our purpose of seeking the Lord daily, we shall make the greatest mistakes; we shall incur losses, for the Lord is not with us; we have closed the door so that He cannot find access to our souls. But if we pray even when our hands are employed, the Saviour’s ear is open to hear our petitions. If we are determined not to be separated from the Source of our strength, Jesus will be just as determined to be at our right hand to help us, that we may not be put to shame before our enemies. The grace of Christ can accomplish for us that which all our efforts will fail to do.”—*Counsels on Health*, 424.

#### **[12] - PUBLIC WORSHIP**

“No soul can prosper without time to pray, to search the Scriptures; and all should, as far as possible, have the privilege of attending public worship.”—*Counsels on Health*, 422.

“God takes care of you in the place where it is your duty to be. But be sure, as often as possible, to go where prayer is wont to be made.”—*Counsels on Health*, 424.

#### **[13] - SABBATH OBSERVANCE**

Beware of making the Sabbath commonplace in sanitariums and institutions (*Counsels on Health* 236-237).

Observance of the Sabbath in institutions (Coun-

sels on Health, 368, 422, 489, 491; Medical Ministry, 164, 214).

Fees from Sabbath work are to be put into the treasury to help the poor (Medical Ministry, 216).

The sick are not to be neglected on the Sabbath (Counsels on Health, 236).

“The Saviour has shown us by His example that it is right to relieve suffering on this day; but physicians and nurses should not do unnecessary work. Ordinary treatment, and operations that can wait, should be deferred till the next day.”—*Medical Ministry* 214.

Diet on the Sabbath (Counsels on Health, 489-491).

“Those who, from whatever cause, are obliged to work on the Sabbath, are always in peril; they feel the loss, and from doing works of necessity, they fall into the habit of doing things on the Sabbath that are not necessary. The sense of its sacredness is lost, and the holy commandment is of no effect.”—*Medical Ministry*, 215.

#### **[14] - TREAT ALL PATIENTS ALIKE**

Never honor the rich, and slight or neglect the poor (Counsels on Health, 228-230).

Invite all sects and classes to share the benefits of our medical institutions (Counsels on Health, 246).

“Those who are really the least in need of help are likely to receive the most of our attention. But we need to show special wisdom in dealing with those who seem inconsiderate and thoughtless.”—*Medical Ministry*, 209.

**[15] - SOUL-WINNING EFFORTS**

“From the manager down to the humblest worker, all should feel a responsibility for the unconverted among their own number.”—*Medical Ministry*, 182.

There should be daily efforts by the workers in soul-winning (*Medical Ministry*, 190-192, 194-197; *Counsels on Health*, 540).

Be slow to advance new, different, advanced, and possibly objectionable doctrines to the patients (*Counsels on Health*, 245-246; *Medical Ministry*, 189).

**13 - PHYSICIANS****[1] - MEN AND WOMEN PHYSICIANS**

Male physicians should work with male patients, and female physicians should work with female patients (*Counsels on Health*, 363-365).

Never should a male physician be alone with a female patient (*Counsels on Health*, 364).

In every medical institution, experienced, mature women are to give treatments to the women (*Counsels on Health*, 364).

Women physicians are to handle obstetrics (child-birth) and gynecology (*Counsels on Health* 365-366; *Medical Ministry*, 61).

In the medical school, women should be trained by women (*Counsels on Health*, 366).

Women as physicians should labor together and spouses need to counsel together regarding difficult cases (*Medical Ministry*, 140).

**[2] - PROMPTNESS IN APPOINTMENTS**

Do not miss appointments and do not be late. If you can not be there, send an associate physician who

should explain cause of the absence (Medical Ministry, 192-194; Counsels on Health, 363).

### [3] - PROPRIETY

“The physician should be governed by a strict sense of propriety at all times and on all occasions. I speak plainly, because I know that it is my duty to do this. You cannot be too chaste in your words or too modest in your examination of patients. Coarseness or indelicacy in the operating room, or by the bedside of the suffering, is a sin in the sight of God; and in the minds of the patients it will tell with power against the physician. Unless he constantly cherishes a strict sense of propriety, he will unguardedly shock sensitive patients who are modest and refined.”—*Medical Ministry*, 149.

“There should not be even an approach to commonness. The actions of the physician are making their impressions; the tones of his voice, the expression of his countenance, the words he speaks, are weighed by the patient. Every movement is scrutinized.”—*Medical Ministry*, 149.

### [4] - TELL THE PATIENT HIS CONDITION

“You have no right to shut yourself up within yourself, and say scarcely anything to the patients. You should not keep patients waiting for your decision in their case. It is not right to cause them suffering of mind by unnecessary delay. Every case should receive prompt attention in its turn and according to its necessity . . .

“I have been shown that this defect in your character has caused men and women to curse you in their hearts, and almost to blaspheme God. Now if I thought this could not be corrected, I would not write as I do.

It is your duty as a Christian physician to educate your manners and your habits for the sickroom, to be cheerful and affable, to manifest tender sympathy, to converse freely on the subjects essential to your patients, and which come within the sphere of your practice. You can reach a high standard in your practice.”—*Medical Ministry, 148.*

Open the truth to the patients—depending on the circumstances—but always if there is danger of death (*Medical Ministry, 38*).

The truth may not always be completely told to the patient, but never prevaricate (*Medical Ministry, 38*).

“I do not justify anyone in practicing deception upon the dying. In as mild a manner as possible tell them the truth in regard to their case (as I believe you do), and then point them to Jesus as their only hope.”—*Medical Ministry, 148.*

**[5] - MUST BE A GENUINE MINISTER  
WHO LABORS AS CHRIST DID**

“The Christian physician is a minister of the highest order. He is a missionary. Those who through their skill and faithful, earnest effort, by wisdom from God, can relieve bodily pain, place themselves in such a relation to their patients that they can point them to the Soul Healer, who can say, Thy sins be forgiven thee.”—*Medical Ministry 147.*

“The sick should not be compelled to wait when they need advice and relief. Never should the physician neglect his patients. He should have quick, penetrating judgment, and should carry into the sickroom a genial atmosphere. He should not be cold, reticent, or hesitating, but should cultivate those qualities which exert a soothing influence over the suffering ones. They

want more than looks; they want kind, hopeful words. The doctor should be ready to give them cheerful reassuring words, words spoken from the heart in wisdom, showing that he understands the cases of those under his care. This will inspire a restfulness and confidence, even at the first interview.”—*Medical Ministry, 193.*

“The time that has been spent in communing with God, in seeking His help before undertaking to relieve those who were in a critical condition, has brought angels to the side of the doctor and his assistants. You have succeeded according as you have trusted in God. He has been by your side just as verily as Christ was by the side of those who were suffering when He walked among them on earth.”—*Medical Ministry, 34.*

“If the invalid is relieved from pain, and brought back, as it were, from death to life, he is inclined almost to worship the one who, he thinks, has saved his life. He seldom thinks that it is God who has done this work through His human agents. Now is the opportune moment for Satan to come in and lead the physician to exalt himself instead of Christ. Jesus says, ‘Without Me ye can do nothing.’

“You should lead the patient to behold Jesus as the physician of the body as well as of the soul. If the physician has the love of Christ in his own heart, he will use his influence to set the mighty Healer before the afflicted one. He can direct the thoughts, the gratitude, and praise, to the Source of all power, mercy, and goodness.”—*Medical Ministry, 149-150.*

**- CHAPTER TEN -****WORKING STANDARDS THAT  
SHOULD BE ADHERED TO*****The blueprint  
for medical missionary  
“professional” qualifications and standards*****1 - THE QUALIFICATION NEEDED  
TO BECOME A MEDICAL MISSIONARY  
CAN ONLY COME FROM  
THE GREAT PHYSICIAN: JESUS**

“The truth for this time, the third angel’s message, is to be proclaimed with a loud voice, as we approach the great final test. This test must come to the churches in connection with true medical missionary work, a work that has the Great Physician to dictate and preside in all it comprehends.”—*Manuscript H-121, 1900; Loma Linda Messages, 62.*

**2 - JESUS QUALIFIES THOSE OF HIS DISCIPLES  
WHO WILL LIVE AND TEACH OBEDIENCE  
TO HIS LAWS**

“Sickness, suffering, and death are the work of an antagonistic power. Satan is the destroyer; God is the Restorer. The words spoken to Israel are true today of those who recover health of body or health of soul: ‘I am the Lord that healeth thee.’ ”—*Medical Ministry, 11.*

“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. From Him all life proceeds. Only in harmony with Him can be found its true sphere of action. For all the objects of His creation the condition is the same,—a life sustained by receiving the life of God, a life exercised in harmony with the Creator's will. 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."—*Medical Ministry, 10.*

"It is God who has made the provision that nature shall work to restore the exhausted powers. The power is of God. He is the great Healer."—*Medical Ministry, 11-12.*

"The sick are to be healed through the combined efforts of the human and the divine. Every gift, every power, that Christ promised to His disciples, He bestows upon those who will serve Him faithfully."—*Medical Ministry, 12.*

"The providence of God had placed Jesus where He was; and He depended on His heavenly Father for means to relieve the necessity. When we are brought into strait places, we are to depend on God. In every emergency we are to seek help from Him who has infinite resources at His command."—*Ministry of Healing, 48-49.*

"We cannot heal. We cannot change the diseased conditions of the body. But it is our part, as medical missionaries, as workers together with God, to use the means that He has provided. Then we should pray that God will bless these agencies."—*Medical Ministry, 13.*

### **3 – OUR DIPLOMA: THE ENDORSEMENT OF GOD**

"Young men and young women, gather a stock of



knowledge. Do not wait until some human examination pronounces you competent to work, but go out into the highways and hedges, and begin to work for God. Use wisely the knowledge you have. Exercise your ability with faithfulness, generously imparting the light that God gives you. Study how best to give to others peace and light and truth and the many other rich blessings of heaven. Constantly improve. Keep reaching higher and still higher. It is the ability to put to the tax the powers of mind and body, ever keeping eternal realities in view, that is of value now. Seek the Lord most earnestly, that you may become more and more refined, more spiritually cultured. Then you will have the very best diploma that anyone can have,—the endorsement of God.”—*7 Testimonies*, 281.

**4 - OUR CREDENTIALS:  
FOLLOWING THE PATTERN  
THAT JESUS GAVE US**

“Christ identifies His interest with that of humanity. The work that bears the divine credentials is that which manifests the spirit of Jesus, which reveals His love, His carefulness, His tenderness in dealing with the minds of men.”—*Testimonies to Ministers*, 184.

“There is a work to be done in all our cities, and those who still work and walk humbly with God, striving daily to be overcomers, will gain precious victories day by day. The work that is done in humility will bear the divine credentials. Let us hide in God.”—*Counsels on Health*, 544.

“God can use every person just in proportion as He can put His spirit into the soul-temple. The work that He will accept is the work that reflects His image. His followers are to bear, as their credentials to the work, the ineffaceable characteristics of His immortal

principles.”—*Ministry of Healing*, 37.

“The Saviour lived on this earth a life that love for God will constrain every true believer in Christ to live. Following His example in our medical missionary work, we shall reveal to the world that our credentials are from above; that as representatives of the kingdom of heaven, we are fulfilling the words of the Lord’s prayer, ‘Thy kingdom come.’ United with Christ in God, we shall reveal to the world that as God chose His Son to be His representative on the earth, even so has Christ chosen us to represent His character.”—*Medical Ministry*, 23.

It is interesting to note that medical missionary work, properly conducted, provided the credentials for Jesus’ work while here on earth. It provided the proof that He was the Messiah, and the evidence of His Divinity (Matt. 11:2-6; *Ministry of Healing*, 34-37).

#### **5 - OUR CHARTER TO OPERATE: THE COMMISSION OF CHRIST**

“The gospel commission is the great missionary charter of Christ’s kingdom.”—*Acts of the Apostles*, 28.

“The divine commission needs no reform. Christ’s way of presenting truth cannot be improved upon. The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathized with the weary, the heavy laden, the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good.”—*Welfare Ministry*, 56.

“We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of

both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is, 'Arise, shine: for thy light is come, and the glory of the Lord is risen upon Thee.'"—*Counsels on Health*, 425.

"God's people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and health regained. A demonstration of the value of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of Medical Missionary work, will bless every one who will go forward humbly and trustfully seeking to impart the truth for this time."—*Welfare Ministry*, 127.

"The breadth of gospel medical missionary work is not understood. The medical missionary work now called for is that outlined in the commission which Christ gave to His disciples just before His ascension. 'All power is given unto Me in heaven and in earth,' He said. 'Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost; teaching them to observe all things whatsoever I have commanded you; and lo, I am with you always, even unto the end of the world' (Matt.

28:18-20). These words point out our field and our work. Our field is the world; our work the proclamation of the truths which Christ came to our world to proclaim.”—*8 Testimonies*, 204; *Counsels on Health*, 509.

## **6 - THE POWER AND AUTHORITY BY WHICH WE WORK: HIS NAME**

“Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk . . . And when Peter saw it, he answered unto the people, Ye men of Israel, why marvel ye at this? Or why look ye so earnestly on us, as though by our own power or holiness we had made this man walk? . . . And His name through faith in His name hath made this man strong.”—*Acts* 3:6, 12, 16.

“The disciples were to carry their work forward in Christ’s name.”—*Acts of The Apostles*, 28.

“Those who go forth in the name of the Lord are His messengers to give to the multitudes who are in darkness and error the glad tidings of salvation through Christ in obeying the law of God.”—*Colporteur Evangelism*, 10-11.

“Not only is the truth to be presented in public assemblies; house-to-house work is to be done. Let this work go forward in the name of the Lord. Those who engage in it have the heavenly angels as their companions.”—*Evangelism*, 490.

## **7 - SOME WILL DESIRE A SPECIAL PREPARATION FOR THIS WORK**

Every church member is to become a medical missionary, following the pattern of ministry given by Jesus (Welfare Ministry, 56-81, 128, 116-118, 120-

125, 125-127, 142; 7 Testimonies, 62, 63, 272; 5 Testimonies, 385-386; 6 Testimonies, 267, 289, 290-301; 8 Testimonies, 71-75, 168-169; 9 Testimonies, 82-83, 167-168; Counsels on Health, 425-426, 548; Desire of Ages, 640; Christ's Object Lessons, 233-234; A Call to Medical Evangelism, 26-27. Read the chapter, "The Medical Missionary Commission," for more information on this. There are two statements which tell us that some "will feel it their duty" (Medical Ministry, 69) to gain "a special preparation" (Medical Ministry, 57) in medical lines in order to pass the required legal examinations, to entitle them to practice as regularly qualified professional physicians. Regarding the manner in which this preparation is to be supplied, we are instructed:

"If there are legal requirements making it necessary that medical students shall take a certain preparatory course of study, let our colleges teach the required additional studies in a manner consistent with Christian education . . . They should arrange to carry their students to the point of literary and scientific training that is necessary."—*Loma Linda Messages*, 172 (unabridged edition, 775).

### **8 - LEARN A BASIC COURSE OF STUDY**

Our main work is to advance many small medical missionary schools and classes to aid every member in learning basic instruction in the simple methods of ministry that Jesus has instructed us to use rather than to primarily advance a few large medical centers, to produce professionally qualified ones. (Read the chapter, "*Medical Missionary Schools*," for details on this.)

"In the work of the school maintain simplicity. No argument is so powerful as is success founded on

simplicity. You may attain success in the education of students as medical missionaries without a medical school that can qualify physicians to compete with the physicians of the world. Let the students be given a practical education. The less dependent you are upon worldly methods of education, the better it will be for the students. Special instruction should be given in the art of treating the sick without the use of poisonous drugs and in harmony with the light that God has given. In the treatment of the sick, poisonous drugs need not be used. Students should come forth from the school without having sacrificed the principles of health reform or their love for God and righteousness.”—*9 Testimonies*, 175.

“Our young people are not to be wholly dependent upon schools where they are told, ‘If you wish to complete your course of instruction, you must take this study, or some other study,’—studies that perhaps would be of no practical benefit to those whose only desire is to give to the world God’s message of health and peace. In the education that many receive, there are not only subjects that are nonessential, but much that is decidedly objectionable. We should endeavor to give instruction that will prepare students quickly for service to their fellow men.”—*Medical Ministry*, 75.

“The education that meets the world’s standard is to be less and less valued by those who are seeking for efficiency in carrying the medical missionary work in connection with the work of the third angel’s message. They are to be educated from the standpoint of conscience and, as they conscientiously and faithfully follow right methods in their treatment of the sick, these methods will come to be recognized as prefer-

able to the methods to which many have become accustomed, which demand the use of poisonous drugs.”—9 *Testimonies*, 175.

**9 - WE ARE NOT TO COMPROMISE  
THE STANDARDS GIVEN US  
— IN ORDER TO MEET  
THE EDUCATIONAL REQUIREMENTS  
OF THE WORLD**

“Shall we represent before the world that our physicians must follow the pattern of the world before they can be qualified to act as successful physicians? This is the question that is now testing the faith of some of our brethren. Let not any of our brethren displease the Lord by advocating in their assemblies the idea that we need to obtain from unbelievers a higher education than that specified by the Lord.

“The representation of the Great Teacher is to be considered an all-sufficient revelation. Those in our ranks who qualify as physicians are to receive only such education as is in harmony with these divine truths . . .

“I have not a word to say in favor of the world’s ideas of higher education in any school that we shall organize for the training of physicians.”—*Medical Ministry*, 62.

“There are those who will suggest to you that in order to be successful in your profession you must be a policy man . . . The policy principle is one that will assuredly lead into difficulties. He who regards the favor of men as more desirable than the favor of God will fall under the temptation to sacrifice principle for worldly gain or recognition. Thus fidelity to God is constantly being sacrificed. Truth, God’s truth, must be cherished in the soul and held in the strength of

heaven, or the power of Satan will wrest it from you.”—*Medical Ministry* 71.

“Never forsake the true standard, even though to cling to it makes you a beggar. God has set up a high standard of righteousness. He has made a plain distinction between human and divine wisdom. All who work on Christ’s side must work to save, not destroy. Worldly policy is not to become the policy of the servants of God. Divine authority is to be acknowledged. The church on earth is to be the representative of heavenly principles. Amid the awful confederacy of injustice, deception, robbery, and crime she is to shine with light from on high. In the righteousness of Christ she is to stand against the prevailing apostasy.”—*Medical Ministry* 132, 133.

“We must have medical instructors who will teach the science of healing without the use of drugs . . . We are to prepare a company of workers who will follow Christ’s methods.”—*Medical Ministry* 75.

“I am instructed to say that in our educational work there is to be no compromise in order to meet the world’s standards. God’s commandment-keeping people are not to unite with the world, to carry various lines of work according to worldly plans and wisdom.

“Our people are now being tested as to whether they will obtain their wisdom from the greatest Teacher the world ever knew, or seek to the god of Ekron. Let us determine that we shall not be tied by so much as a thread to the educational policies of those who do not discern the voice of God, and who will not hearken to His commandments.”—*Medical Ministry* 61-62.

“It is not safe to trust to physicians who have not



the fear of God before them. Without the influence of divine grace, the hearts of men are 'deceitful above all things, and desperately wicked.' Self-aggrandizement is their aim. Under cover of the medical profession, what iniquities have been practiced, what delusions supported!"—*Counsels on Health*, 456.

"Furthermore, the teaching of these physicians is continually leading away from the principles God has given us in regard to health, especially on the diet question. They say we are not living as we ought, and prescribe changes that are contrary to the light God has sent. Brethren, how can the Lord let His blessing rest upon us when we are going right upon the enemy's ground."—*Counsels on Health*, 456-457.

"God has granted to this people great light, yet we are not placed beyond the reach of temptation. Who among us are seeking help from the gods of Ekron?"—*Counsels on Health*, 457.

"There is danger in departing in the least from the Lord's instruction. When we deviate from the plain path of duty, a train of circumstances will arise that seems irresistibly to draw us farther and farther from the right. Needless intimacies with those who have no respect for God will seduce us ere we are aware. The fear of offending worldly friends will deter us from expressing our gratitude to God, or acknowledging our dependence upon Him.

"We must keep close to the Word of God. We need its warnings and encouragement, its threatenings and promises. We need the perfect example given only in the life and character of our Saviour. Angels of God will preserve His people while they walk in the path of duty; but there is no assurance of such protection for those who deliberately venture upon Satan's ground.

An agent of the great deceiver will say and do anything to gain his object.”—*Counsels on Health*, 458-459.

“The enemy has used the chain of dependence to draw men together. They have united to destroy God’s image in man, to counterwork the gospel by perverting its principles. They are represented in God’s Word as being bound in bundles to be burned. Satan is uniting his forces for perdition.”—*Counsels on Health*, 525.

“Let the whole burden of soul be just what Christ was in His work. We are to make no compromise with the habits and practices of the world. We are to stand upon the platform of eternal truth, pure, unadulterated truth. In this we may be considered singular, but this is the lot of all who make Christ their portion. Every worker in medical missionary lines is to make that work a success by living in connection with the Great Worker.”—*Medical Ministry*, 161.

“Now and ever we are to stand as a distinct and peculiar people, free from all worldly policy, unembarrassed by confederacy with those who have not wisdom to discern the claims of God, so plainly set forth in His law.”—*Medical Ministry*, 329.

“No line of our faith that has made us what we are is to be weakened. We have the old landmarks of truth, experience, and duty; and we are to stand firm in defense of our principles, in full view of the world. With hearts filled with interest and solicitude, we are to give the invitation to those in the highways and the byways. Medical missionary work is to be done.”—*Counsels on Health*, 521-522.

“There is to be no change in the general features of God’s cause. It is to stand out as clear and distinct as prophecy has made it. We are to enter into no con-

federacy with the world, supposing that by so doing we could accomplish more.”—*Counsels on Health*, 521.

“Some questions have been asked me regarding our relation to the laws governing medical practitioners. We need to move understandingly, for the enemy would be pleased to hedge up our work so that our physicians would have only a limited influence. Some men do not act in the fear of God, and they may seek to bring us into trouble by placing on our necks yokes that we could not consent to bear. We cannot submit to regulations if the sacrifice of principle is involved; for this would imperil the soul’s salvation.”—*Medical Ministry*, 84.

“Connect with those who honor God by keeping His commandments. If the recommendation goes forth from our people that our workers are to seek for success by acknowledging as essential the education which the world gives, we are virtually saying that the influence the world gives is superior to that which God gives. God will be dishonored by such a course. God has full knowledge of the faith and trust and confidence that His professed people have in His providence.”—*Medical Ministry*, 84-85.

“There is constant danger among our people that those who engage in labor in our schools and sanitariums will entertain the idea that they must get in line with the world, study the things which the world studies, and become familiar with the things that the world becomes familiar with. This is one of the greatest mistakes that could be made. We shall make great mistakes unless we give special attention to the searching of the Word.”—*Fundamentals of Christian Education*, 534.

“We want none of that kind of ‘higher education’ that will put us in a position where the credit must be given not to the Lord God of Israel, but to the god of Ekron. The Lord designs that we shall stand as a distinct people, so connected with Him that He can work with us. Let our physicians realize that they are to depend wholly upon the true God.”—*Loma Linda Messages*, 173.

“In the book, ‘Living Temple,’ there is presented the alpha of deadly heresies. The omega will follow, and will be received by those who are not willing to heed the warning God has given.

“Our physicians, upon whom important responsibilities rest, should have clear spiritual discernment. They are to stand constantly on guard. Dangers that we do not now discern will soon break upon us, and I greatly desire that they shall not be deceived. I have an intense longing to see them standing free in the Lord. I pray that they may have courage to stand firm for the truth as it is in Jesus, holding fast the beginning of their confidence unto the end.”—*Series B, No 2*, 50.

“Study the Bible more, and the theories of the Medical fraternity less, and you will have greater spiritual health. Your mind will be clearer and more vigorous. Much that is embraced in the medical course is positively unnecessary. Those who take a medical training spend a great deal of time in learning that which is merely rubbish. Many of the theories they learn may be compared in value to the traditions and maxims taught by the Scribes and Pharisees. Many of the intricacies with which they have to become familiar, are an injury to their minds.”—*Loma Linda Messages*, 190.

“Not one of the schools of medicine so highly lauded in the world is approved in the courts above, nor do they bear the heavenly superscription and endorsement. You are not justified in advocating one school above the others, as though it were the only one worthy of respect. Those who vindicate one school of medicine and bitterly condemn another are actuated by a zeal that is not according to knowledge. With Pharisaic pride some men look down upon others who have not received a diploma from the so-called standard school. All this proves that they cannot humble themselves at the cross of Calvary. This spirit will never be acknowledged in heaven; nor will men that cherish it ever hear the ‘well done.’ I have spoken plainly in regard to your feelings concerning the methods of practice. Some of you have been as zealous in exalting what your school advocated as though the Lord had specified that very method and was the only one to be allowed. The use of drugs has resulted in far more harm than good, and should our physicians who claim to believe the truth almost entirely dispense with medicine and faithfully practice along the lines of hygiene, using nature’s remedies, far greater success would attend their efforts. There is no need whatever to exalt the method whereby drugs are administered. I know whereof I speak. Brethren in the medical profession, I entreat you to think candidly and put away childish things. The Lord is not pleased with your attitude toward those who have graduated in what you call inferior schools. He does not approve of the spirit that actuated you. God will judge us by what we ought to have been, what we ought to have done had we been obedient children. We cannot escape the consequences of our omissions and mistakes even though we cannot see them or estimate their results.”—*Taken from*

*the Paulson Collection of Testimonies, titled "Extracts on Medical Work," pages 3, 6, 8, 10, 16, 19, 21, 23.*

"The Lord has shown us the evil of depending upon the strength of earthly organizations. He has instructed us that the commission of the medical missionary is received from the very highest authority; He would have us understand that it is a mistake to regard as most essential the education given by physicians who reject the authority of Christ, the greatest Physician who ever lived upon the earth. We are not to accept and follow the views of men who refuse to recognize God as their teacher, but who learn of men, and are guided by man-made laws and restrictions.

"During the night of April 26 (1910) many things were opened before me. I was shown that now in a special sense we as a people are to be guided by divine instruction. Those fitting themselves for medical missionary work should fear to place themselves under the direction of worldly doctors, to imbibe their sentiments and peculiar prejudices, and to learn to express their ideas and views. They are not to depend for their influence upon worldly teachers. They should be 'looking unto Jesus, the author and finisher of our faith.'

"It is not necessary that our medical missionaries follow the precise track marked out by medical men of the world. They do not need to administer drugs to the sick. They do not need to follow the drug medication in order to have influence in their work . . . Connected with the divine Teacher, they will understand that their dependence is upon God, and not upon the professedly wise men of the world.

"Some of our medical missionaries have supposed that a medical training according to the plans

of worldly schools is essential to their success. To those who have thought that the only way to success is by being taught by worldly men, and by pursuing a course that is sanctioned by worldly men, I would say, put away such ideas. This is a mistake that should be corrected. It is a dangerous thing to bring into the work a spirit which the Word of God cannot sanction. There are to come to the physicians and to the teachers new ideas, a new understanding of the principles that must govern the medical work. An education is to be given that is altogether in harmony with the teachings of the Word of God.

“There is a lack of faith in the power of God that leads our physicians to lean so much upon the arm of the law, and to trust so much to the influence of worldly powers . . . Christ was the greatest physician the world has ever known; His heart was ever touched with human woe. He has a work for those to do who will not place their dependence upon worldly powers.

“The true medical missionary will be wise in the treatment of the sick, using the remedies that Nature provides. And then he will look to Christ as the true Healer of disease. The principles of health reform brought into the life of the patient, the use of nature’s remedies, and the cooperation of divine agencies in behalf of the suffering, will bring success . . .

“A time will come when medical missionaries of other denominations will become jealous and envious of the influence exerted by Seventh-day Adventists who are working in these lines.”—*Loma Linda Messages*, 545.

**10 - WE ARE NOT TO COMPROMISE  
THE STANDARDS GIVEN US  
— IN ORDER TO GAIN FAVOR OR INFLUENCE**

“We are not to misrepresent what we profess to believe in order to gain favor.”—*Medical Ministry*, 127.

“At the very beginning of the gospel dispensation, He taught His church to rely not on worldly rank and splendor, but on the power of faith and obedience. The favor of God is of greater value than gold and silver. The power of His Spirit is of inestimable worth.”—*Counsels on Health*, 226.

“As the chosen people of God, we cannot copy the habits, practices, or fashions of the world. We are not left in darkness, to pattern after worldly models, and to depend on outward appearance for success. The Lord has told us whence comes our strength. ‘This is the Word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by My spirit saith the Lord of hosts.’ ”—*Counsels on Health*, 274.

“The physicians at the Sanitarium are not as thorough and intelligent as they ought to be in the practice of their profession. They resort to drugs when greater skill and knowledge would teach them the more excellent way. Do you not know that lives have been lost which might have been saved if drugs had not been resorted to? As a rule, the less frequently drugs are employed the better the patient will prosper. I thought the matter of using drugs had been settled for us years ago by the testimony of the spirit of God, but the Lord’s warning has been unheeded. I am ashamed and distressed over this matter, and I tell you that a decided reformation must take place. The physicians at the Sanitarium are departing a long way from the light the Lord has given concerning the use of drugs . . .



“The world looks favorably on some of our methods and ideas; but we must not let the pattern of the world seduce us. We must not depend upon human favor or patronage for success. Like a mighty cleaver this truth has taken us out of the quarry of the world to be the peculiar people of God, and we cannot afford to assimilate with the world. We cannot compromise our principles of truth for even one position to gain the favor and patronage of the world.”—*Extracts on Medical Work*, 3, 6, 8, 10, 16, 19, 21, 23.

**11 – WE ARE NOT TO AFFILIATE WITH, UNITE,  
OR JOIN ANY WORLDLY ORGANIZATION,  
ASSOCIATION, OR OCCUPATIONAL UNION**

“We are now to use all our entrusted capabilities in giving the last warning message to the world. In this work we are to preserve our individuality. We are not to unite with secret societies or with trade unions. We are to stand free in God, looking constantly to Christ for instruction. All our movements are to be made with a realization of the importance of the work to be accomplished for God.”—*7 Testimonies*, 84.

“We are to enter into no confederacy with those who do not love or fear God.”—*Counsels on Health*, 300.

“The Lord is testing His people, to see who will be loyal to the principles of His truth. Our work is to proclaim to the world the first, second, and third angels’ messages. In the discharge of our duties, we are neither to despise nor to fear our enemies. To bind ourselves up by contracts with those not of our faith is not in the order of God. We are to treat with kindness and courtesy those who refuse to be loyal to God, but we are never, never to unite with them in counsel regarding the vital interests of His work. Putting our trust in God, we are to move steadily forward, doing

His work with unselfishness, in humble dependence upon Him, committing to His providence ourselves and all that concerns our present and future, holding the beginning of our confidence firm unto the end, remembering that we receive the blessings of Heaven, not because of our worthiness, but because of Christ's worthiness and our acceptance, through faith in Him, of God's abounding grace."—*Counsels on Health*, 238.

"Men have confederated to oppose the Lord of hosts. These confederacies will continue until Christ shall leave His place of intercession before the mercy-seat, and shall put on garments of vengeance. Satanic agencies are in every city, busily organizing into parties those opposed to the law of God. Professed saints and avowed unbelievers take their stand with these parties. This is no time for the people of God to be weaklings. We cannot afford to be off our guard for a moment."—*8 Testimonies*, 42.

"The trade unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began."—*Country Living*, 10.

"The work of the people of God is to prepare for the events of the future, which will soon come upon them with blinding force. In the world gigantic monopolies will be formed. Men will bind themselves together in unions that will wrap them in the folds of the enemy. A few men will combine to grasp all the means to be obtained in certain lines of business. Trade unions will be formed, and those who refuse to join these unions will be marked men."—*Country Living*, 10.

"The trade unions and confederacies of the world are a snare. Keep out of them, and away from them,

brethren. Have nothing to do with them. Because of these unions and confederacies, it will soon be very difficult for our institutions to carry on their work in the cities.”—*Country Living*, 10.

“Men are seeking to bring those engaged in the different trades under bondage to certain unions. This is not God’s planning, but the planning of a power that we should in no wise acknowledge.”—*7 Testimonies*, 84.

“Those who claim to be the children of God are in no case to bind up with labor unions that are formed or that shall be formed. This the Lord forbids. Cannot those who study the prophecies see and understand what is before us?”—*Country Living*, 12.

“It is time for the people of God, those who wear the sign of His kingdom, and whose authority is derived from ‘It is written,’ to work. The world is the field of our labor, and we are to strive to give the last message of mercy to the world. Our every action is being watched with jealous eyes . . . As reformers we are to reform the medical practice, by educating toward the light. Our work is to be done in the full recognition of God.”—*Medical Ministry*, 125.

“The Lord has shown us the evil of depending upon the strength of earthly organizations. He has instructed us that the commission of the medical missionary is received from the very highest authority. He would have us understand that it is a mistake to regard as most essential the education given by physicians who reject the authority of Christ, the greatest Physician who ever lived upon the earth.”—*Medical Ministry*, 206-207.

“We are now to use all our entrusted capabilities in giving the last warning message to the world. In

this work we are to preserve our individuality. We are not to unite with secret societies or with trade unions. We are to stand free in God, looking constantly to Christ for instruction. All our movements are to be made with a realization of the importance of the work to be accomplished for God.”—*Counsels on Health*, 273.

“Then the idea gained favor that the medical missionary work would be greatly advanced if all our medical institutions and other medical missionary interests were bound up under the control of the medical association at Battle Creek.

“I was told I must lift up my voice in warning against this. We were not to be under the control of men. We were not to be guided by men who want their word to be the controlling power. The development of the desire to control has been very marked, and God sent warning after warning, forbidding consolidation. He warned us against binding ourselves to fulfill certain agreements that would be presented by men laboring to control the movements of their brethren.

“Light has been given me that there are papers that have been drawn up by lawyers that are blinding the eyes of the simple people of God. We are to guard against the acceptance of documents framed in language that is confusing to minds. We have no need of such documents. They are a snare, and our people are warned to beware of them. The words of the Lord came to me, ‘Say to My people, Put not your trust in writings drawn up by lawyers, filled with technicalities and conditions and restrictions, which blind the minds of those who have to do with them. God wants those who believe the truth to take their stand against everything of the kind.’”—*Manuscript 114, October 5*,

1903—(8 Testimonies, 217, has part of this).

“There are many who suppose it to be their privilege to control to some degree the actions of their fellow workers. They think that other workers, whom the Lord is using, should first obtain their consent before doing a certain work, and that they should work according to their direction. All such yokes are to be broken. The work is to go forward under the Lord’s direction. His servants are to work at His dictation.

“God has not committed to any the task of lord-ing it over His heritage. When the yokes that are now being placed on the necks of some of God’s people are broken, the work will go forward in a way that will surprise us. But, on the other hand, unless ministers and physicians and those in responsible offices give the Lord the right of way, to use His followers as He sees fit, He will reprove by judgments . . .

“It is the spirit of self-importance that leads men to lay down rules which limit the work of their fellows. I am bidden to say, break every yoke. Shall we refuse to yield obedience to the Source of all power, and wait for human permissions before we do the work that God bids us to do? . . .

“There is a great work to be done in the earth before the eternal purpose of God is fully worked out. Instead of blocking the way of any of our workers, we must give them the right of way that God has designed they should have, and let Him work through human minds. Every possible effort must now be made to present the truth as it is in Jesus.”—*Letter, October 10, 1899; Manuscript, 147-148.*

“Unless those who can help in \_\_\_ are aroused to a sense of their duty, they will not recognize the work of God when the loud cry of the third angel shall

be heard. When light goes forth to lighten the earth, instead of coming up to the help of the Lord, they will want to bind about His work to meet their narrow ideas. Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. There will be those among us who will always want to control the work of God, to dictate even what movements shall be made when the work goes forward under the direction of the angel who joins the third angel in the message to be given to the world. God will use ways and means by which it will be seen that He is taking the reins in His own hands. The workers will be surprised by the simple means that He will use to bring about and perfect His work of righteousness.”—*Testimonies to Ministers*, 300.

“The breadth of gospel medical missionary work is not understood. The medical missionary work now called for is outlined in the commission which Christ gave to His disciples just before His ascension. ‘All power is given unto Me in heaven and earth,’ He said. ‘Go ye therefore, and teach all nations . . . teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world’ (Matt. 28:18-20). These words point out our field and our work. Our field is the world; our work is the proclamation of the truths which Christ came to our world to proclaim.”

—*Counsels on Health*, 509

## SECTION FOUR

# A Ministry of Healing

### - CHAPTER ELEVEN -

## HOW JESUS CARRIED ON HIS MEDICAL MISSIONARY WORK

*The blueprint for the medical practice of the Great Physician*

### THE PATTERN OF JESUS IN MEDICAL MISSIONARY WORK

We are to follow the Divine Pattern of missionary work that Jesus gave us during His earthly life: Matt. 11:29; 16:24; John 13:15; Rom. 15:5; 2 Cor. 10:1; Phil. 2:5; Col. 3:13; 1 Peter 2:21; Hebrews 12:2; Gospel Workers, 13-19, 41-50; Welfare Ministry, 53-58, 117-124.

### THE DIVINE PATTERN IN MISSIONARY WORK: THE EXAMPLE OF JESUS

1 – The Word of God was the basis of everything He did and said: Matt. 4:4; Ministry of Healing, 21.

2 – He placed the commandments of God above the commandments of men: Matt. 15:1-9, 23.

3 – He combined medical, welfare, evangelical, and educational work: Matt. 4:23-24; 9:35-36; Luke 4:17-21; Ministry of Healing, 139-160.

4 – Jesus' credentials were the type of work that He did—medical missionary work: Matt. 11:2-6; Ministry of Healing, 34-37.

5 – He worked for the rich: Mark 14:3; Luke 19:2-9; 18:23; Ministry of Healing, 24-25; for the children: Matt. 19:13-15; Ministry of Healing, 38-44; but especially for the poor and needy and those who considered themselves to be so: Matt. 11:5; Luke 4:17-21; 2 Cor. 8:9; Matt. 5:3; 19:21; Welfare Ministry, 169-177.

6 – He was very economical: Matt. 10:8-10; John 6:12; Desire of Ages, 368; Ministry of Healing, 47-48, 207-208; Counsels on Health, 281.

7 – He was poor—He had little money, few possessions, and no permanent home: Matt. 8:20; 10:9-11; Luke 12:33; 2 Cor. 8:9; Ministry of Healing, 197-198.

8 – He sought no display or publicity: Matt. 9:30; 12:16; 16:20; 17:9; Mark 3:12; 5:42; 9:30; Luke 5:14; Ministry of Healing, 31-32.

9 – He was cautious: Matt. 9:30; 10:16.

10 – He realized that He might meet possible persecution and maybe even death: Matt. 10:17-40; Desire of Ages, 541.

11 – He feared no man: Matt. 10:26, 28.

12 – His work was branded “of the devil”: Matt. 10:24-25; 12:24.

13 – He taught and healed in the cities: Matt. 4:23-24; 9:35-36; Ministry of Healing, 29, 38, etc.

14 – He taught and healed in the churches: Matt.



4:23-24; 9:35; 13:54; in the homes and from door-to-door: Matt. 8:6-8, 14; 9:23-25; Ministry of Healing, 24-25; and in the streets and fields: Matt. 8-9; Luke 6:1-4; Ministry of Healing, 38.

15 – He often had a humble dwelling as a city center for His work: Luke 4:38-41; 5:17-19; Ministry of Healing, 29-30.

16 – He often centered His work in the larger cities: John 4:45; 5:1; 9 Testimonies, 121; Counsels on Health, 500-501.

17 – He brought the people out into the country for further teaching and healing: Matt. 5:1; 13:1-2; 14:13-14; 15:29-30; Ministry of Healing, 54; Medical Ministry, 299; Christ's Object Lessons 24-27.

18 – He traveled from city to city: Matt. 4:23-24; 9:35-36; 11:1; 14:34; Ministry of Healing 22, 30, 31; Counsels on Health, 318, 501.

19 – When He was rejected in one place, He went to another: Matt. 10:14, 23; 8:32-34; Ministry of Healing, 97.

20 – He recruited fellow medical missionary workers: Matt. 4:18-22; 8:22; 9:9, 37-38; 10:1; Ministry of Healing, 95-103.

21 – He often chose disciples with little secular education and taught them, by personal instruction and actual field work with Himself, how to teach and heal: Matt. 4:18-24; 10:1-42; Ministry of Healing, 95-103.

22 – When workers in one place were ready to carry on alone after a short course of study, He left them and went to another place: Ministry of Healing, 95-99; Matt. 8:28-34.

23 – Or, He would organize them into gospel com-

panies to go out together and do medical missionary work (dividing into groups of two as they walked from house to house): Matt. 10; Luke 10; Ministry of Healing, 139, 142.

24 – He used simple remedies: John 9:6-7; Ministry of Healing, 126-127, 231-233.

25 – He taught those that He healed to obey God’s laws, lest they become sick again: John 5:14; Ministry of Healing, 73, 91, 113.

26 – He asked no charge from those He healed: Matt. 10:8; Luke 6:38; 12:33; Medical Ministry, 122-123.

27 – He commissioned every follower to do the same fourfold work that He did: Mark 16:15-17; Matt. 28:18-20; 10:1, 7-8; Ministry of Healing, 104, 139-169, 226; Welfare Ministry, 52-58.

## - CHAPTER TWELVE -

### HOW THE ORDAINED MINISTRY SHOULD RELATE ITSELF TO MEDICAL MISSIONARY WORK

*The blueprint for a united medical missionary evangelism  
— without compromise*

#### 1 – MEDICAL MISSIONARY WORK AND THE MINISTRY

##### [1] - THE MINISTER AS A MEDICAL MISSIONARY EXAMPLE

“Our ministers should become intelligent on health reform. They need to become acquainted with physiology and hygiene; they should understand the

laws that govern physical life and their bearing upon the health of mind and soul.

“Thousands upon thousands know little of the wonderful body God has given them or of the care it should receive; and they consider it of more importance to study subjects of far less consequence. The ministers have a work to do here. When they take a right position on this subject, much will be gained. In their own lives and homes they should obey the laws of life, practicing right principles and living healthfully. Then they will be able to speak correctly on this subject, leading the people higher and still higher in the work of reform. Living in the light themselves, they can bear a message of great value to those who are in need of just such a testimony.

“There are precious blessings and a rich experience to be gained if ministers will combine the presentation of the health question with all their labors in the churches. The people must have the light on health reform. This work has been neglected, and many are ready to die because they need the light which they ought to have and must have before they will give up selfish indulgence . . .

“The work of educating in medical missionary lines is an advanced step of great importance in awakening man to his moral responsibilities. Had the ministers taken hold of this work in its various departments in accordance with the light which God has given, there would have been a most decided reformation in eating, drinking, and dressing. But some have stood directly in the way of the advance of health reform. They have held the people back by their indifferent or condemnatory remarks, or by pleasantries and jokes. They themselves and a large number of others have

been sufferers unto death, but all have not yet learned wisdom . . .

“Why do some of our ministering brethren manifest so little interest in health reform? It is because instruction on temperance in all things is opposed to their practice of self-indulgence. In some places this has been the great stumbling block in the way of our bringing the people to investigate and practice and teach health reform. No man should be set apart as a teacher of the people while his own teaching or example contradicts the testimony God has given His servants to bear in regard to diet, for this will bring confusion. His disregard of health reform unfits him to stand as the Lord’s messenger.”—*Counsels on Diet and Foods*, 452-454.

“Ministers should be strictly temperate in their eating and drinking, lest they make crooked paths for their feet, turning the lame—those weak in the faith—out of the way. If, while proclaiming the most solemn and important message God has ever given, men war against the truth by indulging wrong habits of eating and drinking, they take all the force from the message they bear.”—*Counsels on Health*, 575.

“Ministers of Christ, professing to be His representatives, should follow His example, and above all others should form habits of strictest temperance. They should keep the life and example of Christ before the people by their own lives of self-denial, self-sacrifice and active benevolence. Christ overcame appetite in man’s behalf; and in His stead they are to set others an example worthy of imitation . . .

“Men who are engaged in giving the last message of warning to the world, a message which is to decide the destiny of souls, should make a practical applica-

tion in their own lives of the truths they preach to others. They should be examples to the people in their eating, in their drinking, and in their chaste conversation and deportment.”—*Counsels on Health*, 572-573.

**[2] - THE MINISTER  
IS TO BE A MEDICAL MISSIONARY WORKER**

“Let our ministers, who have gained an experience in preaching the Word, learn how to give simple treatments, and then labor intelligently as medical missionary evangelists.”—*Counsels on Health*, 397.

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. The work of a minister is to minister. Our ministers are to work on the gospel plan of ministering . .

“You will never be ministers after the gospel order till you show a decided interest in medical missionary work, the gospel of healing and blessing and strengthening. Come up to the help of the Lord, to the help of the Lord against the mighty powers of darkness, that it be not said of you, ‘Curse ye Meroz, curse ye bitterly the inhabitants thereof; because they came not to the help of the Lord.’ Judges 5:23 . .

“It is because of the directions I have received from the Lord that I have the courage to stand among you and speak as I do, notwithstanding the way in which you may look at the medical missionary work. I wish to say that the medical missionary work is God’s work. The Lord wants every one of His ministers to come into line. Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities. As you relieve their sufferings, you will find opportunity to speak to them of the love of Jesus.”—

*Counsels on Health*, 533.

**[3] - THE MINISTER  
IS TO BE A MEDICAL MISSIONARY TEACHER**

“There are precious blessings and a rich experience to be gained if ministers will combine the presentation of the health question with all their labors in the churches. The people must have the light on health reform.”—*Counsels on Health*, 431.

“Pastors and teachers are to work intelligently in their lines, instructing church members how to work in medical missionary lines. When the professed followers of Christ have an indwelling Saviour, they will be found doing as Christ did. They will have no opportunity to rust through inaction. They will have enough to do.”—*Welfare Ministry*, 123.

“To my ministering brethren I would say, Prosecute this work with tact and ability. Set to work the young men and the young women in our churches. Combine the medical missionary work with the proclamation of the third angel’s message. Make regular, organized efforts to lift the churches out of the dead level into which they have fallen, and have remained for years. Send into the church workers who will set the principles of health reform in their connection with the third angel’s message before every family and individual. Encourage all to take a part in work for their fellow men, and see if the breath of life will not quickly return to these churches.”—*Welfare Ministry*, 124.

The church is to be a training center, and members should be taught to give Bible readings, teach Sabbath-school classes—help the poor and the sick, and to work for the unconverted. Every church member to be instructed to work in some line for Christ (*Ministry of Healing*, 148-149).

“At our large gatherings, instruction should be given upon health and temperance. Seek to arouse the intellect and the conscience. Bring into service all the talent at command, and follow up the work with publications upon the subject. ‘Educate, educate, educate,’ is the message that has been impressed upon me.”—*Counsels on Health*, 449.

“As we near the close of time, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice. Precept and practice combined have a telling influence.

“At the camp meeting, instruction on health topics should be given to the people. At our meetings in Australia, lectures on health subjects were given daily, and a deep interest was aroused.”—*Counsels on Health*, 467.

## **2 - THE RELATION OF CONFERENCE PRESIDENTS AND OTHER LEADERS TO THE MEDICAL MISSIONARY WORK**

“Through the first disciples a divine gift was professed to Israel; the faithful evangelist today will do a similar work in every city where our missionaries enter. It is a work which to some extent we have tried to do in connection with some of our sanitariums, but a much wider experience in these lines is to be gained.

“Cannot our conference presidents open the way for students in our schools to engage in this line of labor? Again and again it has been presented to me that ‘there should be companies organized and educated most thoroughly to work as nurses, as evangelists, as ministers, as canvassers, as gospel students,

to perfect a character after the divine similitude.’ ”—*Counsels on Health*, 541-542.

“The presidents of our conferences need to realize that it is high time that they were placing themselves on the right side of this question. Ministers and teachers are to give to others the light they have received. Their work in every line is needed. God will help them; He will strengthen His servants who stand firmly, and will not be swayed from truth and righteousness in order to accommodate self-indulgence.”—*6 Testimonies*, 376-377.

“The gospel of health has able advocates, but their work has been made very hard because so many ministers, presidents of conferences, and others in positions of influence, have failed to give the question of health reform its proper attention. They have not recognized it in its relation to the work of the message as the right arm of the body. While very little respect has been shown to this department by many of the people, and by some of the ministers, the Lord has shown His regard for it by giving it abundant prosperity. When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel’s message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.”—*6 Testimonies*, 327.

“It is presented to me that in many lines of work we are doing but a small part of what ought to be done. Faith, zeal, and energy are not manifested as they should be in the work of the ministry. The efforts of many are tame and spiritless. It is evident that light



given us by God regarding our duty and privileges has not been acted upon. Men have supplanted God's plans with their own plans. I am commissioned to say that the prosperity of the medical missionary work is in God's order. This work must be done; the truth must be carried into the highways and byways. And ministers and church members should awake and see the necessity of cooperating in this work."—*6 Testimonies, 299.*

"With earnest, untiring energy those who have felt the burden of the Christian help work have testified by their works that they are not content to be mere theoretical believers. They have tried to walk in the light. They have put their belief into practice. They have combined faith and works. They have done the very work the Lord has specified should be done, and many souls have been enlightened, and convicted, and helped."—*6 Testimonies, 299.*

"The indifference among our ministers in regard to health reform and the medical missionary work is surprising. Even those who do not profess to be Christians treat the subject with greater respect than do some of our own people, and these are going in advance of us."—*6 Testimonies, 299.*

"Why, I inquire, are some of our ministerial brethren so far behind in proclaiming the exalted theme of temperance? My brethren, the word given to you is: 'Take hold of the work of health reform; go forward.' If you think that the medical missionary work is assuming undue proportions, take the men who have been working in these lines with you into your fields of labor, two here and two there. Receive these medical missionaries as you would receive Christ, and see what work they can do. You will not find them dwarfs in

religious experience. See if in this way you cannot bring much of heaven's vital current into the churches . . .

“Those who cannot see the importance and bearing of the medical missionary work should not feel authorized to endeavor to control any phase of it. They need an increased knowledge in every line of health reform. They need to be purified, sanctified, and ennobled. They need to be molded and fashioned after the divine similitude. Then they will see that the medical missionary work is a part of the work of God. The reason why so many church members do not understand this branch of the work is that they are not following their Leader step by step in self-denial and self-sacrifice. The medical missionary work is God's work and bears His signature, and while means must not be absorbed in this one line so as to hinder or cripple the work that should be done in new fields, it should not be regarded as unimportant.”—*6 Testimonies, 299-300.*

“The right hand is used to open doors through which the body may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the reception of the truth for this time. A body without hands is useless. In giving honor to the body, honor must also be given to the helping hands, which are agencies of such importance that without them the body can do nothing. Therefore, the body which treats indifferently the right hand, refusing its aid, is able to accomplish nothing . . .

“All through this country a work must be done that has not yet been done. The medical missionary work must be recognized. Those who go forth to engage in the work of the ministry must be intelligent upon the subject of health reform. Those men who

after many years' experience have yet no appreciation of the medical missionary work, should not be appointed to preside over our churches. They are not walking in the light of present truth for this time. Those who live the truth and appreciate the question of temperance in all its bearings should not be placed in the charge of a minister who has not heeded the light God has given upon health reform. What help can a man be to a church if he is not walking in the light?"—*Medical Ministry*, 238.

"The medical missionary workers are doing the long-neglected work which God gave to the church in Battle Creek—they are giving the last call to the supper which He has prepared."—*8 Testimonies*, 71.

"In order to be carried forward aright, the medical missionary work needs talent. It requires strong, willing hands, and wise, discriminating management. But can this be while those in responsible places—presidents of conferences and ministers—bar the way?"

"The Lord says to the presidents of conferences and to other influential brethren: 'Remove the stumbling blocks that have been placed before the people.'"—*8 Testimonies*, 71.

"Our people in Battle Creek have not exercised their talents in planning and devising how to plant the standard of truth in regions where the message has not been proclaimed and where decided efforts should be made; and the Lord has moved upon Dr. Kellogg and his associates to do the work which belong to the church and which was offered to them, but which they did not choose to accept. Some in Battle Creek, instead of taking up the work given them of God, have, by following their own selfish way, blinded their spiritual eyesight and the spiritual eyesight of others; and

God has placed His precious work in the hands of those who will take it up and carry it forward.

“God is in His holy place, and He dwells also with him who is of a humble and contrite spirit, to revive the spirit of the humble and to revive the heart of the contrite ones. Those who are doing medical missionary work should have the full sanction and cooperation of the church. If they do not have this they are hindered. Nevertheless, they will advance . . .

“When the Lord moves upon the churches, bidding them do a certain work, and they refuse to do that work; and when some, their human efforts united with the divine, endeavor to reach to the very depths of human woe and misery, God’s blessing will rest richly upon them. Even though but few accept the grace of our Lord Jesus Christ, their work will not be in vain: for one soul is precious, very precious, in the sight of God. Christ would have died for one soul in order that one might live through the eternal ages . . .

“Many souls are being rescued, wrenched from Satan’s hand, by faithful workers. Someone must have a burden of soul to find those who have been lost to Christ. The rescue of one soul over whom Satan has triumphed causes joy among the heavenly angels. There are those who have destroyed in themselves the moral image of God. The gospel net must gather in these poor outcasts. Angels of God will cooperate with those who are engaged in this work, who make every effort to save perishing souls, to give them opportunities which many have never had. There is no other way of reaching them but in Christ’s way. He ever worked to relieve suffering and teach righteousness. Only thus can sinners be raised from the depths of degradation . . .

“Brethren, be careful, very careful. There is a work being done by the medical missionaries which answers [by contrast] to the description given in verses 48-51 [of Matthew 24]. The Lord is working to reach the most depraved. Many will know what it means to be drawn to Christ, but will not have moral courage to war against appetite and passion. But the workers must not be discouraged at this; for it is written; ‘In the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils.’ 1 Timothy 4:1. Is it only those rescued from the lowest depths that backslide? There are those in the ministry who have had light and knowledge of the truth, who will not be overcomers. They do not restrict their appetites and passions or deny themselves for Christ’s sake. Many poor outcasts, even publicans and sinners, will grasp the hope set before them in the gospel and will go into the kingdom of heaven before the ones who have had great opportunities and great light, but who have walked in darkness. In the last great day many will say: ‘Lord, Lord, open unto us.’ But the door will be shut, and their knock will be in vain.

“We should feel deeply over these things, for they are true. We should have a high estimate of truth and of the value of souls. Time is short, and there is a great work to be done. If you feel no interest in the work that is going forward, if you will not encourage medical missionary work in the churches, it will be done without your consent; for it is the work of God, and it must be done. My brethren and sisters, take your position on the Lord’s side and be earnest, active, courageous co-workers with Christ, laboring with Him to seek and save the lost.”—*8 Testimonies*, 71-75.

**- CHAPTER THIRTEEN -****THE AREAS  
OF WORK AND INSTRUCTION  
IN WHICH A MEDICAL MISSIONARY  
SHOULD ENGAGE**

*The areas of work and instruction  
in which a medical missionary should engage*

**1 - THE SCOPE  
OF MEDICAL MISSIONARY WORK**

“All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease.

“Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and much of it might be prevented by attention to the laws of health. The people need to see the bearing of health principles upon their well-being, both for this life and for the life to come. They need to be awakened to their responsibility for the human habitation fitted up by their Creator as His dwelling place, and over which He desires them to be faithful stewards.

“Thousands need and would gladly receive instruction concerning the simple methods of treating the sick—methods that are taking the place of the use of poisonous drugs. There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful foods are in no small degree responsible for the intemperance and crime and wretchedness that curse the world.

“In teaching health principles, keep before the

mind the great object of reform—that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come.

“Encourage the people to study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God’s love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it as it really is, an inestimable blessing.

“Every gospel worker should feel that to teach the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it.”—*Counsels on Health*, 389-390.

**[1] - GIVE THE SIMPLE TREATMENTS  
THAT DO SO MUCH TO RELIEVE SUFFERING  
AND REMOVE DISEASE**

“The disciples were to have the same power which Jesus had to heal ‘all manner of sickness and all manner of disease among the people.’ By healing in His name the diseases of the body, they would testify to His power for the healing of the soul. Matt. 4:23; 9:6. . . Thus Christ gave His disciples their commission. He made full provision for the prosecution of the work, and took upon Himself the responsibility for its success. So long as they obeyed His Word, and worked in connection with Him, they could not fail. Go to all

nations, He bade them. Go to the farthest part of the habitable globe, but know that My presence will be there. Labor in faith and confidence, for the time will never come when I will forsake you.

“The Saviour’s commission to the disciples included all the believers. It includes all believers in Christ to the end of time . . .

“He is just as willing to heal the sick now as when He was personally on earth. Christ’s servants are His representatives, the channels for His working. He desires through them to exercise His healing power.

“In the Saviour’s manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, ‘Go wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing.’ John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.

“To many of the afflicted ones who received healing, Christ said, ‘Sin no more, lest a worse thing come unto thee.’ John 5:14. Thus He taught that disease is the result of violating God’s laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator’s plan . . .

“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 to recover health. For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is



our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the Great Healer. We should lay hold on His promise, and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength.”—*Desire of Ages*, 821-825.

“Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs. Many should seek to obtain the education that will enable them to combat disease in its varied forms by the most simple methods. Thousands have gone down to the grave because of the use of poisonous drugs, who might have been restored to health by simple methods of treatment. Water treatments, wisely and skillfully given, may be the means of saving many lives.”—*Medical Ministry*, 227.

“Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature’s remedies, and teaching them how to regain health and avoid disease.”—*9 Testimonies*, 172.

“All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease.”—*Ministry of Healing*, 146.

“There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”—*Ministry of Healing*, 327.

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere.”—*Medical Ministry*, 321.

“The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.”—*2 Selected Messages*, 289.

“In every place the sick may be found. And those who go forth as workers for Christ should be true health reformers, prepared to give those who are sick the simple treatments that will relieve them, and then pray with them. Thus they will open the door for the entrance of the truth. The doing of this work will be followed by good results. Our Sabbathkeeping families should keep their minds filled with helpful principles of health reform and other lines of truth, that

they may be a help to their neighbors. Be practical missionaries. Gather up all the knowledge possible that will help combat disease. This may be done by those who are diligent students.”—*Medical Ministry*, 320.

“Let our ministers, who have gained an experience in preaching the Word, learn how to give simple treatments; and then labor intelligently as medical missionary evangelists.”—*Counsels on Health*, 397.

“Some utterly fail to realize the importance of missionaries being also medical missionaries. A gospel minister will be twice as successful in his work if he understands how to treat disease. Continually increasing light has been given me on this subject.”—*Medical Ministry*, 245.

“As the canvasser goes from place to place, he will find many who are sick. He should have a practical knowledge of the causes of disease, and should understand how to give simple treatments, that he may relieve the suffering ones. More than this, he should pray in faith and simplicity for the sick, pointing them to the Great Physician. As he thus walks and works with God, ministering angels are beside him, giving him access to hearts.”—*Counsels on Health*, 463-464.

Christ’s power to heal disease remains unchanged (*Desire of Ages*, 465-466). Parents need to understand the simple treatment of disease (*Ministry of Healing*, 237, 385). Missionary work in caring for the sick (*Counsels on Health*, 33). Work for the sick and the poor cannot be done by proxy (*Counsels on Health*, 390). Students to learn the treatment of the sick (*Education*, 218; *9 Testimonies*, 178; *Counsels on Health*, 301). Christ desires to exercise healing through His servants (*Desire of Ages*, 823-824; *Counsels on Health*,

30). Physical healing is bound up with the gospel (Ministry of Healing, 115, 141; Counsels on Health, 29, 497). Healing and teaching not to be separated (Ministry of Healing, 141; 9 Testimonies, 171; Counsels on Health, 396). All should educate themselves in the use of simple remedies (2 Selected Messages, 290).

**[2] - GIVE INSTRUCTION IN  
THE PRINCIPLES OF HEALTHFUL LIVING**

Church members to minister and to teach health principles (9 Testimonies, 112-113; Counsels on Health, 443-446, 452). Gospel workers are to be able to teach principles of health (Ministry of Healing, 146-147; Gospel Workers, 233; Counsels on Health, 40, 389). Duty of ministers to understand and teach health principles (Gospel Workers, 231). Promulgation of health principles necessary in preparing for Christ's coming (6 Testimonies, 224; Counsels on Health, 206). Health principles to be taught by example (6 Testimonies, 112-113; Counsels on Health, 451, 463, 467).

For more statements on this, see section 8 of this study.

**[3] - GIVE INSTRUCTION CONCERNING  
THE SIMPLE METHODS OF TREATING THE SICK**

“Gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease . .

“Thousands need and would gladly receive instruction concerning the simple methods of treating the sick—methods that are taking the place of the use of poisonous drugs.”—*Ministry of Healing, 146.*

“Begin to do medical missionary work with the conveniences which you have at hand. You will find that thus the way will open for you to hold Bible read-

ings. The heavenly Father will place you in connection with those who need to know how to treat their sick ones. Put into practice what you know regarding the treatment of disease. Thus suffering will be relieved, and you will have opportunity to break the bread of life to starving souls.”—*A Call to Medical Evangelism*, 26.

(A list of water treatments and herbal preparations for various difficulties is given.) “There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves, but man’s extremities are God’s opportunities. If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption.”—*2 Selected Messages*, 297.

“The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented.”—*Letter 82, 1897 (written February 10, 1897)*.

“A great amount of good can be done by enlightening all to whom we have access, as to the best means, not only of curing the sick, but of preventing disease and suffering.”—*Counsels on Health*, 451.

“As the work developed, we were instructed that suitable places were to be provided, to which we could bring the sick and suffering who knew nothing of our people and scarcely anything of the Bible, and there teach them how to regain health by rational methods of treatment without having recourse to poisonous drugs; and at the same time surround them with up-

lifting spiritual influences.”—*Counsels on Health*, 469.

“Rally workers who possess true missionary zeal, and let them go forth to diffuse light and knowledge far and near. Let them take the living principles of health reform in the communities that to a large degree are ignorant of these principles. Let classes be formed, and instruction be given regarding the treatment of disease.”—*8 Testimonies*, 148.

Disease to be understood (*Counsels on Health*, 366). Train students in methods of healing the sick (*Counsels on Health*, 301). All gospel workers should know how to give and to teach simple treatments (*Counsels on Health*, 389).

#### **[4] - GIVE INSTRUCTION IN REGARD TO DIETETIC REFORM**

The poor should be taught to eat the most nourishing diet (9 *Testimonies*, 163; *Counsels on Health*, 137). Need of instruction in dietetic reform (*Ministry of Healing*, 146; 7 *Testimonies*, 116; *Counsels on Health*, 389, 482). Instruction in dietetic reform to be given in home and school (*Education*, 202-206).

#### **[5] - KEEP BEFORE THE MIND THE GREAT OBJECT OF REFORM**

The purpose of health reform is to lessen suffering and disease (2 *Testimonies*, 45; *Counsels on Health*, 531). The purpose of health reform is to rescue many from physical, mental, and moral degeneracy (6 *Testimonies*, 378). The purpose of health reform is to bring physical and spiritual health (1 *Testimonies*, 546). The purpose of reform is to prepare minds for the reception of truth (*Counsels on Health*, 22). The purpose of health reform is the highest development of body, mind, and soul (*Ministry of Heal-*

ing, 146). Health reform is given to aid in preparation for Christ's coming (1 Testimonies, 486-488, 559; 3 Testimonies, 161-165; Counsels on Health, 20-21).

**[6] - SHOW THAT THE LAWS OF GOD  
ARE DESIGNED FOR OUR GOOD**

The laws of health are included in the laws of God (3 Testimonies, 165; Counsels on Health, 25). True religion goes hand in hand with the laws of health (4 Testimonies, 554; 7 Testimonies, 137; Counsels on Health, 445, 480). Health is the reward of obedience to nature's laws (Ministry of Healing, 127). Observance of the laws of health is an inestimable blessing (Ministry of Healing, 147; Education, 201; Counsels on Health, 40). The physical laws are the laws of God (6 Testimonies 373). The laws of our being are on the same level with the ten commandments—It is as much a sin to break one as to break the others (2 Testimonies, 70; 3 Testimonies, 161; Counsels to Parents, Teachers, and Students, 295; Counsels on Health 40). Obedience to the laws of life ensure health (Counsels on Health, 49). Laws of nature are the laws of God (Ministry of Healing, 113, 146; Education, 99, 196; 5 Testimonies, 445; 6 Testimonies, 369; Counsels on Health 325, 389, 390). Making plain the laws of nature accompanies the Third Angel's Message (3 Testimonies, 161).

Obedience to the laws of nature is rewarded by—physical and mental health (Ministry of Healing, 127). Promotes happiness in this life (Ministry of Healing, 146; Education, 103; Counsels on Health, 286, 390). Honored by nature with strength and beauty (Prophets and Kings, 485). All our enjoyment is traced to our obedience or transgression of natural law (3 Testimonies, 161). Beautifully develops the human form

(Ministry of Healing, 292). Creates a life-giving atmosphere about the soul (6 Testimonies, 371). Aids in preparations for the future life (Ministry of Healing, 146; Counsels on Health, 386, 390). The path of obedience to nature's laws is the direct path to heaven (Counsels on Health, 222).

**[7] - ENCOURAGE THE PEOPLE TO STUDY  
THAT MARVELOUS ORGANISM,  
THE HUMAN SYSTEM,  
AND THE LAWS BY WHICH IT IS GOVERNED**

God's physical law is written with His own finger upon every nerve, muscle, and faculty (Education, 196-197; Counsels on Diet and Foods, 17). Ignorance of physiology has brought many to the grave (Fundamentals of Christian Education, 321). Children should understand physiology (Ministry of Healing, 402; Education, 196; 7 Testimonies, 65). Our education should include as full a knowledge of physiology as possible (Education, 195-201; Counsels to Parents, Teachers, and Students, 295). Study of physiology should inspire the students with reverence for God (Education, 201).

**[8] - SHOW THEM THE EVIDENCES  
OF GOD'S LOVE,  
THE WISDOM AND BENEFICENCE OF HIS LAWS,  
AND THE RESULTS OF OBEDIENCE**

We are to follow the method of Jesus. First, He ministered to the physical needs of the people (He fed, clothed, and healed them); then, their confidence and love in Him was established. He ministered to their spiritual needs (He brought them forgiveness of sin, and opened to them the great truths of the Bible).

“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this



time is to find entrance to many homes. God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message."—*Welfare Ministry, 125.*

"God's people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease . . . The Great Physician, the originator of medical missionary work, will bless every one who will go forward humbly and trustfully, seeking to impart the truth for this time."—*Welfare Ministry, 127.*

"The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God."—*Welfare Ministry, 121.*

"The right hand is used to open doors through which the body may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the reception of the truth for this time. A body without hands is useless."—*Welfare Ministry, 122-123.*

## 2 - WORD PICTURES OF MEDICAL MISSIONARY WORK

It is a demonstration of practical work of the gospel (Ministry of Healing, 144; 6 Testimonies, 240-241, 289; 8 Testimonies, 77, 168). Entering wedge for the truth (Ministry of Healing, 144-145; 6 Testimonies, 293; 7 Testimonies, 59, 272; 9 Testimonies, 167; Counsels on Health, 27, 499-500). Interpretation of the gospel (Counsels on Health, 498). It opens doors to the truth (7 Testimonies, 62; Counsels on Health, 425). It overcomes prejudice (9 Testimonies, 34, 211; Counsels on Health, 430, 497, 532). It is the right arm of the message (6 Testimonies, 241, 288-293; 7 Testimonies, 59; 9 Testimonies, 220; Counsels on Health, 288, 293; 7 Testimonies, 59). It is to be carried on as part of the gospel (6 Testimonies, 292). It is the gospel practiced (8 Testimonies, 168). It is the gospel in illustration (6 Testimonies, 241). It is bound by Christ to the gospel (8 Testimonies, 46, 168). It is a perfect copy of the pattern of ministry given to us by Jesus while here on earth (Welfare Ministry, 116-124). It is outlined in Christ's commission to His disciples (8 Testimonies, 203-204; Counsels on Health, 509).

## 3 - THE TREATMENT OF THE SICK: AN OUTLINE STUDY OF MINISTRY OF HEALING, 126-128

### [1] - TEACH THE PEOPLE THAT DRUGS DO NOT CURE, BUT ONLY CHANGE THE FORM OR LOCATION OF THE DISEASE

*"People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of*

the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later period.

*“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.”—Ministry of Healing, 126-127.*

**[2] - TEACH THE PEOPLE THAT TRUE HEALING COMES FROM THE REMOVAL OF IMPURITIES AND BY OBEDIENCE TO THE LAWS OF NATURE**

*“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”—Ministry of Healing, 127.*

**[3] - TEACH THE PEOPLE THE EIGHT REMEDIAL LAWS OF NATURE AND HOW TO APPLY THEM**

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—

these are *the true remedies*. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

*"The use of natural remedies* requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."—*Ministry of Healing*, 127.

**[4] - TEACH THE PEOPLE HOW TO AVOID  
DISEASE BY OBEDIENCE TO THE LAWS OF  
LIFE THAT GOVERN THE HUMAN BODY**

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted.

*"It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon the other for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed."*—*Ministry of Healing*, 128 (*emphasis supplied*).

**[5] - TEACH THE PEOPLE THAT THEIR  
OBEDIENCE TO THESE PHYSICAL LAWS  
WILL DETERMINE IN A GREAT MEASURE**

**THEIR ETERNAL DESTINY**

“We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would ensure defeat.

“How much more important is such carefulness to insure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.”—*Ministry of Healing*, 128.

**- CHAPTER FOURTEEN -****THE TEN STEPS  
THAT MUST BE FOLLOWED  
IN THE RECOVERY OF HEALTH**

*The blueprint for divine healing*

**TEN STEPS IN DIVINE HEALING**

Sin and sickness came from the transgression of God's laws. If you would gain physical health you must

obey God's eight health laws. If you would gain spiritual health, you must obey God's ten moral laws.

God will not restore to health those who desire it only that they may continue to sin and dishonor their Creator. To love obedience is to love health and life. To love sin is to love degeneration and death. God will not keep us from that which we are seeking.

This is the big decision, then, that you must make—are you willing to deny self and obey all of God's laws? If you are, then the following ten steps to health are for you.

**1 - GO TO THE GREAT PHYSICIAN  
— FOR ONLY GOD CAN HEAL**

“Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.”—*Psalms 103:1-5*.

“I will take sickness away from the midst of thee.”—*Exodus 23:25*.

“Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer.”—*Medical Ministry, 11*.

“Jesus Christ is the Great Healer, but He desires that by living in conformity with His laws, we may cooperate with Him in the recovery and the maintenance of health . . .

“We cannot heal. We cannot change the diseased conditions of the body. But it is our part, as medical missionaries, as workers together with God, to use

the means that He has provided. Then we should pray that God will bless these agencies. We do believe in a God; we believe in a God who hears and answers prayer.”—*Medical Ministry*, 13.

“God’s healing power runs all through nature. If a human being cuts his flesh or breaks a bone, nature at once begins to heal the injury, and thus preserve the man’s life. But man can place himself in a position where nature is trammled so that she cannot do her work. . . . If tobacco is used . . . the healing power of nature is weakened to a greater or less extent . . . . When intoxicating liquor is used, the system is not able to resist disease in its original God-given power as a healer. It is God who has made the provision that nature shall work to restore the exhausted powers. The power is of God. He is the great Healer.”—*Medical Ministry*, 11-12.

## **2 - ASK HIM TO HEAL YOU, IF IT BE HIS WILL**

“And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he has committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”—*James 5:15-16*.

“Saying, Father, if Thou be willing, remove this cup from Me: nevertheless not My will, but Thine, be done.”—*Luke 21:42*.

“I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health . . . .

“Let no one obtain the idea that the [Health] Institute is the place for them to come to be raised up by

the prayer of faith. This is the place to find relief from disease by treatment and right habits of living, and to learn how to avoid sickness.”—*Counsels on Health*, 274.

“It is 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 law of God, both natural and spiritual.

“To those who desire prayer for their restoration to health, it should be made plain that the violation of God’s law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.”—*Ministry of Healing*, 227-228.

“In prayer for the sick it should be remembered that we know not what we should pray for as we ought.’ Romans 8:26. We do not know whether the blessing we desire will be best or not. Therefore our prayers should include this thought: ‘Lord, thou knowest every secret of the soul. Thou art acquainted with these persons. Jesus, their Advocate, gave His life for them. His love for them is greater than ours can possibly be. If, therefore, it is for Thy glory and the good of the afflicted ones, we ask, in the name of Jesus, that they may be restored to health. If it be not Thy will that they may be restored, we ask that Thy grace may comfort and Thy presence sustain them in their suffering.’—*Ministry of Healing*, 229-230.



**3 - BELIEVE THAT HE WILL HEAL YOU  
IF HE SEES THAT IT IS BEST**

“But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.”—*Matthew 9:22*.

“Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass.”—*Psalms 37:5*.

“If they take the position that in praying for healing they must not use the simple remedies provided by God to alleviate pain and to aid nature in her work, lest it be a denial of faith, they are taking an unwise position. This is not a denial of faith; it is in strict harmony with the plans of God. When Hezekiah was sick, the prophet of God brought him the message that he should die. He cried unto the Lord, and the Lord heard His servant and worked a miracle in his behalf, sending him a message that fifteen years should be added to his life. Now, one word from God, one touch of the divine finger, would have cured Hezekiah instantly, but special directions were given to take a fig and lay it upon the affected part, and Hezekiah was raised to life. In everything we need to move along the line of God’s providence.

“The human agent should have faith and should cooperate with the divine power, using every facility, taking advantage of everything that, according to his intelligence, is beneficial, working in harmony with natural laws; and in doing this he neither denies nor hinders faith.”—*Counsels on Health, 381-382*.

“We have united in earnest prayer around the sickbed of men, women, and children, and have felt that they were given back to us from the dead in answer to our earnest prayers. In these prayers we

thought we must be positive, and if we exercised faith, that we must ask for nothing less than life. We dared not say, 'If it will glorify God,' fearing it would admit a semblance of doubt. We have anxiously watched those who have been given back, as it were, from the dead. We have seen some of these, especially youth, raised to health, and they have forgotten God, become dissolute in life, causing sorrow and anguish to parents and friends, and have become a shame to those who feared to pray. They lived not to honor and glorify God, but to curse Him with their lives of vice.

"We no longer mark out a way, nor seek to bring the Lord to our wishes. If the life of the sick can glorify Him, we pray that they may live, nevertheless, not as we will but as He will. Our faith can be just as firm, and more reliable, by committing the desire to the all-wise God and, without feverish anxiety, in perfect confidence trusting all to Him. We have the promise. We know that He hears us if we ask according to His will."—*Counsels on Health*, 378-379.

#### **4 - CHANGE WRONG HABITS, AND OBEY THE LAWS OF GOD**

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."—*Exodus 15:26*.

"And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."—*Exodus 23:25*.

"Health does not depend on chance. It is the result of obedience to law."—*Ministry of Healing*, 128.

“A failure to care for the living machinery is an insult to the Creator. There are divinely appointed rules which if observed will keep human beings from disease and premature death.”—*Counsels on Diet and Foods, 16.*

“God is as truly the author of physical laws as He is author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man.

“The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God. Every careless, inattentive action, any abuse put upon the Lord’s wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God’s law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.

“It is as 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.”—*Counsels on Diet and Foods, 16-17.*

“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a

proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying, yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system.”—*Counsels on Health*, 323.

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedi-

ence to her laws will reap the reward in health of body and health of mind.”—*Ministry of Healing*, 127.

### **5 - CLEANSE THE BODY**

“Purge me with hyssop; and I shall be clean; wash me, and I shall be whiter than snow.”—*Psalms* 51:7.

“Wash you, make you clean; put away the evil of your doings from before Mine eyes; cease to do evil.”—*Isaiah* 1:16.

“In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.”—*Ministry of Healing*, 127.

“Water is the best liquid possible to cleanse the tissues.”—*Healthful Living* 90.

“Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers, and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.”—*2 Selected Messages*, 460.

“Christ’s remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest.”—*2 Selected Messages*, 289.

**6 - USE THE SIMPLE WATER TREATMENTS**

“Have mercy upon me, O God, according to Thy loving kindness: according unto the multitude of Thy tender mercies blot out my transgressions . . . Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.”—*Psalms 51:1, 7.*

“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.”—*Medical Ministry, 228.*

“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. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

“But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treat-

ments. Mothers, especially, should know how to care for their families in both health and sickness.”—*Ministry of Healing* 237.

“Water treatments, wisely and skillfully given, may be the means of saving many lives.”—*Medical Ministry*, 227.

“The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.”—*2 Selected Messages*, 288.

“The things of nature are God’s blessings, provided to give health to body, mind and soul. They are given to the well to keep them well, and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world.”—*Counsels on Health*, 169.

## **7 - USE THE SIMPLE HERBS OF THE FIELD**

“The fruit thereof shall be for meat, and the leaf thereof for medicine.”—*Ezekiel* 47:12.

“And the leaves of the tree were for the healing of the nations.”—*Revelation* 22:2.

“He causeth the grass to grow for the cattle, and herb for the service of man.”—*Psalms* 104:14.

“The Lord has provided antidotes for disease in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He

can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.”—2 *Selected Messages*, 289.

“God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies I have mentioned.”—2 *Selected Messages*, 297-298.

“Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medical properties that are health promoting. Let not such trees be ruthlessly cut down.”—2 *Selected Messages*, 301.

#### **8 - THANK GOD FOR HIS MERCY AND GRACE, WHATEVER MAY BE THE OUTCOME**

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.”—1 *Thess.* 5:18 (*Ps.* 103:1-5; *Luke* 19:37; 17:12-19).

“When someone asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings. The tempter delights to hear such words. When talking on gloomy subjects, you are glorifying him. We are not to dwell on the great power of Satan to overcome us. Often we give ourselves into his hands by talking of his power. Let us talk in-



stead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory.”—*Ministry of Healing*, 253.

“Open your heart to His love, and let it flow out to others. Remember that all have trials hard to bear, temptations hard to resist, and you may do something to lighten these burdens. Express gratitude for the blessings you have; show appreciation of the attentions you receive. Keep the heart full of the precious promises of God, that you may bring forth from this treasure, words that will be a comfort and strength to others. This will surround you with an atmosphere that will be helpful and uplifting.”—*Ministry of Healing*, 257.

“No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.

“Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful, and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.”—*Ministry of Healing*, 253.

#### **9 - CONTINUE TO TRUST HIM AND OBEY HIS LAWS**

“And Jesus saith unto him, Rise, take up thy bed and walk . . . Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole; sin no more, lest a worse thing come upon thee.”—*John*

5:8, 14 (*Ex. 15:26*).

“When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God. If we are called upon to meet bereavement, let us accept the bitter cup, remembering that a Father’s hand holds it to our lips. But should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator.”—*Ministry of Healing*, 233.

“God requires of His people continual advancements. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. With all our profession of health reform many of us eat improperly. 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.”—*Counsels on Diet and Foods*, 127.

**10 - HELP OTHERS TO RECOVER HEALTH  
OF BODY AND SOUL  
THROUGH OBEDIENCE TO GOD’S LAWS.  
GOD PROMISES ABUNDANT HEALTH  
TO ALL WHO DO THIS.**

“Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward.”—*Isaiah 58:7-8*.

“And when He had called unto Him His twelve

disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of disease . . . These twelve Jesus sent forth, and commanded them, saying, Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not . . . And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”—*Matt. 10:1, 5; 7-8.*

“The fifty-eighth chapter of Isaiah is a prescription for maladies of the body and of the soul. If we desire health and the true joy of life, we must put into practice the rules given in this Scripture.”—*Ministry of Healing, 256.*

“Good deeds are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of right-doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.”—*Ministry of Healing, 257.*

“Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience . . . as we reveal in ourselves the working of a power that is divine.”—*Ministry of Healing, 100.*

“True sympathy between man and his fellow man is to be the sign distinguishing those who love and fear God from those who are unmindful of His law. How great the sympathy that Christ expressed in coming to this world to give His life a sacrifice for a dying

world! His religion led to the doing of genuine medical missionary work. He was a healing power. 'I will have mercy, and not sacrifice,' He said. This is the test that the great Author of truth used to distinguish between true religion and false. God wants His medical missionaries to act with the tenderness and compassion that Christ would show were He in our world."—*Medical Ministry, 251.*

*"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.* Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."

—*Ministry of Healing, 127*

— SECTION FIVE —

# The Simple Remedies

- CHAPTER FIFTEEN -

**WHY GOD HAS DIRECTED HIS PEOPLE  
TO EMPLOY THE SIMPLE REMEDIES  
RATHER THAN TO RELY  
UPON PRAYER ALONE FOR HEALING**

*The blueprint for teaching obedience to God's laws  
and protecting ourselves from the miraculous deceptions of  
Satan — through the use of simple remedies*

**SEVEN REASONS WHY GOD HAS DIRECTED  
US TO USE THE SIMPLE REMEDIES**

Does not God desire that we rely solely upon prayer and faith in the ministry of Divine healing? Why employ the simple remedies if we have prayed for healing and have faith to believe that, if it be His will, He will answer our requests?

- 1 - BECAUSE WE ARE INSTRUCTED THAT IT  
WOULD BE PRESUMPTIOUS TO ASK GOD  
FOR HEALING WITHOUT MAKING USE OF  
THE REMEDIES HE GIVES US**

We are to cooperate with God in the restoration

of the sick and the suffering to health.

“Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to cooperate with God, and to place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of cooperating with Him, and asking His blessing on the means which He Himself has provided.

“We have the sanction of the Word of God for the use of remedial agencies . . .

“On one occasion Christ anointed the eyes of a blind man with clay, and bade him, ‘Go, wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing.’ The cure could be wrought only by the power of the great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.”—*Ministry of Healing*, 231-233.

“In praying for the sick, it is essential to have faith; for it is in accordance with the Word of God. The effectual fervent prayer of a righteous man availeth much.’ James 5:16. So we cannot discard praying for the sick, and we should feel very sad if we could not have the privilege of approaching God, to lay before

Him all our weaknesses and our infirmities, to tell the compassionate Saviour all about these things, believing that He hears our petitions. Sometimes answers to our prayers come immediately; sometimes we have to wait patiently and continue earnestly to plead for the things that we need . . .

“This waiting does not mean that because we ask the Lord to heal there is nothing for us to do. On the contrary, we are to make the very best use of the means which the Lord in His goodness has provided for us in our necessities.

“I have seen so much of carrying matters to extremes, in praying for the sick, that I have felt that this part of our experience requires much solid, sanctified thinking, lest we shall make movements that we may call faith, but which are really nothing less than presumption. Persons worn down with affliction need to be counseled wisely, that they may move discreetly; and while they place themselves before God to be prayed for that they may be healed, they are not to take the position that methods of restoration to health in accordance with nature’s laws are to be neglected.

“If they take the position that in praying for healing they must not use the simple remedies provided by God to alleviate pain and to aid nature in her work, lest it be a denial of faith, they are taking an unwise position. This is not a denial of faith; it is in strict harmony with the plans of God. When Hezekiah was sick, the prophet of God brought him the message that he should die. He cried unto the Lord, and the Lord heard His servant, and worked a miracle in his behalf, sending him a message that fifteen years should be added to his life. Now one word from God, one touch of the divine finger, would have cured Hezekiah

instantly, but special directions were given to take a fig and lay it upon the affected part, and Hezekiah was raised to life.”—*Counsels on Health*, 380-382.

A list of water treatments and herbal preparations for various difficulties is given: “There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves, but man’s extremities are God’s opportunities. If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption.”—*2 Selected Messages*, 297.

## **2 - BECAUSE PEOPLE MUST BE GIVEN AN OPPORTUNITY AND TIME TO LEARN ABOUT THE PHYSICAL LAWS THAT GOVERN THEIR BEING**

### **THEY MUST BE TAUGHT THE LAWS OF HEALTH**

“I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. And I also saw that He designed the health reform and Health Institute to prepare the way for the prayer of faith to be fully answered. Faith and good works should go hand in hand in relieving the afflicted among us, and in fitting them to glorify God here, and to be saved at the coming of Christ . .

“Let no one obtain the idea that the Institute is the place for them to come to be raised up by the prayer of faith. This is the place to find relief from disease by treatment, and right habits of living, and to learn how to avoid sickness. But if there is one place under the



heavens more than another where soothing, sympathizing prayer should be offered by men and women of devotion and faith, it is at such an institute. Those who treat the sick should move forward in their important work with strong reliance upon God for His blessing to attend the means which He has graciously provided, and to which He has in mercy called our attention as a people such as pure air, cleanliness, healthful diet, proper periods of labor and repose, and the use of water.”—*Counsels on Health*, 247.

**3 - BECAUSE PEOPLE MUST BE GIVEN  
AN OPPORTUNITY AND TIME  
TO LEARN WHAT IT IS  
THAT MADE THEM SICK**

**THEY MUST BE TAUGHT EXACTLY  
WHICH LAWS THEY VIOLATED**

“It is 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 law of God, both natural and spiritual.

“To those who desire prayer for their restoration to health, it should be made plain that the violation of God’s law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.”—*Ministry of Healing*, 227-228.

**4 - BECAUSE THE PEOPLE MUST BE  
GIVEN AN OPPORTUNITY  
AND TIME TO LEARN  
HOW TO RECOVER HEALTH**

**THEY MUST BE TAUGHT THE IMPORTANCE  
OF THE SIMPLE TREATMENTS GIVEN BY GOD  
TO CLEANSE THE SYSTEM  
AND EQUALIZE THE CIRCULATION**

“As the work developed, we were instructed that suitable places were to be provided, to which we could bring the sick and suffering who knew nothing of our people and scarcely anything of the Bible, and there teach them how to regain health by rational methods of treatment without having recourse to poisonous drugs, and at the same time surround them with uplifting spiritual influences.”—*Counsels on Health*, 469.

“Begin to do medical missionary work with the conveniences which you have at hand. You will find that thus the way will open for you to hold Bible readings. The heavenly Father will place you in connection with those who need to know how to treat their sick ones. Put into practice what you know regarding the treatment of disease. Thus suffering will be relieved, and you will have opportunity to break the bread of life to starving souls.”—*A Call to Medical Evangelism*, 26.

“The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, most suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication.”—*Letter 82*, 1897 (*written February 10, 1897*).

“Gospel workers should be able also to give instruction in the principles of healthful living . . . Thousands need and would gladly receive instruction concerning the simple methods of treating the sick,—methods that are taking the place of the use of poi-

sonous drugs.”—*Ministry of Healing*, 146.

“A great amount of good can be done by enlightening all to whom we have access, as to the best means, not only of curing the sick, but of preventing disease and suffering.”—*Counsels on Health*, 451.

**5 - BECAUSE THE PEOPLE MUST BE  
GIVEN AN OPPORTUNITY AND TIME TO  
LEARN HOW TO MAINTAIN HEALTH**

**THEY MUST BE TAUGHT SIMPLE METHODS  
OF HEALTHFUL LIVING AND EATING:  
HOW TO APPLY THE PRINCIPLES  
OF GOD'S PHYSICAL LAWS  
TO THEIR EVERYDAY NEEDS AND PROBLEMS**

“When the light came that we should begin sanitarium work, the reasons were plainly given. There were many who needed to be educated in regard to healthful living . . . As a part of the treatment, lectures were to be given on right habits of eating and drinking and dressing. Instruction was to be given regarding the choice and the preparation of food, showing that food may be prepared so as to be wholesome and nourishing, and at the same time appetizing and palatable.”—*Counsels on Health*, 469.

“In all our health institutions, it should be made a special feature of the work to give instruction in regard to the laws of health. The principles of health reform should be carefully and thoroughly set before all, both patients and helpers.”—*Counsels on Health*, 452.

**6 - BECAUSE SATAN WILL ATTEMPT TO  
COUNTERFEIT RELIGIOUS FAITH  
HEALING**

**HE WILL DO THIS TO DRAW ATTENTION  
FROM GOD'S SIMPLE METHODS**

**OF REMOVING SICKNESS**

“The magicians could not perform all those miracles which God wrought through Moses. Only a few of them could they do . . . ‘They cast down every man his rod, and they became serpents: but Aaron’s rod swallowed up their rods.’ . . . The magicians seemed to perform several things with their enchantments similar to those things which God wrought by the hand of Moses and Aaron. They did not really cause their rods to become serpents, but by magic, aided by the great deceiver, made them appear like serpents, to counterfeit the work of God . . .

“The magicians wrought not by their own science alone, but by the power of their god, the devil, who ingeniously carried out his deceptive work of counterfeiting the work of God. Moses, by the power of God, had changed the rod to a living serpent. Satan, through the magicians, counterfeited this miracle. He could not produce living serpents, for he has not power to create or to give life. This power belongs to God alone. But all that Satan could do he did—he produced a counterfeit. By this power, working through the magicians, he caused the rods to assume the appearance of serpents.”—5 *Testimonies*, 696-697.

“It was by the display of supernatural power, in making the serpent his medium, that Satan caused the fall of Adam and Eve in Eden. Before the close of time he will work still greater wonders. So far as his power extends, he will perform actual miracles. Says the Scripture: ‘He . . . deceiveth them that dwell on the earth by the means of those miracles which he had power to do,’ not merely those which he pretends to do. Something more than mere impostures is brought to view in this Scripture. But there is a limit beyond

which Satan cannot go, and here he calls deception to his aid and counterfeits the work which He has not power actually to perform.”—*5 Testimonies* 698.

“We are to be on guard against Satan’s deceptive arts. He will take possession of human bodies, and make men and women sick. Then he will suddenly cease to exercise his evil power, and it will be proclaimed that a miracle has been wrought. We need now to have a true understanding of the power of Jesus Christ to save to the uttermost all who come unto Him.”—*Medical Ministry*, 110.

“Fearful sights of a supernatural character will soon be revealed in the heavens, in token of the power of miracle-working demons. The spirits of devils will go forth to the kings of the earth and to the whole world, to fasten them in deception, and urge them on to unite with Satan in his last struggle against the government of heaven . . . Persons will arise pretending to be Christ Himself, and claiming the title and worship which belongs to the world’s Redeemer. They will perform wonderful miracles of healing, and will profess to have revelations from heaven contradicting the testimony of the Scriptures.

“As the crowning act in the great drama of deception, Satan himself will personate Christ . . . The great deceiver will make it appear that Christ has come . . . His voice is soft and subdued, yet full of melody. In gentle, compassionate tones he presents some of the same gracious, heavenly truths which the Saviour uttered; he heals the diseases of the people, and then, in his assumed character of Christ, he claims to have changed the Sabbath to Sunday, and commands all to hallow the day which he has blessed.”—*The Great Controversy*, 624.

“Some will be tempted to receive these wonders as from God. The sick will be healed before us. Miracles will be performed in our sight. Are we prepared for the trial which awaits us when the lying wonders of Satan shall be more fully exhibited? Will not many be ensnared and taken? By departing from the plain precepts and commandments of God, and giving heed to fables, the minds of many are preparing to receive these lying wonders. We must all now seek to arm ourselves for the contest in which we must soon engage. Faith in God’s Word, prayerfully studied and practically applied, will be our shield from Satan’s power, and will bring us off conquerors through the blood of Christ.”—*1 Testimonies* 302.

**7 – BECAUSE SATAN WILL SEEK TO  
CAPITALIZE ON THE SPECTACULAR  
ELEMENTS OF HIS “MIRACULOUS  
HEALING ACTS”**

**HE WILL DO THIS IN ORDER TO LEAD THE  
WORLD TO REJECT THE PROMISES  
AND COMMANDS OF GOD**

“It is God that shields His creatures, and hedges them in from the power of the destroyer. But the Christian world have shown contempt for the law of Jehovah; and the Lord will do just what He has declared that He would—He will withdraw His blessings from the earth, and remove His protecting care from those who are rebelling against His law, and teaching and forcing others to do the same. Satan has control of all whom God does not especially guard. He will favor and prosper some, in order to further his own designs; and he will bring trouble upon others, and lead men to believe that it is God who is afflicting them.

“While appearing to the children of men as a great physician who can heal all their maladies, he will bring

disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes—in every place and in a thousand forms—Satan is exercising his power. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast.”—*Counsels on Health*, 460-461.

“Through spiritualism, Satan appears as a benefactor of the race, healing the diseases of the people, and professing to present a new and more exalted system of religious faith; but at the same time he works as a destroyer.”—*Counsels on Health*, 460.

“Satan is a diligent Bible student. He knows that his time is short, and he seeks at every point to counterwork the work of the Lord upon this earth. It is impossible to give any idea of the experience of the people of God who shall be alive upon the earth when celestial glory and a repetition of the persecutions of the past are blended. They will walk in the light proceeding from the throne of God. By means of the angels there will be constant communication between heaven and earth. And Satan, surrounded by evil angels, and claiming to be God, will work miracles of all kinds to deceive, if possible, the very elect.

“God’s people will not find their safety in working miracles; for Satan will counterfeit the miracles that will be wrought. God’s tried and tested people will find their power in the sign spoken of in Exodus 31:12-18. They are to take their stand on the living Word, ‘It is written.’ This is the only foundation upon which they can stand securely. Those who have bro-

ken their covenant with God will in that day be without God and without hope.”—*9 Testimonies*, 16.

**- CHAPTER SIXTEEN -**

**SPECIFIC PRINCIPLES  
BY WHICH WE CAN KNOW  
WHICH REMEDIES ARE “DRUGS”  
AND WHICH ARE APPROVED OF GOD**

*The blueprint for identifying and differentiating  
between “drugs” and “natural remedies”*

**EIGHTY-FIVE DEFINITIONS OF “DRUGS”**

What, according to the Spirit of Prophecy, is a “drug”? We are here dealing with a topic that was of great concern to Ellen White during her lifetime. It ought to be a matter of great concern to any of God’s people who wish to do true medical missionary work. She received many visions in regard to the matter. In some respects, the elimination of this problem is the reason Seventh-day Adventists were called to found sanitariums and medical schools and carry on a medical work. It is appropriate that at a time when very little is said or written on this topic, that this unusually comprehensive study should be published. It includes statements from the currently available books, as well as from *Healthful Living* and *How to Live*. But it does not incorporate the large amount of material written in personal letters and now only available in mimeograph studies, such as *Loma Linda Messages*.

If you will thoughtfully read this study, you may never be the same again. The information contained herein, if put into practice, may very well lengthen your



life—and the life of a loved one. And, in addition, it may help a young person to make a better choice, in the consideration of a lifework.

### **1 - DRUGS ARE NOT THE MOST SIMPLE METHOD**

“Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs. Many should seek to obtain the education that will enable them to combat disease in its varied forms by the most simple methods. Thousands have gone down to the grave because of the use of poisonous drugs, who might have been restored to health by simple methods of treatment. Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.”—*Medical Ministry*, 227.

### **2 - DRUGS ARE THE EASIER METHOD**

“The question is, Will they preserve the principles of hygiene [physical cleansing] or will they use the easier method of using drugs, to take the place of treating diseases without resorting to drug medication?”—*Manuscript 22, 1887*.

### **3 - DRUGS ARE THE IMMEDIATE METHOD**

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedi-

ence to her laws will reap the reward in health of body and health of mind.”—*Ministry of Healing*, 127.

#### **4 - DRUGS TAKE LESS WORK**

“Make use of the remedies that God has provided. Pure air, sunshine, and the intelligent use of water are beneficial agents in the restoration of health. But the use of water is considered too laborious. It is easier to employ drugs than to use natural remedies.”—*Healthful Living*, 247.

#### **5 - DRUGS ARE THE LAZY METHOD**

“The first labors of a physician should be to educate the sick and suffering in the very course they should pursue to prevent disease. The greatest good can be done by our trying to enlighten the minds of all we can obtain access to, as to the best course for them to pursue to prevent sickness and suffering, and broken constitutions, and premature death. But those who do not care to undertake work that taxes their physical and mental powers will be ready to prescribe drug medication, which lays a foundation in the human organism for a twofold greater evil than that which they claim to have relieved. A physician who has the moral courage to imperil his reputation in enlightening the understanding by plain facts, in showing the nature of disease and how to prevent it, and the dangerous practice of resorting to drugs, will have an uphill business, but he will live and let live . . . He will, if a reformer, talk plainly.”—*Medical Ministry*, 221-222.

#### **6 - DRUGS ARE NOT A NATURAL MEANS**

“In treating the sick, the physician will seek God for wisdom; then, instead of placing his dependence upon drugs and expecting that medicine will bring health to his patients, he will use nature’s restoratives,

and employ natural means whereby the sick may be aided to recover. The Lord will hear and answer prayers of the Christian physician.”—*Healthful Living*, 247-248.

### **7 - DRUGS ARE THE FAITHLESS METHOD**

“O how great are the possibilities that He has placed within our reach! He says, ‘Whatsoever ye shall ask the Father in My name, He will give it to you.’ He promises to come to us as a Comforter, to bless us. Why do we not believe these promises? That which we lack in faith we make up by the use of drugs. Let us give up the drugs, believing that Jesus does not desire us to be sick, and that if we live according to the principles of health reform, He will keep us well.”—*Manuscript 169*, 1902.

### **8 - DRUGS ARE POISONS**

“Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs.”—*Medical Ministry*, 56-57.

“Special instruction should be given in the art of treating the sick without the use of poisonous drugs, and in harmony with the light that God has given. In the treatment of the sick, poisonous drugs need not be used.”—*9 Testimonies*, 175.

### **9 - DRUGS ARE POISONOUS MEDICINES**

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating or other irregu-

larities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.”—*Ministry of Healing*, 235.

#### **10 - DRUGS ARE DEADLY POISONS**

“The mother who has been but slightly indisposed, and who might have recovered by abstaining from food for a short period, and ceasing from labor, having quiet and rest, has instead of doing this, sent for a physician. And he, who should be prepared to give a few simple directions and restrictions in diet, and place her upon the right track, is either too ignorant to do this, or too anxious to obtain a fee. He makes the case appear a grave one, and administers his poisons which, if he himself were sick, he would not venture to take. The patient grows worse, and poisonous drugs are more freely administered, until nature is overpowered in her efforts, and gives up the conflict, and the mother dies. She was drugged to death. Her system was poisoned beyond remedy. She was murdered.”—*2 Selected Messages*, 441.

#### **11 - DRUGS ARE FOREIGN SUBSTANCES OF A POISONOUS NATURE**

“The sufferers in many cases can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach a chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system from impurities. But generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger. Nei-

ther are they willing to wait the slow process of nature to build up the overtaxed energies of the system. But they are determined to obtain relief at once, and take powerful drugs, prescribed by physicians. Nature was doing her work well, and would have triumphed, but while accomplishing her task, a foreign substance of a poisonous nature was introduced. What a mistake! Abused nature has now two evils to war against instead of one. She leaves the work in which she was engaged, and resolutely takes hold to expel the intruder newly introduced into the system. Nature feels this double draft upon her resources, and she becomes enfeebled.”—4 *Spiritual Gifts*, 133-134.

#### **12 - POISONOUS DRUG PREPARATIONS FROM THE VEGETABLE OR MINERAL KINGDOM**

“Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally. Nor does the evil end here. Diseased, feeble infants are brought into the world to share this misery, transmitted to them from their parents.”—4 *Spiritual Gifts* 140.

#### **13 - DRUGS ARE POISONOUS MIXTURES**

“Mercury, camomel, and quinine have brought their amount of wretchedness, which the day of God alone will fully reveal . . . These poisonous preparations have destroyed their millions, and have left sufferers upon the earth to linger out a miserable existence . . . Miserable sufferers, with disease in almost every form, misshapen by suffering with dreadful ulcers and pains in the bones, loss of teeth, loss of memory, and impaired sight, are to be seen almost everywhere. They are victims of poisonous preparations, which have been, in many case, administered

to cure some slight indisposition, which after a day or two of fasting would have disappeared without medicine. But poisonous mixtures administered by physicians have proved their ruin.”—*4 Spiritual Gifts*, 134, 139.

**14 - DRUGS ARE POISONS  
WHICH LEAVE DEADLY AFTEREFFECTS**

“Nature’s simple remedies will aid in recovery without leaving the deadly aftereffects so often felt by those who use poisonous drugs.”—*Letter 82*, 1908.

**15 - DRUGS ARE OFTEN MIXTURES,  
POWERFUL IN THEIR EFFECT,  
THE NATURE OF WHICH IS OFTEN UNKNOWN,  
AND LEAVE BEHIND INJURIOUS EFFECTS**

“The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which, as they say, do wonderful cures, kill hundreds where they benefit one. Those who are sick are not patient. They will take the various medicines, some of which are very powerful, although they know nothing of the nature of the mixtures. All the medicines they take only make their recovery more hopeless. Yet they keep dosing, and continue to grow weaker, until they die. Some will have medicine at all events. Then let them take these hurtful mixtures and the various deadly poisons upon their own responsibility. God’s servants should not administer medicines which they know will leave behind effects upon the system, even if they do relieve present suffering.”—*4 Spiritual Gifts*, 139-140.

**16 - DRUGS ARE POWERFUL POISONS, THE  
NATURE OF WHICH IS NOT KNOWN BY  
COMMON PEOPLE**

“When in distress, they send for the doctor,—and

trust their bodies in his hands, expecting that he will make them well. He deals out to them drugs, the nature of which they know nothing; and in their blind confidence they swallow anything that the doctor may choose to give. Thus, powerful poisons are often administered, which fetter nature in all her friendly efforts to recover from the abuse the system has suffered; and the patient is hurried out of this life.”—2 *Selected Messages*, 441.

**17 - DRUGS ARE PERNICIOUS  
AND MAY BE GIVEN BY PRESCRIPTION**

“Every pernicious drug placed in the human stomach, whether by prescription of physicians, or by man himself doing violence to the human organism, injures the whole machinery.”—*Manuscript 3*, 1897. (*The dictionary definition of “pernicious” is “very harmful or destructive.”*)

**18 - DRUGS MAY BE DERIVED  
FROM POISONOUS HERBS**

“Christ never planted the seeds of death in the system. Satan planted these seeds . . . Not one noxious plant was placed in the Lord’s great garden, but after Adam and Eve sinned, poisonous herbs sprang up. In the parable of the sower the question was asked the Master, ‘Didst not Thou sow good seed in Thy field? From whence then hath it tares?’ The Master answered, ‘An enemy hath done this’ (Matthew 13:27-28). All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares. Then shall the Physicians continue to resort to drugs which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ’s remedies cleanse the

system.”—*2 Selected Messages, 288-289.*

#### **19 - DRUGS OFTEN USE MYSTERIOUS NAMES**

“This is God’s method: The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundredfold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick.”—*Letter 59, 1895.*

#### **20 - DRUGS HAVE INTRICATE NAMES THAT HIDE THEIR REAL NATURE**

“The intricate names given medicines are used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary.”—*Medical Ministry, 228.*

#### **21 - DRUGS HAVE LONG NAMES THAT HIDE THEIR REAL QUALITIES**

“If the physicians are so busy that they cannot treat the sick outside of the institution, would it not be wiser for all to educate themselves in the use of simple remedies, than to venture to use drugs, that are given a long name to hide their real qualities. Why need anyone be ignorant of God’s remedies,—hot water, fomentations, and cold and hot compresses. It is important to become familiar with the benefit of dieting in case of sickness. All should understand what to do themselves.”—*Manuscript 86, 1897.*

#### **22 - DRUGS HAVE NAMES THAT CANNOT BE UNDERSTOOD WITHOUT USING A DICTIONARY**

“The intricate names given medicines are used to cover up the matter, so that none will know what is given them unless they obtain a dictionary to find out



the meaning of these names . . . The Lord has given some simple herbs of the field . . . and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned simple herbs, used intelligently, would have recovered many sick, who have died under drug medication.”—*Letter 82, 1897.*

### **23 - DRUGS HAVE PECULIAR NAMES THAT COMMON PEOPLE DO NOT UNDERSTAND**

“From beginning to end, the crime of tobacco using, of opium and drug medication, have their origin in perverted knowledge. It is through plucking and eating of poisonous fruits, and through the intricacies of names that the common people do not understand, that thousands and tens of thousands of lives are lost. This great knowledge supposed by man to be wonderful, God did not mean that men should have. They are using the poisonous productions that Satan himself has planted to take the place of the tree of life, whose leaves were for the healing of the nations . . . Death mixtures are used that make men mad, and murder and violence are prevailing everywhere. The time is near when all these wicked inventions will come to an end. At the last, the passion for obtaining means by fraud will increase. Theft and robbery will become more prevalent. The fruit of the tree of knowledge will be freely eaten.”—*Letter to S.N. Haskell, 1898.*

### **24 - DRUGS MAY COME IN BOTTLES**

“The drug science has been exalted, but if every bottle that comes from every such institution were done away with, there would be fewer invalids in the world today. Drug medication should never have been introduced into our institutions. There was no need

of this being so, and for this very reason the Lord would have us establish an institution where He can come in and where His grace and power can be revealed. 'I am the resurrection and the life,' He declares . . .

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man . . . True education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary."—*Manuscript 105, 1898.*

#### **25 - DRUGS ARE TO BE FOUND IN DRUGSTORES**

"Thousands who are afflicted might recover their health, if, instead of depending upon the drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak—unable to digest even simple food without stimulation. The Lord is willing to let His light shine forth in clear, distinct rays to all who are weak and feeble."—*Medical Ministry, 229.*

#### **26 - DRUGS CANNOT BE DESCRIBED BY SIMPLE WORDS**

"Let the instruction be given in simple words [such as hot water, charcoal, or catnip]. We have no need to use the many expressions used by worldly physicians which are so difficult to understand that they must be interpreted by physicians. These long names are often used to conceal the character of the drugs being used to combat disease. We do not need these. Nature's simple remedies will aid in recovery without leaving the deadly aftereffects so often felt by those who use poisonous drugs."—*Letter 82, 1908.*

**27 - DRUGS HAVE LATIN, NOT ENGLISH, NAMES**

“Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners. I would not touch their nostrums, to which they give Latin names. I am determined to know, in straight English, the name of everything that I introduce into my system.”—*Manuscript 86, 1897.*

**28 - DRUGS ARE PRODUCED  
BY HUMAN SCIENCE  
AND ARE GIVEN MYSTERIOUS NAMES**

“It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no injurious effects in the system.”—*Manuscript 115, 1903.*

**29 - DRUGS ARE PRODUCED BY THE APPROVAL  
OF THE MEDICAL ASSOCIATION AND ARE  
GIVEN LONG NAMES UNINTELLIGIBLE TO  
COMMON PEOPLE, AND ARE THE  
OPPOSITE OF GOD'S SIMPLE REMEDIES  
WHICH ARE CALLED 'QUACKERY'**

“The medical fraternity, represented to me as [a secret society such as] Free Masonry, with their long, unintelligible names, which common people cannot understand, would call the Lord's prescriptions for Hezekiah 'quackery.' Death was pronounced upon the king, but he prayed for life, and his prayer was heard. Those who had the care of him were told to get a bunch of figs and put them on the sore, and the king was restored . . . The Lord diverted their minds from their wonderful mysteries to a simple remedy of nature.

There are lessons for us all in these directions. Young men who are sent to Ann Arbor to obtain an education which they think will exalt them as supreme in their treatment of disease by drugs, will find that it will result in the loss of life rather than restoration to health and strength. These mixtures place a double taxation upon nature, and in the effort to throw off the poisons they contain, thousands of persons lose their lives. We must leave drugs entirely alone, for in using them we introduce an enemy into the system. I write this because we have to meet this drug medication in the physicians in this country, and we do not want this practice as in Battle Creek to steal into our midst as a thief. We want the door closed against the enemy before the lives of human beings are imperiled.”—*Letter 67, 1899. (Ellen White had Loma Linda started in order to “reform the medical practices of the medical association.” But prior to that time, several of our men went to state universities, such as the University of Michigan in Ann Arbor, in order to obtain a medical degree so they could practice medicine.)*

### **30 - DRUGS ARE THE MEDICAL TREATMENT MARKED OUT BY THE WORLD**

“It is not necessary that our medical missionaries follow the precise track marked out by medical men of the world. They do not need to administer drugs to the sick. They do not need to follow the drug medication in order to have influence in their work. The message was given me that if they would consecrate themselves to the Lord, if they would seek to obtain under men ordained of God a thorough knowledge of their work, the Lord would make them skillful. Connected with the divine Teacher, they will understand that their dependence is upon God, and not upon the

professedly wise men of the world.”—*Letter to Elder J.A. Burden, April 27, 1910.*

**31 - DRUGS ARE THE METHOD  
OF THE MEDICAL PRACTITIONERS  
THAT WE ARE NOT TO USE**

“It is time for the people of God, those who wear the sign of His kingdom, and whose authority is derived from ‘It is written,’ to work. The world is the field of our labor, and we are to strive to give the last message of mercy to the world. Our every action is being watched with jealous eyes [by those not of our faith]. Be on guard as physicians. You can serve the Lord in your position by working with new methods and discarding drugs. As reformers we are to reform the medical practice, by education toward the light.”—*Medical Ministry, 125.*

**32 - DRUGS PARALYZE  
NATURE’S EFFORTS TO HEAL**

“The feeble and suffering ones must be educated line upon line, precept upon precept, here a little, and there a little, until they will have respect for, and live in obedience to the laws that God has made to control the human organism. Those who sin against knowledge and light, and resort to the skill of a physician in administering drugs, will be constantly losing their hold on life. The less there is of drug dosing, the more favorable will be their recovery to health. Drugs, in the place of helping nature, are constantly paralyzing her efforts.”—*Medical Ministry, 224.*

**33 - DRUGS GIVE PRESENT RELIEF,  
BUT NEVER CURE THE DISEASE**

“Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and pro-

duces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of the disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities, and could she have been left to herself, aided by the common blessings of heaven, such as pure air and pure water, a speedy and safe cure could have been effected.”—4 *Spiritual Gifts*, 133.

#### **34 - DRUGS ONLY CHANGE THE GENERAL FEATURES OF THE DISEASE**

“Use nature’s remedies—water, sunshine, and fresh air. Do not use drugs. Drugs never heal; they only change the features of the disease.”—*Letter 116*, 1903.

#### **35 - DRUGS ONLY CHANGE THE FORM AND LOCATION OF THE DISEASE**

“Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer; and how much better could she perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task—and the patient lives—the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dispensation of Providence. If the patient had taken a course to relieve overburdened nature in season, and understandingly used pure soft water, this dispensation of drug mortality might have been wholly averted. The use of water can accomplish but little, if the patient does not feel the necessity of

also strictly attending to his diet.”—*4 Spiritual Gifts*, 134.

### **36 - DRUGS MAY LATER CAUSE INTENSE SUFFERING**

“When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature’s efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more deadly form.”—*4 Spiritual Gifts*, 135.

### **37 - DRUGS ARE A POISON WHICH WILL WORK GREAT HARM LATER**

“People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use. This is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later time.”—*Ministry of Healing* 126.

### **38 - DRUGS LEAVE BALEFUL EFFECTS**

“Experimenting in drugs is a very expensive business. Nothing should be put into the human system that will leave a baleful influence behind.”—*Medical Ministry*, 228.

“The simplest remedies may assist nature, and

leave no baleful effects after their use.”—*Letter 82, 1897.*

### **39 - DRUGS LEAVE A WRETCHED INFLUENCE ON THE WHOLE BODY**

“Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally.”—*4 Spiritual Gifts, 140.*

### **40 - DRUGS ARE POISONS WHICH LEAVE DEADLY AFTEREFFECTS AND DESTROY THE POWER OF THE PATIENT TO HELP HIMSELF**

“Nature’s simple remedies will aid in recovery without leaving the deadly after-effects so often felt by those who use poisonous drugs. They destroy the power of the patient to help himself. This power the patients are to be taught to exercise by learning to eat simple, healthful foods—by refusing to overload the stomach with a variety of foods at one meal. All these things should come into the education of the sick. Talks should be given showing how to preserve health, how to shun sickness, how to rest when rest is needed.”—*Letter 82, 1908.*

### **41 - DRUGS CHANGE THE DISEASE BECAUSE THEY ARE SLOW POISONS**

“Multitudes remain in inexcusable ignorance in regard to the laws of their being. They are wondering why our race is so feeble, and why so many die prematurely. Is there not a cause? Physicians who profess to understand the human organism, prescribe for their patients, and even for their own dear children and their companions, slow poisons to break up the disease, or to cure slight indisposition. Surely, they cannot realize the evil of these things as they were pre-



sented before me, or they could not do thus. The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but produce a far greater one, which is often incurable.”—4 *Spiritual Gifts*, 137.

#### **42 - DRUGS POISON THE BLOOD**

“In our sanitariums, we advocate the use of simple remedies. We discourage the use of drugs, for they poison the current of the blood. In these institutions sensible instruction should be given on how to eat, how to drink, how to dress, and how to live so that the health may be preserved.”—*Counsels on Diet and Foods*, 303.

#### **43 - DRUGS ONLY WEAKEN THE SYSTEM**

“Many act as if health and disease were things entirely independent of their conduct, and entirely outside their control. . . . Violent attacks of sickness they believe to be special dispensations of Providence, or the result of some overruling, mastering power; and they resort to drugs as a cure for the evil. But the drugs taken to cure the disease weaken the system.”—*Medical Ministry*, 296-297.

#### **44 - DRUGS DERANGE THE NERVOUS SYSTEM**

“Drugs given to stupefy [sedate, tranquilize, anesthetize], whatever they may be, derange the nervous system.”—*How to Live*, number 3, page 57.

#### **45 - DRUGS ARE A HEALTH DESTROYING INVENTION**

“As the matter was laid open before me, and the sad burden of the result of drug medication, the light

was given me that Seventh-day Adventists should establish health institutions, discarding all these health destroying inventions, and physicians should treat the sick upon hygienic principles.”—*Letter K-82, 1897, dated February 10, 1897.*

#### **46 - DRUGS FREQUENTLY PRODUCE A LINGERING SICKNESS**

“Those who are thus dealt with are constantly sick, and constantly dosing . . . And yet many are so blinded they do not see that all the drugs they have taken have not cured them, but made them worse. The drug invalid lingers on in the world, but is generally peevish, irritable, always sick, lingering out a miserable existence, and seems to live only to call into constant exercise the patience of others. Poisonous drugs have not killed them outright, for nature is loathe to give up her hold on life. She is unwilling to cease her struggles. Yet these drug takers are never well. They are always taking cold, which causes extreme suffering, because of the poison all through their system.”—*4 Spiritual Gifts, 137-138.*

#### **47 - DRUGS ULTIMATELY BRING A BREAKDOWN OF VITAL FORCES**

“Drugs always have a tendency to break down and destroy vital forces, and nature becomes so crippled in her efforts, that the invalid dies, not because he needed to die, but because nature was outraged. If she had been left alone, she would have put forth her highest efforts to save life and health.”—*Medical Ministry, 223.*

#### **48 - DRUGS ARE POISONS THAT BRING LIFELONG ILLNESS TO SOME AND ADDICTIVE TENDENCIES TO OTHERS**

“By the use of poisonous drugs, many bring upon

themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body.”—*Ministry of Healing*, 126-127.

**49 - DRUGS ARE SEEDS OF DEATH  
SOWN IN THE BODY**

“When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. The physician who depends upon drug medication in his practice, shows that he does not understand the delicate machinery of the human organism. He is introducing into the machinery of the system a seed crop that will never lose its destroying properties throughout the lifetime. I tell you this because I dare not withhold it. Christ paid too much for man’s redemption to have his body so ruthlessly treated as it has been by drug medication.”—2 *Selected Messages*, 283-284.

**50 - DRUGS ARE SEEDS  
PLACED IN THE SYSTEM  
THAT WILL BEAR A BITTER HARVEST**

“Christ’s remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest.”—2 *Selected Messages*, 289.

**51 - DRUGS DO NOT FREE NATURE**

“The question of health reform is not agitated as it must be and will be. A simple diet and the entire absence of drugs, leaving nature free to recuperate the

wasted energies of the body, would make our sanitariums far more effectual in restoring the sick to health.”—*Healthful Living*, 248.

### **52 - DRUGS FETTER NATURE**

“In all their habits they have manifested a recklessness in regard to health and life . . . In their distress they send for the doctor, and trust their bodies in his hands, expecting that he will make them well. He deals out to them drugs, the nature of which they know nothing, and in their blind confidence they swallow anything that the doctor may choose to give. Thus powerful poisons are often administered, which fetter nature in all her friendly efforts to recover from the abuse the system has suffered.”—*How to Live*, 49.

### **53 - DRUGS REQUIRE HEROIC EFFORTS BY THE BODY**

“Although the patient may recover, yet the powerful effort nature was required to make to overcome the poison, injured the constitution and shortened the life of the patient. There are many who do not die under the influence of drugs, but there are very many who are left useless wrecks, hopeless, gloomy, and miserable sufferers, a burden to themselves and to society.”—*How to Live*, 50.

### **54 - DRUGS MAY OVERPOWER THE HUMAN SYSTEM**

“The mother who has been but slightly indisposed, and who might have recovered by abstinence from food for a short period, and a cessation from labor, having quiet and rest, has, instead of doing this, sent for a physician. And he who should be prepared to understandingly give a few simple directions, and restriction in diet, and place her upon the right track

. . . makes the case a grave one, and administers his poisons, which if he were sick, he would not venture to take himself. The patient grows worse, and poisonous drugs are more freely administered, until nature is overpowered in her efforts, and gives up the conflict, and the mother dies. She was drugged to death. Her system was poisoned beyond remedy . . . Heaven wished that mother to live, and her untimely death dishonored God. The mother's wrong habits, and her inattention to the laws of her being, made her sick. And the doctor's fashionable poisons, introduced into the system, closed the period of her existence, and left a helpless, stricken, motherless flock."—*How to Live*, 52.

**55 - DRUGS KILL, IF NOT IMMEDIATELY  
REACTED AGAINST BY THE BODY**

"The inclination to use poisonous drugs, which kill if they do not cure, needs to be guarded against . . . Many have been treated with drugs and the result has been death. Our physicians, by practicing drug medication, have lost many cases that need not have died if they had left their drugs out of the sickroom."—*Medical Ministry*, 227-229.

**56 - DRUGS HAVE BROUGHT MORE DEATH  
TO THIS WORLD THAN HEALING OR HELP**

"As to drugs being used in our institutions, it is contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why [our health] institutions should be established, that is, sanitariums were to reform the medical practices of physicians."—*Medical Ministry*, 27.

**57 - DRUGS ARE THE UNDERLYING CAUSE  
OF AN ENORMOUS NUMBER OF DEATHS**

“I was shown that more deaths have been caused by drug taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves.”—*4 Spiritual Gifts*, 133.

**58 - DRUGS ARE APPRECIATED BY THOSE IN A  
HURRY: COMBINING DRUGS ONLY MAKES  
THEM MORE DEADLY**

“The sick are in a hurry to get well, and the friends of the sick are impatient. They will have medicine, and if they do not feel that powerful influence upon their systems which their erroneous views lead them to think they should feel, they impatiently change to another physician. The change often increases the evil. They go through a course of medicine equally as dangerous as the first, and more fatal, because the two treatments do not agree, and the system is poisoned beyond repair.”—*Healthful Living*, 245.

**59 - DRUGS ARE NOT AN INTELLIGENT METHOD**

“Let us present the gospel to the sick, connecting Jesus, the Great Healer, with the simple remedies used; and our living faith [in God and in those simple remedies] will be answered. But those who come to the Great Healer must be willing to do His will, to humble their souls, and confess their sins . . . Christ declared that He came to recover men’s lives. This work is to be done by Christ’s followers, and it is to be done by the most simple means. Families are to be taught how to care for the sick . . . In the work of heal-

ing, let the physicians work intelligently, not with drugs, but by following rational methods. Then let them by the prayer of faith draw upon the power of God to stay the progress of disease. This will inspire in the suffering ones belief in Christ and the power of prayer, and it will give them confidence in our simple methods of treating disease. Such work will be a means of directing minds to the truth, and will be of great efficiency in the work of the gospel ministry.”—*Medical Ministry* 29.

“The Lord would have our physicians cooperate with Him in their treatment of the sick, showing more faith, and using fewer drugs. Let us rely upon God. Our faith is feeble, and our hearts remain unchanged. God would have a change take place.”—*Medical Ministry*, 40.

#### **60 - DRUGS TAKE LESS THINKING**

“Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender, and true, and clean. The inclination to use poisonous drugs, which kill if they do not cure, needs to be guarded against. Matters have been laid open before me in reference to the use of drugs. Many have been treated with drugs and the result has been death. Our physicians, by practicing drug medication, have lost many cases that need not have died if they had left their drugs out of the sick room. Fever cases have been lost, when, had the physicians left off entirely their drug treatment, had they put their wits to work, and wisely and persistently used the Lord’s own remedies—plenty of air and water—the patients would have recovered. The reckless use of these things that should have been discarded has decided the case of the sick.”—*Medical Ministry*, 227-228.

**61 - DRUGS REQUIRE LESS SKILL**

“Many physicians are not as thorough and intelligent as they should be in the practice of their profession. They resort to drugs, when greater skill and knowledge would teach them a more excellent way. Lives have been lost which might have been saved if drugs had not been resorted to. As a rule, the less frequently they are employed, the better the patient will prosper.”—*Healthful Living*, 247.

**62 - DRUGS ARE EXPENSIVE EXPERIMENTS**

“Experimenting in drugs is a very expensive business. Paralysis of the brain and the tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.”—*Medical Ministry*, 228.

**63 - DRUGS ARE PRESCRIBED  
INSTEAD OF TELLING THE PATIENT THE TRUTH**

“There are many, many afflicted in our world with tobacco poison . . . The physician, if he is not a novice, can trace the effects back to the true cause, but he dares not forbid its use, because he indulges in it himself. Some will in an undecided, halfway manner advise the tobacco users to take less of this narcotic; but they do not say to them, This habit is killing you. They prescribe drugs to cure a disease which is the result of indulging unnatural appetites—and two evils are produced in the place of removing one.”—*Medical Ministry*, 225.

**64 - DRUGS DO NOT REQUIRE PERSONAL  
RELIGION IN THE PHYSICIAN**

“Keep ever before the suffering sick the compas-



sion and tenderness of Christ, and awaken their conscience to a belief in His power to relieve suffering, and lead them to faith and trust in Him, the Great Healer, and you have gained a soul and oftentimes a life. Therefore, personal religion for all physicians in the sick room is essential to success in giving the simple treatment without drugs. He who is a physician and guardian of the health and body, God would have in every way educated to learn lessons of the Great Teacher—how to work in Christ and through Christ to save the souls of the sick.”—*Medical Ministry*, 234-235.

#### **65 - DRUGS ARE NOT HYGIENIC AGENCIES**

“Educate people in the laws of life so that they may know how to preserve health. The efforts actually put forth at present are not meeting the mind of God. Drug medication is a curse to this enlightened age. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience. Many might recover without one grain of medicine, if they would live out the laws of health. Drugs need seldom be used. It will require earnest, patient, protracted effort to establish the work and to carry it forward upon hygienic principles. But let fervent prayer and faith be combined with your efforts, and you will succeed. By this work you will be teaching the patients, and others also, how to take care of themselves when sick, without resorting to the use of drugs.”—*Medical Ministry*, 259-260.

#### **66 - DRUGS ARE NOT RATIONAL METHODS OF TREATMENT**

“The Lord has shown me that there should be

sanitariums near many important cities . . . Suitable places must be provided to which we can bring the sick and suffering away from the cities, who know nothing of our people, and scarcely anything of Bible truth. Every effort possible is to be made to show the sick that disease may be cured by rational methods of treatment, without having recourse to injurious drugs. Let the sick be separated from harmful surroundings and associations, and placed in our sanitariums, where they can receive treatment from Christian nurses and physicians, and thus they may become acquainted, with the Word of God.”—*Evangelism*, 534-535.

#### **67 - DRUGS ARE NOT SIMPLE AND NATURAL REMEDIES**

“In the Saviour’s manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, ‘Go, wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing.’ John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.”—*Desire of Ages*, 824.

#### **68 - DRUGS BRING BODILY SUFFERING AND INFIRMITIES**

“She has suffered much with bodily infirmities . . . She is one of those whose systems have been poisoned by drugs. By taking these she has ignorantly made herself what she is.”—*2 Testimonies*, 184.

#### **69 - DRUGS ENFEEBLE THE SYSTEM AND MAKE IT MORE SUSCEPTIBLE TO DISEASE**

“Instead of taking a course to baffle disease, you are petting it and yielding to its power. You should avoid the use of drugs and carefully observe the laws of health. If you regard your life, you should eat plain food, prepared in the simplest manner, and take more physical exercise. Each member of the family needs the benefits of health reform. But drugging should be forever abandoned. For while it does not cure any malady, it enfeebles the system, making it more susceptible to disease.”—*5 Testimonies*, 311.

#### **70 - DRUGS MAY POISON THE BLOOD**

“We have been instructed that in our treatment of the sick we should discard the use of drugs . . . There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.”—*Manuscript 73*, 1908.

#### **71 - DRUGS WORK BY POISONING THE CURRENT OF THE BLOOD**

“In our sanitariums, we advocate the use of simple remedies. We discourage the use of drugs, for they poison the current of the blood. In these institutions sensible instruction should be given on how to eat, how to drink, how to dress, and how to live so that the health may be preserved.”—*Counsels on Diet and Food*, 303.

#### **72 - DRUGS DEAL RUTHLESSLY WITH THE BODY**

“There is a terrible account to be rendered to God by men who have so little regard for human life as to treat the body so ruthlessly in dealing out their drugs . . . We are not excusable if through ignorance we destroy God’s building by taking into our stomachs poisonous drugs under a variety of names we do not un-

derstand. It is our duty to refuse all such prescriptions. We wish to build a sanitarium [in Australia] where maladies may be cured by nature's own provisions, and where the people may be taught how to treat themselves when sick, where they will learn to eat temperately of wholesome food, and be educated to refuse all narcotics—tea, coffee, fermented wines, and stimulants of all kinds—and to discard the flesh of dead animals.”—*Temperance*, 88-89.

### **73 - DRUGS CAUSE DISEASE TO DISAPPEAR —AND LATER REAPPEAR ELSEWHERE**

“The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. How much that poisonous drug cost. If it did not cost the life, it cost too much. Nature has been crippled in all her efforts, the whole machinery is out of order; and at a future period in life, when these fine works which have been injured are to be relied upon to act a more important part . . . they cannot readily and strongly perform their labor, and the whole system feels the lack. These organs which should be in a healthy condition, are enfeebled, the blood becomes impure. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts and death follows.”—4 *Spiritual Gifts*, 135.

### **74 - DRUGS LOAD THE BODY WITH POISONS IT CANNOT EXPEL**

“Very many lives have been sacrificed by physicians' administering drugs for unknown diseases . . . Medicine must be administered, experiments and tests tried to cure the patient of the disease . . . Nature is

loaded with poisonous drugs which she cannot expel from the system. The physicians themselves are often convinced that they have used powerful medicines for a disease which did not exist, and death was the consequence.”—4 *Spiritual Gifts*, 135-136.

**75 - DRUG EFFECTS  
MAY NOT IMMEDIATELY BE PERCEIVED**

“The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but are producing a far greater one, which is often incurable. Those who are thus dealt with are constantly sick, and constantly dosing. And yet, if you listen to their conversation, you will often hear them praising the drugs they have been using, and recommending their use to others, because they have benefited by their use. It would seem that to such as can reason from cause to effect, the sallow countenance, the continual complaints of ailments and general prostration of those who claim to be benefited, would be sufficient proofs of the health destroying influence of drugs . . . And yet many are so blinded they do not see that all the drugs they are taking have not cured them, but made them worse.”—4 *Spiritual Gifts*, 137.

**76 - DRUGS EVENTUALLY CEASE  
TO HELP THE SYMPTOMS**

“Nothing should be put into the system that will leave a baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, is the reason which has been given me for establishing sanitariums in various localities. I have been pained when many [of our] students have been encouraged to go where they would receive an education in the use

of drugs. The light I have received on the subject of drugs is altogether different from the use made of them at these schools or at the sanitariums. We must become enlightened on these subjects . . . Many suffering ones not of our faith will come to our institutions to receive treatment. Those whose health has been ruined by sinful indulgence, and who have been treated by physicians till the drugs administered have no effect, will come; and they will be benefited. The Lord will bless institutions conducted in accordance with His plans . . . He will enter the rooms of the sick. He will give wisdom to the nurses.”—*Medical Ministry*, 228-229.

#### **77 - DRUGS SHOULD NEVER BE USED IN OUR INSTITUTIONS**

“The physician who depends upon drug medication in his practice, shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime . . . Years ago the Lord revealed to me that institutions should be established treating the sick without drugs. Man is God’s property, and the ruin that has been made of the living habitation, the suffering caused by the seeds of death sown in the human system, are an offense to God.”—*Medical Ministry* 229.

#### **78 - DRUGS ARE A POOR SUBSTITUTE FOR THE USE OF SIMPLE HERBS**

“I have been shown that we should have many more women who can deal with the diseases of women, many more lady nurses who will treat the sick in a simple way and without the use of drugs . . . There are many simple herbs which, if our nurses would learn the value of, they could use in the place of drugs, and

find very effective.”—*Letter 90, 1908.*

### **79 - DRUGS ARE NOT FAVORABLE OR NATURAL TO THE LAWS OF LIFE**

“If she [nature] had been left alone, she would have put forth her highest efforts to save life and health. Nature wants none of such help as so many claim that they have given her. Lift off the burdens placed upon her, after the customs of the fashions of this age, and you will see in many cases nature will right herself. The use of drugs is not favorable or natural to the laws of life and health. The drug medication gives nature two burdens to bear, in the place of one. She has two serious difficulties to overcome, in the place of one.”—*Medical Ministry 223.*

### **80 - DRUGS INTERFERE WITH NATURE’S LAWS**

“Thousands need to be educated patiently, kindly, tenderly, but decidedly, that nine-tenths of their complaints are created by their own course of action. The more they introduce drugs into the system, the more certainly do they interfere with the laws of nature and bring about the very difficulties they drug themselves to avoid.”—*Manuscript 22, 1889.*

### **81 - DRUGS ARE NOT RESPONSIBLE FOR THE HEALING THAT MAY FOLLOW**

“Sick people who take drugs do appear to get well. With some there is sufficient life force for nature to draw upon to so far expel the poison from the system that the sick, having a period of rest, recover. But no credit should be allowed the drugs taken, for they only hindered nature in her efforts. All the credit should be ascribed to nature’s restorative powers.”—*Healthful Living, 244.*

**82 - DRUGS DO NOT POSSESS  
CURATIVE POWERS**

“The sick themselves, if they would be patient, diet and suffer a little, and give nature time to rally, would recover much sooner without the use of any medicine. Nature alone possesses curative powers. Medicines have no power to cure, but will most generally hinder nature in her efforts. She, after all, must do the work of restoring.”—*How to Live*, 70.

**83 - DRUGS AFFECT PEOPLE  
PHYSICALLY, MENTALLY, AND MORALLY**

“Physicians, by administering their drug poisons, have done very much to increase the depreciation of the race, physically, mentally, and morally. Everywhere you go you will see deformity, disease and imbecility, which in very many cases can be traced directly back to the drug poisons, administered by the hand of a doctor, as a remedy for some of life’s ills. The so-called remedy has fearfully proved itself to the patient—by stern suffering experience—to be far worse than the disease for which the drug was taken. All who possess common capabilities should understand the wants of their own system. The philosophy of health should compose one of the important studies for our children. It is all-important that the human organism be understood, and then intelligent men and women can be their own physicians. If the people would reason from cause to effect, and would follow the light which shines upon them, they would pursue a course which would insure health, and mortality would be far less. But the people are too willing to remain in inexcusable ignorance, and trust their bodies to the doctors, instead of having any special responsibility in the matter themselves.”—*Disease and its Causes*, 53-54.



**84 - DRUGS WEAKEN DIRECTLY,  
AND ALSO THROUGH INHERITANCE**

“If those who take these drugs were alone the sufferers, the evil would not be as great. But parents not only sin against themselves in swallowing drug poisons, but they sin against their children. The vitiated state of their blood, the poison distributed throughout the system, the broken constitutions, and various drug diseases—as the result of drug poisons—are transmitted to their offspring, and left them as a wretched inheritance, which is another great cause of the degeneracy of the race.”—*How to Live*, 53.

**85 - DRUGS ENDANGER THE WHOLE AFTERLIFE**

“Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.”—2 *Selected Messages*, 290-291.

**- CHAPTER SEVENTEEN -**

**HOW WATER CAN AID  
IN THE RECOVERY OF THE SICK**

*The blueprint for water treatments*

**THE USE OF SIMPLE WATER TREATMENTS  
IN SICKNESS AND IN HEALTH**

“The disciples were to have the same power which

Jesus had to heal 'all manner of sickness and all manner of disease among the people.' By healing in His name the diseases of the body, they would testify to His power for the healing of the soul. Matt. 4:23; 9:6 . . . "Thus Christ gave His disciples their commission. He made full provision for the prosecution of the work, and took upon Himself the responsibility for its success. So long as they obeyed His Word, and worked in connection with Him, they could not fail. Go to all nations, He bade them. Go to the farthest part of the habitable globe, but know that My presence will be there. Labor in faith and confidence, for the time will never come when I will forsake you.

"The Saviour's commission to the disciples included all the believers. It includes all believers in Christ to the end of time."—*The Desire of Ages*, 821-822.

"He is just as willing to heal the sick now as when He was personally on earth. Christ's servants are His representatives, the channels for His working. He desires through them to exercise His healing power.

"In the Saviour's manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, 'Go, wash in the pool of Siloam . . . He went his way therefore, and washed, and came seeing.' John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies."—*Desire of Ages*, 823-824.

## **1 - THE IMPORTANCE OF WATER TREATMENTS**

"The only hope of better things is in the educa-

tion of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.”—*Ministry of Healing*, 127.

“Thousands have died for want of pure water and pure air, who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air, and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened, and let medicine

alone, and accustom themselves to outdoor exercise, and to air in their houses summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence.”—*Counsels on Health*, 55-56.

“The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system. This effort produces fevers, and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.”—*Counsels on Health*, 61-62.

“Pure air, good water, sunshine, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways.”—*Counsels on Health*, 166.

“The things of nature are God’s blessings, provided to give health to body, mind, and soul. They are given to the well to keep them well, and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world.”—*Counsels on Health*, 169.

“Let no one obtain the idea that the Institute is the place for them to come to be raised up by the prayer of faith. This is the place to find relief from disease by treatment and right habits of living, and to learn how to avoid sickness. But if there is one place under the heavens more than another where soothing, sympa-

thizing prayer should be offered by men and women of devotion and faith, it is at such an institute. Those who treat the sick should move forward in their important work with strong reliance upon God for His blessing to attend the means which He has graciously provided, and to which He has in mercy called our attention as a people, such as pure air, cleanliness, healthful diet, proper periods of labor and repose, and the use of water.”—*1 Testimonies*, 561.

“There are many ways of practicing the healing art; but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.”—*5 Testimonies*, 443.

“Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs. Many should seek to obtain the education that will enable them to combat disease in its varied forms by the most simple methods. Thousands have gone down to the grave because of the use of poisonous drugs, who might have been restored to health by simple methods of treatment. Water treatments, wisely and skillfully given, may be the means of saving many lives.”—*Medical Ministry*, 227.

“When I violate the laws God has established in

my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided—pure air, pure water, and the healing, precious sunlight.”—*Medical Ministry*, 230.

“Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience.”—2 *Selected Messages*, 281.

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature’s own furnished remedies—pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge of how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully, may live for comfort, for peace, for health; and will not be prevailed upon to put to his lips drugs, which in the place of helping nature, paralyzes her powers.”—2 *Selected Messages*, 287-288.

“The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.”—2 *Selected Messages*, 288.

“The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.”—*2 Selected Messages, 289.*

“It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no injurious effects in the system.”—*2 Selected Messages, 291.*

“A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities, and, could she have been left to herself, aided by the common blessings of Heaven, such as pure air and pure water, a speedy and safe cure would have been effected.”—*2 Selected Messages, 450.*

“The sufferers, in such cases, can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the

cause. Fast a short time, and give the stomach a chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities. But generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger, neither are they willing to wait for the slow process of nature to build up the overtaxed energies of the system. But they are determined to obtain relief at once, and take powerful drugs, prescribed by physicians. Nature was doing her work well, and would have triumphed; but while accomplishing her task, a foreign substance of a poisonous nature was introduced. What a mistake! Abused nature has now two evils to war against instead of one. She leaves the work in which she was engaged, and resolutely takes hold to expel the intruder newly introduced into the system. Nature feels this double draft upon her resources, and she becomes enfeebled.”—2 *Selected Messages*, 450-451.

“If the patient had taken a course to relieve overburdened nature in season, and understandingly used pure soft water, this dispensation of drug-mortality might have been wholly averted. The use of water can accomplish but little, if the patient does not feel the necessity of also strictly attending to his diet.

“Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working, sustain to their health. They will not arouse to their true condition, until nature protests against the abuses she is suffering, by aches and pains in the system. If, even then, the sufferers would only commence the work right, and would resort to the simple means they have neglected—the use of water and proper diet, nature would have just the



help she requires, and which she ought to have had long before. If this course is pursued, the patient will generally recover without being debilitated.”—2 *Selected Messages*, 451.

## **2 - SOME USES OF WATER IN TREATING THE SICK**

“They might have lived. Heaven willed not their death. They died victims to their own ignorance, and that of their true friends, and the ignorance and deception of physicians, who gave them fashionable poisons, and would not allow them pure water to drink, and fresh air to breathe, to invigorate the vital organs, purify the blood, and help nature in her task in overcoming the bad conditions of the system. These valuable remedies which Heaven has provided, without money and without price, were cast aside, and considered not only as worthless, but even as dangerous enemies, while poisons, prescribed by physicians, were in blind confidence taken.

“Thousands have died for want of pure water, and pure air, who might have lived. And thousands of living invalids, who are a burden to themselves and others, think their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air, and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence.”—2 *Selected Messages*, 456.

“Rest, freedom from care, light, pure air, pure

water, and spare diet, are all that they need to make them well.”—*2 Selected Messages*, 458.

“The impurities of the body, if not allowed to escape, are taken back 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 is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.”—*2 Selected Messages*, 460.

“Water is the best liquid possible to cleanse the tissues.”—*Healthful Living*, 90.

“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. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

“But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on

this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”—*Ministry of Healing*, 237.

“See that the children have a daily bath, followed by friction till their bodies are aglow.”—*Counsels on Health*, 103.

“Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week. Those who are not in health have impurities in the blood, and the skin is not in a healthy condition. The multitude of pores, or little mouths, through which the body breathes, become clogged and filled with waste matter. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities; therefore feeble persons who are diseased surely need the advantages and blessings of bathing as often as twice a week, and frequently even more than this is positively necessary. Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing liability to cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and

the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained.”—*3 Testimonies*, 70-71.

“Fever cases have been lost, when had the physicians left off entirely their drug treatment, had they put their wits to work, and wisely and persistently used the Lord’s own remedies—plenty of air and water—the patients would have recovered. The reckless use of these things that should be discarded has decided the case of the sick.

“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.”—*Medical Ministry*, 228.

“Go with me to yonder sickroom. There lies a husband and father, a man who is a blessing to society and to the cause of God. He has been suddenly stricken down by disease. The fire of fever seems to be consuming him. He longs for pure water to moisten the parched lips, to quench the raging thirst, and cool the fevered brow. But, no; the doctor has forbidden water. The stimulus of strong drink is given and adds fuel to the fire. The blessed, heaven-sent water, skillfully applied, would quench the devouring flame; but it is set aside for poisonous drugs.”—*5 Testimonies*, 195.

“If the physicians are so busy that they cannot treat the sick outside of the institution, would it not be wiser for all to educate themselves in the use of

simple remedies, than to venture to use drugs that are given a long name to hide their real qualities. Why need anyone be ignorant of God's remedies—hot water fomentations and cold and hot compresses. It is important to become familiar with the benefit of dieting in case of sickness."—*2 Selected Messages, 290.*

"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.

"A cup of tea made from catnip herb will quiet the nerves.

"Hop tea will induce sleep. Hop poultices over the stomach will relieve pain.

"If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly.

"When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.

"There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves, but man's extremities are God's opportunities. If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption."—*2 Selected Messages, 297.*

"The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in constant agitated flutter. We continued to look to God in

his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed as rational as ever. He suffered severe pain in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm.”—*2 Selected Messages, 304.*

“Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bathe frequently in pure soft water followed by gentle rubbing. Let the light, and air, be freely admitted into her room. She must have quiet, and undisturbed rest (*prescription given in vision*).’ ”—*2 Selected Messages, 446.*

“But many have never experienced the beneficial effects of water, and are afraid to use one of Heaven’s greatest blessings. Water has been refused persons suffering with burning fevers, through fear that it would injure them. If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burnt up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.”—*2 Selected Messages, 453.*

“Upon rising in the morning, most persons would

be benefited by taking a sponge bath, or, if more agreeable, a hand-bath, with merely a washbowl of water. This will remove impurities from the skin.”—2 *Selected Messages*, 463.

**- CHAPTER EIGHTEEN -**

**HOW HERBS CAN AID  
IN THE RECOVERY OF THE SICK**

*The blueprint for the remedial use of herbs*

“In regard to the matter of prayer for the sick, many confusing ideas are advanced. One says, He who has been prayed for must walk out in faith, giving God the glory, and making use of no remedies. If he is at a health institute, he should leave it at once. I know that these ideas are wrong, and that if accepted, they would lead to many evils. On the other hand, I do not wish to say anything that might be interpreted to mean a lack of belief in the efficacy of prayer. The path of faith lies close beside the path of presumption . . . It is no denial of faith to use rational remedies judiciously. Water, air, and sunshine—these are God’s healing agencies . . . The use of certain herbs that the Lord has made to grow for the good of man, is in harmony with the exercise of faith.”—*Manuscript 31, 1911 (written June 3, 1888)*.

“Now in regard to that which we can do for ourselves: There is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that

I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain . . . I must have wisdom to be a faithful guardian of my body. I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draught, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather . . . I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so . . . And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided—pure air, pure water, and the healing precious sunlight. Water can be used in many ways to relieve suffering. Draughts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good. A cup of tea made from catnip herb will quiet the nerves.

“Hop tea will induce sleep. Hop poultices over the stomach will relieve pain . . . If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly . . . When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.

“There are many more simple remedies, which



will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves; but man's extremities are God's opportunities.

"If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain, when we are too indolent to make use of these remedies within our power, it is simply presumption. The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. Then God sends the rain and the sunshine and the clouds to cause vegetation to flourish. God works, and man cooperates with God. Then there is seed time and harvest . . . God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs—and make a right use of them—there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.

"I believe in calling upon the Great Physician when we have used the remedies I have mentioned. In regard to manner of labor, we certainly need to be wise as serpents and harmless as doves. We might be very zealous, but it might be an unwise zeal, and serve to hedge up our way. Then there is danger of being so circumscribed in our work as to do very little good."—*Letter 35, February 6, 1890.*

"The simple remedies are less harmful (than drug poisons) in proportion to their simplicity, but in very many cases these are used when not at all necessary . . . These are simple herbs and roots that every family may use for themselves, and need not call in a physi-

cian any sooner than they would call a lawyer.

“I do not think that I can give you any definite line of medicines compounded and dealt out by doctors that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject. The practitioners are very much in earnest in using their dangerous concoctions; and I am decidedly opposed to resorting to such things. They never cure; they may change the difficulty to create a worse one. Many of those who practice the prescribing of drugs, would not take the same, or give them to their children. If they have an intelligent knowledge of the human body . . . They must know that we are fearfully and wonderfully made, and that not a particle of these strong drugs should be introduced into this human living organism. . . . As the matter was laid open before me, and the sad burden of the result of drug medication, the light was given me that Seventh-day Adventists should establish health institutions, discarding all these health-destroying inventions, and physicians should treat the sick upon hygienic principles.”—*Letter 17a, October, 2, 1893.*

“The intricate names given the medicines are used to cover up the matter, so that none will know what is given them as remedies unless they obtain a dictionary to find out the meaning of these names . . . The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently would have recovered many sick, who have died under drug medication.”—*Letter 82, Feb 10, 1897.*

“Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners. I would not touch their nostrums to which they give Latin names. I am determined to know, in straight English, the name of everything that I introduce into my system . . . Those who make a practice of taking drugs, sin against their intelligence and endanger their whole after life . . . There are herbs that are harmless, the use of which will tide over many apparently serious difficulties . . . But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.”—*Manuscript 86, August 25, 1897.*

“Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender, and true, and clean. The inclination to use poisonous drugs, which kill, if they do not cure, needs to be guarded against. Matters have been laid open before me in reference to the use of drugs. Many have been treated with drugs, and the result has been death. Our physicians, by practicing drug medication, have lost many cases that need not have died if they had left their drugs out of the sickroom . . . Fever cases have been lost, when had the physician left off entirely their drug treatment, had they put their wits to work, and wisely and persistently used the Lord’s own remedies, plenty of air and water, the patients would have recovered. The reckless use of these things that should be discarded has decided the case of the sick.

“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly with unwearied, unrelaxed diligence, with hot and cold water, hot com-

presses, packs and dripping sheets, they would be alive today . . . Nothing should be put into the human system that will leave a baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, is the reason which has been given me for reestablishing sanitariums in various localities . . . We must become enlightened on these subjects. The intricate names given medicines are used to cover the matter so that none will know what is given them as remedies unless they consult a dictionary.

“As to drugs being used in our institutions, it is contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why institutions should be established; that is, sanitariums were to reform the medical practices of physicians . . . This is God’s method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick. It is a delusion and a farce, and the Lord has revealed to me that this practice would not preserve life, but would introduce into the system those things which should never be there, for they would do a deleterious work on the human organism.”—*Letter 59, August 29, 1898.*

“The drug science has been exalted, but if every bottle that comes from every such institution were done away with, there would be fewer invalids in the world today. Drug medication should never have been introduced into our institutions. There was no need of this being so, and for this very reason the Lord would have us establish an institution where He can come in

and where His grace and power can be revealed. 'I am the Resurrection and the Life,' He declared.

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary . . . To educate the human family that the doctor alone knows all the ills of infants and persons of every age is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work. There is a work to be done in treating the sick with water and teaching them to make the most of the sunshine and physical exercise. Thus in simple language, we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science."—*Manuscript 105, August 26, 1898.*

"Shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest . . . Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life, and that they may have it more abundantly. We can with safety dis-

card the concoctions which man has used in the past. The Lord has provided antidotes for disease in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. We can use water and sunshine and the herbs which He has caused to grow for healing maladies brought on by indiscretion or accident.”—*Manuscript 65, April 25, 1899.*

“It would have been better if from the first all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science, and they would leave no injurious effects in the system . . . Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach, and leave it weak, unable to digest even simple food without stimulation.”—*Manuscript 115, September 4, 1902.*

“We have been instructed that in our treatment of the sick we should discard the use of drugs . . . There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from those drugs that poison the blood and endanger life.”—*Manuscript 73, 1908.*

“I have been shown that we should have many more women who can deal especially with the diseases of women, many more lady nurses who will treat the sick in a simple way and without the use of drugs . . .

There are many simple herbs which, if our nurses would learn the value of, they could use in the place of drugs, and find very effective.”—*Letter 90, 1908.*

“By His own working agencies He has created material which will restore the sick to health. If men would use aright the wisdom God has given them, this world would be a place resembling heaven.”—*Manuscript 63, 1899.*

“We should make decided efforts to heed the directions the Lord has given in regard to the care of the sick. They should be given every advantage possible. All the restorative agencies that the Lord has provided should be made use of in our sanitarium work.”—*Manuscript 19, 1911.*

“When the Lord told Hezekiah that He would spare his life for fifteen years, and as a sign that He would fulfill His promise, caused the sun to go back ten degrees, why did He not put His direct, restoring power upon the king? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him. The God of nature directs the human agent to use natural remedies now.”—*Letter 182 [date unknown].*

“Special instruction should be given in the art of treating the sick, without the use of poisonous drugs, and in harmony with the light that God has given. Students should come forth from the school without having sacrificed the principles of health reform.”—*Letter 90, 1908.*

“Those who desire to become missionaries are to hear instruction from competent physicians, who will teach them how to care for the sick, without the use of drugs. Such lessons will be of the highest value to those who go out to labor in foreign countries. And

the simple remedies used will save many lives.”—*Manuscript 83, 1908.*

“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.*

“While the physician uses nature’s remedies for physical disease, he should point his patients to Him who can relieve the maladies of both the soul and the body.”—*Ministry of Healing, 111.*

“In case of sickness, the cause should be ascertained, unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.”—*Ministry of Healing, 127.*

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”—*Ministry of Healing, 127.*

“There are many ways of practising the healing art; but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying . . . Fresh air, exercise, pure water, and clean sweet premises, are within the reach of all . . . The physician needs more than human wisdom and power that he may know how to minister to the many perplexing cases of disease of the mind and heart with which he is called to deal. If he is ignorant of the power of di-



vine grace, he cannot help the afflicted one, but will aggravate the difficulty; but if he has a firm hold upon God, he will be able to help the diseased, distracted mind.”—5 *Testimonies*, 443-444.

“In the winter of 1864, my Willie was suddenly and violently brought down with lung fever. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he, too, might die. We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the Lord in behalf of the child. We called in a few, who had faith to unite their prayers with ours. We had a sweet assurance of God’s presence and blessing . . .

“The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed as rational as ever. He suffered severe pain in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm.

“We expected the crisis would come the seventh day. We had but little rest during his sickness, and were obliged to give him up into another’s care the fourth and fifth nights. My husband and myself, the fifth day, felt very anxious. The child raised fresh blood and coughed considerably.

“My husband spent much time in prayer. We left our child in careful hands that night. Before retiring

my husband prayed long and earnestly. Suddenly his burden of prayer left him, and it seemed as though a voice spoke to him, and said, Go lie down, I will take care of the child . . .

“I had retired sick, and could not sleep for anxiety for several hours. I felt pressed for breath. Although sleeping in a large chamber, I arose and opened the door into a large hall, and was at once relieved, and soon slept. I dreamed that an experienced physician was standing by my child, watching every breath, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, ‘The crisis has passed. He has seen his worst night. He will now come up speedily, for he has not the injurious influence of drugs to recover from. Nature has nobly done her work to rid the system of impurities.’

“I related to him my worn-out condition, my pressure for breath, and the relief obtained by opening the door. “Said he, ‘That which gave you relief will also relieve your child. He needs air. You have kept him too warm. The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, it would be poisonous and destroy life. Stove heat destroys the vitality of the air, and weakens the lungs. The child’s lungs have been weakened by the room being kept too warm. Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease. And yet in most cases, air and light are excluded from the sick room at the very time when most needed, as though dangerous enemies.’

“This dream and my husband’s experience were a consolation to us both. We found in the morning

that our boy had passed a restless night. He seemed to be in a high fever until noon. Then the fever left him, and he appeared quite well, except weak. He had eaten but one small cracker through his five days' sickness. He came up rapidly, and has had better health than he has had for several years before. This experience is valuable to us."—*Facts of Faith, 151-153.*

"A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever.

"My husband and I thought we could stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large wagon on spring mattresses . . . But the man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not be good to move him. Fears were entertained that mortification had set in.

"Then the thought came to me like a communication from the Lord, to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Dennison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better.

"We had to go on our journey and leave the fam-

ily behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used.”—*Letter 182, 1899.*

“One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed, boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient has slept, the turning point came, and recovery was the result.

“To students, when injured with bruised hands, and suffering with inflammation, I have prescribed this simple remedy with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The more severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case. This works, like a charm. I expect you will laugh at this; but if I could give this remedy some outlandish name, that no one knew but myself, it would have greater influence.”—*Letter 82, 1897.*

“I will tell you a little about my experience with 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 . . . Always study and teach the use of the simplest remedies, and the special blessings of the Lord may be expected to follow the use of these means which are within the reach of the common people.”—*Letter 100, 1903.*

“Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting.”—*Letter 95, June 26, 1902.*

“On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the camp ground and was taken to our school building, near Melbourne, Australia. But she became so much worse that it was feared she could not live.

“The physician, Dr. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.’ I replied, ‘Send to a blacksmith’s shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days’ . .

“I have ordered the same treatment for others who were suffering great pain, and it has brought relief, and been the means of saving life. My mother had told me that snake bites and sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time.

“One came to me one day in this condition, with his hand tied in a sling. He was much troubled over

the circumstances; for his help was needed in clearing the land. I said to him, 'Go to the place where you have been burning timber, and get me some charcoal from the eucalyptus tree, and pulverize it, and I will dress your hand.' This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work . . .

"I write these things that you may know that the Lord has not left us without the use of simple remedies which, when used, will not leave the system in the weakened condition in which the use of drugs so often leave it. We need well-trained nurses who can understand how to use the simple remedies that nature provides for restorative health, and who can teach those who are ignorant of the laws of health how to use these simple but effective cures."—*Letter 90, 1908.*

"The breadth of gospel medical missionary work is not understood. The medical missionary work now called for is that outlined in the commission which Christ gave to His disciples just before His ascension. 'All power is given unto Me in heaven and earth,' He said. 'Go ye therefore, and teach all nations . . . teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world' (Matt. 28:18-20). These words point out our field and our work. Our field is the world; our work is the proclamation of the truths which Christ came to our world to proclaim."

—*Counsels on Health, 509*

— SECTION SIX —

# Health Principles

- CHAPTER NINETEEN -

**SHOULD WE EVER COMPROMISE  
OUR HEALTH PRINCIPLES  
IN ORDER TO HELP THOSE AROUND US?**

*The blueprint for reaching the people  
while still personally obeying the law of God*

When we are with other people—either Adventist or non-Adventist—who do not understand or agree with our health principles, when should we stand by our personal religious and health principles? Is it right to temporarily compromise with them in order to reach the people where they are? How far should we go to conciliate those around us?

**1 - WE MUST MEET THE PEOPLE  
WHERE THEY ARE AND BEGIN OUR MINISTRY  
TO REACH THEIR NEEDS  
ON THEIR LEVEL OF UNDERSTANDING**

“To reach the people, wherever they are, and whatever their position or condition, and to help them in every way possible,—this is true ministry. By such effort you may win hearts, and open a door of access to perishing souls.”—*Ministry of Healing*, 156.

“In teaching, He came down to their level. He, the majesty of heaven, answered their questions and simplified His important lessons to meet their childish understanding.”—*Ministry of Healing*, 42. (This is in reference to His work for children.)

“There is need of coming close to the people by personal effort. If less time were given to sermonizing, and more time were spent in personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those that weep, and rejoice with those that rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.”—*Counsels on Diet and Foods*, 458.

To accept people where they are and help any way possible is true ministry (*Welfare Ministry*, 121). A case where chicken broth was served under Sr. White's direction because the people were poor and nothing else was available (*Counsels on Diet and Foods*, 462). Do not make rash movements and urge views on people, but let health reform be presented carefully by education backed up by example (*Counsels on Diet and Foods*, 462). Do not to advocate advanced steps in health reform without teaching people how to prepare healthful food (*Counsels on Diet and Foods*, 460), an approach to those whose diet is lacking in proper elements of nutrition (*Counsels on Diet and Foods*, 474). We must treat new converts tenderly who are pressed with poverty and who have lived largely on a meat diet (*Counsels on Diet and Foods*, 463).

“The ministry of Christ was in marked contrast



to that of the Jewish elders. Their regard for tradition and formalism had destroyed all real freedom of thought or action. They lived in continual dread of defilement. To avoid contact with the 'unclean,' they kept aloof, not only from the Gentiles, but from the majority of their own people, seeking neither to benefit them nor to win their friendship. By dwelling constantly on these matters, they had dwarfed their minds and narrowed the orbit of their lives. Their example encouraged egotism and intolerance among all classes of the people.

"Jesus began the work of reformation by coming into close sympathy with humanity. While He showed the greatest reverence for the law of God, He rebuked the pretentious piety of the Pharisees, and tried to free the people from the senseless rules that bound them. He was seeking to break down the barriers which separated the different classes of society, that He might bring men together as children of one family."—*The Desire of Ages*, 150.

Jesus was social in nature and visited the homes of all classes of society (*Desire of Ages*, 150-151). We must meet the people where they are and link our interests with humanity (*Desire of Ages*, 152). Jesus studied how to reach the rich also by taking an interest in them (*Ministry of Healing*, 24-25). Jesus gained the interest and confidence of the publicans as He ate with them (*Desire of Ages*, 26). Christ carefully used the talent of speech as He associated with all classes of society and always had a word in due season for every occasion (*Welfare Ministry*, 286-288). Carefulness in presenting health reform in its most extreme form is needed where circumstances forbid its adoption (*Counsels on Diet and Foods*, 463). We also need to be careful not to make sweeping statements, but

consider circumstances (*Counsels on Diet and Foods*, 462-463). Do not make isolated ideas a test and criticize others, but practice temperance yourself (*Counsels on Diet and Foods*, 464).

“We must go no faster than we can take those with us whose consciences and intellects are convinced of the truth we advocate. We must meet the people where they are. Some of us have been many years in arriving at our present position in health reform. It is slow work to obtain a reform in diet. We have powerful appetites to meet; for the world is given to gluttony. If we should allow the people as much time as we have required to come up to the present advanced state in reform, we would be very patient with them, and allow them to advance step by step, as we have done, until their feet are firmly established upon the health reform platform. But we should be very cautious not to advance too fast, lest we be obliged to retrace our steps. In reforms, we would 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.

“Above all things, we should not with our pens advocate positions that we do not put to a practical test in our own families, upon our own tables . . .

“We bear positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh meats, butter, spices, rich cakes, mince pies, a large amount of salt, and all exciting substances used as articles of food.

“If we come to persons who have not been enlightened in regard to health reform, and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform.

We must lead the people along patiently and gradually, remembering the hole of the pit whence we were digged.”—*Counsels on Diet and Foods*, 468-469.

**2 - THEN, GRADUALLY, WE SHOULD LEAD THE  
PEOPLE TO HIGHER STANDARDS AND  
MORE COMPLETE OBEDIENCE TO THE  
LAWS OF GOD**

“There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world.”—*Ministry of Healing*, 146.

“In teaching health principles, keep before the mind the great object of reform,—that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come.

“Lead the people to study the manifestation of God’s love and wisdom in the works of nature. Lead them to study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God’s love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, an inestimable blessing.

“Every gospel worker should feel that the giving of instruction in the principles of healthful living, is a part of his appointed work. Of this work there is great

need, and the world is open for it.”—*Counsels on Diet and Foods*, 457-458.

People are to be taught to lay aside unhealthful practices (*Counsels on Diet and Foods*, 447). People to be impressed with importance of living up to their knowledge of health reform (*Counsels on Health*, 441). Present principles of health reform carefully and thoroughly to all (*Counsels on Diet and Foods*, 449). Do not try to reform by attacking wrong habits of others, but present to them something better than they possess (*Counsels on Diet and Foods*, 459). Do not urge sudden changes in diet, but hold up the health reform principles and let the Lord lead the honest in heart (*Counsels on Diet and Foods*, 465). We must teach people patiently; everything cannot be learned at once (*Counsels on Diet and Foods*, 465).

**3 - IN MEETING THE PEOPLE WHERE THEY ARE,  
WE MUST NEVER PERSONALLY  
TRANSGRESS THE LAWS OF GOD**

*Romans 6:1-2*: Do not continue in a course of sin.

*James 4:17*: It is sin if we know to do good and don't do it.

*Romans 6:6-23*: The old man of sin is crucified with Christ; yield to God.

*John 9:41*: When light comes, sin is then imputed if light isn't followed.

*John 12:35*: “Walk while ye have the light, lest darkness come upon you.”

*John 12:42*: Some are afraid to confess Christ because of what the religious leaders might do or say to them.

*Matthew 10:32-33*: If we continue in God's Word,

we are disciples; truth makes us free.

*Ecclesiastes 10:17*: We should eat for strength and not for drunkenness.

*1 Corinthians 10:31*: Do all to the glory of God.

*1 Corinthians 6:19-20*: We should glorify God in our body because it is His temple.

*1 Corinthians 3:16-17*: God will destroy those who defile the body temple.

*Romans 12:1*: Our bodies are to be presented as a living sacrifice.

*Deuteronomy 14:2-3*: God's chosen people are not to eat any abominable thing.

*Exodus 15:26*: If we are obedient to His commandments, God will keep us from diseases the world suffers.

*Ecclesiastes 12:13-14*: Fear God and keep commandments; this is the whole duty of man.

*Revelation 14:12*: The saints keep God's commandments and the faith of Jesus.

*Revelation 22:14*: Those that do His commandments enter the New Jerusalem.

"As we near the close of time, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice. Precept and practice combined have a telling influence."—*6 Testimonies*, 112.

"We have no right to wantonly violate a single principle of the laws of health. Christians should not follow the customs and practices of the world.

"The history of Daniel is placed upon record for

our benefit. He chose to take a course that would make him singular in the king's court. He did not conform to the habits of the courtiers in eating and drinking, but purposed in his heart that he would not eat of the king's meat nor drink of his wines. This was not a hastily formed, wavering purpose, but one that was intelligently formed and resolutely carried out . . .

“Those who serve God in sincerity and truth will be a peculiar people, unlike the world, separate from the world. Their food will be prepared, not to encourage gluttony or gratify a perverted taste, but to secure to themselves the greatest physical strength, and consequently the best mental conditions . . .

“Our faith requires us to elevate the standard of reform, and take advanced steps. The condition of our acceptance with God is a practical separation from the world. The Lord calls upon us as a people, ‘Come out from among them, and be ye separate,’ ‘and touch not the unclean thing; and I will receive you.’ The world may despise you because you do not meet their standard, engage in their dissipating amusements, and follow their pernicious ways; but the God of heaven promises to receive you, and to be a Father unto you. ‘Ye shall be My sons and daughters, saith the Lord Almighty.’ 2 Corinthians 6:17-18.”—*Counsels on Health*, 50-51.

“The mind must be trained through daily tests to habits of fidelity, to a sense of the claims of right and duty above inclination and pleasure. Minds thus trained do not waver between right and wrong, as the reed trembles in the wind; but as soon as matters come before them, they discern at once that principle is involved and they instinctively choose the right without long debating the matter. They are loyal because they

have trained themselves to habits of faithfulness and truth.”—*3 Testimonies*, 22.

“In your association with unbelievers, do not allow yourselves to be swerved from right principles. If you sit at their table, eat temperately and only of food that will not confuse the mind. Keep clear of intemperance. You cannot afford to weaken your mental or physical powers, lest you become unable to discern spiritual things. Keep your mind in such a condition that God can impress it with the precious truths of His Word . . . Do not watch others in order to point out their faults or errors. Teach by example. Let your self-denial and your victory over appetite be an illustration of obedience to right principles. Let your life bear witness to the sanctifying, ennobling influence of truth.”—*Counsels on Diet and Foods*, 464-465.

“To all hygienic reformers I would say, Live up strictly to the convictions of your own enlightened mind. Be not led into indulgence by the entreaties of friends. Live the reform at home; and when you go abroad, carry it with you. Live it, and at proper times, in proper places, and in a proper manner, talk its principles. Ever hold on your way, and by all proper means labor to impress those around you with the importance of the subject.”—*Counsels on Health*, 447.

“In reaching this decision, the Hebrew youth did not act presumptuously, but in firm reliance upon God. They did not choose to be singular, but they would be so rather than dishonor God. Should they compromise with wrong in this instance by yielding to the pressure of circumstances, their departure from principle would weaken their sense of right and their abhorrence of wrong. The first wrong step would lead to others, until, their connection with Heaven severed,

they would be swept away by temptation.”—*Prophets and Kings*, 483.

Read *Prophets and Kings*, 481-483, regarding Daniel and the three Hebrew worthies.

“True brotherhood can never be maintained by compromising principle . . . The opposition of the children of disobedience is excited by a Christianity that is spiritual. At this crisis is the time to decide who are God’s faithful servants, who will be true to principles, who will bear in mind that truth is too dearly purchased for its least principle to be surrendered. That peace and harmony which are secured by mutual concessions to avoid all differences of opinion are not worthy of the name. On points of feeling between man and man, concessions should sometimes be made; but never should one iota of principle be sacrificed to obtain harmony.”—*Review and Herald*, January 16, 1900.

“Jesus Himself never purchased peace by compromise. His heart overflowed with love for the whole human race, but He was never indulgent to their sins . . . No man can be true to principle without exciting opposition. A Christianity that is spiritual will be opposed by the children of disobedience.”—*The Desire of Ages*, 356.

We are to give the world a pure representation of Christ (*Counsels on Diet and Foods*, 459). Carefully present the light on health reform and set the right example (*Counsels on Diet and Foods*, 462). Sr. White always made the table an object lesson of health reform (*Counsels on Diet and Foods*, 472-473). Customs and appetites bring disease bequeathed by our ancestors (*Counsels on Health*, 49). The world is no criterion for us; strict temperance in all things is re-



quired (*Counsels on Health*, 51). Each man is to think and act for himself, and look to God for wisdom (*Counsels on Health*, 48). Any course which decreases our physical health is a sin against God (*Counsels on Health*, 43). One must be sincere; insincerity in the truth is fatal (*Counsels on Health*, 34-35). We have no time or strength to spend in indulging appetite (*Counsels on Health*, 128). We will suffer the consequences if we dwarf or cripple any function of the body (*Counsels on health*, 107). Love of the world, appetite, and presumption are the three great temptations (*Counsels on Health*, 287-288). If religious principles govern, danger of committing great errors is small (*Counsels on Health*, 288). Our influence is either leading others upward or downward (*Counsels on Health*, 421). We little realize the influence we exert over others day by day (*Counsels on Health*, 413). The canvasser, when staying in homes, can set a good example for health reform by not eating meat or other harmful things (*Counsels on Health*, 463). Continual backsliding in health reform is a cause of low spirituality and has erected barriers (*Counsels on Health*, 578-579). If Seventh-day Adventists practiced health reform, it would indeed be a spectacle to the world, and we would show greater zeal for the salvation of lost souls (*Counsels on Health*, 575). Those who don't overcome appetite will fail of perfecting Christian character (*Counsels on Health*, 574). If ever there is a necessity of a simple diet, it is now (*Counsels on Health*, 622). This world is a training school for the higher school in the hereafter (*Counsels an Health*, 581). Our example in health reform is more powerful than our preaching it (*Counsels on Diet and Foods*, 141).

#### **4 - THE RESPONSIBILITY OF THE MINISTER IN RELATIONSHIP TO HEALTH REFORM**

“One important part of the work of the ministry is to faithfully present to the people the health reform, as it stands connected with the third angel’s message, as a part and parcel of the same work. They should not fail to adopt it themselves, and should urge it upon all who profess to believe the truth.”—*Counsels on Diet and Foods*, 74.

“Our ministers should become intelligent upon this question. They should not ignore it, nor be turned aside by those who call them extremists. Let them find out what constitutes true health reform, and teach its principles, both by precept and by a quiet, consistent example.”—*Temperance*, 499.

Ministers should become intelligent on health reform and lead the people higher, and still higher, in the work of reform (*Counsels on Diet and Foods*, 452). Presidents of our conferences should take the right side on this question (*Counsels on Diet and Foods*, 452-453). Had ministers taken hold of this truth, there would have been a most decided reformation in eating, drinking, and dressing (*Counsels on Diet and Foods*, 453). No man is to be set apart as a leader or teacher of the people while his own life contradicts God’s counsel on health reform (*Counsels on Diet and Foods*, 453-454). Those who stand aloof from teaching the people on this question are not following where the Great Physician leads the way (*Counsels on Diet and Foods*, 454). Ministers must be strictly temperate in eating and drinking, or they will take all the force from the message they bear (*Counsels on Health*, 575). Men preaching this message should be examples to the people in eating, drinking, conversation, and deportment (*Counsels on Health*, 572-573). The more responsible the position, the greater the influence for

right or wrong (*Counsels on Health*, 614).

### **CONCLUSION**

In the matter of leading the people to the standard of Jesus, we should exercise caution and bring them to new truths slowly and only as they are prepared to receive them. If there must be error let it always be on the side of the people. It is always better to stop one step short of the mark than to go one step beyond it. God's plan for teaching health reform to others who know it not seems to be (1) a consistent example ourselves and, (2) when inquiries are made as to our reason for the stand we take, we have an opportunity to bring the principles to the front.

It is clear that as far as our personal adherence to the standard, nothing should ever allow us to deviate—neither time nor place, custom, friends, relatives, or enemies. Our own spiritual connection with heaven and our most powerful testimony—our example—will be determined by that adherence.

### **THE PERSONAL EXAMPLE OF ELLEN G. WHITE**

She took not one step backward; instead, she broke away from meat, butter, and three meals when the light came (*Counsels on Diet and Foods*, 483). She did not advance any extreme view, but advocated a healthful, nourishing diet (*Counsels on Diet and Foods*, 484). If determined to overcome, the Lord will heal and strengthen (*Counsels on Diet and Foods*, 485). She ate enough to satisfy the wants of nature, but the appetite was keen when she left the table as when she came (*Counsels on Diet and Foods*, 485-486). She always served enough simple healthful food for all who came (*Counsels on Health*, 486). She did not hold herself criterion for others. Her table was set

twice a day; but, if some desired something to eat in the evening, they were not forbidden (*Counsels on Diet and Foods*, 491). She practiced a two-meal plan for thirty five years, as she wrote in 1903 (*Counsels on Diet and Foods*, 490). No butter, meat, cheese, or greasy mixtures of food were on her table (*Counsels on Diet and Foods*, 491). Reports, that she hadn't lived up to the health reform principles, were not true (*Counsels on Diet and Foods*, 491-492). She refused to place in her stomach any combinations producing fermentation (*Counsels on Diet and Foods*, 493). Light given to her was by the Lord; she never made a raid upon anyone in regard to the table or its contents (*Counsels on Diet and Foods*, 493). She tried to learn what was best for her, and partook of it quietly (*Counsels on Diet and Foods*, 493-494). She carefully guarded against any habit which lessened the powers of the intellect (*Counsels on Diet and Foods*, 492).

#### **5 - WHEN ENTERTAINING VISITORS OR VISITING WITH OTHERS**

We must not violate our standards when we are with others.

Fashionable visiting is often an occasion of gluttony (*Counsels on Diet and Foods*, 88). Christians should not be such slaves to fashion and appetite (*Counsels on Diet and Foods*, 232). The purpose of visiting with others is to be a blessing, not to indulge appetite (*Counsels on Diet and Foods*, 88). Some have an inadequate diet for their own family, so that they can have an excess for visitors (*Counsels on Diet and Foods*, 180). There needs to be greater simplicity in entertaining; the needs of the family should have first attention (*Counsels on Diet and Foods*, 89). Elaborate feasts for guests is a burden on the wife and an

injury to the stomach (*Counsels on Diet and Foods*, 132). The negative effects of such elaborate entertaining on one's own children (*Counsels on Diet and Foods*, 202). Wholesome, nutritious, and simple food can be prepared for visitors (*Counsels on Diet and Foods*, 88-89). The only times that Sister White ate any unhealthful food with others was when everything on the table was unhealthful, and she had to eat a little something to sustain life (*Counsels on Diet and Foods*, 257). Cultivate self-control; restrain appetite (*Counsels on Diet and Foods*, 176). Few have moral stamina to resist temptation; they imagine they are hungry when the desire of the mind has not been fortified with firm principle (*4 Testimonies*, 574). We can do medical missionary work by eating and drinking to glory of God (*Manuscript 93*, 1901).

## **- CHAPTER TWENTY -**

### **COMMENTS ON THE COMMON COLD**

#### **AN EXAMPLE OF HOW TO DEAL WITH A SICKNESS**

“I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs, and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather.”—*Counsels on Diet and Foods*, 302.

“If the child has taken cold, it is generally owing to the wrong management of the mother. If she covers its head, as well as its body, while sleeping, in a short

time it will be in a perspiration, caused by labored breathing, because of the lack of pure vital air. When she takes it from beneath the covering, it is almost sure to take cold.”—2 *Selected Messages*, 469.

“The arms being naked, exposes the infant to constant cold, and congestion of lungs or brain. These exposures prepare the way for the infant to become sickly and dwarfed.”—2 *Selected Messages*, 469.

“When we overtax our strength, and become exhausted, we are liable to take cold, and at such times there is a danger of disease assuming a dangerous form.”—3 *Testimonies*, 13.

“Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation.”—*Ministry of Healing*, 276.

“The dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. The feet should be suitably protected from cold and damp. Clad in this way, we can take exercise in the open air, even in the dew of morning and evening, or after a fall of rain or snow, without fear of taking cold.”—*Child Guidance*, 425.

“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. When we do this, and then take cold, the whole system is so clogged and enfeebled that it has no power of resistance, no strength to combat disease.”—*Counsels on Diet and Foods*, 334.

“Those who have excluded the air from their sleeping rooms, should begin to change their course

immediately. They should let in air by degrees, and increase its circulation until they can bear it in winter and summer, with no danger of taking cold.”—*Counsels on Health* 57-58.

“The sickroom, if possible, should have a draft of air through it, day and night. The draft should not come directly upon the invalid. While burning fevers are raging, there is but little danger of taking cold. But special care is needful when the crisis comes, and the fever is passing away.”—*Counsels on Health*, 56.

“The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease.”—*Education*, 197.

“Imagination is active; they expect to take cold, and they will have it.”—*Counsels on Health*, 97.

“Bring to your aid the power of the will, which will resist cold, and will give energy to the nervous system.”—*Counsels on Health*, 54.

“Morning exercise, in walking in the free, invigorating air of heaven . . . is the surest safeguard against colds, coughs, congestion of the brain and lungs . . . and an hundred other diseases.”—*Healthful Living*, 210.

“Drug takers are never well. They are always taking cold, which causes extreme suffering, because of the poison all through their systems.”—*Healthful Living*, 209.

“The medical missionary workers are doing the long-neglected work which God gave to the church . . . they are giving the last call to the supper which He has prepared.”

—8 Testimonies, 71

## — SECTION SEVEN —

# The Bible Pattern

The five chapters in this section were prepared by the compiler by going through the Bible, from Genesis to Revelation, in order to learn everything it taught about the subject.

**- CHAPTER TWENTY-ONE -****THE HEALTH MESSAGE  
AS IT IS FOUND IN THE BIBLE****1 - GOD'S INTEREST IN OUR HEALTH**

*Psalm 139:13-18:* "For Thou hast possessed my reins: Thou hast covered me in my mother's womb. I will praise Thee; for I am fearfully and wonderfully made: marvelous are Thy works; and that my soul knoweth right well. My substance was not hid from Thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in Thy book all my members were written, which in continuance were fashioned, when as yet there was none of them. How precious also are Thy thoughts unto me, O God! How great is the sum of them! If I should count them, they are more in number than



the sand: when I awake, I am still with Thee.”

*Matthew 9:35-36*: “And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.”

*3 John 2*: “Beloved, I wish above all things that thou mayest prosper and be in health even as they soul prospereth.”

*Matthew 10:8*: “Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”

## **2 - THE BODY'S PART IN SANCTIFICATION**

*Romans 12:1-2*: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable and perfect will of God.”

*1 Corinthians 6:19-20*: “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

*2 Corinthians 7:1*: “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”

## **3 - THE SOUL TEMPLE TO BE KEPT PURE**

*1 Corinthians 3:16-17*: “Know ye not that ye are

the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”

*1 Corinthians 9:25-27*: “And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

*1 Peter 2:11*: “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.”

#### 4 - FERMENTED WINE

*Proverbs 20:1*: “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”

*Proverbs 23:29-32*: “Who hath woe? who hath sorrow? . . . who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder” (see also verses 33-35).

*Isaiah 5:11-12*: “Woe unto them that rise up early in the morning that they may follow strong drink; that continue until night, till wine inflame them! And the harp, and the viol, the tabret, and pipe, and wine, are in their feasts: but they regard not the work of the Lord, neither consider the operation of His hands” (see also Habakkuk 2:5, 15; Ephesians 5:18).

*1 Corinthians 6:9-10*: Drunkards shall not inherit the kingdom of God.

*Leviticus 10:8-11*: Aaron not to drink wine.

*Ezekiel 44:21*: Priests was not to drink wine.

*Luke 1:15*: Instruction to John the Baptist's mother that he should not drink strong wine.

*Proverbs 31:4*: Kings and princes were not to drink wine nor strong drink.

Unfermented wine: *Genesis 40:11*; *Psalm 104:14-15*; *Mark 2:22*.

### **5 - TOBACCO, NARCOTICS, AND CAFFEINE PRODUCTS**

*Some interpret Deuteronomy 29:18-21 as having reference to plants and roots that cause a "thirst" and "imagination" (such as are created by narcotics, tobacco, and caffeine products).*

### **6 - VEGETARIANISM**

*Genesis 1:29*: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

*Genesis 3:18*: "Thou shalt eat the herb of the field (after sin entered)."

*Genesis 9:3*: "Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things (after the flood)."

*Exodus 16:35*: "And the children of Israel did eat manna forty years, until they came to a land inhabited: they did eat manna, until they came unto the borders of the land of Canaan."

*Joshua 5:11-12*: "And they did eat of the old corn of the land on the morrow after the Passover, unleavened cakes, and parched corn in the selfsame day. And the manna ceased on the morrow after they had eaten of the old corn of the land; neither had the children of Is-

rael manna any more; but they did eat of the fruit of the land of Canaan that year.”

*Daniel 1:8-21*: The example of Daniel and his companions and how they were blessed for being faithful to the principles of temperance and health reform.

*Matthew 3:4*: Locusts and wild honey was the diet of John the Baptist. It is generally agreed that the “locusts” was the fruit of the carob tree.

## 7 - MEAT EATING

*Genesis 9:3-5*: “Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat. And surely your blood of your lives will I require; at the hand of every beast will I require it, and at the hand of man; at the hand of every man’s brother will I require the life of man” (note also verse 6).

*Genesis 7:2*: “Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female.”

*Leviticus 11* and *Deuteronomy 14*: lists of the clean and unclean animals, birds and fish.

## 8 - THE BLOOD AND FAT

*Genesis 9:4*: “But flesh with the life thereof, which is the blood thereof, shall ye not eat.”

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

*Leviticus 7:23-25*: “Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of 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 souls that eateth it shall be cut off from His people.”

See also Leviticus 17:10-12; Deuteronomy 12:23-25; Leviticus 10:17-18.

*Acts 15:28-29*: “For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things; that ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication; from which if ye keep yourselves, ye shall do well. Fare ye well.”

### **9 - SWINE'S FLESH**

*Leviticus 11:11*: “Ye shall not eat of their flesh.”

*Leviticus 11:8*: “Their carcasses shall ye not touch.”

*2 Peter 2:22*: “But it is happened unto them according to the true proverb, the dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire.”

*Matthew 7:6*: “Neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.”

*Isaiah 65:3-5*: “A people that provoketh Me to anger continually to My face; that sacrificeth in gardens, and burneth incense upon altars of brick. Which remain among the graves, and lodge in the monuments, which eat swine's flesh, and broth of abominable things in their vessels.”

*Isaiah 66:15-17*: The destruction of eaters of swine's flesh.

### **10 - RESULT OF EATING FLESH MEAT**

*Proverbs 23:20-21*: “Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall

clothe a man with rags.”

*1 Samuel 2:12-17, 22:* Eli’s sons, who would have the flesh with the blood, were licentious (see Testimonies, Vol. 2; 62, 352, 362).

BEFORE EATING FLESH		AFTER EATING FLESH	
NAME	AGE	AGE	NAME
Adam . . . . .	930	600 . . . . .	Shem
Seth . . . . .	912	438 . . . . .	Arphaxad
Enos . . . . .	905	433 . . . . .	Salah
Cainan . . . . .	910	464 . . . . .	Eber
Mahalaleel . . . . .	895	239 . . . . .	Peleg
Jared . . . . .	962	239 . . . . .	Reu
Enoch . . . . .	365	230 . . . . .	Serug
Methuselah . . . . .	969	148 . . . . .	Nahor
Lamech . . . . .	777	205 . . . . .	Terah
Noah . . . . .	950	175 . . . . .	Abraham

Noah, the tenth generation, lived 20 years longer than Adam; the eighth generation lived 39 years longer than Adam: Shem was brought up on a vegetarian diet and lived to a fair age; but the second generation after the Flood dropped to 438 years; and the eighth generation, instead of being the longest as before the Flood, was the shortest—only 148 years.

#### 11 - PROPORTION, SIMPLICITY, CHEERFULNESS AND SELF-CONTROL IN EATING

*Proverbs 15:17:* “Better is a dinner of herbs, where love is, than a stalled ox and hatred therewith.”

*Proverbs 17:1:* “Better is a dry morsel, and quietness therewith, than an house full of sacrifices with strife.”

*Proverbs 16:32:* “He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”

*Proverbs 23:1-3:* “When thou sittest to eat with a ruler, consider diligently what is before thee: And put a

knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat."

*Ecclesiastes 10:17*: "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!"

*John 21:12-13*: "Jesus saith unto them, come and dine. And none of the disciples durst ask Him, Who art thou? knowing that it was the Lord. Jesus then cometh, and taketh bread and giveth them, and fish likewise."

*Genesis 25:29-34*: The example of Esau who sold his birthright for a mess of pottage.

*Hebrews 12:16-17*: "Lest there be any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright. For ye know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of repentance, though he sought it carefully with tears."

*Romans 16:18*: "For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple."

Honey, an example:

*Proverbs 24:13*: Eat it because it is good.

*Proverbs 25:16*: Eat what is sufficient, lest you vomit from an excess.

*Proverbs 25:27-28*: It is not good to eat much honey.

## **12 – APPETITE AND THE GREAT CONTROVERSY — A MORAL TEST**

*Genesis 3:1-11*: The fall of Adam and Eve was on the point of appetite.

*Numbers 11:4-5, 31-33*: Israel's lust for flesh and its results: "And the mixed multitude that was among them fell a lusting; and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the

cucumbers, and the melons, and the leeks and the onions, and the garlick . . . And there went forth a wind from the Lord, and brought quails from the sea, and let them fall by the camp, as it were a day's journey on this side, and as it were a day's journey on the other side, round about the camp, and as it were two cubits high upon the face of the earth . . . And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague."

*Psalms 106:14-15*: Leanness was sent to their souls as a result of eating flesh.

*Isaiah 7:14-15*: "Therefore the Lord Himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call His name Immanuel. Butter and honey shall He eat, that He may know to refuse the evil, and choose the good."

*Matthew 4:1-4*: "Then was Jesus led up of the spirit into the wilderness to be tempted of the devil. And when He had fasted forty days and forty nights, He was afterward an hungred. And when the tempter came to Him, He said, If thou be the Son of God, command that these stones be made bread. But He answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

*Romans 5:12-19; 1 Corinthians 15:45-47*: The second Adam (Christ) overcame where the first Adam fell.

*1 Peter 2:21*: "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow in His steps."

*Matthew 24:38*: "For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered the ark."

*Luke 17:26-30*: Eating and drinking to forgetful-



ness of God was prevalent in the days of Noah and Lot, and will be in the last days before Jesus comes.

*Ezekiel 16:49*: “Behold this was the iniquity of thy sister Sodom: pride, fullness of bread, and abundance of idleness was in her and in her daughters; neither did she strengthen the hand of the poor and needy.”

*Philippians 3:18:19*: “For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.”

## **- CHAPTER TWENTY-TWO -**

### **MEDICAL MISSIONARY WORK AS IT IS FOUND IN THE BIBLE**

#### **1 - THE EXAMPLE OF JESUS**

*Matthew 4:23-25*: “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. And His fame went throughout all Syria: and they brought unto Him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy: and He healed them. And there followed Him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judæa, and from beyond Jordan.”

*Matthew 8:16-17*: “When the even was come, they brought unto Him many that were possessed with devils: and He cast out the spirits with His word and

healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses."

*Matthew 9:35-36*: "And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd."

*Matthew 14:13-14*: "When Jesus heard of it, He departed thence by ship into a desert place apart: and when the people had heard thereof, they followed Him on foot out of the cities. And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and He healed their sick."

*Matthew 15:30-31*: "And great multitudes came unto Him, having with them those that were lame, blind, dumb, maimed, and many others, and cast them down at Jesus' feet; and He healed them: Inasmuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see, and they glorified the God of Israel."

*Luke 4:17-21*: "And there was delivered unto Him the book of the prophet Esaias. And when He had opened the book, He found the place where it was written, The Spirit of the Lord is upon Me . . . to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord. And He closed the book, and He gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fas-

tened on Him. And He began to say unto them, This day is this Scripture fulfilled in your ears.”

*Matthew 11:2-6*: “Now when John had heard in the prison the works of Christ, he sent two of his disciples, and said unto Him, Art thou He that should come, or do we look for another? Jesus answered and said unto them, Go and shew John again those things which ye do hear and see: The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them. And blessed is he, who-soever shall not be offended in Me.”

## **2 - THE COMMISSION OF JESUS**

*Matthew 28:18-20*: “And Jesus spake unto them, saying, All power is given unto Me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and lo, I am with you alway, even unto the end of the world. Amen.”

*Mark 16:15-20*: “And He said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe. In My name shall they cast out devils: they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover. So then after the Lord had spoken unto them, He was received up into heaven, and sat on the right hand of God. And they went forth, and preached everywhere, the Lord working with them, and confirming the word with signs

following. Amen.”

*Matthew 10:1, 7-8:* “And when He had called unto Him His twelve disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease . . . And as ye go, preach, saying, kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”

### **3 - ONLY GOD CAN HEAL THE SICK**

*Psalms 103:2, 4-5:* “Bless the Lord, O my soul, and forget not all His benefits . . . who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.”

*Jeremiah 17:14:* “Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for Thou art my praise.”

*Deuteronomy 7:15:* “And the Lord will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.”

### **4 - BELIEVE IN HIS LOVE, HIS WILLINGNESS AND HIS POWER**

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

*Luke 8:48, 50:* “Thy faith hath made thee whole . . . Fear not: believe only, and she shall be made whole.”

*Mark 9:23-24:* “If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help Thou mine unbelief.”

*Acts 3:16*: “And His name through faith in His name hath made this man strong, whom ye see and know: yea, the faith which is by Him hath given him this perfect soundness in the presence of you all” (speaking of the man lame from birth healed at the Gate Beautiful).

#### **5 - TRUST IN GOD AND SUBMIT TO HIS WILL**

*Romans 8:26*: “We know not what we should pray for as we ought.”

*Luke 22:42*: “Nevertheless, not My will, but Thine, be done” (the prayer of Christ).

*Psalms 37:5, 7*: “Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. Rest in the Lord, and wait patiently for Him.”

#### **6 - CONFESSION OF SIN**

*Psalms 66:18*: “If I regard iniquity in my heart, the Lord will not hear me.”

*Psalms 103:3*: “Who forgiveth all thine iniquities; who healeth all thy diseases.”

*James 5:16*: “Confess your faults one to another, and pray one for another, that ye may be healed.”

*1 John 2:1*: “If any man sin, we have an advocate with the Father, Jesus Christ the righteous.”

*1 John 1:9*: “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

#### **7 - OBEDIENCE TO GOD'S LAWS**

*1 Corinthians 6:19-20*: “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God

in your body, and in your spirit, which are God's."

*Deuteronomy 28:1-8; Leviticus 26:* Blessings and curses, sickness and health, determined by our obedience.

*1 Corinthians 3:16-17:* "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

*Proverbs 4:20-22:* "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."

*Exodus 15:26:* "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."

*Exodus 23:25:* "And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."

### **8 - WE ARE TO OBEY HIS LAWS**

*Isaiah 1:16, 18:* "Cease to do evil; learn to do well . . . Come now, and let us reason together, saith the Lord."

*John 5:14:* "Behold, thou art made whole: sin no more, lest a worse thing come unto thee" (see also *John 8:11*).

*Luke 9:23:* "If any man will come after Me, let him deny himself, and take up his cross daily, and

follow Me.”

*1 Corinthians 10:31*: “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

*Philippians 4:13*: “I can do all things through Christ which strengtheneth me.”

*Philippians 3:13-14*: “Brethren, I count not myself to have apprehended: but this one thing I do: forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”

*Hebrews 12:1-4*: “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us . . . looking unto Jesus the author and finisher of our faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider Him that endured such contradiction of sinners against Himself, lest ye be wearied and faint in your minds. Ye have not yet resisted unto blood, striving against sin.”

### **9 - PROMISES TO THE SICK**

*Isaiah 26:3*: “Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in thee.”

*Isaiah 30:15*: “In returning and rest shall ye be saved: in quietness and confidence shall be your strength.”

*Psalms 27:14*: “Wait on the Lord, be of good courage and He shall strengthen thine heart.”

*Deuteronomy 33:25*: “As thy days, so shall thy strength be.”

*Deuteronomy 33:27*: “The eternal God is thy refuge, and underneath are the everlasting arms: and He shall thrust out the enemy from before thee.”

*Joshua 1:9*: “Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.”

*Psalms 4:8*: “I will both lay me down in peace, and sleep: for thou, Lord, only, makest me dwell in safety.”

*Psalms 17:15*: “As for me, I will behold Thy face in righteousness: I shall be satisfied, when I awake with Thy likeness.”

*Psalms 23:4*: “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me.”

*Psalms 27:1*: “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”

*Psalms 27:5*: “For in the time of trouble He will hide me in His pavilion: in the secret of His tabernacle shall He hide me; He shall set me up upon a rock.”

*Psalms 28:6-7*: “Blessed be the Lord, because He hath heard the voice of my supplications. The Lord is my strength and my shield; my heart trusted in Him, and I am helped: therefore my heart greatly rejoiced; and with my song will I praise Him.”

*Psalms 42:8*: “The Lord will command His lovingkindness in the daytime, and in the night His song shall be with me.”

*Psalms 37:5*: “Commit thy way unto the Lord, trust



also in Him, and He shall bring it to pass.”

*Psalm 57:1-2*: “Be merciful unto me: for my soul trusteth in Thee . . . I will make my refuge until these calamities be overpast. I will cry unto God most high; unto God that performeth all things for me.”

*Psalm 61:2-4*: “From the end of the earth will I cry unto Thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy. I will abide in Thy tabernacle forever.”

*Psalm 62:1-2*: “Truly my soul waiteth upon God: from Him cometh my salvation. He only is my rock and my salvation; He is my defence; I shall not be greatly moved.”

*Psalm 63:3*: “Because Thy lovingkindness is better than life, my lips shall praise Thee.”

*Psalm 91*: A special chapter for God’s people in the time of trouble.

*Psalm 103:13-14*: “Like as a father pitieth His children, so the Lord pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust.”

#### **10 - DOES GOD HEAL ALL CHRISTIANS?**

*Matthew 8:14-15*: He healed Peter’s mother-in-law.

*2 Corinthians 12:7-9*: He didn’t remove Paul’s thorn in the flesh.

*1 Timothy 5:23*: Timothy had recurring stomach trouble.

#### **11 - CAUTION IN REGARD TO MIRACLES**

*John 10:41*: John the Baptist did no miracles.

*Matthew 24:24*: “For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.”

*Revelation 16:14*: “For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty.”

*Revelation 13:13-14*: “And he doeth great wonders . . . and deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast.”

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

*Matthew 7:21-23*: “Not everyone that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from Me, ye that work iniquity.”

## **12 – ALL DISEASE IS ULTIMATELY THE RESULT OF TRANSGRESSION OF GOD’S LAWS**

### **[1] – EXAMPLES**

1 *Samuel 25:38*: Nabal died through fear of the result of his sins against others.

2 *Samuel 12:15*: David’s child died because of the sin of the father.

2 *Kings 5:27*: Gehazi became a leper because of

his sin against Naaman and Elisha.

*2 Chronicles 13:20*: Jereboam died because of his sinful life of rebellion.

*2 Chronicles 21:12-19*: Jehoram died because of his wicked leadership.

*2 Chronicles 26:21*: Uzziah became a leper because of his proud act of rebellion against God.

Disease threatened as a judgment for disobedience to the laws of God (*Leviticus 26:15-16*; *Deuteronomy 28:15, 21, 22, 27-28, 32-35, 58-63, 65-67*; *29:22-23*).

## **[2] - TYPES OF DISEASES**

Ague (probably fevers, *Leviticus 26:16*); Blains and boils (*Exodus 9:9-10*); simple boils (*Job 2:7*); skin diseases (*Leviticus 21:18-21*); blindness (*Deuteronomy 28:28*); botch, or boil (*Deuteronomy 28:27-35*); broken-handed, broken-footed, clubfoot, bruises, accidental injuries, canker, cancer (*2 Timothy 2:17*); consumption (*Leviticus 26:16*; *Deuteronomy 28:22*); crookbacked (*Leviticus 21:20*); flux (*Acts 28:8*); flat nose (*Leviticus 21:18*); dysentery (*2 Chronicles 21:15, 19*); halt (*Luke 14:21*; *John 5:3*); lameness; impotence (*John 5:3*).

Infirmity: [1] impurity (*Leviticus 12:2*); [3] Disability (*John 5:5*); [4] mental and spiritual weaknesses (*Romans 8:26*); inflammation (*Leviticus 13:28*; *Deuteronomy 28:22*).

Issue: [1] offering (*Genesis 48:6*); [2] flowing of blood, (*Leviticus 15:2*; *Matthew 9:20*) [3] other discharges (*Leviticus 15:2*); itch (*Deuteronomy 28:27*); Lameness (*Leviticus 21:18*; *Acts 3:2*); Leprosy (*Deuteronomy 28:35*; *Exodus 4:6*; *14:34*; *Matthew 8:3, 11:15*; *Luke 7:22*; *17:14*); Madness (*Deuteronomy*

28:28; 1 Samuel 21:15; Proverbs 26:18); maimed (Luke 14:21); severe injury; murrain (Exodus 9:1-6); plague, possibly splenic fever; palsy (Matthew 4:24; Mark 2:1-12); pestilence (Jeremiah 21:6; Ezekiel 6:11); scab (Leviticus 13:2, 6, 7: 14:56; Isaiah 3:17; Leviticus 21:20; 22:22); scall (Leviticus 13:30, 35; 14:54).

Eruptions: scurvy, probably itch rather than scurvy (Deuteronomy 28:27); sores (Isaiah 1:6; Luke 16:20; Revelation 16:11); ulcers, sunstroke (2 Kings 4:18-32); withered (Lamentations 4:8; Matthew 12:10; 1 Kings 13:4-6); shrunken muscles and bones; wounds (Luke 10:34, Psalm 68:21); worms, puss, and maggots (Acts 12:23; Job 21-25) .

This is a fairly complete list of the diseases mentioned in the Bible. However, the references listed are neither complete nor exhaustive.

### **13 - WHAT THE BIBLE SAYS ABOUT PHYSICIANS**

*2 Chronicles 16:12:* "And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceedingly great; yet in his disease he sought not to the Lord, but to the physicians."

*Matthew 9:12:* "They that are whole need not a physician, but they that are sick" (also Mark 2:17; Luke 5:31).

*Mark 5:25-27:* "And a certain woman which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse; when she heard of Jesus, came in the press behind, and touched His garment" (also Luke 8:43).

*Luke 4:23-24:* "And He said unto them, ye will surely say unto me this proverb, Physician, heal thy-

self: whatsoever we have heard done in Capernaum, do also here in thy country. And He said, Verily I say unto you, no prophet is accepted in his own country.”

*Colossians 4:14*: “Luke, the beloved physician.”

*Job 13:4*: “But ye are forgers of lies, ye are all physicians of no value.”

*Jeremiah 8:22*: “Is there no balm in Gilead, is there no physician there? Why then is not the health of the daughter of My people recovered?”

#### **14 - THE APOTHECARY**

*In the Bible, an apothecary is the closest thing to a druggist.*

*Exodus 30:25, 35*: Anointing oil and incense perfume.

*Exodus 37:29*: “And he made the holy anointing oil, and the pure incense of sweet spices, according to the work of the apothecary.”

*2 Chronicles 16:14*: Death of Asa—buried with spices, perfumes from apothecary.

*Ecclesiastes 10:1*: “Dead flies cause the ointment of the apothecary to send forth a stinking savor.”

#### **15 - REMEDIAL AGENCIES**

##### **[1] - MISCELLANEOUS MEDICINES**

*Proverbs 17:22*: “A merry heart doeth good like a medicine, but a broken heart drieth the bones.”

*Proverbs 20:30*: “The blueness of a wound cleanseth away (margin: as a purging medicine) evil: so do stripes the inward parts of the belly.”

*Jeremiah 30:13*: “There is none to plead thy cause that thou mayest be bound up; thou hast no

healing medicines.”

*Jeremiah 46:11*: “Go up into Gilead and take balm, O virgin, daughter of Egypt: in vain shalt thou use many medicines, for thou shalt not be cured.”

## **[2] - SKIN POULTICES**

*2 Kings 20:7*: “And Isaiah said, Take a lump of figs; and they took and laid it on the boil, and he recovered.”

*Isaiah 38:21*: “For Isaiah had said, Let them take a lump of figs, and lay it for a plaster upon the boil and he shall recover.”

## **[3] - SKIN OINTMENTS**

*Jeremiah 8:22*: “Is there no balm in Gilead? Is there no physician there? Why then is not the health of the daughter of My people recovered (margin: gone up)?”

*Isaiah 1:5-6*: “Why should ye be stricken any more? Ye will revolt more and more: the whole head is sick and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment.”

*Luke 10:33-34*: “But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.”

*Jeremiah 51:8*: “Babylon is suddenly fallen . . . take balm for her pain, if so be she may be healed.”

**[4] - TREATMENT OF FRACTURES**

*Ezekiel 30:21*: "Son of man, I have broken the arm of Pharaoh, king of Egypt; and lo, it shall not be bound up to be healed, to put a roller to bind it, to make it strong to hold the sword."

**16 - THE USE OF WATER**

**[1] - WASH (KABAS, TO WASH)**

*Psalms 51:2*: "Wash me thoroughly from my iniquity, and cleanse me from my sin."

*Psalms 51:7*: "Purge me with hyssop and I shall be clean, wash me, and I shall be whiter than snow."

*Jeremiah 2:22*: "For though thou wash thee with nitre, and take thee much soap, yet thine iniquity is marked before Me, saith the Lord."

**[2] - WASH (RACHMATS, TO WASH)**

*2 Kings 5:10*: "And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean."

*2 Kings 5:14*: "Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like the flesh of a little child, and he was clean."

*Isaiah 1:16-17*: "Wash you, make you clean; put away the evil of your doing from before Mine eyes; cease to do evil, learn to do well."

*Isaiah 4:4*: "When the Lord shall have washed away the filth of the daughter of Zion and shall have purged the blood of Jerusalem from the midst thereof by the spirit of judgment, and by the spirit of burning."

*Proverbs 30:12*: “There is a generation that are pure in their own eyes, and yet is not washed from their filthiness.”

### **[3] - WATER IN THE OLD TESTAMENT**

*Exodus 23:25*: “And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.”

*Ezekiel 36:25*: “Then I will sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you.”

*Ezekiel 47:8-9*: The water that heals.

### **[4] - WATER IN THE NEW TESTAMENT**

*Acts 22:16*: “And now why tarriest thou? Arise and be baptized and wash away thy sins, calling on the name of the Lord.”

*1 Corinthians 6:11*: “And such were some of you: but ye are washed, but ye are sanctified but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.”

*John 9:6-7*: “When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with clay, and said unto him, go wash in the pool of Siloam. He went his way therefore, and washed and came seeing.”

*Revelation 7:14*: “And I said unto him, Sir, thou knowest. And he said unto me, these are they which came out of great tribulation, and have washed their robes and made them white in the blood of the lamb.”

*Ephesians 5:26*: “That He might sanctify and cleanse it with the washing of water by the Word” (symbolic cleansing of the church).

*Titus 3:5*: “Not by works of righteousness which



we have done, but according to His mercy He saved us, by the washing of regeneration and renewing of the Holy Spirit.”

*Mark 9:41:* Whoever gives a cup of cold water to one of the little ones will not lose his reward.

*1 Peter 3:20:* Eight souls saved by water.

*Hebrews 9:19:* Moses sprinkled people with blood and water.

### **17 - HERBS**

*Genesis 1:29:* Man given every herb bearing seed for food at creation.

*Genesis 3:18:* Herb of the field added after sin entered.

*Psalms 104:14:* God causes grass to grow and herbs for the service of man.

*Proverbs 27:25:* Gathering the herbs of the mountains.

*Luke 11:42:* The Pharisees tithed on mint, rue, and all manner of herbs; yet they passed over the love of God.

*Matthew 23:23:* The scribes and Pharisees tithed of mint and anise and cummin; and they omitted the weightier matters of the law.

*Romans 14:2:* Another who is weak eateth herbs.

*Matthew 15:13:* Every plant which God hasn't planted will be rooted up.

*Ezekiel 47:12:* Fruit for meat and leaf for medicine.

*Revelation 22:2:* Leaves of the tree for the healing of the nations.

*Deuteronomy 29:18:* Lest there should be a root

that beareth gall (poisonous herb).

*Job 30:3-4:* Cut up mallows and juniper roots for food.

*Matthew 7:16:* You shall know them by their fruits.

### **18 - CLEANSING PROGRAMS**

*Psalms 51:1-13:* Spiritual cleansing symbolized by hyssop, washing with water.

*Isaiah 1:16:* Wash and make clean.

*Matthew 10:7-8:* Heal the sick, cleanse the lepers.

*2 Corinthians 7:1:* Cleanse ourselves from all filthiness of the flesh.

*1 Corinthians 3:16-17:* Not to defile the body temple.

*Matthew 17:19-21:* Some conditions leave only by prayer and fasting.

*Matthew 4:1-2:* The fast of Christ for forty days and forty nights.

*Psalms 107:17-21:* We are afflicted because of transgressions and iniquities: God saves us from our trouble.

*1 Samuel 30:11-12:* When coming off a fast, begin eating with a small fruit meal.

*2 Samuel 16:1-2:* Grape juice fast for those ill.

*Proverbs 30:8:* Feed me with food convenient for me (the right food at the right time).

*Matthew 12:43-45:* The case of a man who was cleansed of an unclean spirit; having neglected to keep his experience, seven worse devils filled him.

*2 Peter 2:17-22:* Many turn back to their pollut-

ing sins after being cleansed.

*Ecclesiastes 3:1, 3:* There is a time to heal, a time to break down, and a time to build up.

**19 - BIBLE PURGES (CLEANSERS)**

**[1] - WATER**

*Psalm 51:7:* Wash me and I shall be whiter than snow.

*2 Kings 5:14:* Naaman washed seven times in the Jordan.

**[2] - HERBS**

*Psalm 51:7:* Hyssop is now known to be one of the best herbal blood cleansers.

**[3] - FRUIT**

*2 Samuel 16:2:* Drink a little wine, that such as be faint in the wilderness may drink.

*Luke 10:34:* Oil and wine poured on the wounds.

*Isaiah 38:21; 2 Kings 20:7:* Fig poultices.

**20 - BIBLE HEALERS (BUILDERS)**

**[1] - HERBS AND GREEN LEAVES**

*Psalm 104:14; Ezekiel 47:12; Romans 14:2*

**[2] - OIL AND BREAD**

*Luke 10:34; Psalm 104:14-15*

**21 - POISON**

*Exodus 20:13:* "Thou shalt not kill."

*1 Corinthians 3:16-17:* If we defile our body temple God shall destroy us.

*Deuteronomy 27:24-25; Proverbs 6:16-17:*

Cursed be he that smiteth his neighbor.

*Genesis 9:5:* God will require the blood of your lives at the hand of every beast.

*Numbers 35:16-18:* A murderer shall surely be put to death.

*Habakkuk 2:10:* Woe to him that buildeth with blood and iniquity.

*Ezekiel 22:8-9:* Men carry tales that result in shedding blood.

## **22 - CHARCOAL**

*Isaiah 61:3:* Oil on body when healthy and happy.

*Esther 4:1-3; Job 2:8; 30:19; 42:6; Isaiah 58:5; 61:3; Daniel 9:3; Jonah 3:6; Jeremiah 6:26; Lamentations 3:16, 28:* Ashes on the body when sick or unhappy.

*Psalms 102:9; Isaiah 44:20:* Eat ashes when unhappy.

*Hebrews 9:13; Numbers 19:17, 19.* See also *Leviticus 1:16; 4:12; 6:10, 11; 1 Kings 13:3, 5.* Ashes used for purification.

## **- CHAPTER TWENTY-THREE -**

### **HEALTH AND MEDICAL MISSIONARY STORIES IN THE BIBLE**

#### **HEALTH AND MEDICAL MISSIONARY STORIES IN THE BIBLE**

- 1 - *Genesis 1-2:* The diet given by God is the original diet.
- 2 - *Genesis 2:* The original occupation.

- 3 - *Genesis 3*: The point upon which man fell.
- 4 - *Genesis 6:9; Matthew 24:38; Luke 17:26-30*: Why the flood came.
- 5 - *Genesis 18-19; Ezekiel 16:49; Luke 17:26-30*: The sin of Sodom is the sin of our age.
- 6 - *Genesis 27; Hebrews 12:16-17*: The weakness of Esau, the man who valued food more than God.
- 7 - *Exodus 16; Joshua 5:11-12; Psalm 78:25; Nehemiah 9:15*: The simple diet God gave to prepare man for Canaan—the food that angels give.
- 8 - *Exodus 25:8; 1 Corinthians 3:16-17; 6:19-20*: “Let them make Me a sanctuary that I might dwell among them.”
- 9 - *Exodus 32*: Worshipping a golden calf leads to death.
- 10 - *Leviticus 1-9*: The offerings of the sanctuary.
- 11 - *Leviticus 11; 7:23-27; Deuteronomy 14*: The divinely given pure food laws. God wants His people to live clean.
- 12 - *Leviticus 12-20*: Touch not the unclean. The laws of cleanliness.
- 13 - *Numbers 11:4-33; Psalm 106:14-15*: The lesson of the quail, rebelling against God’s plan.
- 14 - *Numbers 21; John 3:14-15; Deuteronomy 30:19-20*: The brazen serpent.
- 15 - *Deuteronomy 28; Leviticus 26*: The blessings and the cursings. Obedience alone brings health.
- 16 - *1 Samuel 2:12-17, 22*: Sons of Eli, the sons of Belial.
- 17 - *Judges 13-16*: The weakness of Samson was the lack of self-control.
- 18 - *1 Kings 11*: The fall of Solomon.

In the *Pacific Health Journal*, “*The Apostasy of Solomon*,” August 1889, E.G. White explains how the fall of Solomon came in three stages: *1st*, eating the third meal; *2nd*, alcoholic beverages; *3rd*, polygamy. “It was customary for the Hebrews to eat but twice a

day, their heartiest meal coming not far from the middle of the day.”

- 19 - *1 Kings 17-21*: A Translation Diet (the example of Elijah).
- 20 - *2 Kings 2:19-22*: Purifying the springs and healing through the simple agencies of nature.
- 21 - *2 Kings 5:5-15*: The cleansing of Naaman is a lesson in God’s method of healing.
- 22 - *Esther*: Feasting and fasting during the time of Esther and Ahasuerus.
- 23 - *Isaiah 58*: God’s message to His remnant church.
- 24 - *Isaiah 65:3-5; Isaiah 66:15-17; Isaiah 33:14-17*: Health reform at the time of the second advent.
- 25 - *Revelation 22:1-3; Isaiah 33:24; 35:5, 6, 10*: Health reform practiced in Heaven.
- 26 - *Ezekiel 47*: The healing waters.
- 27 - *Daniel 1*: Prove us now. Dare to have Daniel’s courage and Daniel’s diet.
- 28 - *Matthew 4:1-4; Luke 4:1-4; 1 Corinthians 15:45-47; Romans 5:12-19*: The temptation of Jesus.
- 29 - *Luke 4:17-21*: The mission of Jesus; the work God gave to His Son.
- 30 - *Matthew 4:23-25; 8:16-17; 9:35-36; 14:13-14; 15; Romans 5:12-19*: The example of Jesus.
- 31 - *Luke 11; Isaiah 61*: Why Jesus was sent.
- 32 - *Matthew 11:2-6; Ministry of Healing 34-37*: Jesus’ credentials.
- 33 - *Matthew 10*: The first commission.
- 34 - *Matthew 28:18-20; Mark 16:15-20*: The Great Commission to all Jesus’ followers.
- 35 - *Luke 10*: The good Samaritan.
- 36 - *John 6:13; Matthew 26; Luke 22; Mark 14; 1 Corinthians 11*: You are what you eat, both physically and spiritually.

**37 - Acts 3:** Staying in the Master's steps.

**38 - 1 Corinthians 5:** Purity among God's people.

**39 - James:** A letter to the Remnant.

**- CHAPTER TWENTY-FOUR -**

**HEALTH AND MEDICAL MISSIONARY  
TEXTS, ARRANGED BOOK BY BOOK**

**GENESIS**

**1:29:** The original diet.

**3:1-3, 6, 11:** The fall was because of appetite and choosing one's own diet.

**3:18:** The diet after sin.

**7:2:** Clean and unclean animals went into the ark.

**9:3-6:** The diet after the flood.

**25:29-34:** Esau sells his birthright.

**48:15:** Abraham and diet given by God.

**EXODUS**

**16:4, 25:** Diet in the wilderness.

**22:31:** Not to eat dead or decayed animals.

**23:25:** The obedient servants of God would have their food blessed and sickness taken away.

**LEVITICUS**

**3:17:** No fat or blood was to be eaten.

**7:23-27:** Not to eat fat or blood (best reference on this).

**10:8-11:** Aaron and the priests not to drink strong drinks.

**11:2-47 (especially 7-8):** The clean and unclean animals.

**15:2-13:** An example of water as a cleansing agency in eliminating disease.

**17:10, 12, 15:** Forbidden to eat the blood.

**26:3-6, 9-10, 14:16, 20-21, 25-26, 36-39, 46:** Mental, physical, and moral health are derived from obedience to God's laws.

### **NUMBERS**

**11:4-5, 31, 33:** The quail episode returned them to a meat diet and brought them disease and death.

**12:13-15:** Divine healing sometimes is deferred until the lesson is learned.

**19:9, 17-18:** Charcoal water was given as purifying agency.

### **DEUTERONOMY**

**7:15:** The Lord will take all disease away from His obedient people and put them on their enemies.

**8:1-3:** God's special wilderness diet for His people was a sanctifying test.

**12:23-25:** His people were not to eat blood.

**14:3-20:** The clean and unclean animals.

**28:1-67:** Mental, physical, moral health comes from obedience to all of God's laws.

**29:18-22:** Curses upon those who add drunkenness to thirst.

**33:25-27:** Promise: "As thy days . . . so shall thy strength be."

### **JOSHUA**

**1:9:** Promise: "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee."

**4:11-12; 5:11-12:** Manna ended when they entered Canaan; that year they ate the fruit of the land.

### **1 SAMUEL**

**2:12-17, 22:** The result of a raw meat diet.

**30:11-12:** A simple diet when coming off a fast.



## **2 SAMUEL**

**16:1-2:** Grape juice in time of sickness.

## **1 KINGS**

**17:4, 6, 12; 19:4-8:** The progressive diet of Elijah.

## **2 KINGS**

**2:19-22:** Salt as a cleansing agency.

**5:10-11, 14:** Naaman's healing was through faith and water applications.

**20:1-11 (especially 7):** Hezekiah's healing was through prayer and a fig poultice.

## **2 CHRONICLES**

**16:12-13:** Asa sought physicians rather than the Lord.

## **PSALMS**

**4:8:** Promise of peace and sleep.

**17:15:** Promise of satisfaction when awakened.

**21:4:** Promise of the gift of life.

**23:4:** Promise of protection even in the valley of shadow of death.

**27:1-5:** Promise of strength from waiting on the Lord.

**28:6-7:** Promise blessed by the Lord, heard supplications; the Lord is my strength.

**37:5, 7:** Promise of guidance if our ways are committed to the Lord.

**42:8:** Promise of God's lovingkindness by day and song by night.

**51:2-7 (1-13):** Herbs and water as cleansing agencies.

**61:2-3:** Promise to lead me to the Rock that is higher than I.

**62:1-2:** My soul waiteth on God, He is my rock, salvation, and defense.

**63:3:** "Because thy lovingkindness is better than life."

- 66:18: If I regard iniquity in my heart, the Lord will not hear me.
- 90:12: So teach us to number our days, that we may apply our hearts unto wisdom.
- 91:1-8, 11-16: He that dwelleth in the shadow of the Almighty . . . With long live will I satisfy him, and shew My salvation.
- 103:2-5: He forgiveth all thine iniquities and healeth all thy diseases.
- 103:13-14: As a father pitieth his children . . . He knoweth our frame.
- 104:14: He causeth grass to grow for the cattle and herbs for the service of man.
- 104:15: Wine makes the heart glad, oil makes the face shine, and bread strengthens the stomach.
- 106:14-15: They tempted God and sent leanness into their souls.
- 107:17-21: Sickness is from disobedience; the Lord will help if called upon.
- 111:5: He hath given meat unto them that fear Him.
- 116:3-8: Delivered from the sorrows of death as a result of calling upon the Lord.
- 136:25: He “giveth food to all flesh, for His mercy endureth forever.”
- 139:13-18: We praise Thee, for we are fearfully and wonderfully made.
- 145:15: All eyes wait on Thee; Thou givest meat in due season.
- 147:9: He giveth to the beast his food, and to the young ravens.

## PROVERBS

- 4:20-22: My words are life and health unto you.
- 15:17: Dinner of herbs and love are better than an ox and hatred.

16:32: He that is slow to anger is better than the mighty.

17:1: Better is a dry morsel and quietness than a house with strife.

17:22: A merry heart doeth good like a medicine.

20:1: Wine is a mocker, strong drink is raging.

20:30: "The blueness of a wound cleanseth away evil."

23:1-3: Be not desirous of dainties.

23:20-21: Be not among winebibbers; among riotous eaters of flesh.

23:29-32: They that tarry long at the wine hath woe and sorrow.

24:13: My son, eat thou honey, because it is good.

25:16, 27: Too much honey will make you vomit.

25:28: He that hath no rule over his own spirit is like a broken city.

27:25: Herbs gathered.

27:27: Goat's milk.

30:8: Feed me with food convenient for me.

30:12: There is a generation that is pure in their own eyes, but not washed.

## **ECCLESIASTES**

3:1-3: There is a time to break down and time to build up.

10:1: Dead flies cause ointment to stink; folly doeth the same.

10:17: Blessed are the princes who eat in season for strength and not for drunkenness.

## **ISAIAH**

1:5-6: Why be stricken any more, ye will increase revolt.

1:16-17, 19: "Wash you, make you clean . . . If willing and obedient ye shall eat the good of the land."

5:11-12: Woe unto them that rise early and stay up late for drink.

7:14-15: Immanuel to eat butter and honey.

26:3: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee."

30:15: "In returning and rest shall ye be saved."

33:14-17: During the time of trouble, our bread and water will be sure.

35:8: A highway there, a way of holiness, unclean cannot pass over.

38:1-8, 21: Fig poultice.

52:11: Go out, touch no unclean thing, be clean.

55:2-3: Spend not money on that which is not bread.

61:1: "The Spirit of Lord upon Me," Mission of Christ, welfare work.

61:3: Beauty for ashes, the oil of joy for mourning.

65:3-5: Eating swine's flesh and broth of abominable things (last days).

65:21-25: Description of Heaven.

66:15-17: Those who eat swine's flesh and the mouse will be consumed.

66:20-22: Bring all your brethren before the Lord for an offering.

## **JEREMIAH**

2:22: Though thou wash thee with nitre and much soap, yet iniquity still is there.

8:22: "Is there no balm in Gilead; is there a physician there?"

17:14: "Heal me, O Lord, and I shall be healed."

30:13: "There is none to plead for thy cause . . . Thou hast no healing medicines."

46:11: "In vain shalt thou use many medicines; for thou shalt not be cured."

51:8: "Take balm for her pain, if so be she may be healed."

### **EZEKIEL**

- 4:16-17:** They shall eat bread with care and drink by measure.
- 5:16:** I will increase the famine upon you and break the staff of your bread.
- 14:12-14:** I will break staff of bread, send famine, cut you off.
- 16:4:** You were not cared for properly on the day of your birth.
- 16:49:** This was the iniquity of the sister Sodom—pride, overindulgence, neglect of the needy.
- 30:21:** “Son of man, I have broken the arm of Pharaoh . . . and it shall not be bound up.”
- 36:25:** “Then will I sprinkle clean water upon you, and ye shall be clean.”
- 44:21:** “Neither shall any priest drink wine.”
- 47:8-12:** Healing waters from Sanctuary to heal seas and fish.
- 47:12:** “And the fruit thereof shall be for meat; and the leaf thereof for medicine.”

### **DANIEL**

- 1:3-2:1:** Daniel’s dietary obedience and its results.

### **HOSEA**

- 4:6:** “My people are destroyed for lack of knowledge.”

### **MICAH**

- 6:12-14:** Rich man, make thee sick, eat and not be satisfied.

### **HABAKKUK**

- 2:5, 15:** “Yea also, because he transgresseth by wine.”

### **MALACHI**

- 4:5-6:** “Behold, I will send you Elijah, the prophet, before the coming of the great and dreadful day of the Lord.”

**MATTHEW**

- 3:4:** John's diet: locusts and honey.
- 3:10:** "Every tree which bringeth not forth good fruit is hewn down."
- 4:1-4:** Then was Jesus led into the wilderness, where He fasted 40 days.
- 4:23-25:** And Jesus went about Galilee, teaching and healing.
- 6:11:** "Give us this day our daily bread."
- 7:16-20:** "Ye shall know them by their fruits."
- 8:2-3:** "If Thou wilt, Thou canst make me clean."
- 8:7, 13:** Healing of Centurion's servant.
- 8:14-15:** Peter's mother-in-law healed.
- 8:16-17:** When night came, Jesus healed and cast out devils.
- 9:12:** "They that be whole need not a physician, but they that are sick."
- 9:35-36:** And Jesus went teaching, preaching and healing.
- 10:1, 5, 7-8:** When He had called the 12 disciples (first commission).
- 11:2-6:** "Art thou He who should come" (John the Baptist asked)?
- 12:43-45:** When the unclean spirit is gone out of a man.
- 14:13-14:** Jesus departed and the people followed; Jesus healed sick.
- 15:13:** "Every plant which My heavenly Father hath not planted . . ."
- 15:30-31:** Lame, blind, dumb, maimed, and others healed.
- 24:24:** False Christs and prophets—if possible will deceive the very elect.
- 24:37-38:** "As the days of Noah were, so shall also the coming of the Son of man be."

**26:26-29:** And Jesus took bread and the cup.

**26:42:** “ If this cup may not pass away from Me, except I drink it, Thy will be done (Jesus in Garden).”

**28:18-20:** “All power is given unto Me . . go ye therefore, and teach all nations.”

### **MARK**

**5:22-23:** Daughter of Jairus.

**5:27-29:** Jesus healed the issue of blood.

**6:13:** Disciples cast out many devils, anointed the sick with oil.

**9:23-24:** “If thou canst believe, all things are possible to him that believeth.”

**9:50:** Salt is good, but if the salt have lost his saltness, wherewith will ye season it?

**16:15-20:** “These signs shall follow them . . in My name they shall cast out devils.”

### **LUKE**

**1:15:** He shall not drink wine or strong drink.

**4:23-24:** “Physician, heal thyself.”

**8:43-44:** Issue of blood 12 years; healed by Jesus.

**8:48-50:** “Daughter be of good comfort, thy faith hath made thee whole.”

**9:23:** “If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.”

**10:33-34:** A certain Samaritan saw him, went, and bound up his wounds.

**11:34-36:** “The light of the body is the eye.”

**11:42:** Ye tithe mint and rue and all manner of herbs.

**17:12-19:** One leper came back to thank Jesus.

**17:26-30:** “As it was in the days of Noah, so shall it also be in the days of the Son of man.”

**22:42:** Not My will, but Thine be done.

**JOHN**

5:14: "Behold, thou art made whole; sin no more, lest a worst thing come unto thee."

6:5-13: "Whence shall we buy bread, that these may eat (5,000)?"

6:23-40: Bread of Life—the living Bread.

8:11: "Neither do I condemn thee, go and sin no more."

9:6-7, 11: Clay on the blind man's eyes; washed at pool of Siloam.

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

21:12-13: Jesus giveth them bread and fish.

**ACTS**

3:16: Faith through His name had made him strong.

15:28-29: "Abstain from meats offered to idols and from blood."

**ROMANS**

5:12-19: "As by one man sin entered into the world . . ."

8:26: "The Spirit also helpeth our infirmities."

12:1-2: "I beseech ye therefore . . . present your bodies a living sacrifice."

14:2: "Another, who is weak, eateth herbs."

14:14: "To him that esteemeth any thing to be unclean, to him it is unclean."

**1 CORINTHIANS**

3:16-17: "Know ye not that ye are the temple of God?"

6:11: "Ye are washed, but ye are sanctified."

6:9-10: "The unrighteous shall not inherit the kingdom of God."

6:19-20: "Your body is the temple of Holy Ghost."

9:25-27: Be temperate in all things—to gain the crown.

10:23: "All things are lawful for me, but all things are not



expedient.”

10:16, 17: The cup of blessing.

10:31: “Whether therefore ye eat or drink or whatsoever ye do, do all to the glory of God.”

11:23-29: The Lord’s Supper.

15:45-47: The first Adam and the second Adam.

## **2 CORINTHIANS**

7:1: “Let us cleanse ourselves from all filthiness of the flesh.”

6:15-17: The temple of God is our body; touch not the unclean thing.

9:9-11: He that hath given to the poor multiplies his seed and is enriched.

12:7-10: “Lest I should be exalted . . . there was given to me a thorn in the flesh.”

## **EPHESIANS**

5:5: No unclean person will receive any inheritance in the Kingdom.

5:18: “And be not drunk with wine, wherein is excess.”

## **PHILIPPIANS**

3:13-14: Forgetting those things which are behind—press on.

3:18-19: “Whose end is destruction; whose god is their belly.”

4:13: “I can do all things through Christ which strengtheneth me.”

## **COLOSSIANS**

4:14: “Luke, the beloved physician.”

## **1 TIMOTHY**

3:8: Deacons should not be given to much wine.

4:3: Forbidding to marry, commanding to abstain from meats.

**HEBREWS**

**9:19:** Blood of calves and goats, water, scarlet wool, and hyssop.

**10:22:** Let us draw near with a true heart and bodies washed.

**12:1-4:** “Consider Him that endured such contradiction of sinners.”

**12:15:** “Lest any root of bitterness springing up trouble you and many be defiled.”

**12:16-17:** Lest there be any fornicator as Esau who sold his birthright.

**JAMES**

**2:20:** “Faith without works is dead.”

**5:14-16:** Is any sick among you? Call for the elders, pray, anoint.

**1 PETER**

**2:11:** “Abstain from fleshly lusts, which war against the soul.”

**2 PETER**

**2:17-22:** They allure through lusts of the flesh . . . servants of corruption.

**1 JOHN**

**1:9:** “If we confess our sins, He is faithful and just to forgive us.”

**2:1:** “If any man sin, we have an Advocate.”

**3 JOHN**

**1:2:** “Beloved, I wish above all things that thou mayest prosper and be in health.”

**REVELATION**

**13:12-14:** Exerciseth all power of first beast; deceiveth all by means of miracles.

**16:14:** “For they are the spirits of devils, working miracles.”

**18:1-2:** Babylon is fallen, a hold of every foul spirit, an unclean and hateful bird.

**22:2:** Tree of Life; “and the leaves of the tree were for the healing of the nations.”

**- CHAPTER TWENTY-FIVE -**

**DIVINE HEALING  
AS FOUND IN THE BIBLE**

Sin and sickness come from the transgression of God's laws. In order to gain physical health we must obey God's eight health laws. In order to gain spiritual health we must obey God's ten moral laws.

God will not restore to health those who desire it only that they may continue to sin and dishonor their Creator. To love obedience is to love health and life. To love sin is to love degeneration and death.

We, in our own strength, cannot change our sinful, self-destroying habits, but—wonderful, wonderful truth—Jesus can do it for us! As we view His great sacrifice for us on the cross, confess our sinfulness, and surrender to the power of His love, He will come into our lives and, by His Spirit, do that for us which we cannot do for ourselves: give us a new mind, a new heart, new attitudes, a new way of life and—if it be His will, healing—physical healing of our diseased and weakened bodies.

What are the steps by which we become new creatures in Christ and receive healing of body as well as of mind and soul? The Bible tells us of ten:

**1 – Go to the Great Physician; only God can heal.**

“Bless the Lord, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities, Who healeth all thy diseases, Who redeemeth thy life from destruc-

tion.”—*Psalm 103:2-4*.

“And the Lord will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.”—*Deuteronomy 7:15*.

“And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.”—*Exodus 23:25*.

**2 – Accept and believe in His healing power; and ask Him to heal you if it be His will.**

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

“Faith in His name hath made this man strong, whom ye see and know: yea, the faith which is by Him hath given him this perfect soundness in the presence of you all.”—*Acts 3:16*.

**3 – Trust in Him, be submissive to His will, and believe that He will heal you if it be His will.**

“We know not what we should pray for as we ought.”—*Romans 8:26*.

“Father, if Thou be willing, remove this cup from Me; nevertheless not My will, but Thine, be done.”—*Luke 22:42*.

“Commit thy way unto the Lord; trust also in Him: and He shall bring it to pass . . . Rest in the Lord, and wait patiently for Him.”—*Psalm 37:5, 7*.

**4 – Confess your sins to God, ask forgiveness of those whom you have wronged, and forgive.**

“If I regard iniquity in my heart, the Lord will not hear me.”—*Psalm 66:18*.

“Confess your faults one to another, and pray one for another, that ye may be healed.”—*James 5:16*.

“If any man sin, we have an advocate with the Fa-

ther, Jesus Christ, the righteous.”—*1 John 2:1*.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”—*1 John 1:9*.

### **5 – Change wrong habits and obey all of His laws, through the strength that Jesus gives you.**

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee.”—*Exodus 15:26*.

“Jesus saith unto him, Rise, take up thy bed and walk . . . Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole; sin no more, lest a worse thing come upon thee.”—*John 5:8, 14*.

“Go and sin no more.”—*John 8:11*.

“I beseech you, therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”—*Romans 12:1*.

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”—*1 Corinthians 3:16-17*.

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”—*1 Corinthians 10:31*.

“I can do all things through Christ which strengtheneth me.”—*Philippians 4:13*.

“If any man will come after Me, let him deny himself, and take up his cross daily and follow Me.”—*Luke 9:23*.

### **6 – Assist nature in cleansing the system and expel-**

**ling impurities.**

“Purge me with hyssop, and I shall be clean; wash me and I shall be whiter than snow.”—*Psalm 51:7*.

“Wash you, make you clean; put away the evil of your doings from before Mine eyes; cease to do evil, learn to do well.”—*Isaiah 1:16-17*.

“And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”—*Matthew 10:7-8*.

“What agreement hath the temple of God with idols? For ye are the temple of the living God, as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.”—*2 Corinthians 6:16-17*.

**7 – Use the simple water treatments.**

“Have mercy upon me, O God, according to Thy lovingkindness; according unto the multitude of Thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin.”—*Psalm 51:1-2*.

“And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean . . . Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean.”—*2 Kings 5:10, 14*.

“He spat on the ground, and made clay of the spittle, and He anointed the eyes of the blind man with the clay, and said unto him, Go, wash in the pool of Siloam. He went his way therefore, and washed, and came seeing.”—*John 9:6-7*.

“Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”—*2 Corinthians 7:1*.

**8 – Use the simple herbs of the field.**

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree, yielding seed: to you it shall be for meat.”—*Genesis 1:29*.

“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field.”—*Genesis 3:18*.

“The hay appeareth, and the tender grass showeth itself, and herbs of the mountains are gathered.”—*Proverbs 27:25*.

“For one believeth that he may eat all things; another, who is weak, eateth herbs.”—*Romans 14:2*.

“He causeth the grass to grow for the cattle, and herb for the service of man.”—*Psalms 104:14*.

“And the fruit thereof shall be for meat, and the leaf thereof for medicine.”—*Ezekiel 47:12*.

“And the leaves of the tree were for the healing of the nations.”—*Revelation 22:2*.

**9 – Thank God for His mercy and grace, whatever may be the outcome, and give your life into His hands.**

“Thou wilt keep him in perfect peace whose mind is stayed on Thee, because he trusteth in Thee.”—*Isaiah 26:3*.

“In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.”—*Isaiah 30:15*.

“Wait on the Lord; be of good courage, and He shall strengthen thine heart.”—*Psalms 27:14*.

“As thy days, so shall thy strength be.”—*Deuteronomy 33:25*.

“The eternal God is thy refuge, and underneath are the everlasting arms: and He shall thrust out the enemy from before thee.”—*Deuteronomy 33:27*.

“Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.”—*Joshua 1:9*.

“I will both lay me down in peace, and sleep: for Thou, Lord, only, makest me dwell in safety.”—*Psalms 4:8*.

“The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”—*Psalms 27:1*.

“The Lord will command His lovingkindness in the daytime, and in the night His song shall be with me.”—*Psalms 42:8*.

“Commit thy way unto the Lord, trust also in Him, and He shall bring it to pass.”—*Psalms 37:5*.

**10 – Do all in your strength to lead others to the cross of Jesus and to His healing power. Abundant health is promised to those who do this.**

“Is it not to deal thy bread to the hungry . . . bring the poor . . . to thy house . . . and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily.”—*Isaiah 58:7-8*.

**Note:** If giving a single Bible study on the above subject, read only one (or occasionally two at the most) of the texts from each of the ten sections listed above.



# Key Quotations

***The following statements are from the health compilation we placed in the back of our very low-cost edition of *Desire of Ages*. The following statements reveal that obedience to the law of God—includes the physical and health laws:***

“The transgression of physical law is the transgression of God’s law. Our Creator is Jesus Christ. He is the author of our being. He has created the human structure. He is the author of the physical laws, as He is the author of the moral law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God.”—*Letter, May 19, 1897.*

“God’s law is written by His own finger upon every nerve, every muscle, every faculty which has been entrusted to man.”—*Letter, August 30, 1896.*

“Health, strength, and happiness depend upon immutable laws; but these laws cannot be obeyed where there is no anxiety to become acquainted with them.”—*Health Reformer.*

“The Lord has made it a part of His plan that man’s reaping shall be according to his sowing.”—*Letter, May 19, 1897.*

“To make plain natural law, and urge the obedi-

ence of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord."—*3 Testimonies*, 161.

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate."—*5 Testimonies*, 443.

"It is the duty of every human being, for his own sake and for the sake of humanity, to inform himself or herself in regard to the laws of organic life, and conscientiously to obey them . . . It is the duty of every person to become intelligent in regard to disease and its causes."—*Letter, December 4, 1896*.

"God has formed laws to govern every part of our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is a fixed penalty, which sooner or later must be realized."—*Health Reformer*.

"Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of God."—*3 Testimonies*, 164.

"The laws governing the physical nature are as truly divine in their origin and character as the law of the Ten Commandments. Man is fearfully and

wonderfully made; for Jehovah has inscribed His law by His own mighty hand on every part of the human body.”—*Letter, August 5, 1896.*

“ ‘Have I not a right to do as I please with my own body?’ —No, you have no moral right, because you are violating the laws of life and health which God has given you. You are the Lord’s property,—His by creation and His by redemption. Every human being is under obligation to preserve the living machinery that is so fearfully and wonderfully made.”—*Letter, May 19, 1897.*

“Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action. If we were left to run it for one moment, we should die. We are absolutely dependent upon God.”—*Letter, October 12, 1896.*

“The health should be as sacredly guarded as the character.”—*Christian Temperance, 82.*

“Proportionally as nature’s laws are transgressed, mind and soul become enfeebled . . . Physical suffering of every type is seen . . . Suffering must follow this course of action. The vital force of the system cannot bear up under the tax placed upon it, and it finally breaks down.”—*Letter, August 30, 1896.*

“Sickness is caused by violating the laws of health; it is the result of violating nature’s laws.”—*3 Testimonies, 164.*

“Health is a great treasure. It is the richest possession that mortal can have. Wealth, honor, or learning is dearly purchased, if it be at the loss of the vigor of health. None of these attainments can secure happiness if health is wanting.”—*Christian Education*, 16.

“That time is well spent which is directed to the establishment and preservation of sound physical and mental health . . . It is easy to lose health, but it is difficult to regain it.”—*Review*, No. 39, 1884.

“Perfect health depends on perfect circulation.”—*2 Testimonies*, 531.

“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.”—*Health Reformer*.

“An aimless life is a living death. The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind.”—*Review*, No. 31, 1884.

“God has pledged Himself to keep this living machinery in healthful action, if the human agent will obey His laws and cooperate with God.”—*Letter*, January 11, 1897.

“Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body.”—*Christian Temperance*, 120.

“Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated.”—*Solemn Appeal*, 16.

“Close confinement indoors makes women pale and feeble, and results in premature death.”—*Health Reformer*.

“Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur.”—*Spiritual Gifts*, Vol. 4, 133.

“The effects produced by living in close, ill-ventilated rooms are these . . . The mind becomes depressed and gloomy, while the whole system is enervated; and fevers and other acute diseases are liable to be generated . . . The system is peculiarly sensitive to the influence of cold. A slight exposure produces serious diseases.”—*1 Testimonies*, 702.

“What influence does overeating have upon the stomach? —It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as a result.”—*2 Testimonies*, 364.

“The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease.”—*Counsels to parents and Teachers*, 57.

“The liability to take disease is increased tenfold by meat eating.”—*2 Testimonies*, 64.

“Rich and complicated mixtures of food are health destroying. Highly seasoned meats and rich

pastry are wearing out the digestive organs.”—*Letter, November 5, 1896.*

“Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease.”—*5 Testimonies, 311.*

“A neglect of cleanliness will induce disease.”—*How to Live, Chapter 4, 61.*

“Rooms that are not exposed to light and air become damp . . . Various diseases have been brought on by sleeping in these rooms.”—*How to Live, 243.*

“Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.”—*How to Live, 246.*

“If the clothing worn is not often washed, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration . . . The pores of the skin absorb again the waste matter thrown off.”—*How to Live, 242.*

“When we do all we can on our part to have health, then may we expect that blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health.”—*How to Live, 246.*

***The following statements are some of the best from the book you now have in hand. Because this is a low-cost book, you might wish to cut the following quotes out of a copy of the book—and thumb tack them to the walls for all to read!***

“True sympathy between man and his fellowmen is to be the sign distinguishing those who love and fear God from those who are unmindful of His law. How great the sympathy that Christ expressed in coming to this world to give His life a sacrifice for a dying world! His religion led to the doing of genuine medical missionary work.” —*Medical Ministry, 251*

“The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time.” —*6 Testimonies, 379*

“Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities.” —*9 Testimonies, 167*

“We shall see the medical missionary work broadening and deepening at every point of its progress, because of the inflowing of hundreds and thousands of streams, until the whole earth is covered as the waters cover the sea.” —*Medical Ministry, 317*

“All around us are doors open for service. We should become acquainted with our neighbors, and seek to draw them to Christ. As we do this, He will approve and cooperate with us.” —*Counsels on Health 396*

“The breadth of gospel medical missionary work is not understood. The medical missionary work now called for is outlined in the commission which Christ gave to His disciples just before His ascension. ‘All power is given unto Me in heaven and earth,’ He said. ‘Go ye therefore, and teach all nations . . . teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world’ (Matt. 28:18-20). These words point out our field and our work. Our field is the world; our work is the proclamation of the truths which Christ came to our world to proclaim.”

—*Counsels on Health*, 509

“Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God’s people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by the practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts.”

—*Welfare Ministry*, 125

“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties.”

—*Counsels on Health*, 323



“We have no time to lose. The end is near. The passage from place to place to spread the truth will soon be hedged with dangers on the right hand and on the left. Everything will be placed to obstruct the way of the Lord’s messengers, so that they will not be able to do that which it is possible for them to do now. We must look our work fairly in the face, and advance as fast as possible in aggressive warfare.”

—*Evangelism, 30-31*

“Before the true reformer, the medical missionary work will open many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible—the work that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to Him who gave His life for you. Act as if you heard Christ calling upon you personally to do your utmost in His service. Look not to see who else is ready. If you are truly consecrated, God will, through your instrumentality, bring into the truth others whom He can use as channels to convey light to many that are groping in darkness.”

—*Counsels on Health, 425-426*

“We are not to cover mercy with selfishness and then call it Medical Missionary work.”

—*Medical Ministry, 131*

“Never should appearance be depended on as a means of success. This is a delusion . . . It is like a canker that is ever eating into the vitals.”  
—*Counsels on Health*, 277

“Many sanitariums are to be established. They are not to be large, but sufficiently complete to do a good and successful work.”  
—*Counsels on Health*, 225

“Watch the little outgoes. Stop every leak. It is the little losses that tell heavily in the end. Gather up the fragments; let nothing be lost. Waste not the minutes in talking; wasted minutes mar the hours. Persevering diligence, working in faith, will always be crowned with success.” —*Counsels on Health*, 304-305

“My warning is: Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities and into the country, where they can obtain a small piece of land, and make a home for themselves and their children.”  
—*Country Living*, 10

“We must do more than we have done to reach the people of our cities. We are not to erect large buildings in the cities, but over and over again the light has been given me that we should establish in all our cities small plants which shall be centers of influence.”  
—*Counsels on Health*, 481

“There should be regular hours for working, regular hours for eating.”  
—*Medical Ministry*, 79

“The simpler remedies are less harmful [than drug poisons] in proportion to their simplicity, but in very many cases these are used when not at all necessary . . . There are simple herbs and roots that every family may use for themselves, and need not call a physician any sooner than they would call a lawyer.”

—2 *Selected Messages*, 279

“Why do not two or three meet together and plead with God for the salvation of some special one, and then for still another? . . . The formation of small companies as a basis of Christian effort has been presented to me by One who cannot err. If there is a large number in the church, let the members be formed into small companies, to work not only for the church members, but for unbelievers. If in one place there are only two or three who know the truth, let them form themselves into a band of workers. Let them keep their bond of union unbroken, pressing together in love and unity, encouraging one another to advance, each gaining courage and strength from the assistance of the others.”

—7 *Testimonies*, 21-22

“The truth for this time, the third angel’s message, is to be proclaimed with a loud voice, as we approach the great final test. This test must come to the churches in connection with true medical missionary work, a work that has the Great Physician to dictate and preside in all it comprehends.”

—*Loma Linda Messages*, 62

“The medical missionary workers are doing the long-neglected work which God gave to the church . . . they are giving the last call to the supper which He has prepared.”

—8 Testimonies, 71

*“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.*

Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.”

—Ministry of Healing, 127

“Special instruction should be given in the art of treating the sick without the use of poisonous drugs, and in harmony with the light that God has given. In the treatment of the sick, poisonous drugs need not be used.”

—9 Testimonies, 175

“Nature’s simple remedies will aid in recovery without leaving the deadly aftereffects so often felt by those who use poisonous drugs.”

—*2 Selected Messages, 281*

“If they take the position that in praying for healing they must not use the simple remedies provided by God to alleviate pain and to aid nature in her work, lest it be a denial of faith, they are taking an unwise position. This is not a denial of faith; it is in strict harmony with the plans of God . . . In everything we need to move along the line of God’s providence. The human agent should have faith and should cooperate with the divine power, using every facility, taking advantage of everything that, according to his intelligence, is beneficial, working in harmony with natural laws; and in doing this he neither denies nor hinders faith.”

—*Counsels on Health, 381-382*

“When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God . . . But should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator.”

—*Ministry of Healing, 233*

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature.”

—*Ministry of Healing, 127*

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system . . .

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.”

—*Ministry of Healing, 127*

“Thousands have died for want of pure water and pure air, who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air, and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence.”

—*Counsels on Health, 55-56*

“But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform . . . There are many ways in which water can be applied to relieve pain and check disease.”

—*Ministry of Healing, 237*

“The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary. To educate the human family that the doctor alone knows all the ills of infants and persons of every age is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work . . . In simple language, we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science.” —*Spalding-Megan Collection, 137*

“Our faith requires us to elevate the standard of reform, and take advanced steps. The condition of our acceptance with God is a practical separation from the world. The Lord calls upon us as a people, ‘Come out from among them, and be ye separate.’”

—*Counsels on Health, 50-51*