

Only One Way —

W
M1
5
4
8

**"THERE ARE MANY WAYS OF PRACTICING THE HEALING ART,
BUT THERE IS ONLY ONE WAY THAT HEAVEN APPROVES."**

"There Are Many Ways of Practicing the Healing Art, But THERE IS ONLY ONE WAY THAT HEAVEN APPROVES" was the original title of this study.

This quotation can be found in **5 Testimonies**, 443, and **Counsels on Health**, 323. The entire paragraph is very similar to **Ministry of Healing**, 127.

The writing on this careful study began in the summer of 1957 and was completed and published the following spring. It was prepared by a nurse in one of our denominational hospitals on the East Coast. She had both registration and a baccalaureate in nursing science, as well as many years of nursing experience in our denominational hospitals. This is a report of that study. I have supplied grammatical simplifications, along with all material that is enclosed within brackets.

The following account is presented with the prayerful hope that it will help arouse our people to the realization that "something is to be done" [*Medical Ministry*, page 22] to reform our health practices, so that we shall be able to endure, both physically and spiritually, the rigors of the last days; for we are fast approaching the Time of Trouble.

"All who leave the common track of custom, and advocate reform, will be opposed, accounted mad, insane, radical, let them pursue ever so consistent a course."—*2 Testimonies*, 377.

This study has been prepared with a sincere desire to avoid extremes and still present the facts in their stark, startling, and appalling nature. An illustration from the experience of a patient in one of our sanitariums, with accompanying observations and quotations, is given.

Conscientious nurses often witness with emo-

tions of frustration and embarrassment the sufferings, discomfort, and sometimes death of many victims of drugging. These might have been painlessly restored to radiant health by employing the simple agencies of nature, if our sanitariums were fulfilling their *raison d'état* (reason for existence). Many of our own people can testify that they have been prostrated by drugs (including modern miracle drugs and antibiotics as the chief offenders); and, when given up by modern medical science, they have been restored by the often despised lowly herbs and rational treatment.

"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."—EGW, in *Disease and Its Causes*, 72-73.

(What was called a "sanitarium" in 1957 is today called a "hospital." A "sanitarium" was originally a health institute where the ill could go for restoration through the use of the simple remedies of nature. These were generally located in retired areas in the country, being more conducive to the proper recovery of the patients. Further details on this method of treatment will be found in the book, *Ministry of Healing*, by Ellen G. White and similar studies by her (such as *Counsels on Health*, *Medical Ministry*, etc.). Today, we no longer have denominational owned "sanitariums" in North America. Gradually, over the years, each of their names has been changed to "hospital" in order to accurately identify them as acute-care centers with the facilities, medicines, and methods of treatment such as one would find in other modern medical centers.)

"This world has been visited by the Majesty of heaven, the Son of God . . Christ came to this world as the expression of the very heart

and mind and nature and character of God. . . Christ stands before us as the pattern Man, the great Medical Missionary, an example of all who should come after. . . When all our medical missionaries shall live the renewed life in Christ Jesus, and shall take His words as meaning all they are designed to mean, there will be a much clearer and comprehensive understanding of what constitutes genuine medical missionary work. . . It behooves every soul whose life is hid by Christ in God to come to the front now. Something is to be done."—*Medical Ministry, from the chapter, entitled "The Divine Plan in the Medical Missionary Work," 19-22.*

Meditation on the contrast between God's revealed methods of medical missionary work and the incomprehensible manner in which it is now practiced has impelled the following narrative of the unfortunate experience of a patient who came under the care and observation of a nurse in one of our sanitaria.

A CASE HISTORY

This patient was a refined and intelligent lady of some means. She was somewhat apathetic and emotionally distressed. Her only apparent physical ailment was some cervical arthritis. (The cervicals are the top seven bones of the spinal column.) Over the past fifteen years she had been in and out of practically every hospital in the city without appreciable improvement in her condition. Her presence in our institution seemed to be an opportunity to demonstrate to her the difference between the healing arts as practiced in worldly institutions and those employed in our sanitarium. She seemed to feel that at last she was in the right place and could look forward to improvement through the natural therapy that she had heard was the method used at the sanitarium.

True to her expectations, a mild hydrotherapy treatment was ordered for her. For treatment of her cervical arthritis she was sent to the physiotherapy department, where she was seated in a straight, hard wooden chair with traction applied to her head. (A device was fashioned to her head and a steady pull upward was then exerted.) The order said "for one hour and longer as tolerated by the patient." She tolerated this for about fifteen minutes until she started hurting in other places worse than in her neck. The fomentations and diet she had expected had not been used to treat the condition.

When her medicinal program got under way, she would raise a quizzical eyebrow as new medicines

were brought into the room; but she swallowed them obediently with little comment except that it was "a greater variety than she got in most other hospitals." The following is a list of the medications she was receiving:

Surbex: a synthetic or crystalline vitamin preparation—twice daily.

Equinil: a tranquilizing drug—four times daily.

Elixir of Iron, Quinine, and Strychnine: an appetizer—three times daily.

Vitamin B injection: once daily.

Estrogenic hormone injection: twice a week.

Noctec: for sleep. (Many patients make comments such as, "They bring me a sleeping pill every night even when I tell them that I sleep all right without it.")

Aspirin: for headache.

Penicillin: for which one of the mycins was substituted.

The above is a fairly typical example of the drugs prescribed routinely for many patients—some receiving more and some receiving less—according to the one prescribing and the response of the patient.

THE PATIENT'S RESPONSE

After taking the *Equinil* for over a week, the patient's hands and feet became very red, swollen, and itchy. Next, a red rash appeared all over her body. The doctor discontinued the *Equinil*, as a causative factor of the rash, and gave an antihistamine, *Benadryl*, four times daily to counteract the rash. A day or so after starting the *Benadryl*, the patient's temperature became elevated; she became very dizzy, had severe head pains, and said she felt as if her jaws were going to set (lock in place).

Opening the pharmaceutical handbook to the *antihistamines*, I found listed as possible harmful side effects the very reactions this patient was manifesting. Furthermore, the handbook stated that the therapeutic value of the antihistamines had not been established. (There was no definite evidence that they were of any particular value as a medication.)

After the patient had been on this drug program for a couple of weeks, she developed a swelling in front of her right ear for which *penicillin* was ordered. On previous occasions she had had allergic reactions to this wonder drug; so one of the mycins was substituted. On a former bout with a mycin drug, she had developed a white, furry growth in her throat. (These fungus growths are resultant from these fungus "wonder" drugs that have been orally administered. These drugs are derived from a family of molds known as "pennicillium.")

"This same type of furry growth from one of the mycins caused one of my relatives to choke to death. This fact may help explain my deep concern to warn against this desperately hostile method of treating disease." No comment is needed on the *Elixir of Iron, Quinine, and Strychnine*; for Ellen White spoke of them in her day as definitely harmful drugs. Quinine: *Spiritual Gifts*, Vol. 4a, p. 139. Strychnine (*nux vomica*): pp. 138-139, 2 *Selected Messages*, pp. 446-447, 449.

Some may think the allergic reaction of this particular patient to be unusual. However, on the front of many patients' charts are warnings stating, "This patient is allergic to such and such a drug"—and then naming it. It would not be a difficult assignment to compile a long list of victims who have had critical reactions to practically all of the so-called "harmless" drugs administered to patients.

NECESSITY OF A DECISION

The disappointing experiences of such people as this patient who had come to our sanitarium, and who in the words of Jeremiah 8:15, "looked . . . for a time of health, and behold trouble," gave me pause, and brought me to the realization that I had a decision to make. Recently I had read in *Prophets and Kings* p. 148:

"The Lord abhors indifference and disloyalty in a time of crisis in His work. The whole universe is watching with inexpressible interest the closing scenes of the great controversy between good and evil. The people of God are nearing the borders of the eternal world; what can be of more importance to them than that they be loyal to the God of heaven."

Current training and medical ethics sometimes pose a problem for a Seventh-day Adventist nurse to decide just where her loyalties lie. Should she carry out the doctor's orders and administer drugs which she can plainly see are having an adverse effect on the patient; or should she listen to the voice of conscience, which has been enlightened by a study of the Spirit of Prophecy writings regarding the Satan-inspired practice of administering poisonous drugs to treat disease? A nurse must often ponder and try to harmonize the instruction the Lord has given in relation to medical missionary work and the contrary way it is carried on by those to whom the Lord has so plainly revealed His methods of prevention and healing.

On entering training, a nurse takes the Florence Nightingale pledge; part of this says, "I will not knowingly administer any harmful drug." How can a Seventh-day Adventist nurse who repeatedly ob-

serves the effects of the drugs on the patients keep from violating this pledge? The nurse who has meditated on the *divine blueprint of healing* cannot callously enter a sickroom with a needle full of a powerful drug which has been proven to have toxic effects on a full ten percent of all patients who receive it—and which has brought instant death to many more. Yet this drug is prescribed routinely for infection by most physicians.

After reading the following quotations, a nurse must choose between subordination to the orders of man or obedience to the laws of God.

A FEW OF THE MANY TESTIMONIES REGARDING DRUGS

"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 carried thousands and tens of thousands to untimely graves."—4 *Spiritual Gifts*, 133.

"By the use of poisonous drugs many bring upon themselves lifelong illness, and many lives are lost that might be saved by natural methods of healing. Let physicians teach the people that restorative power is not in drugs, but in nature."—*Ministry of Healing*, 126-127.

"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. 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."—*Medical Ministry*, 229.

"When drugs are introduced into the system, for a time they 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."—4 *Spiritual Gifts*, 135.

No doubt, it is this seemingly beneficial initial effect of the drug which deceives some undiscerning physicians and gives others *carte blanche* [a card of permission] to administer these deceitful medicines.

"There are more who die from the use of

drugs, than all who would have died of diseases had nature been left to do her own work.”—*4 Spiritual Gifts*, 135.

“Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender, and true, and clean.”—*Medical Ministry*, 227.

“Years ago the Lord revealed to me that institutions should be established for the treating of the sick without drugs.”—*Medical Ministry*, 229.

“The influence of the Spirit of God is the very best medicine that can be received by a sick man or woman.”—*Medical Ministry*, 12.

“Experimenting in drugs is 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.

As we are well-aware, the Lord through His servant has given us many more warnings against the use of drugs; some even more scathing than these.

We are all acquainted with the answer of the doctors when these quotations are called to their attention: “Sister White did not mean the wonderful medicines we have today. She was referring to the drugs used in her day before we had these marvelous, modern, scientific discoveries.” Did Sister White refer ONLY to the drugs used in her day or did she include our modern drugs? We know that her definition of a “drug” was a poisonous substance of a foreign nature. The statements below, from well-known and recognized medical men, will help answer this question.

STATEMENTS OF RECOGNIZED MEDICAL DOCTORS

“Most drugs have no curative effect whatever on the diseases for which they are administered. We do not feel under obligation to give drugs at all, except where the patient's attitude or the attitude of his family makes it expedient.”—*William Osler, M.D., in modern medicine*.

“We medical men know little or nothing of the real action of drugs.”—*William Osler, medical author and critic*.

“The drugless doctor is steadily growing in

influence. Medicine is facing an ever increasing wave of discredit.”—*D.D. Tait, M.D., President of the San Francisco Medical Society*.

“Every educated physician knows that most diseases are not appreciably helped by drugs.”—*Richard Cabot, M.D., Chief of Staff, Massachusetts General Hospital*.

“The cause of disease is the poisonous drugs physicians superstitiously give to effect a cure.”—*Charles E. Page, M.D., Boston, Massachusetts*.

“The drugless healer is one of the best things that has come into the life of the present.”—*Charles Mayo, M.D., of the Mayo Brothers, Mayo Clinic, Rochester, Minnesota*.

“I place no confidence in drug therapeutics. Drugs, with the exception of two, are valueless as cures.”—*Frank Billings, M.D., Ex-President, American Medical Association*.

“There is not a single medicine in all the world that does not carry harm in its molecules. There is no medicine that does not harm.”—*J.N. Hurry, M.D., Indiana State Board of Health*.

“Drugs do not cure disease. The particular symptoms may be quieted by some drug, but the disease itself remains.”—*T.R. Allison, L.R.C.P., London, England*.

“If I take medicine for my liver it is probably doing harm to my stomach. What people need is to stop taking medicine. Any doctor who persuades people into taking NO drugs will soon make a reputation for curing chronic diseases.”—*C.S. Carry, M.D., Columbus Medical Journal*.

“No reputable physician nowadays gives medicine indiscriminately to every patient who applies. The modern doctor has lost his old-time faith in drugs, for the simple reason that they do not always do what is claimed for them. Frequently we have found that they do more harm than good. A drug for instance, may ‘cure’ a pain in the head, but do permanent damage somewhere else.”—*Captain Hughes Merns, M.D., Office of the Surgeon General, Washington, D.C.*

“If we only knew enough, all diseases could be prevented, and could be cured through proper nutrition.”—*Thomas Douglas Spies, M.D., in a paper read before the American Medical Association at its Annual Meeting of*

Only One Way —

**PART TWO
OF FOUR**

Continued from the preceding tract in this series

W
M
1
5
4
9

1957, as reported in *Newsweek*, June 1957. Dr. Tom Spies received the Distinguished Service Award, the highest honor the American Medical Association can bestow, at their 106th Annual Meeting in New York of that year.

All medical doctors take the *Hippocratic Oath* before they begin the practice of medicine. And it was Hippocrates himself who said, "Your food shall be your medicine, and your medicine shall be your food." [Part of the Hippocratic Oath is the promise to never knowingly give poison to one's neighbor. The Lord reiterated that fact to us, of letting our food be our medicine, over a century ago; and it must have been in His providence that one of OUR doctors should be the one many years ago to present this truth to the American Medical Association.

Why have we permitted the world to steal a march on us? Is it because, like Israel of old, we have despised His prophet? It seems so regrettable that some of our medical men have labored so earnestly to maintain a "good standing" with the medical trust that they are willing to jeopardize their standing with the Great Physician. What perplexity it must cause the angels as they see men of the world practicing and educating in the natural methods of healing, the methods that we should be employing; whereas so many of our own medical men are following a course that has been forbidden to us—a course that is responsible for many deaths.

"God requires His servants to walk in the light and not cover their eyes that they may not discern the working of Satan . . It is a lamentable fact that God's servants are not half as much awake to the wiles of Satan as they should be. And instead of resisting the devil that he may flee from them, many are inclined to make a compromise with the powers of darkness."—*3 Testimonies*, 196.

At the top of that same page, we are told:

"Here the duty of God's servants is made plain. They cannot be excused from the painful discharge of their duty to reprove sins and wrongs in the people of God, although it may be a disagreeable task and may not be received

by the one who is at fault."

As we have space here for this, I would like to note some of the baleful effects of the wonder drugs—penicillin and the various antibiotics—on cases whom I have attended or observed, including relatives and friends. In contrast, it may be mentioned that never in one instance have I seen a patient die from the effects of the natural remedies such as are referred to in the Spirit of Prophecy.

WHAT ABOUT THE ANTIBIOTICS?

It is true that antibiotics can, and do, destroy infection and might, indeed, be termed wonder drugs if their destructive work ended with the infection. But they are impartial destroyers. They have no discriminatory intelligence enabling them to travel directly to the seat of the infection and there select and destroy only the infecting bacteria. We are frequently told that the wonder drugs kill the good and the bad bacteria alike, thus crippling the body's natural defenses; and, as Sister White put it, "sowing a seed crop that will never lose its destroying properties throughout the lifetime" (*Medical Ministry*, 229).

In corroboration of the above statements, here is a quotation from an address presented by William E. Smith, M.D., of Englewood, New Jersey, at the Annual Convention of Natural Food Associates, at Little Rock, Arkansas, on February 16, 1957:

"I have induced cancer late in life in hundreds of animals by giving them when young a single dose of carcinogens [cancer-causing chemicals or agents] in amounts that you could put on the head of a pin."

Herbert Snow, M.D., for many years the senior surgeon of the Cancer Hospital of London, England, said:

"Of recent years many men and women in the prime of life have dropped dead suddenly, often after attending a wedding feast or banquet. I am convinced that 80% of these deaths are caused by the inoculations or vaccinations they have undergone. These are well-known to cause grave and permanent disease to the heart. The coroner always hushes it up with 'natural causes.' "

W.B. Clark, M.D., of Indianapolis, was even more positive when he said this:

"Cancer was practically unknown until cowpox vaccination began to be introduced. I have had to do with at least 200 cases of cancer, and I never saw a case of cancer in an unvaccinated person."

It has been stated that Sister White was vaccinated. As a child I was vaccinated also, before I had been given our Adventist health message. It may well be that Sister White was vaccinated before she received from Heaven our health message.

Here is an interesting report on the severe toxic—poisonous—effects of several of the antibiotics. It is reported in the book, *Antibiotics*, in 1953, written by Robertson Pratt, Ph.D., and Jean Dufrewy, D.Sc., both of the College of Pharmacy, of the University of California. At the conclusion of the chapter devoted to *penicillin* are listed the following toxic physiologic effects on the patient:

" . . pruritis, urticaria, nausea—10% of patients: penicillin tongue, asthmatic attacks, anaphylaxis/protein sensitization that results in a severe reaction, or death, when a second injection of the drug is later given. When a regimen of penicillin therapy designed to maintain continuously a therapeutic concentration in the blood is followed, sometimes the normal formation of antistrepolyse is impeded or may be prevented altogether, [and] the body may fail to produce antibodies."

Tyrothricin and two other antibiotics were also mentioned as causing occasional irritability and necrosis [cell or tissue death] at the sight of injection as well as nodules in the lung, the liver, the spleen, the kidneys, and the heart tissue of experimental animals.

The allergic reactions to *Streptomycin* are listed in this book as follows:

"Urticaria, nausea, shock, . . Likewise as judged by the incidence of dizziness following its use, dihydrostreptomycin was at first considered less toxic than streptomycin which, at a dose of 2 gms. daily for 4 months, produces irreversible [permanent damage], and sometimes complete, depression [total loss of function] of vestibular functions [of the inner ears, affecting the hearing, and the semicircular canals, affecting the sense of balance] in about 85% of patients. And even a daily dose of 1 gm. can cause dizziness in about 59% of the patients. However, dihydrostreptomycin is a more insidiously toxic agent; because often its use is followed by delayed and permanent deafness without [the] preliminary warning of chronic neuralgic damage that streptomycin gives by inducing vertigo [dizziness] as vesti-

bular function is impaired."

The chronic symptoms of *streptomycin* toxicity are listed as:

"Damage to the 8th cranial nerve, fatty infiltration of the liver, damage to the kidneys, and blood dyscrasias with delayed reactions."

Some of the toxic effects of *Aureomycin* are given as:

"Gastric upsets, including nausea, vomiting and diarrhea; mucosal irritation of mouth and anal regions; suppression of biosynthetic sources of calicines or other obscure antibiotically active compounds that normally are liberated in the gastrointestinal tract; and flare-ups assumed to be the cause of death in some patients."

In another hook, *Antibiotics and Antibiotic Therapy*, by Allen E. Hussar, M.D., F.A.C.P., and Howard L. Holley, M.D., F.A.C.P., we learn that the toxic effect of *penicillin* on the central nervous system has been demonstrated in animal experimentation and confirmed by clinical observation. Reactions from *intrathecal penicillin* have been described as follows: fever, headache, nausea and vomiting, listlessness, irritability, respiratory [breathing] difficulties, cyanosis (blueness of the skin), fall in blood pressure, circulatory collapse [blood vessel breakdown], muscular twitching, pain in legs and lower back, sensory disturbances [in hearing, sight, taste, etc.], areflexia (cessation of body reflexes), flaccid or spastic paralysis of extremities [hands and feet] cranial nerve palsy [defective brain nerve function], speech defect, nuchal [neck] rigidity, optic atrophy [gradual loss of sight], difficulties in micturition [urination] and defecation, unconsciousness, convulsions, and status epilepticus [rapid succession of epileptic attacks without regaining consciousness during them].

In the same book, the toxic effects of *streptomycin* were listed as: fever, pallor [paleness], irritability, paraplegia [paralysis of lower portion of body and both legs], urinary retention, cerebellar signs, shock-like state, somnolence [prolonged drowsiness or condition resembling a trance which may continue for days], convulsions, coma [abnormal deep stupor or sleep that the patient cannot be aroused from], and death.

Most people have observed or heard of many of these reactions in people whom they know, or they may have experienced them personally.

Here is a comment along this line from the *Washington Sunday Star* of October 6, 1957:

"Not Always a Lifesaver: 72 Deaths Laid to

Only One Way

Penicillin Use—More and more Americans are becoming sensitized to and unable to take life-saving penicillin, Dr. Henry Welch, of the Food and Drug Administration, reported yesterday. The chief of the FDA's division of antibiotics presented results of a nationwide survey which uncovered 72 penicillin deaths and nearly 1000 life-threatening reactions attributed to today's antibiotics, chiefly penicillin."

DO DRUGS CURE—OR DO THEY MERELY SUPPRESS, DELAY, AND CHANGE THE SYMPTOMS—AND STORE OR REROUTE THE IRRITANTS FOR FUTURE TROUBLE?

After reading the above statements from medical doctors about modern drugs, do you think the Spirit of Prophecy was speaking only of the drugs of that day? Or do you think that the Great Physician, who could see even down to our modern times, included our modern drugs when He had the following written by Inspiration?

"When drugs are introduced into the system, for a time they seem to have a beneficial effect. . . In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient."—4a *Spiritual Gifts*, 135.

One who prescribes drugs gives the impression that he is either indifferent to their toxic effects or he is willfully ignorant of the stupendous biochemical and biological reactions and functions of the human body.

Many, of course, think they are cured because the drug has suppressed the symptoms. But, after a time, they must come back for treatment for what appears to be a new ailment; whereas it is just the old irritation, plus the drug, manifesting itself in a new form.

"Satan can present a counterfeit so closely resembling the truth, that it deceives those who are willing to be deceived."—*Great Controversy*, 528.

We are reminded of Ecclesiastes 8:11: "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil."

A BASIS OF MODERN MEDICAL PRACTICE

Many people are unaware of the position of drugs in medical practice at this time in history. People are frightened into being vaccinated or inoculated. This is documented in an informative book, entitled *The Drug Story*, by Morris A. Beale, a news reporter, author, and editor.

Within its pages you will find a thoughtful presentation of the development of the modern drug trade, and the business ramifications that it now

has throughout the world. Working in connection with a benevolent and philanthropic organization, it promotes the sale of drugs, serums, and vaccines manufactured by its related drug companies and pharmaceutical houses. Medical doctors reading it would gain an insight into the reason why the drug industry is the basis of modern medicine and of the training that medical students are required to take in medical schools. Not a single course in nutrition is required in their packed program of studies.

But solid, firm principles have been given us:

"It is not necessary for our medical students to spend all the time that they are spending in medical studies."—8 *Testimonies*, 163.

"Often erroneous opinions are transcribed on the mind . . He is not to perform an action that does not harmonize with the deep, holy principles which minister light to his soul and vigor to his will . . The medical students are not to receive the idea that they may regard themselves as amenable only to the leaders in the medical work. They are to be left free to receive counsel from God . . Let us remember that individually we are working in full view of the heavenly universe."—8 *Testimonies*, 164.

"Many have exalted science and lost sight of the God of science."—5 *Testimonies*, 82.

Recently advanced advertising for the Asiatic flu serum went across America. We are told that the serum will be ready in September, and that the flu will arrive in December or January. The symptoms of the flu are listed as sore throat or an aching in the bones (which are symptoms common to a normal severe cold). And then we are told that the serum must be taken ahead of time in order to cure the Asiatic flu, when it arrives. In order to protect themselves, the advertisers claim 70% effectiveness for the serum. So, if one gets a shot and still gets the symptoms of a heavy cold in December or January, he will know he is one of the unfortunate 30%.

The above paragraph was written in August. Since then we have had the opportunity to observe the severe reactions that the flu vaccine has inflicted upon some of those who were urged into taking it. And now the official reports are that only a 12%-50% protection from the "Asiatic flu" by the vaccine is claimed.

Why will thinking men and women in the world—and in our church—allow themselves to be taken in by such an ad campaign? The first named and largest component of the Asian flu vaccine is SWINE. It is well-known that swine are hosts for the flu organisms. The God of heaven says in

Deuteronomy 14:8, regarding swine: "Ye shall not eat of their flesh, nor TOUCH their dead carcass." Again, He says:

"In order to be fitted for translation, the people of God must know themselves; they must understand in regard to their physical frames."—*1 Testimonies*, 486-487.

It seems hardly consistent with these statements for one to think that he should permit even a small amount of swine, be it ever so highly processed or refined, to be introduced into his body, regardless of who told him that this purifying treatment renders it innocuous. He is neither preparing for this life nor for heaven by so doing. Indeed, the Lord has given us explicit and easily accessible instruction which will enable us to obtain a relatively high resistance to disease. Men should not inject human beings with polluted serums: "A man that doeth violence to the blood of any person shall flee to the pit; let no man stay him." *Proverbs* 28:17.

INSIGHTS ON MEDICAL VACCINATION

Here is another recent pertinent newspaper article: "*Experts See More Peril in Vaccine than in Flu—San Francisco, Sept. 28.*"—A panel of medical experts reached the conclusion that mass immunization against Asian influenza does not make sense.

"Among those on the panel were Dr. Karl F. Meyer, Emeritus Director of the University of California's Hooper Foundation, and one of the world's foremost experts on epidemic diseases; Dr. Lowell Rantz, Stanford professor of medicine; Dr. Henry Brainerd, University of California professor of medicine; Dr. Henry Bruyn, University of California assistant professor of medicine, and Dr. Ellis Sox, San Francisco Health Director.

"Dr. Rantz declared: 'If we were to give the vaccine to one million persons across the board right now, we would have more deaths and illness from the vaccine than we have with the flu.' Dr. Donald M. Campbell, president of the Medical Society, commenting on the clamor for vaccine, stated: 'I'd say there is a good deal of hysteria or near-hysteria. . . I'm giving the vaccine only to relieve the near-hysteria.' Dr. Sox had this comment: 'Probably only 20 percent of the population will be hit. This means 80 [out] of 100 will not get Asian flu. He said the vaccine is only 50% effective; and, if it is given to the entire 100, only 10 of the 20 des-

tined to get the flu will be protected. Of the 10, it is highly likely that some will be hit harder by the vaccine than they would have been by the disease. The consensus was: Don't worry about getting vaccinated; you probably are better off without it."—*Washington Star, October 6, 1957*.

Quoting from the *Drug Story*, now in its sixteenth printing, we read on pages 150-151:

"Some physicians are a little blunt in appraising the monetary value of medical ads and customs . . . Dr. Matthew Pfeiferberger, when he was president of the Illinois State Medical Society . . . spoke before the annual conference of Illinois Health officers at Alton . . . He said: 'I am informed that epidemics and infections cause only 12% of all deaths and that the percentage is declining rapidly. Only 15% of all children would ever get diphtheria, even under epidemic conditions, while 100% are prospects for antitoxin.'

"Consider the statement of Guy L. Keefer, M.D., when he was Commissioner of Health for Michigan. In an article, published in the *Journal of the Michigan State Medical Society*, he said:

"'With 100,000 babies born every year, the increase in the physicians' income for diphtheria antitoxin would be from a quarter to three quarters of a million dollars if we could immunize all children against this disease soon after they are six months old. There would be an additional \$200,000 if we could immunize them against smallpox. Immunization against other diseases would help increase the earnings of the physicians who actively sponsor this modern type of practice.'

"In the year 1945, the larger serum companies of the United States reputedly made net profits of something like \$143,000,000. These are facts quoted from *Newsweek Magazine*."

OBSERVATIONS AND FACTS

Medically speaking, it would be presumption for a nurse to pretend that she knows as much as a medical doctor. Nevertheless, speaking from the standpoint of hygiene, logic, and just good common sense, one who is not even a nurse but who has studied the divine blueprint of anatomy and physiology, so comprehensively outlined by the Great Physician and Designer, will know how to preserve his own body in health. He will also know how to

Only One Way —

PART THREE
OF FOUR

Continued from the preceding tract in this series

W
M help his neighbor recover his health without recourse to harmful drugs.

1
5
5
0 Working in the illumination of the light which has shone on our pathway for over a hundred years, what methods could have been used on the patient, earlier spoken of in this study, which would not have had these deleterious side effects? What methods would have accomplished the desired results while working in harmony with the laws of her being?

The *Equinil* was given for its tranquilizing and depressant effects—although, in this particular case, the patient was already depressed and apathetic. A *prolonged neutral bath* would have been soothing and relaxing. At the same time, it would have been conducive to the elimination of body wastes through the skin. Naturally, a good *internal bath* [water drinking] should have preceded this; so the blood, as it circulated through the body, would not pick up colon wastes to distribute through the tissues and organs. There are many other hydrotherapy procedures which would have performed the same function.

Cleansing of toxic substances and wastes from the body is a primary factor in the elimination of disease.

When the body (with no help from the head) puts forth a heroic effort to rid itself of accumulated debris; and Nature presents the distress signals of pain, swelling, abscesses, etc., we today, are very illogical in our reaction to all this. Instead of cleaning out the body with colonic irrigations, sweat baths, forced fluids, etc., we give a poisonous drug to suppress the symptoms. Eventually even normal body functions collapse, and we have a heart attack or cancer or death. Many modern doctors regard enema equipment or a colonic machine as archaic apparatus. I know it to be a fact that many patients in the hospitals have to beg for an enema; and, when the order is reluctantly given and the body has been relieved of its load of retained poisonous substances, recovery is quite rapid.

Tranquilizers, such as *Equinil* or similar brands, are given routinely to some patients and taken without doctor's orders by many people. Yet, news items frequently appear, warning of the danger of these

medications. In the *Washington Evening Star* of October 31, 1956, Dr. Kramer, chief of the biometrics branch of the *National Institute of Public Health*, is quoted from an article in a *Public Health Service* publication. He warns that recent facts indicate that certain contraindications [negative side effects] of these drugs may well stand as a warning against their use. He also cites a report on the use of *chlorpromazine* which he says raises a question "of whether the tranquilizing drugs may have an adverse effect on the expectation of life [length of life] of persons treated with them."

While on nursing duty on some floors, I have had to fairly run the whole eight hours to get all of the prescribed medications and injections given on my wing. Patients are so well-educated by such a regime that, when a nurse enters a patient's room with a tray full of needles, the patient will docilely and automatically expose the areas that are routinely injected. Many patients facetiously refer to themselves as human pincushions; and these are often the ones who go on a continual round of the hospitals, always looking for help, while adding poison to poison and "constantly losing their hold on life."

VITAMINS—NATURAL, CRYSTALLINE, AND SYNTHETIC

In regard to the vitamin B injection given to my patient (which is fairly routine with many doctors), Dr. Calmer Funk, the originator of the method of concentrating vitamin B, now admits that the "synthetic product is less effective and more toxic." For example *vitamin B₁* (thiamine) in small doses can cure herpes zoster (shingles); but large doses can cause herpes zoster. (*See the Journal of the American Medical Association, "Herpes Zoster Treatment with 2 Thiamine Chloride," by M.J. Goodman, October 4, 1939.*)

In addition, Bicknell and Prescott, in *The Vitamins in Medicine*, show that "a deficiency of vitamin B₁ causes symptoms similar to hyperthyroidism; whereas an excess of the same vitamin caused similar symptoms." According to Swedish investigators, Carlstrom and Longren, in *Acta. Med. Scand.* 105:504-600, 1940: "There is an increase of peruvic acid (a fatigue poison) in the blood of cer-

tain patients after prolonged treatment with B₁." In the *Journal of the American Medical Association* for June 1943, an article, entitled "Hypervitaminotic Gallstones," points out that thiamine can cause gallstones.

The laity, at large, does not distinguish between natural, crystalline, and synthetic vitamins. They do not realize that the natural vitamins put in our food by the hand of the Creator function in complex groups, having synergistic relations to each other and to other food factors (such as enzymes, co-enzymes, proteins, carbohydrates, fats, and minerals). They must all be present for perfect metabolism. In the crystalline and synthetic vitamins (such as are usually medically administered), the LIFE principle is absent, having been destroyed in them. So while they may give a 'lift' for a short period—if taken over a long period without the support of an abundance of the natural vitamin complexes—they cause the very symptoms they were given to relieve. Whenever, by man-made inventions, we upset the delicate balance of nature, we must pay the penalty.

It is in keeping with our discussion to point out this truth here, that Dr. W.C. Heuper (Chief of the Environmental Cancer Section, *National Cancer Institute, U.S. Department of Health, Education, and Welfare*), in his paper, read at the 1956 *Cancer Symposium* in Rome, included both antibiotics (fed to food animals and added to food stuffs) and coal tars as two items in a significant listing of carcinogens (chemicals or irritants that induce cancer development in the body). *Toluene*, a coal tar derivative, is one of the solvents used in making crystalline vitamins.

As to the *estrogenic hormone injection* that this patient received twice a week, it is common knowledge that hormone administrations often accelerate tumor growths. *Aspirin*, of course, is given to practically every patient who complains of a pain. In addition to its connection with coal tar, Adelle Davis in her book, *Let's Eat Right to Keep Fit*, reports findings that aspirin has the quality of destroying vitamin C in the body for three weeks after the drug has been given.

But what could have substituted for that synthetic or crystalline vitamin B injection? On her breakfast tray, this patient could have been served cereal made from freshly ground, organically grown whole grain and other foods containing the B-complex instead of the degenerated, devitalized cereal so often served.

What could have been administered in place of

the allergy-producing *antibiotics*? Dr. Klenner (Chief of Staff of the Memorial Hospital in Reidsville, N.C.) speaks of *vitamin C* as "the antibiotic par excellence." A physician who has obtained striking results in treating polio with vitamin C at the Los Angeles County Hospital matched Dr. Klenner's enthusiasm with the remark, "If anything should be called a miracle drug, it is vitamin C."

These quotations and examples of patients treated with vitamin C and their marvelous and quick recoveries are to be found in Adelle Davis' book, *Let's Eat Right to Keep Fit*, in the chapter, entitled "A Finger in Every Pie."

G.K. Abbott, M.D., in his book, *The Witness of Science*, and in the chapter on "*Infantile Paralysis*," tells us: "Ascorbic acid [vitamin C] has proven capable of inactivating, by direct contact *in vitro*, every toxin and virus that has been investigated." Again, "The virus of poliomyelitis has an exquisite susceptibility to oxidizing agents, among which vitamin C is pre-eminent, because it is a natural nutritional element destroying the virus *in vivo*. The latter truth of this was shown by twice as many recoveries, when monkeys were treated with synthetic vitamin C over the controls that had no vitamin C. In the use of the NATURAL vitamin C, there are six times as many nonparalytic survivors as the untreated controls. Vitamin C, therefore, takes a definite part in natural resistance to the virus. Here, then, is another method of natural resistance and immunity besides phagocytosis, antitoxins, and other antibiotics."

This method of treating polio has the approval of Heaven; but one can hardly think Heaven's approval rests upon this advice found in some of our own publications: "Do your part in seeing that every man, woman, and child receives the Salk Vaccine," when the Lord has provided in His nontoxic nutritional program both the prevention and cure for polio.

When the Lord removed the Tree of Life, I believe He planted the lemon tree to provide us with that which we need to detoxify the body and restore the body's vital resources. When man-made drugs attempt to take over the work of the body's natural defenses, outraged Nature often ceases to resist and permits the wonder drug to do its destroying work.

FAMILIARITY BREEDS CALLOUSNESS

This remark is occasionally heard, by the nurses, from a patient: "I feel worse than I did when I came in." And well he might. He is carrying away a load he did not have when he entered the institu-

Only One Way

tion. A friend of mine was visiting a hospital patient recently; and the patient complained, "I didn't feel so bad when I came in, but I am feeling terrible now. I think it is some medicine they are giving me." Doctors, nurses, and patients take such complaints for granted as a necessary evil. One is reminded of the well-known verse:

Vice is a monster of such horrid mein [face],
That to be hated needs but be seen.
But seen too oft, familiar with her face,
We first hate, then pity, then embrace.

There are more pages in the Spirit of Prophecy writings devoted to the evils of medicinal drugs than there are to drinking alcoholic beverages. And we have a lively, wide-awake Temperance Department to warn men against spirituous, death-dealing liquors. But what General Conference, union, or local conference department do we have that has an active program of education about the dangers and contraindications of the death-dealing drugs that are so freely dispensed today throughout the land?

We have a chain of medical institutions circling the globe, which according to *Medical Ministry*, page 27, "were established to reform the medical practice of physicians" in regard to drugs.

Dr. David Paulson made a collection of unpublished Spirit of Prophecy testimonies regarding the use of drugs. In it we read: "I thought the matter of using drugs had been settled for us years ago by the testimony of the Spirit of Lord. 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 drugs."

WONDER DRUGS OR GOD'S ONE WAY?

Medical Science is constantly modifying its concepts and practices. During the Dark Ages, the scrapings from the skulls of people who had died from a certain disease were administered to the sick. In the present enlightened age, we inject cow pus and horse pus into the patient. One powerful drug after another is discarded, when continual usage reveals its harmful effects; and, in its place, a more powerful one is used.

It is disturbing that hospitals and cemeteries are doing very well despite wonder drugs and the wonderful claims made for them. New construction on these twin facilities is hardly keeping pace with the needs of our time. Never before has one disease, such as cancer, affected over half of our population. Cancer deaths keep pace with new drugs. Administering filth defiles and destroys the temple

of God with loathsome disease.

"Lo, this only have I found, that God bath made man upright; but they have sought out many inventions."—*Ecclesiastes* 7:29.

"Satan knows that he cannot overcome man unless he can control his will. He can do this by deceiving men so they will co-operate with him in transgressing the laws of nature, which is transgression of the Law of God."—*Healthful Living*, 25.

"It is just as much sin to violate the laws of our being as to break one of the Ten Commandments, for we cannot do either without breaking God's Law."—*2 Testimonies*, 70.

"God, the Creator of our bodies, has arranged every fiber and nerve and sinew and muscle, and has pledged Himself to keep the machinery in order if the human agent will cooperate with Him and refuse to work contrary to the laws which govern the human system."—*Healthful Living*, 22.

"Wherefore it shall come to pass, if ye hearken to these judgments, and keep and do them, that the Lord thy God will keep unto thee the covenant and the mercy which He sware unto thy fathers . . . 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* 7:12, 15.

"The Lord will not work a miracle to preserve anyone in health who will not make an effort to obtain knowledge within his reach concerning this wonderful habitation that God has given."—*Counsels on Health*, 504.

Man's Maker does not need to change the methods of healing He has ordained, in order to conform to the shifting and confused ideas of men. The Creator who established the laws that govern men's bodies knows far better than does erring, mortal man the rules that should be followed in order to preserve mankind in health. And He understands very well what must be done in order to regain health when these rules have been broken. Thank God for the Inspired Word! Listen to His counsel:

"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 want of which thousands are dying; yet these remedies are going out of date because their skilled use requires work the peo-

ple do not appreciate. Fresh air, exercise, pure water, clean, sweet premises, are in the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced on the system.”—*5 Testimonies*, 443; *Counsels on Health*, 323.

It is gratifying to learn that there is an ever-increasing number of those who are studying the blueprint and, in alarm, are turning from the erroneous custom of introducing into the human system a foreign and poisonous substance to cover over the signals that nature is displaying to warn of toxins and irritants already distressing the body. And we are also thankful for the many intelligent physicians of our own church who recognize the danger of drug medication and are striving to counteract it. It is time that prominence be given in our medical institutions, as well as in our health publications, to the use of the simple natural remedies of nature that God told us to use. It is too late to compromise with worldly ideas and with worldly methods.

“There is no such thing NOW as a neutral position. We are all decidedly for the right or decidedly for the wrong.”—*3 Testimonies*, 328.

There are no perplexing choices to make between harmful and nonharmful drugs when, in our hearts, we accept the fact that “there is only ONE WAY that Heaven approves.”

“To make plain NATURAL LAW and to 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.”—*3 Testimonies*, 161.

WHO CAN ENDURE THE FINAL TEST?

We must yet, as a people, face our test. It will constitute part of the great final test that all the world must face over obedience to the Law of God.

“The truth for this time, the Third Angel’s Message, is to be proclaimed with a loud voice [meaning with increased power] 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*, 336.

“Be not deceived; many will depart from the faith, giving heed to seducing spirits and doctrines of devils. We have now before us the Alpha of this danger. The Omega will be of a most startling nature.”—*Special Testimonies, Series B*, No. 2, p. 16.

The Alpha of the danger occurred when one

man, a medical doctor, apostatized in the field of religion. What could be more startling than to see our church papers seriously—and officially—extolling the virtues of the wonder drugs and vaccines, while currently the daily newspapers quip about the need for medical science to discover “anti-anti-drugs” and “counter-counter-irritants” to “help you hurt the help that hurts you.”

Our heavenly Father gave Israel of old the divine commission of proclaiming to the world a knowledge of the one true God. If she had obeyed this commission, she would have become its leading nation. But Israel turned her back on the Lord’s wonderful promises, embraced the gods of the heathen, and became the least respected nation on earth.

God gave modern Israel a most wonderful health message to proclaim to the world, a message that would have made her the head and not the tail. But astonishment of astonishments! Our denominational medical organization has put the Lord’s methods in the background and, in its place, has embraced the medical practices of the world.

And, an even stranger anomaly: Those leading out in a return to the simple remedies, given in nature, are thinking men out in the world who reason from cause to effect and who refuse to compromise principle when lives are at stake.

“The church has turned her back from following Christ her Leader, and is steadily retreating toward Egypt. . . Doubt and even disbelief of the testimonies of the Spirit of God is leavening our churches everywhere. Satan would have it thus. The testimonies are unread and unappreciated.”—*5 Testimonies*, 217.

“There is a spirit of opposition to the plain Word of God and to the testimony of His Spirit. There is a spirit of idolatrous exaltation of mere human reason above the revealed will of God.”—*5 Testimonies*, 79.

“But the days of purification of the church are hastening on apace. God will have a people pure and true. In the mighty sifting soon to take place, we shall be better able to measure the strength of Israel . . Those who have rendered supreme homage to ‘science falsely so-called,’ will not be the leaders then. . . The time is not far distant when the test will come to every soul.”—*5 Testimonies*, 80-81.

“I asked the meaning of the shaking I had

Only One Way —

**PART FOUR
OF FOUR**

Continued from the preceding tract in this series

W
M
1
5
5
1

seen and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. . . Some will not bear this STRAIGHT testimony. They will rise up against it, and this will cause a shaking among God's people."—*1 Testimonies*, 181.

"Satan will work his miracles to deceive; he will set up his power as supreme. The church may appear as about to fall, but it does not fall. It remains while the sinners in Zion will be sifted out. The chaff is separated from the precious wheat. This is a terrible ordeal, but nevertheless it must take place. None but those who have been overcoming by the blood of the Lamb and the word of their testimony will be found with the loyal and true, without spot or stain of sin, without guile in their mouths. . . The remnant that purify their souls by obeying the truth, gather strength from the trying process, exhibiting the beauty of holiness amid the surrounding apostasy."—*7 Bible commentary*, 911.

"The great issue so near at hand will weed out those whom God has not appointed; and He will have a pure, true, sanctified ministry prepared for the latter rain."—*3 Selected Messages*, 385.

"My attention was then turned to the company I had seen, who were mightily shaken . . . The numbers of this company had lessened. Some had been shaken out and left by the way."—*1 Testimonies*, 181-182.

"Those who come up to every point, and stand every test, and overcome, be the price what it may, have heeded the counsel of the True Witness, and they will receive the latter rain and thus be fitted for translation."—*1 Testimonies*, 187.

"Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation."—*Early Writings*, 71.

A creeping paralysis seems to be holding many of us back from making the needful preparation. It is a paralysis engendered by the twin infections of complacency and fear. The organism that produces the complacency is the preaching of "smooth things"

that suggest to us that getting rid of sin is a long drawn-out process. The organism that produces the fear is the dread of losing one's job, or the fear of social ostracism, or the embarrassment of being called a "fanatic."

If Ellen White said, back in her day, that only one in twenty was then ready for what was ahead (1T 632 and ChS 41), it is left to the reader to decide whether he thinks the ratio is greater or lesser in our day.

"Not one of us will ever receive the seal of God while our characters have one spot or stain upon them."—*5 Testimonies*, 214.

WE CANNOT SERVE TWO MASTERS

Our heavenly Father is using many agencies to arouse a deeper interest in health reform and the natural remedies, both among His people and in the world around us. I send this little pamphlet out in the hope that it will help us realize which master we are serving in the medical missionary work we carry on. My objective is that we may return in unity to God's divinely given plan, not that we merely react to this material with excuses or dissension.

For, you see, the stage is being set for the GREAT FINAL TEST. In the first test, Satan told Eve: "Ye shall not surely die." Eve died. Eve's modern children "who receive not the love of the truth," are bowing before one of His modern lies: "Medicine is a thing to be desired to make one well." But God says this about these poisonous substances: "Medicines kill hundreds where they benefit one." May the Great Physician lead His people back to the ONE WAY—the one way of healing that Heaven approves.

CONCLUSION OF THIS STUDY

DRUG TRIAL ABANDONED—"Alarmed by continued reports of undesirable effects from the drug, carbutamide, given by mouth for the relief of diabetes (*Time*, Oct. 29), Indianapolis Eli Lilly and Co. asked 2,900 doctors who have been testing it on 10,000 patients to abandon the trial. Most disturbing was a report that, at least in animals, carbutamide can cause liver damage which might be worse than the diabetes it is meant to control. Lilly was already experimenting with other promising drugs."—*Time*, November 12, 1956.

DRUG OF THE SULFA FAMILY MAY CAUSE SERIOUS POISONING—"Modern medicine has

produced a miracle drug, sulfathiazole, which will cure gonorrhea if properly administered. Taken by mouth in dosages prescribed by a physician, this new drug of the sulfa family will eradicate the disease in eighty or ninety percent of all gonorrhea cases within a few weeks. The treatment is the same for women as for men. It must be emphasized, however, that self-administration of the drug may cause serious poisoning."—*How to Keep Well*, published by Life and Health, "Venereal Diseases and War," by R.A. Vonderlehr M.D., p. 48.

SEVERAL HUNDRED DEATHS FROM THE USE OF PENICILLIN—"Penicillin was accused as deadly in certain cases by Dr. Jason E. Farber, Highland-Alameda County Hospital at Oakland, speaking here at a recent meeting of the *California Medical Association*. 'Probably several hundred deaths from penicillin have occurred in the United States since the drug was first used. Shock-like reactions, sometimes fatal, following the injection of penicillin or related drugs, have shown a disturbing increase during the last two years,' Dr. Farber disclosed. There is no doubt that the public is developing hypersensitivity to the 'miracle drug.' He said a survey in Central California revealed that more than 300 patients suffered severe reactions following penicillin injections and that seven died. All seven deaths occurred within three minutes after the injection. None had been reported previously in medical literature, he reported."—"Deaths Blamed on Penicillin," in *Let's Live*, September 1954.

NEGATIVE REACTIONS OF PENICILLIN AND OTHER MODERN DRUGS—"Penicillin is losing its punch; aureomycin can cause mouth ulcers; terramycin can make you so nauseated you might wish you'd never heard the name; chloromycetin too, unless properly used. And the latest of the miracles, ACTH and cortisone, are as potentially dangerous as they are potentially good . . We are now learning that penicillin carries a punch for the patient as well as for the disease the hypodermic needle is directed toward. Although penicillin when first released was considered almost non-toxic, physicians now report reactions in as many as 30 percent or more of their patients. Because millions of persons are receiving the drug at one time or another, more and more reactions can be expected . .

"Like penicillin, these three wonder drugs—aureomycin, terramycin, and chloromycetin—often cause reactions, among them a sore, red ulcerated mouth . . Another disturbing effect of this trio of wonder drugs is the intense nausea and vomiting they can produce in some patients. Gastrointestinal upsets occurring in both adults and children have been reported by many doctors . . Al-

though itching and skin rash are less frequent with these wonder drugs than with penicillin, there are, nonetheless, other annoying reactions."—J. De Witt Fox, M.D., "Are the Wonder Drugs so Wonderful?" in *Review and Herald*, February 2, 1956.

EVIL EFFECTS OF ASPIRIN IN THE SYSTEM—"Because of its low toxicity, its inability to dull the pain-reaction sense, and its lack of any effect on normal body temperature, acetylsalicylic acid [aspirin] ranks high among the safest of chemotherapeutic agents. It is by no means entirely innocuous. It has its savage side. Like most substances, it can produce a variety of allergic reactions—dizziness, ear ringing, nausea, vomiting, skin eruptions, asthmatic seizures, and muscular spasms. Some of these idiosyncrasies are so exquisitely responsive that a single grain can have a shattering, or even fatal, impact."—*The New Yorker Magazine*, "Annals of Medicine," March 31, 1956, p. 49.

"Children are much more sensitive to any drug than adults are; and an overdose, even of aspirin, can have drastic and even fatal effects on them."—*Changing Times*, April 1956.

ANTIBIOTICS ARE POTENTIALLY DANGEROUS AND PRODUCE TOXIC EFFECTS—"Some micro-organisms, originally sensitive to the action of antibiotics, have developed resistant strains. And, finally, all of the drugs are potentially dangerous. Too many patients demand an antibiotic from the physician without realizing that it could turn a relatively mild, self-limiting infection into an extremely serious, or even fatal, one. . . Since the last report, more has been learned about two very serious reactions to antibiotics, both of which emphasize the need for care and discrimination in their use. One is the severe, sometimes fatal, shock-like 'anaphylactic' reaction to penicillin, occurring within a very short period after injection. . . It happens less frequently and is less severe when the antibiotic is given by mouth.

"The second serious reaction to antibiotics is a gastrointestinal disorder—such as a sore mouth, cramps, diarrhea, or anal itch—which occurs most frequently after use of the tetracycline group, but has also been reported after penicillin and streptomycin. It is believed that these reactions result from suppression of normal intestinal bacterial flora by the antibiotic-resistant staphylococci which are almost normally present in the intestine and free to flourish and cause infection . .

"Other antibiotics that have toxic effects include streptomycin and dihydrestrofomycin, which may affect certain cranial nerves; and bacitracin, polymyxin, and neomycin, which may injure the bone marrow. . . When injected, these drugs [neomycin, polymyxin, and bacitracin] are capable of produc-

Only One Way

15

ing serious toxic side effects, and they are used in this way only with great caution."—*Excerpts from an article, entitled "Antibiotics," Consumers Reports, October 1956.*

"A sour note in the development of the preponderance of new wonder drugs is the increase in allergy problems, says Dr. W.C. Spain of New York University in the [medical] journal, *GP*.

"About 500 different drugs can be proved to be sensitizing substances, he says. Any of the antibiotics are capable of producing allergic reactions, with penicillin being the chief offender, followed by streptomycin and chlortetracycline, chloramphenicol, or exytetracycline. About ten percent of the users become sensitive to penicillin. Sometimes the reaction doesn't set in for weeks or months and the patients may have forgotten about having had penicillin. Then may come hives, fever, a rash, and various kinds of skin inflammations. Some severe effects have been reported following the use of as little as 100 units of penicillin.

"Dr. Spain advises that doctors give patients who are allergic to drugs a card to be carried in the wallet or purse, describing the sensitivity. The person with the more dangerous sensitivity should be advised to wear an identification bracelet bearing his name and address and a warning concerning the allergy."—*Science Digest, "Allergies Haunting New Wonder Drugs," February 1957.*

COMMON DRUGS IN PROLONGED USE MAY HARM BRAIN—"In rats and presumably in people, also, the prolonged taking of certain drugs which are in common use causes brain and nervous system damage from which the rats never recover.

"Dr. Richter cited indirect evidence for a presumption that what these drugs did to rats they are capable of doing to people—if taken steadily over long periods.

"Although in common use, all of the drugs belong to chemical families for which all physicians have the greatest respect. . . . The chemical families are: The *sulfa drugs*, represented by *sulfamerazine*; drugs which suppress secretion of the thyroid gland, represented by *propylthiouracil* and *thiouracil*; the *barbiturates* which often are prescribed as sleeping pills, represented by *barbital*, fever-reducing drugs . . . ; and sex hormones, such as the *estrogens* and *androgens* . . .

"He (Dr. Richter) suggested the damage (caused by these drugs) most probably had been done in the hypothalamus, a regulatory section of the brain which many scientists believe is the boss of the whole system of internally secreting glands. The doctor stated that cells of the hypothalamus either were hit directly by the continuing intake of the drugs or they were exhausted by their efforts

to restore the harmonious balance disturbed by drug intake."—*Sacramento Bee, November 21, 1957.*

"Every dose of medicine is a blind experiment on the vitality of the patient."—*Bostwick, History of Medicine.*

"Food will be the medicine of the future."—*Dr. Harvey W. Wiley, founder of the federal agency, the Food and Drug Administration.*

"The harmful effects of certain drugs pointed out by the *Testimonies* [of Ellen G. White] given in 1865 were not demonstrated by scientific research until after the turn of the century and some of them not until ten or fifteen years beyond 1900."—*G.K. Abbott, M.D., The Witness of Science, p. 9.*

"Beware of *Acetanilid* and *acetophenetidin* (*Phenacetin*) in headache cures. These drugs depress the heart, injure the blood, and produce a [an addictive] habit."—*William E. La Rose, M.D., Youth at Seventy, p. 33.*

"*Acetanilid* [antifebrin], which results from action of *acetic acid* [*acetic anhydride, acetyl chloride*] and *aniline* is used as a remedy for headache, neuralgia, and mild fever. *Methyl acetanilid* is also antineuritic, but is more toxic than *acetanilid*."—*Weirtheim, Organic Chemistry.*

"Within a few years penicillin may lose much of its power to cure some of the most prevalent diseases."—*Hans Molitor, director of Merck Institute, in Pageant, February 1949, p. 5.*

"Hammersmith Hospital in England, 1946, reported 14.1 percent of germ strains cultivated there are resistant to *penicillin*. In 1948, the percentage had increased to 38 percent."—*Your Health, Vol. 9, No. 4, p. 62.*

"The harmfulness, long ago proved of such drugs as *calomel* as a cathartic, *strychnine* as a stimulant, *quinine* as a medicine for colds, *acetanilid* for fevers, and *alcohol* for colds and pneumonia, etc., has become known among well-informed people. But ignorance still keeps these drugs in all too common use. To these have been added a host of new drugs which are no less harmful. Old-fashioned soda now parades under pseudo-scientific dress as an alkalizer. New coal-tar drugs, such as *amidapryrine* are sold in so many forms and under such a variety of trade names as to be confusing even to the physicians; and many deaths have resulted from damage done by these drugs to nature's own protective means against infections—the white blood cells and their activities."—*G.K. Abbott, M.D., Witness of Science, pp. 219-220.*

"Over 6,000,000 pounds of aspirin was sold in this country in 1940. Aspirin is *acetylsalicylic acid* and is used as an antipyretic [antifever], and for headache, sore throat, and neuralgia. Most of

you take headache powders without realizing your danger in taking them. According to the greatest association of doctors in America, most of these headache powders are really dangerous. About the best known is a preparation known as *aspirin*. It was invented by a German chemist named Dresser; and, at first, it had a large sale in Germany. But that nation investigated this preparation and found out its real nature. They passed a law, so that aspirin cannot be sold in Germany without a doctor's prescription in that category. So it was dumped into America, where it now has such a large sale."—*Youth at Seventy*, William E. La Rose, M.D.

"We have listed, in medical science, 407 different diseases; and, out of the 407, only six are curable."—Richard C. Cabot, M.D., of the Massachusetts General Hospital, Boston, Massachusetts.

"Most drugs have no effect on the disease for which they are administered."—William Osler, M.D., one of the founders of Johns Hopkins.

"No drugs, save quinine and mercury, will cure a disease. Only rest, food, sunshine, and fresh air can do that miracle."—Woods Hutchinson, M.D.

"Drugs and medicines that work while you are asleep, a little later are going to prevent your working while you are awake."—Elbert Hubbard, the noted lecturer and writer.

"Back of disease lies a cause—and that cause no drug can reach."—S. Weir Mitchell, M.D.

"Poisonous drugs poison the human system and weak drugs have no effect."—L.W. Edwards, M.D., of Omaha, Nebraska.

"Already the number of preparations devised by the chemist for the drug treatment of disease exceeds 75,000 different 'remedies.' The array of material from which to select is so great as to constitute a perpetual riddle in medicine."—Dr. L.F. Kebler, of the U.S. Bureau of Drugs.

"All sulfa drugs damage the phagocytes, one of nature's chief means of protection against the pneumococcus and many other disease organisms. Nearly every drug ever used in pneumonia produces serious damage to the phagocytes [granulocytes] and lessens oxidation. These are proven scientific facts and show the basis of the condemnation of poisonous drugs in the treatment of disease, especially of infectious fevers, and the great advantage of nature's remedial agencies."—G.K. Abbott, M.D., *Witness of Science*.

"The *Testimonies* are scientific, reliable, and have given us advance information years before science discovered these same facts. They are just as true today, in reference to toxic drugs and to natu-

ral physiologic methods of treatment as the day they were written. Scientific advance in drug making has only given us more highly toxic drugs, more damaging to the body's delicate structures and mechanisms than those of fifty years ago. Let us show, by our practice, that we believe the *Testimonies*. They do not need our personal interpretations. They mean just what they say, and should be taken just as they read. With this determination to study and practice God's methods for the treatment of the sick, may we decide to study physiology as God has so urgently pleaded with us to do?"—G.K. Abbott, M.D., *Witness of Science*, p. 230.

CARING FOR THE SICK

"God's servants should not administer medicines which they know will leave injurious effects upon the system; even if they do relieve present suffering."—*4a Spiritual Gifts*, 140.

"Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer."—*The Paulson Collection of Ellen White's Letters*, 43.

THE HUMBLE WILL HE GUIDE IN KNOWLEDGE

"When a physician enters upon his work as practitioner, the more genuine, practical experience he has, the more fully will he feel his want of knowledge. If self-sufficient, he will read articles written in regard to diseases and how to treat them without nature's aid. He will grasp statements and weave them into his practice; and without deep research, without earnest study, without sifting every statement, he will merely become a mechanical worker. Because he knows so little, he will be ready to experiment upon human lives, and sacrifice not a few. This is murder, actual murder. He did not do this work with evil design; he had no malicious purposes. But life was sacrificed on account of his ignorance, because he was a superficial student, because he had not had that practice that would make him a safe man to be intrusted with human lives. It requires caretaking, a deep, earnest taxation of the mind to carry the burden a physician should carry in learning his trade thoroughly. Every physician who has received a thorough education will be very modest in his claims. It will not do for him to run any risk in experimenting on human life, lest he be guilty of murder, and this be written against him in the books of heaven. There should be a careful, competent physician who will deal scarcely ever in drugs."—*Medical Ministry*, 139.

—vf