

Diet IS a Salvation Issue

PART ONE OF THREE

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Six thousand years of bad living, physically and morally, has resulted, by our day, in a greatly weakened human race. We have to live with what our forefathers bequeathed to us. God understands this. Yet how we care for the bodies we were born with will, ultimately, not only affect our present happiness and usefulness in this life, but also our future destiny.

The following statements will clearly explain what is involved in this matter. We not only honor God when we care for our bodies in the very best way; we increase the likelihood that we—and those who follow our example—will ultimately reach heaven. And what objective can we have in life which can be more important than that?

BASIC ISSUES

Our First Duty—“Our first duty toward God and our fellow beings is that of self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. Hence that **time is spent to good account which is used in the establishment and preservation of physical and mental health.** We cannot afford to dwarf or cripple any function of body or mind. As surely as we do this, we must suffer the consequences.”—*Counsels on Health*, 107; *Christian Temperance and Bible Hygiene*, 41.

God’s Property—“The living organism is God’s property. It belongs to Him by creation and by redemption; and by a misuse of any of our powers we rob God of the honor due to Him.”—*Counsels on Diet and Foods*, 16.

Anything that Enfeebles—“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.”—*Christ’s Object Lessons*, 346.

Knowledge and Obedience—“God desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written Word and in the great book

of nature He has revealed the principles of life. **It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him** in restoring health to the body as well as to the soul.”—*Ministry of Healing*, 114-115.

Obligations We Owe—“The obligations we owe to God **in presenting to Him clean, pure, healthy bodies** are not comprehended.”—*Counsels on Diet and Foods*, 16.

Failing to Care for Ourselves—“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.”—*Medical Ministry*, 49.

Where His Physical Laws Are Written—“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.”—*Christ’s Object Lessons*, 347-348.

Every Physical Law as Important as the Bible—“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.**”—*Medical Ministry*, 221.

Equal to Breaking the Ten Commandments—“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.”—*Christian Temperance and Bible Hygiene*, 53.

Laws of Nature among the Laws of God—“Since **the laws of nature are the laws of God**, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies, and conform to them. **Ignorance in these things is sin.**”—*6 Testimonies*, 369.

The Author of Both Laws—“God is truly the author of physical laws as He is the author of the moral law. His law is written with His own finger upon every nerve, muscle, every faculty, which has been entrusted

to man. 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 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."—*Counsels on Diet and Foods*, 17.

Transgressing Both Laws—"A continual transgression of nature's laws is a continual transgression of the law of God.

"The present weight of suffering and anguish which we see everywhere, the present deformity, decrepitude, disease, and imbecility now flooding the world, make it, in comparison to what it might be and what God designed it should be, a lazar house; and the present generation are feeble in mental, moral, and physical power. All this misery has accumulated from generation to generation because fallen man will break the law of God.

"Sins of the greatest magnitude are committed through the indulgence of perverted appetite."—4 *Testimonies*, 30.

Violation of Natural Law is Violation of God's Law—"Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God. Therefore He has permitted 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.**"—3 *Testimonies*, 161.

Impossible to Increase Spiritually—"It is impossible for you to increase in spiritual strength **while your appetite and passions are not under perfect control.** Says the inspired apostle, '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.'"—2 *Testimonies*, 413.

The Crowning Act of Creation—"Man was the crowning act of the creation of God, made in the image

of God, and designed to be a counterpart of God . . . Man is very dear to God, because he was formed in His own image. This fact should impress us with **the importance of teaching by precept and example the sin of defiling, by the indulgence of appetite or by any other sinful practice**, the body which is designed to represent God to the world."—*Review*, June 18, 1895.

Indulged Appetite is the Greatest Hindrance—"God requires of His people **continual advancement.** 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."—9 *Testimonies*, 156.

Loving Our Appetites More than We Love God—"It is **a duty to know how to preserve the body** in the very best condition of health, and it is **a sacred duty to live up to the light** which God has graciously given. If we close our eyes to the light for fear we shall see our wrongs, which we are unwilling to forsake, **our sins are not lessened, but increased.** If light is turned from in one case, it will be disregarded in another. 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. **We cannot love the Lord with all our heart, mind, soul, and strength while we are loving our appetites**, our tastes, a great deal better than we love the Lord. We are daily lessening our strength to glorify God, when He requires all our strength, all our mind. **By our wrong habits we are lessening our hold on life**, and yet professing to be Christ's followers, preparing for the finishing touch of immortality."—2 *Testimonies*, 70-71.

When Consecration and Sanctification Are Impossible—"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.** A diseased body and disordered intellect, because of continual indulgence in hurtful lust, **make sanctification of the body and spirit impossible.**"—*Counsels on Diet and Foods*, 44; *Health Reformer*, March 1878.

Balanced, Harmonious Action—"Excessive indulgence in eating, drinking, sleeping, or seeing is sin. **The harmonious healthy action of all the powers of body and mind results in happiness;** and the more elevated and refined the powers, the more pure and unalloyed the happiness."—4 *Testimonies*, 417.

FULFILLING GOD'S PLAN FOR OUR LIVES

The Study of Our Life—"To keep the body in a **healthy condition**, in order that all parts of the living machinery may act harmoniously, should be a study of our life. The children of God cannot glorify Him with sickly bodies or dwarfed minds. Those who indulge in

any species of intemperance, either in eating or drinking, waste their physical energies and weaken moral power.”—*Christian Temperance and Bible Hygiene*, 53.

Laws of Health Are Nature’s Laws—“**Sickness is caused by violating the laws of health**; it is the result of violating nature’s law.”—*3 Testimonies*, 164.

If His Laws Were Never Violated—“God has bountifully provided for the sustenance and happiness of all His creatures; **if His laws were never violated, if all acted in harmony with the divine will**, health, peace, and happiness, instead of misery and continual evil, would be the result.”—*Christian Temperance and Bible Hygiene*, 151.

If They Had Obeyed—“Had the Israelites obeyed the instruction they received, and profited by their advantages, **they would have been the world’s object lesson of health and prosperity**. If as a people they had lived according to God’s plan, **they would have been preserved from the diseases** that afflicted other nations. Above any other people **they would have possessed physical strength and vigor of intellect**.”—*Ministry of Healing*, 283.

Why God Gave Us This Light—“**The Lord has let His light shine upon us in these last days**, that the gloom and darkness which have been gathering in past generations because of sinful indulgence, might in some degree be dispelled, and that the train of evils which have resulted because of intemperate eating and drinking might be lessened.

“**The Lord in wisdom designed to bring His people into a position where they would be separate from the world** in spirit and practice, that their children might not so readily be led into idolatry, and become tainted with the prevailing corruptions of this age. It is God’s design that believing parents and their children should stand forth as living representatives of Christ, candidates for everlasting life. **All who are partakers of the divine nature will escape the corruption that is in the world** through lust. It is impossible for those who indulge the appetite to attain to Christian perfection.”—*2 Testimonies*, 399-400.

The Great Object of Reform—“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**. All the laws of nature—which are the laws of God—are **designed for our good**. Obedience to them **will promote our happiness** in this life, and **will aid us in a preparation for the life to come**.”—*Christian Temperance and Bible Hygiene*, 120.

Still Important Today—“I have been shown that the principles that were given us in the early days of the message are **as important and should be regarded just as conscientiously today** as they were then. There are some who have never followed the light given on the

question of diet. It is now time to take the light from under the bushel, and let it shine forth in clear, bright rays.”—*9 Testimonies*, 158.

Momentous Truths Given to Us—“Seventh-day Adventists are handling **momentous truths**. More than forty years ago the Lord gave us special light on health reform, but how are we walking in that light? How many have refused to live in harmony with the counsels of God! **As a people, we should make advancement proportionate to the light received**. It is our duty to understand and respect the principles of health reform. On the subject of temperance **we should be in advance of all other people**; and yet there are among us well-instructed members of the church, and even ministers of the gospel, who have little respect for the light that God has given upon this subject. They eat as they please and work as they please.

“**Let those who are teachers and leaders in our cause take their stand firmly** on Bible ground in regard to health reform, and give a straight testimony to those who believe we are living in the last days of this earth’s history. A line of distinction must be drawn between those who serve God and those who serve themselves.”—*9 Testimonies*, 158.

Preparing Us for Translation—“The peculiar people **whom He is purifying unto Himself**, to be translated to heaven without seeing death, should not be behind others in good works. In their efforts to cleanse themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God, **they should be as far ahead of any other class of people on the earth**, as their profession is more exalted than that of others.”—*1 Testimonies*, 487.

This is the Cleansing Time—“In order to be purified and to remain pure, Seventh-day Adventists must have the Holy Spirit in their hearts and in their homes. The Lord has given me light that **when the Israel of today humble themselves before Him, and cleanse the soul temple from all defilement**, He will hear their prayers in behalf of the sick, and will bless in the use of His remedies for disease. **When in faith the human agent does all he can** to combat disease, using the simple methods of treatment that God has provided, his efforts will be blessed of God.”—*9 Testimonies*, 164.

The Work Assigned to Us—“There is work for us to do—stern, earnest work. **All our habits, tastes, and inclinations must be educated** in harmony with the laws of life and health. By this means we may secure the very best physical conditions, **and have mental clearness to discern between the evil and the good**.”—*Christian Temperance and Bible Hygiene*, 25.

Avoiding Excess—“The lesson here presented is one which we would do well to ponder. **Our danger is**

not from scarcity, but from abundance. We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe **strict temperance** in the use of His bounties, as well as total abstinence from every injurious or debasing indulgence.”—*Christian Temperance and Bible Hygiene*, 27.

Why Daniel’s Decision Was so Crucial—“**Daniel did not hesitate.** He decided to stand firmly for his integrity, let the result be what it might. **He ‘purposed in his heart that he would not defile himself** with the portion of the king’s meat, nor with the wine which he drank.’

“There are many among professed Christians today who would decide that Daniel was too particular, and would pronounce him narrow and bigoted. **They consider the matter of eating and drinking of too little consequence** to require such a decided stand—one involving the probable sacrifice of every earthly advantage. But those who reason thus will find in the day of judgment that **they turned from God’s express requirements, and set up their own opinion as a standard of right and wrong.** They will find that what seemed to them unimportant was not so regarded of God. His requirements should be sacredly obeyed. Those who accept and obey one of His precepts because it is convenient to do so, while they reject another because its observance would require a sacrifice, **lower the standard of right,** and by their example lead others to lightly regard the holy law of God. ‘Thus saith the Lord’ is to be our rule in all things . . .

“The character of Daniel is presented to the world as **a striking example of what God’s grace can make of men** fallen by nature and corrupted by sin. The record of his noble, self-denying life is an encouragement to our common humanity. From it we may gather **strength to nobly resist temptation, and firmly, and in the grace of meekness, stand for the right** under the severest trial . . .

“Here is a lesson for all, but especially for the young. A strict compliance with the requirements of God is beneficial to the health of body and mind. **In order to reach the highest standard of moral and intellectual attainments,** it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life. In the experience of Daniel and his companions we have **an instance of the triumph of principle over temptation to indulge the appetite.** It shows us that through religious principle young men may triumph over the lusts of the flesh, and remain true to God’s requirements, even though it cost them a great sacrifice.”—*Review*, January 25, 1881.

When You Decide to Make the Needed Changes—“**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 Health*, 579; *Review*, May 27, 1902.

Appetite Must Not Be Your god—“**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.**”—9 *Testimonies*, 164.

You Have no Right to Do as You Please—“**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 other 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. Great responsibilities rest upon every human soul. Let us comprehend these responsibilities, and bear them nobly in the name of the Lord.

“To every one who is tempted to indulge appetite I would say, Yield not to temptation, but **confine yourself to the use of wholesome foods.** You can train yourself to enjoy a healthful diet. The Lord helps those who seek to help themselves; but when men will not take special pains to follow out the mind and will of God, how can He work with them? **Let us act our part,** working out our salvation with fear and trembling—with fear and trembling lest we make mistakes in the treatment of our bodies, which, before God, we are under obligation to keep in the most healthy condition possible.”—*Review*, February 10, 1910.

Settle the Matter: Are You Willing to Do It?—“**Those who elevate the standard** as nearly as they can to the order of God, according to the light God has given them through His Word and the testimonies of His Spirit, **will not change their course of action to meet the wishes of their friends or relatives,** be they one or two or a host, who are living contrary to God’s wise arrangement. If we **move from principle** in

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these things, if we **observe strict rules** of diet, if as Christians we **educate our tastes** after God's plan, we shall exert an influence which will meet the mind of God. The question is, '**Are we willing to be true health reformers?**'"—*Counsels on Diet and Foods*, 35-36.

Only Christ Can Help You Do It—"The power of Christ alone can work the transformation in heart and mind that all must experience who would partake with Him of the new life in the kingdom of heaven. 'Except a man be born again,' the Saviour has said, 'he cannot see the kingdom of God.' John 3:3. **The religion that comes from God is the only religion that can lead to God. In order to serve Him aright, we must be born of the Divine Spirit.** This will lead to watchfulness. It will purify the heart and renew the mind, and give us a new capacity for knowing and loving God. It will give us willing obedience to all His requirements. This is true worship."—9 *Testimonies*, 156.

The Message to be Lived and Shared—"The Lord has given His people a message in regard to health reform . . . **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 . . .

"Nothing brings such discouragement upon the Lord's watchmen as to be connected with those who have mental capacity, and who understand the reasons of our faith, but by precept and example manifest indifference to moral obligations.

"The light which God has given upon health reform cannot be trifled with without injury to those who attempt it; and no man can hope to succeed in the work of God while, by precept and example, he acts in opposition to the light which God has sent."—*Counsels on Health*, 561-562; *Special Testimonies*, Series A, No. 7, pp. 40-41.

Our Ministers Should Teach It; Our People Should Obey It—"It is important that instructions should be given by ministers in regard to living temperately. **They should show the relation which eating, working, resting, and dressing, sustain to health. All who believe the truth for these last days, have something to do in this matter.** It concerns them, and God requires them to arouse and interest

themselves in this reform. He will not be pleased with their course if they regard this question with indifference."—1 *Testimonies* 618.

It Can Bring Us so Many Blessings—"Said the angel, 'Abstain 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.** Satan presents this before you in the most objectionable light, that you may combat that **which would prove the greatest benefit to you, which would be for your physical and spiritual health.**"—1 *Testimonies*, 546.

He Wants You to Join Daniel's Band—"The Lord calls for volunteers to enter His army. Sickly men and women need to become health reformers. **God will cooperate with His children in preserving their health, if they eat with care, refusing to put unnecessary burdens on the stomach.** He has graciously made the path of nature sure and safe, wide enough for all who walk in it. He has given for our sustenance the wholesome and health-giving productions of the earth . . .

"Many have done the body much injury by a disregard of the laws of life, and they may never recover from the effects of their neglect; but even now they may repent and be converted. Man has tried to be wiser than God. He has become a law unto himself. **God calls upon us to give attention to His requirements, no longer to dishonor Him by dwarfing the physical, mental, and spiritual capabilities.**"—*Counsels on Diet and Foods*, 39-40.

Intemperance is Sin—"Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is not sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature."—*Counsels on Health*, 67; *Review*, January 25, 1881.

Now is the Time to Make the Needed Changes—"Premature decay and death are the result of walking away from God to follow the ways of the world . . . The Lord is calling upon us to come into line. The day is far spent. The night is at hand. The judgments of God are already seen, both on land and on sea. **No**

second probation will be granted us. This is no time for making false moves. Let every one thank God that we still have an opportunity to form characters for the future eternal life.”—*Counsels on Diet and Foods*, 40.

SOME SPECIFIC APPLICATIONS

The Mind is Confused by an Excess of Food—

“We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this, **the food should be more simple, and less should be eaten**, in order that the mind may be clear and vigorous to comprehend spiritual things. A clogged stomach means a clogged brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. **By overeating on the Sabbath, many do more than they think, to unfit themselves for receiving the benefit of its sacred opportunities.**”—*Ministry of Healing*, 307.

Prepare Simple, Wholesome Meals—“I have been shown that some of our camp meetings are far from being what the Lord designed they should be. The people come unprepared for the visitation of God’s Holy Spirit . . . **There is also much time spent in needless cooking, in the preparation of rich pies and cakes and other articles of food that do positive injury** to those who partake of them. Should our sisters provide good bread and some other healthful kinds of food, both they and their families would be better prepared to appreciate the words of life, and far more susceptible to the influence of the Holy Spirit.

“Often **the stomach is overburdened with food which is seldom as plain and simple** as that eaten at home, where the amount of exercise taken is double or treble. This causes the mind to be in such a lethargy that it is difficult to appreciate eternal things, and the meeting closes, and they are disappointed in not having enjoyed more of the Spirit of God.”—5 *Testimonies*, 162-163.

Guarding the Citadel of the Mind—“**You need clear, energetic minds**, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. **If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers**, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His Word requires and which are necessary to give you a moral fitness for the finishing touch of immortality.”—2 *Testimonies*, 66.

Do Not Eat Too Much, Even of Good Food—“Even if you are strict in the quality of your food, do you glorify God in your bodies and spirits which are

His, by partaking of such a quantity of food? **Those who place so much food upon the stomach, and thus load down nature, could not appreciate the truth** should they hear it dwelt upon. They could not arouse the benumbed sensibilities of the brain to realize the value of the atonement and the great sacrifice that has been made for fallen man. It is impossible for such to appreciate the great, the precious, and the exceedingly rich reward that is in reserve for the faithful overcomers. **The animal part of our nature should never be left to govern the moral and intellectual.**”—2 *Testimonies*, 364.

Do Not Use Unnatural Stimulants—“The use of unnatural stimulants is destructive to health and has a numbing influence upon the brain, making it impossible to appreciate eternal things. **Those who cherish these idols cannot rightly value the salvation which Christ has wrought out for them** by a life of self-denial, continual suffering and reproach, and by finally yielding His own sinless life to save perishing man from death.”—1 *Testimonies*, 549.

Butter and Meat Injure the Body—“Butter and meat stimulate. **These have injured the stomach and perverted the taste. The sensitive nerves of the brain have been benumbed, and the animal appetite strengthened** at the expense of the moral and intellectual faculties. These higher powers, which should control, have been growing weaker, so that eternal things have not been discerned. Paralysis has benumbed the spiritual and devotional. **Satan has triumphed to see how easily he can come in through the appetite and control men and women** of intelligence, calculated by the Creator to do a good and great work.”—2 *Testimonies*, 486.

Disobedience on One Point, Brings Disobedience on Others—“Those who, having had the light upon the subject of **eating and dressing with simplicity, in obedience to moral and physical laws**, still turn from the light which points out their duty, will shun duty in other things. By shunning the cross which they would have to take up in order to be in harmony with natural law, they blunt the conscience; and **they will, to avoid reproach, violate the ten commandments.** There is with some a decided unwillingness to endure the cross and despise the shame.”—*Christian Temperance and Bible Hygiene*, 159.

Intemperance Leads to Impatience—“The abuses of the stomach by the gratification of appetite are the fruitful source of most church trials. **Those who eat and work intemperately and irrationally, talk and act irrationally. An intemperate man cannot be a patient man.** It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy

1 action of the digestive organs, affects the brain, and per-
1 verts the judgment, preventing rational, calm, healthy
3 thinking and acting.”—*1 Testimonies*, 618-619.

We, Who Should Be Teaching Others, Need to Be Taught—“There are but few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, and their eternal destiny. I saw that it is the duty of those who have received the light from heaven, and have realized the benefit of walking in it, to manifest a greater interest for those who are still suffering for want of knowledge. Sabbathkeepers 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 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*, 488-489.

Examine Carefully Every Habit—“Physical habits have a great deal to do with the success of every individual. The more careful you are in your diet, the more simple and unstimulating the food that sustains the body in its harmonious action, the more clear will be your conception of duty. There needs to be a careful review of every habit, every practice, lest a morbid condition of the body shall cast a cloud upon everything.”—*Counsels on Diet and Foods*, 52.

Just One Unhealthy Habit—“Any unhealthy habit will produce an unhealthy condition in the system, and the delicate, living machinery of the stomach will be injured, and will not be able to do its work properly. The diet has much to do with the disposition to enter into temptation and commit sin.”—*Temperance*, 15; *Counsels on Diet and Foods*, 52.

Copy Christ's Example—“If the Saviour of men, with His divine strength, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of prayer—fervent, constant prayer! **When Christ was the most fiercely beset by temptation, He ate nothing.** He committed Himself to God and, through earnest prayer and perfect submission to the will of His Father, came off conqueror. Those who profess the truth for these last days, above every other class of professed Christians, should imitate the great Exemplar in prayer.

“It is enough for the disciple that he be as his Master, and the servant as his Lord.’ **Our tables are frequently spread with luxuries neither healthful nor necessary,** because we love these things more than we love self-denial, freedom from disease, and soundness of mind. Jesus . . . has given us evidence that prayer is essential in order to receive strength to contend with the powers of darkness, and to do the work allotted us. **Our own strength is weakness, but that**

which God gives is mighty, and will make every one who obtains it more than conqueror.”—*2 Testimonies*, 202-203.

Wrong Eating Leads to Many Evils—“What a pity it is that often, when the greatest self-denial should be exercised, the stomach is crowded with a mass of unhealthy food, which lies there to decompose. The affliction of the stomach affects the brain. **The imprudent eater does not realize that he is disqualifying himself** for giving wise counsel, disqualifying himself for laying plans for the best advancement of the work of God . . .

“Self-indulgence debars the human agent from witnessing for the truth. The gratitude we offer to God for His blessings is greatly affected by the food placed in the stomach. **Indulgence of appetite is the cause of dissension, strife, discord, and many other evils. Impatient words are spoken and unkind deeds are done, dishonest practices are followed and passion is manifested**—and all because the nerves of the brain are diseased by the abuse heaped upon the stomach.”—*2 Mind, Character, and Personality*, 391-392.

Eating Too Much Good Food—“Intemperance in eating, even of food of the right quality, will have a prostrating influence upon the system, and will blunt the keener and holier emotions.”—*3 Testimonies*, 487.

Whatsoever Ye Do—“By the inspiration of the Spirit of God, Paul the apostle writes that ‘**whatsoever ye do, even the natural act of eating or drinking, should be done, not to gratify a perverted appetite, but under a sense of responsibility—do all to the glory of God.**’ Every part of the man is to be guarded; we are to beware lest that which is taken into the stomach shall banish from the mind high and holy thoughts. **May I not do as I please with myself? ask some,** as if we were seeking to deprive them of a great good, when we present before them the necessity of eating intelligently and conforming all their habits to the laws God has established . . .

“A great lesson is learned when we understand our relation to God, and His relation to us. The words, ‘Ye are not your own, ye are bought with a price,’ should be hung in memory’s hall, that we may ever recognize God’s rights to our talents, our property, our influence, our individual selves. **We are to learn how to treat this gift of God, in mind, in soul, in body, that as Christ’s purchased possession, we may do Him healthful, savory service.**”—*Special Testimonies, Series A, No. 9, pp. 58-59.*

Everything Affects Our Future—“**Eating, drinking, and dressing** all have a direct bearing upon our spiritual advancement.”—*Youth Instructor, May 31, 1894.*

We Are Not to Eat Heathen Food—“**Many articles of food eaten freely by the heathen about them were forbidden to the Israelites.** It was no arbitrary distinc-

tion that was made. The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that **the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul.** It unfits the user for communion with God, unfits him for high and holy service.”—*Ministry of Healing*, 280.

Partaking of the Divine Nature—“All who are partakers of the divine nature will **escape the corruption that is in the world through lust.** It is impossible for those who indulge the appetite to attain to Christian perfection.”—*2 Testimonies*, 400.

True Sanctification—“This is true sanctification. It is not merely a theory, an emotion, or a form of words, but **a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental, and moral health,** that we may present to the Lord our bodies—not an offering corrupted by wrong habits, but ‘a living sacrifice, holy, acceptable unto God.’ ”—*Review*, January 25, 1881.

Our Habits Show—“Our habits of eating and drinking show **whether we are of the world or among the number** whom the Lord by His mighty cleaver of truth has separated from the world.”—*6 Testimonies*, 372.

Gaining the Victory—“Oh, how many lose the richest blessings that God has in store for them in health and spiritual endowments! **There are many souls who wrestle for special victories and special blessings** that they may do some great thing. To this end they are always feeling that they must make an agonizing struggle in prayer and tears. When these persons search the Scripture with prayer to know the expressed will of God, **and then do His will from the heart without one reservation or self-indulgence, they will find rest.** All the agonizing, all the tears and struggles, will not bring them the blessing they long for. **Self must be entirely surrendered. They must do the work that presents itself,** appropriating the abundance of the grace of God which is promised to all who ask in faith.”—*9 Testimonies*, 165.

How the Garden Was Lost—“With our first parents, **intemperate desire resulted in the loss of Eden.** Temperance in all things has more to do with our restoration to Eden than men realize.”—*Ministry of Healing*, 129.

How the Garden May Be Regained—“Adam and Eve fell through intemperate appetite. Christ came and withstood the fiercest temptation of Satan, and, in behalf of the race, overcame appetite showing that man

may overcome. As Adam fell through appetite, and lost blissful Eden, **the children of Adam may, through Christ, overcome appetite, and through temperance in all things regain Eden.**”—*3 Testimonies*, 161-162.

Overcoming on the First Test—“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. **Abstemiousness in diet and control of all the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers and to discern between right and wrong, the sacred and the common.** All who have a true sense of the sacrifice made by Christ in leaving His home in heaven to come to this world, that He might by His own life show man how to resist temptation, will cheerfully deny self and choose to be partakers with Christ of his sufferings . . .

“Many desire the final reward and victory which are to be given to overcomers, but are not willing to endure toil, privation, and denial of self, as did their Redeemer. **It is only through obedience and continual effort that we shall overcome** as Christ overcame.

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.**”—*3 Testimonies*, 491-492.

Animal Food and Moral Pollution—“The people who lived before the flood **ate animal food, and gratified their lusts until their cup of iniquity was full,** and God cleansed the earth of its moral pollution by a flood.”—*Review*, April 2, 1914.

The Same Sins Today—“The same sins exist in our day which brought the wrath of God upon the world in the days of Noah. Men and women now carry their eating and drinking to gluttony and drunkenness. **This prevailing sin, the indulgence of perverted appetite, inflamed the passions of men in the days of Noah and led to general corruption,** until their violence and crimes reached to heaven and God washed the earth of its moral pollution by a flood.

The same sins of gluttony and drunkenness benumbed the moral sensibilities of the inhabitants of Sodom, so that crimes seemed to be the delight of the men and women of that wicked city.”—*3 Testimonies*, 163.

Why the Race Has Degenerated—“Many marvel that the human race has so degenerated, physically, men-

Diet IS a Salvation Issue

**PART THREE
OF THREE**

Continued from the preceding tract in this series

tally, and morally. They do not understand that **it is the violation of God's constitution and laws, and the violation of the laws of health, that has produced this sad degeneracy.** The transgression of God's commandments has caused His prospering hand to be removed.

"Intemperance in eating and in drinking, and the indulgence of base passions, have benumbed the fine sensibilities, so that sacred things have been placed upon a level with common things."—*Review, April 2, 1914.*

One Thing Leads to Another—"Those who permit themselves to become slaves to a gluttonous appetite, **often go still further,** and debase themselves by indulging their corrupt passions, which have become excited by intemperance in eating and in drinking. **They give loose rein to their debasing passions, until health and intellect greatly suffer.** The reasoning faculties are, in a great measure, destroyed by evil habits."—*Temperance, 17.*

Wrong Eating, Drinking, and Dressing—"Irregularity in eating and drinking, and improper dressing, **deprave the mind and corrupt the heart,** and bring the noble attributes of the soul in slavery to the animal passions."—*Counsels on Diet and Foods, 62.*

Closely Connected—"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. The standard of virtue is elevated or degraded by the physical habits.** Excessive eating of the best of food will produce a morbid condition of the moral feelings. And if the food is not the most healthful, the effects will be still more injurious. **Any habit which does not promote healthful action in the human system, degrades the higher and nobler faculties.** Wrong habits of eating and drinking lead to errors in thought and action. Indulgence of appetite strengthens the animal propensities, giving them the ascendancy over the mental and spiritual powers.

"'Abstain from fleshly lusts, which war against the soul,' is the language of the apostle Peter. Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against **every injurious gratification of appetite or passion.** It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee, tobacco, alcohol, and morphine. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character. The earlier these hurtful habits are formed, the more firmly will they hold their victim in slavery to lust, and

the more certainly will they lower the standard of spirituality."—*Review, January 25, 1881.*

"If all who profess to obey the law of God were free from iniquity, my soul would be relieved; but they are not. Even some who profess to keep all the commandments of God are guilty of the sin of adultery. What can I say to arouse their benumbed sensibilities? **Moral principle, strictly carried out, becomes the only safeguard of the soul. If ever there was a time when the diet should be of the most simple kind, it is now.** Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. **Grains and fruits prepared free from grease, and in as natural a condition as possible,** should be the food for the tables of all who claim to be preparing for translation to heaven. **The less feverish the diet, the more easily can the passions be controlled.** Gratification of taste should not be consulted irrespective of physical, intellectual, or moral health."—*2 Testimonies, 352.*

Control Your Body, or Else—"Your food is not of that simple, healthful quality which will make the best kind of blood. Foul blood will surely becloud the moral and intellectual powers, and arouse and strengthen the baser passions of your nature. Neither of you can afford a feverish diet; for it is at the expense of the health of the body, and the prosperity of your own souls and the souls of your children.

"You place upon your table **food which taxes the digestive organs, excites the animal passions, and weakens the moral and intellectual faculties.** Rich food and flesh meats are no benefit to you . . .

"I entreat you, for Christ's sake, to set your house and hearts in order. Let the truth of heavenly origin elevate and sanctify you, soul, body, and spirit. 'Abstain from fleshly lusts, which war against the soul' . . . your eating has a tendency to strengthen the baser passions. **You do not control your body as it is your duty to do in order to perfect holiness in the fear of God.** Temperance in eating must be practiced before you can be a patient man."—*2 Testimonies, 404-405.*

We Can Be More than Conquerors—"The world should be no criterion for us. **It is fashionable to indulge the appetite in luxurious food and unnatural stimulus,** thus strengthening the animal propensities, and crippling the growth and development of the moral faculties. There is no encouragement given to any of the sons or daughters of Adam that they may become victorious overcomers in the Christian warfare unless they decide to practice temperance in all things . . .

"If Christians will keep the body in subjection,

and bring all their appetites and passions under the control of enlightened conscience, feeling it a duty that they owe to God and to their neighbors to obey the laws which govern health and life, they will have the blessing of physical and mental vigor. **They will have moral power to engage in the warfare against Satan; and in the name of Him who conquered appetite in their behalf, they may be more than conquerors** on their own account. This warfare is open to all who will engage in it.”—4 Testimonies, 35-36.

God’s Plan is a Good One—“The self-denial, humility, and temperance required of the righteous, whom God especially leads and blesses, is to be presented to the people in contrast to the extravagant, health-destroying habits of those who live in this degenerate age. 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.

“Whoever turns from the light in one instance hardens his heart to disregard the light upon other matters. Whoever violates moral obligations in the matter of eating and dressing prepares the way to violate the claims of God in regard to eternal interests . . .

“The people whom God is leading will be peculiar. They will not be like the world. But if they follow the leadings of God, they will accomplish His purposes, and will yield their will to His will. Christ will dwell in the heart. The temple of God will be holy. Your body, says the apostle, is the temple of the Holy Ghost.

“God does not require His children to deny themselves to the injury of physical strength. He requires them to obey natural law, to preserve physical health. Nature’s path is the road He marks out, and it is broad enough for any Christian. God has, with a lavish hand, provided us with rich and varied bounties for our sustenance and enjoyment. But in order for us to enjoy the natural appetite, which will preserve health and prolong life, He restricts the appetite. **He says, Beware; restrain, deny unnatural appetite. If we create a perverted appetite, we violate the laws of our being,** and assume the responsibility of abusing our bodies and of bringing disease upon ourselves.”—3 Testimonies, 62-63.

The Power of Self-Control—“One of the most deplorable effects of the original apostasy was the loss of man’s power of self-control. Only as this power is regained, can there be real progress.

“The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adver-

sary of souls directs his temptations to the enfeebling and degrading of the physical powers. **His success here means the surrender to evil of the whole being.** The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death.

“The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. **The kingly power of reason, sanctified by divine grace, is to bear sway in our lives.**

“The requirements of God must be brought home to the conscience. **Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit.** They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service.”—*Ministry of Healing*, 129-130.

PART OF OUR MESSAGE TO THE WORLD

They Must Be Told—“He [God] designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for **it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth,** through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory.”—3 Testimonies, 162.

Counteracting the influence of the Gospel—“When the intellect is clouded, the moral powers are enfeebled and sin does not look sinful . . . It is thus that the selfish, health-destroying indulgences are counteracting the influence of the message which is to prepare a people for the great day of God.”—*Review*, November 12, 1901.

Connected with the Third Angel’s Message—“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.”—1 Testimonies, 469-470.

Very Close Connection—“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.”—*1 Testimonies*, 486.

But It is Not the Message—“The health reform is closely connected with the work of the third message, yet it is not the message. Our preachers should teach the health reform, yet they should not make this the leading theme in the place of the message. Its place is among those subjects which set forth the preparatory work to meet the events brought to view by the message; among these it is prominent.”—*1 Testimonies*, 559.

Arm Cannot Replace the Body—“The health reform is as closely related to the third angel’s message as the arm to the body; but the arm cannot take the place of the body. The proclamation of the third angel’s message, the commandments of God and the testimony of Jesus, is the burden of our work. The message is to be proclaimed with a loud cry, and is to go to the whole world. The presentation of health principles must be united with this message, but must not in any case be independent of it, or in any way take the place of it.”—*Colporteur Ministry*, 138.

Must Accompany the Message—“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 reform 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. God’s faithful watchmen must give the warning . . .

Health reform is to stand out more prominently in the proclamation of the third angel’s message. The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message . . . 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.

“We Are to Lead the World in Practicing and Teaching It—“Our sanitariums and our churches may reach a higher, holier standard. Health reform is to be taught and practiced by our people. The Lord is calling for a revival of the principles of health reform. Seventh-day Adventists have a special work to do as messengers to labor for the souls and bodies of men.”—*Manuscript Releases*, 105.

We Must Not Delay—“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 the byways.**”—*Counsels on Health*, 393.

A Great Entering Wedge—“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 Health*, 535.

A Wonderful Way to Remove Prejudice—“Much of the prejudice that prevents the truth of the third angel’s message from reaching the hearts of the people, might be removed if more attention were given to health reform. **When people become interested in this subject, the way is often prepared for the entrance of other truths.** If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in Bible doctrines.”—*Christian Temperance and Bible Hygiene*, 121.

The Appetites Must Be Cleansed—“God’s purpose for His children is that they shall grow up to the full stature of men and women in Christ. In order to do this, they must use aright every power of mind, soul, and body. **They cannot afford to waste any mental or physical strength.**

“The question of how to preserve the health is one of primary importance. When we study this question in the fear of God, we shall learn that it is best, for both our physical and our spiritual advancement, to observe **simplicity in diet.**

“Those who have received instruction regarding the evils of the use of flesh foods, tea and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. **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.

Condition of Things in the Last Days—“Christ was an earnest worker. His life was one of self-denial, diligence, perseverance, industry, and economy. **He would lay before us the danger of making eating and drinking paramount.** He reveals the result of giving up to indulgence of appetite. **The moral powers are enfeebled, so that sin does not appear sinful.** Crimes are winked at, and base passions control the mind, until general corruption roots out good principles and impulses, and God is blasphemed. **All this is the result of eating and drinking to excess.** This is the very condition of things which He declares will exist at His second coming.”—*3 Testimonies*, 164.

A Work That Will Be Done—“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.—*Evangelism*, 664.

LOOKING INTO THE FUTURE

The Future Work—“**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.**”—*3 Testimonies*, 161.

Just before the Second Advent—“Our Saviour warned His disciples that **just prior to His second coming** a state of things would exist very similar to that which preceded the flood. **Eating and drinking would be carried to excess, and the world would be given up to pleasure.** This state of things does exist at the present time.”—*Christian Temperance and Bible Hygiene*, 53.

An Urgent Message That Must Go Everywhere—“**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 closely connected with the third angel's message as the hand is with the body. The law of ten commandments has been lightly regarded 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.”—*3 Testimonies*, 161.

We Have an Important Work to Do—“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. ‘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.’ **Gluttony is the prevailing sin of this age. Lustful appetite makes slaves of men and women, and beclouds their intellects and stupefies their moral sensibilities** to such a degree that the sacred, elevated truths of God's Word are not appreciated. The lower propensities have ruled men and women.

“**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.”—*1 Testimonies*, 486-487.

Help in Becoming Sanctified—“He who cherishes the light which God has given him upon health reform has **an important aid in the work of becoming sanctified through the truth, and fitted for immortality.**”—*Christian Temperance and Bible Hygiene*, 10; *Counsels on Health*, 22.

We Dare Not Wait—“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.”—*1 Testimonies*, 619.

We Are to be God's Helping Hand—“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. 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.”—*9 Testimonies*, 112-113.

When Our People Fully Accept This Work—“**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.

We Are Living in a Solemn Time in Earth's History—“We are living in a most solemn, awful moment of earth's history. Not a soul whose life is one of careless self-degradation, through transgression of physical laws, will stand in the great day just before us. There is a terrible account to be rendered to God by those who have but little regard for the human body and treat it ruthlessly.”—*Review*, November 12, 1901.