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ON JUNE 6, 1863, basic information on the subject of health and disease was revealed in vision to Ellen G. White. She placed this and information imparted to her in subsequent related visions before the world in publications that were circulated widely and have been printed and reprinted down through the years.

Several of the points presented in these publications stood for many decades without the benefit of scientific support. Now, one hundred years later, in a day of intensive scientific research, the findings of painstaking investigation provide evidence that confirms one point after another.

During the past five or ten years, and in some cases in only the past year or two, some of the most convincing scientific evidences have been published. Current news releases in the public press continue to add strong proof of the accuracy of the 1863 health vision and those that soon followed.

On June 6, 1863, Mrs. White was thirty-five years of age and the mother of three children. Concerning the vision she wrote:

"It was at the house of Bro. A. Hilliard, at Otsego, Mich., June 6, 1863, that the great subject of Health Reform was opened before me in vision."¹

For an account of what took place that Friday evening just a hundred years ago we turn to Martha Amadon, an eyewitness. Martha was then in her late twenties. She was the wife of the foreman of the Seventh-day Adventist Steam Press at Battle Creek. She with some others had driven by horse and carriage that early summer day the thirty miles to Otsego. Now as the sun was setting and the Sabbath was drawing on, the Hilliard family and the guests from Battle Creek gathered in the living room for the Sabbath evening worship.

As she tells the story, Martha recalls that there were about a dozen people present. She comments that "those present at the time this vision was given will never forget the heavenly influence that filled the room." Here is her account:

"A chapter was read and Sister White led in prayer, Brother White kneeling

*Although the opinions of men vary from year to year,
One who knows the end from the beginning
has entrusted to His own people a knowledge
that is beyond human explanations.*

a Vision of

by **ARTHUR L. WHITE** *

across the room from her. Her burden in prayer was for him, and as she prayed, while still on her knees, she moved over to his side, laid her hands on his shoulders, and prayed until she was taken in vision.

"Mrs. E. G. White was a woman very gifted in prayer, her voice clear, her words distinct and ringing, and it was almost always during one of these earnest seasons of prayer that she was taken off in vision.

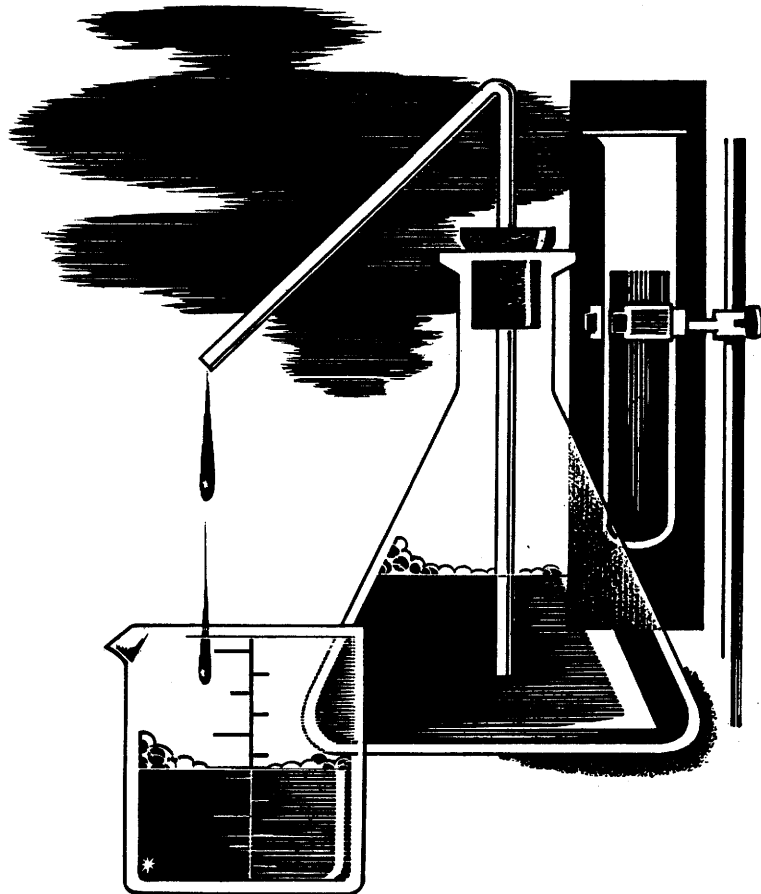
"In vision her eyes were open. There was no breath, but there were graceful movements of the shoulders, arms, and hands, expressive of what she saw. It was impossible for anyone else to move her hands or arms. She often uttered words singly, and sometimes sentences, which expressed to those about her the nature of the view she was having, either of heaven or of earth.

"Her first word in vision was 'Glory,' sounding at first close by, and then dying away in the distance, seemingly far away. This was sometimes repeated. When beholding Jesus our Saviour, she would exclaim in musical tones, low and sweet, 'Lovely, lovely, lovely,' many times, always with the greatest affection. She said, 'Words cannot express the beauties of heaven.'

"Many who have witnessed these things have often wished a description could be given of the servant of God when thus under the influence of the Holy Spirit,—the illumination of countenance; the graceful gestures of the hands; the dignity attending every movement; the musical intonations of the voice sounding as from a distance; and many, many other things which give the eye-witness confidence in their heavenly origin. Her visions seemed to

* Secretary, Ellen G. White Publications.

1863



bring you nearer heaven; and you longed to be there.

"There was never any excitement among those present during a vision; nothing caused fear. It was a solemn, quiet scene. When the vision was ended, and she lost sight of the heavenly light, as it were, coming back to the earth once more, she would exclaim with a long-drawn sigh, as she took her first natural breath, 'D-a-r-k.' She was then limp and strengthless, and had to be assisted to her chair."

The vision at Otsego "lasted for about three quarters of an hour."²

Prior to this many revelations had been given to Mrs. White, but this vision introduced a new theme that was basic and comprehensive. It surveyed the whole field of health and preventive medicine, touching the high points of the cause of disease, the care of the

sick, remedial agencies—both the perilous and the effective—nutrition, stimulants and narcotics, child care and healthful attire.

Today, with the world health conscious, many of the points revealed to Ellen White have become the accepted way of life. But this was not so a hundred years ago.

A person could look forward to a life expectancy of somewhat less than forty years. One child in four died before the age of seven. Epidemics were rampant, and frequently diphtheria, smallpox, or scarlet fever would cut a family in half. Diagnosis was often guesswork; poisonous drugs were used freely; bloodletting was still somewhat in vogue; some still feared night air, and there was almost total ignorance in the field of nutrition.

No one was yet concerned with a

"balanced diet." Foods could be dried, but to preserve them by canning was an art not yet well understood. Frozen fresh foods were many decades in the future. Refrigeration was available only as nature provided it in northern areas.

True, there was a voice here and there crying out against the indiscriminate use of poisonous drugs, calling for this or that in the food line, and advocating unusual and sometimes weird methods of treating the sick. Looking back today, we can see that some points were well sustained and helpful; many were far from the truth. But the Sabbathkeeping Adventists had paid little attention. Their habits were much like the habits of those about them.

Then the vision of June 6, 1863, at the house of Brother A. Hilliard

opened a new window. The people could see that God, the Author of sciences, had given light that pointed the way to good health. Good health was seen to be a part of good religion. Seventh-day Adventists changed their ways of life. Sometimes it was with a struggle—it was with Mrs. White. But God blessed as the earnest, thoughtful people studied, experimented, and moved forward in the light of the inspired counsels.

Seventh-day Adventists soon discovered what it was to enjoy buoyant good health. It paid off in less sickness and in longer life. Martha Amadon lived to be 102. Mrs. White, who in her teens was given but a few months to live and who for many years battled with disease, lived to the age of 87.

Seventh-day Adventist sanitariums and health publications alerted hundreds of thousands to the importance of preventive medicine, and the dietetic habits of millions more improved as by precept and example Seventh-day Adventists moved forward.

In informed circles it is recognized that the cereal food industry of the United States and other lands had its beginnings in our experimental efforts, at Battle Creek, to provide simple, appetizing, wholesome food. Peanut butter, rich in nutrition, was introduced to the world by Seventh-day Adventists. Tasty meat substitutes followed.

But these things happened long ago. As we come down through the years we pause in 1890 in Battle Creek and learn that Dr. J. H. Kellogg, medical superintendent of the Battle Creek Sanitarium, was convinced that the health principles set forth by Mrs. White had at that time been fortified by developing scientific evidence "in the strongest possible manner."³

In 1915 the widely read *Independent*, under the title "An American Prophetess," editorialized concerning Mrs. White and Seventh-day Adventists. It noted, among other activities, the denomination's far-flung medical work, and commented, "In all this, Mrs. White has been the inspiration and the guide."⁴

In 1958 Dr. Clive McCay, professor of nutrition at Cornell University, in an address at Ithaca, New York, stated that "in spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better over-all guide is available today."⁵

Dr. McCay referred to the fact that Mrs. White had only a "few months' formal training,"⁶ and, much earlier,

Dr. Kellogg noted that she made "no pretense to scientific knowledge."⁷ If Mrs. White was guessing a hundred years ago, she might make some good guesses; but surely she would make a lot of bad ones too. If she got her information from contemporaries, some of them radical, who were vocal at the time, her declarations would contain much of the erroneous teaching then rampant.

How do the most recent discoveries of modern medical research relate to the Ellen G. White teachings of sixty, eighty, ninety, and a hundred years ago? The closest scrutiny makes it clear that God gave this information to her in vision far in advance of the discoveries that painstaking research has yielded.

TOBACCO: Tobacco is mentioned at

JUNE

by

**BEULAH
FENDERSON
SMITH**

**I can hear the phoebe calling
When the world is sweet with June;
And the meadow lark is throbbing
To the rapture of his tune.
I can see the rose unfolding,
Splashing pink against the wall;
While the old, deep-throated bullfrog
Rumbles out a happy call.
I can smell the beach plum blossoms
When the wind comes from the dunes.
If I could change the calendar,
Then all months would be Junes!**

length in Ellen White's first statement in which she published generally the light given to her in 1863. She wrote: "Tobacco is a poison of the most deceitful and malignant kind. . . ."

"It is all the more dangerous because its effects upon the system are so slow."⁸

In the widely distributed volume *The Ministry of Healing*, page 327, she wrote again in 1905, "Tobacco is a slow, insidious, but most malignant poison."

For a hundred years the warning has stood in print, but it is only in the past fifteen years that these words have taken on particular significance. This came about as the medical world began to observe the figures recording deaths from lung cancer in the United States and Great Britain. Forty-one thousand is the official count in the United States for last year, with 95 per cent of the cases attributed to cigarette smoking.

Even more startling than this is the linking in the past two or three years of

the ever-mounting toll of death from heart and blood-vessel disease with the use of tobacco. Medical authorities now put the figure at one hundred thousand who die needlessly each year of heart disease because they are smokers.

The enthusiastic manner in which men and women in various communities in the United States and overseas are reaching out for help in the Five-Day Plan to Stop Smoking, devised and offered by Seventh-day Adventists, and their grateful response for the assistance they receive reveals the desperate situation of untold thousands who are addicted to tobacco. What a witness to the warning words of one hundred years' standing based on divine revelation! "Tobacco is a poison of the most deceitful and malignant kind!"

CANCER: Beginning with 1864 Ellen G. White from time to time wrote of cancer, and she specifically links it to several causative factors including drugs, aging, and dietary indiscretions. In 1905 in the book *The Ministry of Healing* she employs the term "cancerous germs."⁹ Twenty-five years ago, as cancer research intensified, these words became quite controversial.

For a time the reliability of Ellen White's "germ cause" statement was questioned and challenged by not a few men of science. Then certain scientists began to link cancer to viruses. Dr. Wendell Stanley, University of California virologist, in 1956 theorized before a scientific group that no doubt "viruses cause most all human cancer."¹⁰ This theory was reiterated a few months later by Dr. Ludwick Gross in a guest editorial of the *Journal of the American Medical Association*.¹¹ "Viruses—often regarded as midget germs"¹² could, according to Dr. Stanley, "lurk

in the human body for years" and "might become active through circumstances such as aging, dietary indiscretions, hormonal imbalance, chemicals, radiation, or a combination of stresses; and malignancies may follow."¹²

Then two years ago Dr. Robert J. Huebner of the National Institutes of Health in Bethesda, Maryland, voiced the opinion of many fellow scientists by declaring, "There isn't the slightest doubt in our minds that human cancers are caused by viruses. To this extent they are simply infectious diseases."¹⁴

But cancer is a very complex disease, and much lies ahead in feverish research. In the meantime we stand on the side lines and watch science lay brick on brick as it erects an edifice of facts that confirms the Spirit of Prophecy writings.

BIRTH DEFECTS: The E. G. White statement published in 1890 in *Patriarchs and Prophets* (page 561) links parental intemperance with "the infirmities of the thousands born deaf, blind, diseased, or idiotic." This has become particularly significant in the past five years as men of science have been delving into the effects of "large doses of alcohol." They now list this as one cause of "malformation in the growing embryo" resulting in such minor defects "as nearsightedness or color blindness, or with a serious defect such as clubfoot or an open spine."¹⁵

But it was last summer's news releases concerning thalidomide and the "thalidomide babies" that underscored the widely published Spirit of Prophecy warning of ninety-seven years' standing:

"Everywhere you may go you will see deformity, disease and imbecility, which in very many cases can be traced directly back to drug-poisons."¹⁶

Thalidomide, that five years ago promised to be "an ideal sleeping pill" and sold by the millions, "turned into a frightening medical nightmare,"¹⁷ blighting the lives of several thousand children, many born without arms or legs.

Medical personnel close to the tragedy raise a united voice alerting all who expect to be mothers to "take no medicines which are not absolutely necessary"; "avoid all new drugs."¹⁸ How like the inspired counsels that are so familiar to us!

SALT: Dr. R. T. Trall, a medical authority much admired by Seventh-day Adventists in answering questions in the denomination's health journal, in 1869 declared, "Salt being a poison, should not be used at all."¹⁹ But Ellen

G. White did not agree and she stated why in 1901 as she wrote:

"I use some salt, and always have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood. The whys and wherefores of this I know not, but I give you the instruction as it is given me."²⁰

And modern medical science agrees that "salt is needed in the diet."²¹

But the salt question does not end there. In an article in the *Review and Herald* of July 29, 1884, Ellen White wrote: "Do not eat largely of salt." This she repeated in 1905 in *The Ministry of Healing*, page 305. Medical reasons for this caution were given strong support in 1956 as reported in *Time* magazine:

"Brookhaven National Laboratory scientists checked on fellow employees, found that of 135 who never added salt to their food, only one had unexplained high blood pressure; of 630 who added salt sometimes after tasting food, 43 had the disease; among 581 who always added salt without bothering to taste, 61 had it."²²

Without knowing the whys and wherefores, but because instruction was given to her in vision, Ellen White years ago took her middle-of-the-road position on salt and passed the inspired information on to others. That God had said so was sufficient. Careful re-

search decades later provided the reasons.

CHOLESTEROL: Every shopper for the family table is today alerted by press, television, and radio—and by eye-catching labels on food packaging—to certain technical words that three years ago would have been meaningless to the average person. Now, whenever it is possible, the food producer or manufacturer is careful to inform the buyer that his product contains "poly-unsaturated fat" or that the fat content is not "hydrogenated." Some are able to reduce it to simple terms and inform the public that the fat used is "liquid oil." And why all this?

In December, 1960, the American Heart Association cautiously but firmly announced publicly the conclusions based on findings of long, painstaking research, and advised:

"The reduction or control of fat consumption under medical supervision with reasonable substitution of poly-unsaturated for saturated fats is recommended as a possible means of preventing atherosclerosis and decreasing the risk of heart attacks and strokes."²³

The announcement stirred up a "hornet's nest" in food manufacturing circles, but continued research has buttressed the initial announcement of the heart association. In turn, the public has been alerted, and many a shopper now scrutinizes the food label carefully to ascertain the kind of fat his purchase may contain.

Two points were made in the 1960 release touching blood-vessel diseases and heart attacks—the quantity of fat consumed and the kind of fat that predominated in the diet. It soon became clear that all fats from animal sources—whether in meat, milk, cream, butter, or eggs—were on the less-desirable "saturated fat" side. Vegetable fats hardened by hydrogenation were also placed on this list. Most fats as found in vegetable sources, or as expressed from such sources and offered in liquid form, were in the desirable "poly-unsaturated" category.

And how is this related to the Spirit of Prophecy counsels? In 1854, nine years before the basic health vision, Ellen G. White counseled:


"I then saw that appetite must be denied, that rich food should not be prepared. Eat less fine food; eat coarse food, free from grease."²⁴

As we see it now, to eat less rich food would reduce the fat intake. To eat food free from grease would reduce the intake of animal fats.

In the vision of 1863 the perils of the

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use of rich foods was again set before Mrs. White, and she was shown that a discarding of flesh foods would lead to improved health. The use of flesh foods, she then wrote, was allowed man by God "to shorten their sinful lives."²⁵

Then in 1868, ninety-two years ahead of the American Heart Association, she specifically linked "acute attacks of disease" and "sudden death" with a diet rich in animal fat, and she spoke of such food making "a poor quality of blood and flesh."²⁶

Later in 1896 she wrote of the "diseased current of blood in the human system" which resulted from the eating of the "blood and the fat of animals."²⁷

At the turn of the century, when olive oil was perhaps the best-known vegetable fat available, Mrs. White recommended its use, and in 1905 she published for worldwide reading the statement that "the oil, as eaten in the olive, is far preferable to animal oil or fat."²⁸

All through the years she consistently called for an adequate but abstemious diet. She urged a regimen in which rich foods and flesh meats should be shunned. She indicated also that the use of dairy products should be with moderation.

While Ellen White did not know the terms "cholesterol," "hydrogenation," and "poly-unsaturated fats," the inspired warnings of a hundred years' standing are remarkably in line with the recent recommendations of the American Heart Association and with the counsels of men of science today.

EVIDENCE: "Science," wrote Ellen White, "contributes *fresh evidences* of the wisdom and power of God."²⁹ (Italics supplied.) We have drawn back the curtain to view a few points in the intriguing story. Equally worthy of exploration are the following:

1. The widely published Ellen G. White statements of the 1860's and onward concerning prenatal influence; and in the light of the long-held opinions of scientists "that the unborn baby lives an insulated existence,"³⁰ the reversal in 1954 heralded by such headline announcements that "there is prenatal influence."³¹

2. The field of psychosomatic medicine and the counsel in 1872 by Ellen G. White that "a great deal of the sickness which afflicts humanity has its origin in the mind,"³² in view of the present-day rapidly growing awareness of the mind-body relationship.

3. The field of electroencephalography, with the E. G. White statements of 1869 and 1903 concerning the "elec-

tric currents in the nervous system"³³ and the electrical power of the brain,³⁴ compared with the work in 1929 and onward by Hans Berger and others in "recording and interpreting" "the electrical discharges of the human brain."³⁵

4. Hypnosis, with the E. G. White declaration from early years warning against its use, compared with the cautions now being sounded by medical authorities.³⁶

And we might go on.

To meet at once the needs of His people and the world, God, a century ago through direct revelation, gave basic knowledge on points vital to life and health.

Through tedious and painstaking research in the intricacies of the operation of the laws of nature, dedicated men of science have step by step arrived at the same basic knowledge. The knowledge imparted by revelation and now confirmed by science forms the pattern for a way of life. It identifies that which is safe and it exposes that which is unsound and perilous. The leading line of a front-page newspaper story indicates that the world takes note:

GRADUATION IN CENTRAL AFRICA

From page 4

the hour. His sermon, though addressed to the graduates in particular, was equally applicable to all in the church. And surely all joined in the sentiment of the song as Mrs. Marion McGhee sang "Thine, Lord, Would I Be."

Pastor R. E. Dale, president of the West Lake Field, in the commencement address that Saturday night, enlarged on the aim, To Lift the Fallen, and the motto, Saved to Serve. Then the class of twenty-four young people (there were three young women in the group), with R. L. McGhee as their director, sang their consecration to Jesus in the words of the hymn, "Speak to My Soul, Lord Jesus."

Eliabu Mukama, one of the graduates, told us of the progress that had taken place at Ikizu. He reminded us of the days when there were only lamps and candles for the school, and when all the water had to be brought in buckets from the dirty river. Some of the memories brought smiles, but all filled us with a deep sense of gratitude to God for the many improvements at Ikizu.

After the principal had presented the diplomas, the class marched out to the

"Live the simple life—as do the Seventh-day Adventists—and your chances are much better for a healthy heart, a medical professor says."³⁷

Science in the 1960's confirms the vision of 1863.

¹ *Review and Herald*, Oct. 8, 1867.

² Mrs. G. W. Amadon manuscript, Nov. 24, 1925.

³ Preface to *Christian Temperance and Bible Hygiene*.

⁴ *Independent*, Aug. 25, 1915.

⁵ Address by Dr. Clive McCay, April 9, 1958.

⁶ Address by Dr. Clive McCay, March, 1958.

⁷ Preface to *Christian Temperance and Bible Hygiene*.

⁸ *Spiritual Gifts*, vol. 4, p. 128, 1864 ed.

⁹ *The Ministry of Healing*, p. 313.

¹⁰ *Newsweek*, June 18, 1956.

¹¹ *Journal of the American Medical Association*, Dec. 1, 1956.

¹² *Washington Daily News*, Dec. 28, 1959.

¹³ *Newsweek*, June 18, 1956.

¹⁴ *Newsweek*, March 27, 1961.

¹⁵ Thomas M. Rivers, M.D., National Foundation News Release, February, 1959.

¹⁶ *Selected Messages*, bk. 2, p. 442.

¹⁷ *Time*, Feb. 23, 1962, p. 87.

¹⁸ *The Saturday Evening Post*, Oct. 20, 1962, "The Untold Story of Thalidomide Babies."

¹⁹ *The Health Reformer*, July, 1869.

²⁰ *Counsels on Diet and Foods*, p. 344.

²¹ *The Book of Health*, p. 599.

²² *Time*, April 30, 1956.

²³ *Time*, Dec. 26, 1960.

²⁴ E. G. White manuscript 3, 1854, published in *Messenger to the Remnant*, p. 50.

²⁵ *Spiritual Gifts*, vol. 3, p. 121.

²⁶ *Testimonies*, vol. 2, p. 61.

²⁷ *Counsels on Diet and Foods*, pp. 393, 394.

²⁸ *The Ministry of Healing*, p. 298.

²⁹ *Counsels to Parents and Teachers*, p. 426.

³⁰ *Ladies Home Journal*, February, 1954, p. 43.

³¹ *Ibid.*

³² *Testimonies*, vol. 3, p. 184.

³³ *Testimonies*, vol. 2, p. 347.

³⁴ *Education*, p. 197.

³⁵ *Scientific American*, June, 1954, p. 54.

³⁶ *Selected Messages*, bk. 2, p. 350.

³⁷ *Washington Evening Star*, May 19, 1961.