

THE PRESENT DAY USE OF EGGS AND DAIRY PRODUCTS

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I think a careful study of the Testimony statements regarding milk, dairy products, and eggs, will reveal that the cautions and warnings given pertain to the communication of infections. Special emphasis is placed upon certainty that the animals from which these are obtained are healthy and free from infections. This is, of course, the same basis as is taken by public health officials in the compulsory frequent inspection and testing of dairy animals. I find no intimation in these testimony statements, that milk and eggs are unwholesome in and of themselves. On the contrary, the special messages sent to certain persons and which was repeated in the message read by Mrs. White before the General Conference in Washington in 1909, under the general title Faithfulness in Health Reform, and embodied in the section of this on Extremes in Diet, very definitely carries the idea that both milk and eggs are necessary foods for normal complete nutrition.

Turning to scientific research and experimentation on both animals and in the human, I find complete agreement. The only apparent disagreement lies in the statements regarding butter. But since both milk and cream are not subject to this same statement of the harmfulness of butter, it stands to reason that it is a quantitative matter, i.e. that butter must be used only very moderately. There is nothing in butter that is not in milk and cream. It is a concentrate and contains elements that are needed in nutrition only in small amounts. If milk and cream were used these elements would be amply supplied, and one need not use butter in addition. All three (milk, cream, and butter) contain one element (cholesterol) which in any but very small amounts is harmful. It is the central factor in hardening of the arteries. This is especially harmful when the diet is high in protein and acid in ash as has been revealed by the experiments of Russian physiologists, by Dr. Newburgh of the University of Michigan, by Doctors Musum

and Lansum of California, and by Dr. Leary of Boston. The same applies to eggs since they also contain this same chemical substance of cholesterol. They must therefore be used very moderately as well as because eggs are high in protein and acid in ash. Sherman specifies three eggs a week as his idea of both necessity and moderation.

The Testimony statement that something less harmful than meat is found in eggs and the personal advice given in a case of pernicious anemia that eggs must be used, is also a matter recognized by scientific research. Sherman refers to the work of Rose concerning eggs as preferable to liver in normal nutrition. The statement in the personal testimony, that "eggs contain properties that are remedial agencies in counteracting certain poisons," has been explained by the researches of Mellanby and by Hairvish. It is important to recognize that these poisons were not in damaging chemicals or drugs but in perfectly wholesome foods (grain products). These elements in one class of wholesome foods require neutralization by other nutritional elements in another class of foods (eggs and milk). Such principles are the basis of balance in the diet, a matter of the greatest importance.

My study of the Testimonies has impressed upon me the more than human wisdom displayed in the choice of words by which these divinely revealed truths have been expressed. Notice this statement, "The time will come when we may have to discard some of the articles of diet we now use, such as milk, cream, and eggs; but my message is that you must not bring yourself to a time of trouble beforehand, and thus afflict yourself with death. Wait till the Lord prepares the way before you."

Here are two verbs, "will come" and "may have to discard." One of certainty and one of condition. At first glance it appears as a careless choice of words. But with the subject under consideration and in the light of public health affairs, they express a temporary or regional necessity in the prohibition of the use of milk and eggs, in order to prevent an epidemic of infectious disease. Many have

there been of just such occurrences: Bovine tuberculosis in children, undulant fever, streptococcus infections, etc. An epidemic of mumps in an army camp during the first World War, was traced by Dr. Rosenow to cheese coming from a dairy where the cows had an udder infection.

It may be that milk and eggs as food throughout the life span became especially necessary after the flood. Minerals in the soil, such as calcium, iodine, phosphorus, etc. are very deficient in many places, so that the products of the soil are also deficient in these minerals. These are some of the facts which seem to sustain such an idea. This is seen in that calcium has been shown by Sherman and Campbell as the element in milk which so notably increased longevity and "a whole series of criteria" regarding improvements in health revealed by their experiments in doubling this element in the food of laboratory animals. Also that nearly all available foods are deficient in Vitamin D except eggs, and milk from cows on summer pasture. Climatic conditions and dust, smoke, and fog have also deprived man of the full value of ultraviolet light in the production of vitamin D in the skin by the effects of sunlight.

With this statement explaining the reasons for the use of eggs, there goes the admonition, "You must not deprive yourself of that class of food which makes good blood. . . . When you see you are becoming weak physically, it is essential for you to make changes, and that at once. Put into your diet something you have left out. It is your duty to do this." The foods which had been left out were milk and eggs.

The language of these statements in the Testimonies is not haphazard nor careless, nor inexact. They are scientific, technical in application, and exact to the last letter. This particular one was given thirty years before a single human being on earth could have explained it. Whence did it come, if not from the Designer of the vitamins, the Maker of foods, and the Creator of the human body, whose power made the chemical elements and their smallest component parts, ordained their properties, and hence their relationships; that is, the laws of biochemistry

and physiology? There is no other possible explanation of this strangely simple yet intricately complex and highly technical statement exact in its scientific accuracy and far-reaching in its relation to health and disease. Is it not our duty to give these laws careful study and conform to them.