

FUTURE FOR AMERICA

Volume 3, No. 2

February 1999

Simple, Natural Foods

by Ellen G. White

God has furnished man with abundant means for the gratification of natural appetite. He has spread before him, in the products of the earth, a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says that we may "freely eat." We may enjoy the fruits, the vegetables, the grains, without doing violence to the laws of our being. These articles, prepared in the most simple and natural manner, will nourish the body, and preserve its natural vigor without the use of flesh meats.

—Testimonies for the Church, Volume 3, 50.

Future for America

Mission Statement

The ministry of *Future for America* is to proclaim the final warning message of Revelation 14 as identified within the prophecies of the Bible and the Spirit of Prophecy. The end-time fulfillment of Bible prophecy is no longer future—for it is taking place before our eyes. The historic, prophetic understanding of Seventh-day Adventism is now *present truth*. We are the final generation. Our emphasis on the **prophetic word** includes all the counsel of God's Word. To know what lies ahead is useless if we do not possess the experience to stand during these solemn times. Through obedience to God's law, and faith in the promises of God's Word, we are to receive that experience.

Coupled with the prophetic message, *Future for America* emphasizes all aspects of the **medical missionary work**. The "entering wedge"—medical missionary work—must be practiced by those who are to finish God's work in these final hours.

During this time period, **country living** becomes more essential with each passing moment. *Future for America* upholds and promotes this end-time truth. God's people must prepare for the coming storm, and that preparation includes the experience of learning how to survive in a simple fashion, away from the great centers of population.

Future for America intends to print and distribute **truth-filled literature**, while helping to establish lay-printing operations in parts of the Lord's vineyard where faithful brethren do not have the means to raise up a **printing operation** with their own resources.

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But Daniel purposed in his heart that he would not defile himself. . . . Daniel 1:8.

Future for America has come into existence so that meat in due season may reach the flock at this time. . . . It is present truth that the flock needs now. We look to add our *flavor* to the many ministries available today.

Future For America is a self-supporting 501-C3 nonprofit corporation, and is funded by readers like you. We exist to assist those who are striving to be among the 144,000—through the Prophetic Word and the Health Message—by the power of the Holy Spirit. We hope to help God's people teach our Health Message by using the effective teaching and learning tools which we will provide. We also hope to inspire lay persons to do this by arousing them to the lateness of the hour through the Prophetic messages found in this publication, in seminars, and available in books and on both audio and video tapes.

*FYI....

Be glad in the Lord, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart. . . . I will bless the LORD at all times: his praise shall continually be in my mouth. My soul shall make her boast in the LORD: the humble shall hear thereof; and be glad. O magnify the LORD with me, and let us exalt his name together. . . . The angel of the LORD encampeth round about them that fear him, and delivereth them. O taste and see that the LORD is good: blessed is the man that trusteth in him. . . . Thy mercy, O LORD, is in the heavens; and thy faithfulness reacheth unto the clouds. Thy righteousness is like the great mountains; thy judgments are a great deep: O LORD, thou preservest man and beast. How excellent is thy lovingkindness, O God! Therefore the children of men put their trust under the shadow of thy wings. Psalms 32:11; 34:1-3, 7-8; 36:5-7.

We have so very much for which to thank the Lord, that if we were to devote this entire issue to His blessings and His marvelous works during our move to Tennessee, the pages could not contain the whole! Suffice it to say that God dealt with us gently and mercifully.

There were seven vehicles to be driven from Washington to Tennessee—and seven adults to do the driving. The four Spencer children took turns riding with different drivers. When we were all lined up, we made quite a sight!

There was the big 1975 International moving van ("the white elephant"); a 1959 Chevrolet C-60 Viking 2-ton truck which was pulling a heavily laden trailer; a 1969 GMC Bluebird school bus; a van; a 1982 Mercury Grand Marquis which was pulling a U-Haul trailer; a 1977 Dodge window maxi-van pulling a 1985 Jeep Cherokee which had been donated to *Future for America* just before the trip; and Tanna Spencer brought up the rear in their motor home. She kept track of all of us, and ran ahead to notify everyone if there were any problems.

And, yes, there were problems. The trip took twice as long as we had anticipated, but God's blessings were abundant. When we had prayer before we left, Steve Spence did not ask for an easy, trouble-free trip, but for the Lord to provide us with the experiences we needed to develop our character so that we would learn to trust in Him completely, and thus be able to serve Him better. And He answered that prayer.

The white elephant lost its drive shaft, and later split one of the tire rims on the rear duals; the bus needed a throw-out bearing; the axle on Spence's trailer was bent and ate up tires almost on a daily basis, and later lost a wheel and brake drum from a different axle (he had a spare axle from which he was able to get the new hub); the back of the Jeep came open and threatened us with the loss of computer equipment; and the Spencer van overheated on one of the hill's.

We do thank the Lord that nothing "major" happened. Each time there was an incident, it was at a convenient place, and the men were able to fix it themselves. As an example: The white elephant drove over the drive shaft when it came off, but it was undamaged. We were within 5 miles of both a truck stop and a parts store. We spent the night at the truck stop waiting for a parts store to open up, and had a lesson in "Pressing together." The truck needed a U-joint which is usually not easily available, but there was a place called

"The U-Joint" within 5 miles—and they had the very one we needed!

There was an arctic storm chasing us most of the way, but it caught up with us just before we got to Oklahoma City. Although the highway was extremely icy, and many vehicles were off the road, we all got through it safely, thanks to the Lord's loving watch-care.

We got totally separated from each other many times, and there were times we didn't see how we were going to get together again. But we would pray, and very shortly someone would show up, and then a couple more would come, until finally we were all together again. The way we got back together was—in at least one instance—nothing short of a miracle.

In this issue, we are looking at what it means to simplify your life. There is much that is coming upon this world that we cannot control. But we can, here and now, make an offering to God by sacrifice. We can simplify our lives, cut expenses, eat the natural foods which God has given us in a simple, healthful way, and thus prepare to stand in the last day. If it is hard for us to give up things now, do you think it will ever get any easier? Remember Sister White's vision of the trail leading to the Holy City? We may start out with horses and wagons, but we have to discard things all along the way. We need to keep simplifying our lives. This is something that we can do right now.

We have two articles by Sister White which deal with ways in which to simplify our lives. In *The Church at Ephesus*, and in *Convenient Food*, there are some very interesting statements about simplifying, about the use of our time and money in these last days, and how to simplify our lives through proper eating. Then Melissa Lindberg's article *Keeping it Simple*, looks at this subject with some excellent insight and counsel.

One of our readers sent us a copy of a letter which she had sent to her local Seventh-day Adventist church school regarding immunization, and this letter is the basis for *Should We Immunize Our Children?* Is this a religious freedom issue? Or a health reform issue? Read for yourself and then do a little research on your own. We know that the enemy will come at us from many different angles, and what would be more acceptable than trying to "protect" our children? But is it in reality "protection"?

There are many decisions which we will be called upon to make in the near future. We must, with the help of our Saviour, purpose in our hearts that we will not defile ourselves—in any way. Our hearts must be cleansed, purified and renewed in the Lord; and our bodies, which are His temple, must be presented as a living—not dead and dying—sacrifice unto the Lord. This is our reasonable service. God would not ask us to do something unreasonable or impossible. He will provide us with the knowledge and direction to make the right decisions, and then He will provide us with the strength to walk in His way.

May the Lord bless you and keep you as you determine to walk ever closer to Him.

Your sister in the blessed hope,

Denise Matlean

*For Your Information

THE CHURCH AT EPHESUS

by Ellen G. White

UNTO the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks; I know thy works, and thy labour, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not, and hast found them liars: and hast borne, and hast patience, and for my name's sake hast laboured, and hast not fainted. Revelation 2:1-3.

The church at Ephesus in her earlier history had been made the dispensator of sacred truth. Rare means and privileges had been bestowed upon her. "I know thy works, and thy labour, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not, and hast found them liars: and hast borne, and hast patience, and for my name's sake hast laboured, and hast not fainted."

Here we see a deep, heart-felt, prolonged struggle; just such a struggle as we might have expected in these last days of conflict. "Thou canst not bear them which are evil." Rigid and impartial discipline was exercised in the case of all unworthy disciples and false teachers who were bringing in damnable heresies, which were undermining the foundation of the faith.

Here the ministers of righteousness are symbolized by the seven stars, which the First and the Last has under His special care and protection. The Lord Jesus Christ is acquainted with the number of the stars. He calls them by their names, binds the sweet influence of Pleiades, and looses the bands of Orion. The

ministers of the gospel of Christ are greater blessings to the church than are the stars to our world. All are in God's hand. He directs their motions. He disposes of them in their different orbs in their positions. He fills them with light and influence. He supports them, else they would soon be falling stars. They are instruments in His hands, and all the good they do is done by His hand and by His Spirit's power.

He walks in the midst of the golden candlesticks. Thus is symbolized the relation of Christ to His churches, and the stars are used to represent His ministers. He is represented as walking up and down among the golden candlesticks. He is in communion with His people. He knows their true state. He observes their order, their vigilance, their piety, and their devotion; and He takes pleasure in them if He sees these fruits manifest. Although Christ is mediator in the heavenly Sanctuary, yet He walks up and down in the midst of the churches on earth. He goes about from church to church, from congregation to congregation, from soul to soul. He observes their true condition—that which is neglected, that which is in disorder, and that which needs to be done. He is represented as walking, which signifies unrest, wakefulness, and unremitting vigilance. He is observing whether the light of any of His sentinels, or candlesticks, is burning dim or going out. These under-shepherds may sleep, but He that keeps Israel neither slumbers nor sleeps. (See Psalm 121:4.) If these candlesticks were left to the charge of human powers, the flickering flame would languish and die. But He is the true Watchman of the home, the sleepless Warden of the temple courts. The continual watch-care and presence and sustaining grace of Christ are the source of all light and life.

The True Witness bears testimony in commendation of the diligence

of the church at Ephesus, declaring, "I know thy works," and all His commendations and reproofs are to be strictly regarded, for it is One who knows that speaks. Ardent, active piety in judicious work will show a moral strength in the church. Want of well doing leads to want of piety, and want of piety leads to inactivity. Diligent, earnest piety must be required of the church, else there will be a degenerating into mere chapel service, and into dry forms, while there will be less and less holy fervor—steady burning of light in the candlestick.

I am deeply impressed with our great need of individual piety and heart experience in the truth. I see that the terrors of the day of God are upon us. Iniquity is breaking forth, tearing through every barrier; and unless there are more thoroughly determined efforts to resist the power of Satan, he will gather into his ranks many whom we now reckon to be believers in the truth. There will come sore trials to us in grievous disappointments. The Saviour, the One styling Himself as the True Witness, enjoins upon John to write these things which he has seen and heard. "Unto the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks."

The work of the minister represented by the seven stars is a high and sacred work. When he entertains the idea that his work is comprehended in sermonizing, he overlooks, and is sure to neglect, the work devolving upon a shepherd of the flock. It is his work to have care, to oversee the flock, to so arrange the elements of the church that each may have something to do.

Every member of the church who is united to Christ has sacred responsibilities resting upon him, and is bound by all the holy motives which the gospel recognizes as pure

and sacred, to regard the salvation of souls as the highest interest entrusted to mortals, and thus become a co-laborer with God, to rescue souls from the snare of Satan, and so influence, and educate, and train these souls that they shall be built up in truth and righteousness; for God will require this work of every individual who has accepted salvation. The devoted church-member should accomplish much by holy living; by a painstaking discharge of every duty; by fervent prayer; by faithful warnings, especially by affectionate intercourse for the help and instruction of these souls for whom Christ has given His life, who are committed to the charge of the church, which charge they cannot neglect without imperiling their own souls and being disloyal to our crucified Redeemer.

What a record many will meet in the day of Judgment because of their neglect of the very work which the Lord has left for them as His hired servants to do! It is His work, and none who neglect it can make an atonement for their delinquencies which have endangered souls by their passing by on the other side, while absorbing the mind and God-given abilities in pleasing occupation, retiring within themselves because it is their pleasure so to do, or absorbing the mind in business or worldly pursuits, and crowding upon their time an accumulated amount of little unimportant things, giving no time to God's work.

"We are labourers together with God." 1 Corinthians 3:9. But who are laborers together with God?—Those who are doing Christ's work. Those who are wearing Christ's yoke and lifting Christ's burdens; who employ their entrusted talents in active service, studying, devising, planning, with much prayer and earnest faith, ways and means to open the truth to any and every soul—those that are near, and those that are brought within the sphere of their influence—constantly studying how to do the very highest service for the Master.

Our sisters are not excused from taking a part in the work of God.

Every one who has tasted of the powers of the world to come, has earnest work to do in some capacity in the Lord's vineyard. Our sisters may manage to keep busy with their fingers constantly employed in manufacturing little dainty articles to beautify their homes, or to present to their friends. Great quantities of this kind of material may be brought and laid upon the foundation-stone; but will Jesus look upon all this variety of dainty work as a living sacrifice to Himself? Will He pronounce the commendation upon the workers, "I know thy works, and thy labour, and thy patience," and how thou "hast borne, and hast patience, and for my name's sake hast laboured, and hast not fainted"?

Let our sisters inquire, How shall I meet in the Judgment these souls with whom I have or should have become acquainted? Have I studied over their individual cases? Have

or aptitude for missionary labor? All this kind of work is hay, wood, and stubble, which the fires of the last day will consume. But where are your offerings to God? Where is your patient labor, your earnest zeal, that brings you into connection with Christ, bearing His yoke, lifting His burdens? Where are the gold, the silver, and the precious stones which you have laid upon the foundation-stone, which the fires of the last day cannot consume, because they are imperishable? "I know thy works," says the True Witness.

"And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful

Who are laborers together with God?—Those who are doing Christ's work. Those who are wearing Christ's yoke and lifting Christ's burdens; who employ their entrusted talents in active service, . . . to open the truth to any and every soul . . . constantly studying how to do the very highest service for the Master.

I so acquainted myself with my Bible that I could open the Scriptures to them? Have I sought the Lord my Master three times a day by earnest prayer in faith, that He would give me wisdom that I might know how to present the truth to these dear souls? Am I giving them, not only by precept, but by example in my own life of piety and fidelity to God, an assurance that the service of Christ is pleasant and satisfactory, and full of peace and joy?

Is it the work God has appointed you as His hired servants, to study the intricate delicate patterns of embroidery and the many obscure points in this class of work, for the purpose of mastering what some one else has done or to show what you can do? Is this the kind of labor that God will commend you in doing, which so absorbs your interest, your God-given time and talents, that you have no taste or education

in the knowledge of our Lord Jesus Christ." 2 Peter 1:5-8. Now, grace and peace are to be multiplied to the one who works upon the plan of addition. And with such a one there is an earnest pressing forward to obtain more grace, which is necessary for good works.

As light comes to individual members of the church, it must be used to benefit others, that other souls may become learners in the school of Christ. There is a Pattern my sisters can show the talent and ingenuity to pick out, and to educate others to copy, searching the Word of God with all earnestness, with a sanctified mental appetite to relish the truth because it is the truth. Those who make any progress in religion must be diligent. Your worsted work, your embroidery, your fancy articles will not be the works that will determine your character as fit for eternal life. It is another class of work alto-

gether, that has weight in the Judgment. Have you been industrious in seeking to save souls—industrious with your entrusted ability in doing God's work? Without giving all diligence there is no gaining ground in the work of holiness. They who are slothful in the things of religion will accomplish nothing in it. They will be weighed in the balances, and be found wanting. There must be an abounding in all the Christian graces. Mental discipline is highly es-

do in preaching the truth to others, and it may be found best to test them. But the most solemn obligation is laid upon those who consent to do this, to watch their going out and their coming in, to follow on their track to closely investigate the manner in which their work is done; whether they are indeed leaving a savory influence, or an influence which belies all their pretensions to be apostles of Jesus Christ. True zeal, Christ-like zeal, is to be shown in every case, that pretenders may not

and the glories of redemption, and the wonderful plan of Christ in saving men, but he has no personal interest in these sacred truths. They are not brought into his life practice, and becoming dearer and more precious through daily experience. This is the reason why there are so many failures and falls, and why the gospel ministry is brought into reproach and disgraced. Many urge conversion while their own souls are unconverted, and commend the love of Jesus when they never have experienced it. They preach repentance for sin, which they have never practiced, and faith, which they know nothing of by experience. They talk of a Saviour, of whom they have only a theoretical knowledge. They talk of the Spirit of God that they are daily grieving; of heaven, which they do not contemplate because they have a personal interest in it.

There will be men who claim to have a work to do in preaching the truth to others, and it may be found best to test them. But the most solemn obligation is laid upon those who consent to do this. . . .

sential to fit us for the great work we are required to do for the Master.

God's delegated ministers have need of the prayers of the faithful. If they are unselfishly laboring for the advancement of Christ's kingdom in the exercise of their appointed work, they will have to possess their souls in patience. They will have to meet every phase of character, some rough, uncultured, unappreciative of their constant labor, who will injure their influence if they can

Thou has borne and had patience. The faithful minister is commended in having zeal against that which is evil. Not only will he not practice evil himself, but he will be an example to believers in his piety, his purity, his godliness, and his devotion to sacred things. "Thou canst not bear them which are evil." His affections will not fasten upon and cling to the evil doer. He hates the practices of the worker of iniquity. While every effort should be made for the salvation of these souls, in all meekness and wisdom, there must be manifested a zeal to repress evil, to counteract its baleful influence. God will not justify any one in making light of sin, and showing preference to the evil-worker.

"Thou hast tried them which say they are apostles, and are not, and hast found them liars." There will be men who claim to have a work to

obtain a foot-hold, and through deception insinuate themselves into the confidence of the churches when they are not worthy of the confidence of Christians, because their works are evil, their hearts unsanctified, their actions defiling.

If only Christian men would become ministers, how different would have been the state of religion in our world! Martin Luther made a statement that religion is never in such danger as among reverend men. This is the saddest picture held up to our view in the sins found among the ministers of the present age. They handle sacred things with defiled hearts and minds and impure hands. Many consider that ministers have no temptations; that they are fenced about with barriers, and that kept, as they are, daily in contact with sacred truth and thoughts of eternity, all would be pure and lovely and of good report. But although this is as it should be, it is not as it is, as facts show us. When the minister separates his soul from God by wicked works, he still continues to be an exponent of the Word of God, and handles that Word deceitfully. He is called upon at all times and under all circumstances to contemplate truth in some of its many forms, and applying the truth to hearts and life and practice of persons who are contemplating it, he talks of its advantages

Here is deception of the worst kind. An irreligious minister should be ranked among those whom God abhors. His whole life is a lie. The Word of God is taught to the people, but kept apart from his own life. If the Word of God were brought into the life practice, every thought, word, and deed would be subject to God's will.—*Advent Review and Sabbath Herald*, May 31, 1887. 8

Prayer Request

I have received an urgent prayer request through someone in my church.

There is a beautiful 15 year-old girl named Saleema in Pakistan who is a Christian. She converted her close friend, 14. This youngster was so excited about Christianity that she told her parents and they killed her!

It looks like the 15-year old is to be publicly executed. We need to send up prayer for this child to give her the strength and resolve to deal with whatever happens to her.

Please pass this information on to as many other Christians as you can.

—Baxter (ICQ#16601131)

CHINA TALES WORTH TELLING:

God IS in Control

by David L. Lin

SISTER QIAO is a house-church leader in Shifang county, Sichuan province. Sister Qiao puts much emphasis on prayer.

One day she was visited by Sister Chen, who was always beaten by her husband because of her faith. Sister Chen had been beaten again that day, so she escaped to Sister Qiao's home.

Together they went to visit Sister Jiang, for they had heard that her youngest brother was very sick.

As they were dining at Sister Jiang's house, her eldest brother rushed in and told them that her youngest brother was dying, and that the relatives had come to his bedside to wait for his last moment.

Sister Qiao said, "I believe that God is in control of a man's life. Let us pray to God to take charge of his life."

After they had prayer, they left to go to the home of the dying brother. On the way, Sister Jiang told them that the brother had been sent home by the

hospital. The doctor had told them to prepare for his funeral, for he had no more than four days to live.

When they arrived at the brother's house, he was already wearing a pair of shoes made for the dead. His hair had been cut according to the burial custom. The barber was so sure the man was going to die that he didn't even take the time to ask for money because he was afraid that the man would die before he finished cutting his hair. He believed that this would mean bad luck for him.

The dying man's wife was folding paper imitation silver ingots to be burned, and firecrackers had been bought.

When the three sisters arrived, the man's wife said to Sister Qiao that if God would make her husband live again, she would let him go with his sister Jiang every day to preach the gospel.

Sister Qiao touched the man's body. It was already cold. Only a small patch on the chest around the heart felt

slightly warm. She opened an eyelid; the eyeball did not move. The man's wife told them that his mind was still clear, though he could not talk or see.

Sister Jiang spoke to her brother, though she was not sure he could hear her. She told him that he must believe in God so that if he died God could resurrect him when Christ comes again.

Then she added, "Who knows but that God would revive you NOW for His glory?"

"If you are willing to believe in God, just move your head a bit," she continued.

They observed that he nodded slightly.

Then Sister Qiao prayed.

Half an hour later tears began running down the man's eyes. In another half hour he began to talk with a weak voice, asking for food. The man was recovering! And in due time he regained his health.

In that district there had been no Adventists, but now the whole family have accepted Jesus and have begun to keep the seventh day Sabbath.

The Holy Spirit is working in its fullness in China. ☸

Easy Banana Ice Cream

Bananas get brown speckles on them when the starch turns to sugar. In this state they are properly assimilated into the system. The speckled bananas may be used even after the peels have turned black. A little experimentation will find the stage with the best flavor for you. You can often find perfect 'ice cream' bananas at the produce section of your local grocery in the 'over-ripe' discount bin. Figure that you will need 4-6 bananas per person—depending upon appetite, and whether or not you are using them as a base to combine with other fruits.

Peel the ripe bananas and place in zip-type freezer bags, seal and freeze at least one day in advance.

When thoroughly frozen, remove from freezer and freezer bag.

Put them through the Champion Juicer, using the solid blank instead of the juice screen.

Banana ice cream may be eaten as is, or used as a base with other frozen fruits, i.e. strawberries, raspberries, apricots, peaches, blueber-

ries, blackberries, raspberries, cantaloupe, mango and pineapple. Both the bananas and the mangos have a creamy consistency, while most of the other fruits give a sherberty consistency.

Raw nuts, seeds, and raw carob added to the bananas provide a delicious flavor.

Apricots, blueberries, blackberries, and raspberries can be made into a sauce or topping for the ice cream.

To make this into a delicious, healthful meal, try adding date nut toast and 'Goop'.

'Goop'

Put through the Champion Juicer: Pecans, almonds, walnuts or sunflower seeds. Add blackstrap molasses and honey to taste. Mix thoroughly and enjoy.

Note: If you do not have a Champion Juicer with which to make the ice cream, it is possible to use a blender. Some form of liquid will have to be added—preferably a fruit juice like pineapple—and the consistency will be softer, but it will still be delicious, and healthful. ☸

Convenient Food

by Ellen G. White

THE prayer of Agur is instructive: "Remove far from me vanity and lies; give me neither poverty nor riches; feed me with food convenient for me; lest I be full, and deny Thee, and say, Who is the Lord? Or lest I be poor, and steal, and take the name of my God in vain." Proverbs 30:8-9.

Among the evils of this life, are extreme poverty, and great riches; either frequently deprives men and women of convenient food. The poor sometimes suffer from want of the plainest bread; while the rich suffer more from the ruinous effects of the indulgence of appetite.

The prayer of Agur should be our prayer. And as we pray, we should act our part in the answer of the prayer.

I have traveled extensively, during the past season, east and west, from Kansas to the State of Maine. I have had a n opportunity to see that but few understand how to take care of their bodies. I have seen many groaning under infirmities which they could not account for, only as they charged their sufferings to Providence. They seemed to console themselves with the thought that pain was the common lot of mankind, and they must be reconciled. But in nine cases out of ten, the afflictions we meet are in consequence of the continual transgression of the laws of life. The collision between nature and their habits, results in suffering and disease.

While in the depot in Tipton, Indiana, I was a listener to the remarks of several who were con-

versing together in regard to a family then lying at the point of death, a few miles distant. The entire family, save, one, had been poisoned by drinking Java coffee. The family physician had pronounced them to be in a critical condition, and their recovery very doubtful. The question may arise, How do they know that the coffee poisoned them? It was stated that they all partook freely of the coffee, except one child. She ate with the rest of the family, but could never be induced to taste coffee. While the rest, in a short time after their meal, were thrown into convulsions, the little girl was as well as usual.

It has been no wonder to me that sickness and disease are so prevalent; but it has been a marvel why many live at all, under the abuses they put upon themselves. Every transgression of nature's laws will be followed by the penalty.

While upon the cars, I heard parents remark that the appetites of their children were delicate, and unless they had meat and cake, they could not eat. When the noon meal was taken, I observed the quality of food given to these children. It was fine wheaten bread, sliced ham coated with black pepper, spiced pickles, cake, and preserves. The pale, sallow complexion of these children plainly indicated the abuses the stomach was suffering. Two of these children observed another family of children eating cheese with their food, and they lost their appetite for what was before them, until their indulgent mother begged a piece of the cheese to give to her children, fearing the

dear children would fail to make out their meal. The mother remarked, My children love this or that, so much, and I let them have what they want; for the appetite craves the kinds of food the system requires.

This might be correct if the appetite had never been perverted. There is a natural, and a depraved, appetite. Parents who have taught their children to eat unhealthy, stimulating food, all their lives, until the taste is perverted, and they crave clay, slate pencils, burned coffee, tea grounds, cinnamon, cloves, and spices, cannot claim that the appetite demands what the system requires. The appetite has been falsely educated, until it is depraved. The fine organs of the stomach have been stimulated and burned, until they have lost their delicate sensitiveness. Simple, healthful food, seems to them insipid. The abused stomach will not perform the work given it, unless urged to it by the most stimulating substances. If these children had been trained from their infancy to take only healthful food, prepared in the most simple manner, preserving its natural properties as much as possible, and avoiding flesh meats, grease, and all spices, the taste and appetite would be unimpaired. In its natural state, it might indicate, in a great degree, the food best adapted to the wants of the system.

While parents and children were eating of their dainties, my husband and myself partook of our simple repast, at our usual hour, at 1 P.M., of graham bread with-

out butter, and a generous supply of fruit. We ate our meal with a keen relish, and with thankful hearts that we were not obliged to carry a popular grocery with us to provide for a capricious appetite. We ate heartily, and felt no sense of hunger until the next morning. The boy with his oranges, nuts, pop corn, and candies, found us poor customers.

The quality of the food eaten by parents and children, could not be converted into good blood, or sweet tempers. The children were pale. Some had disgusting sores upon their faces and hands. Others were nearly blind with sore eyes, which greatly marred the beauty of the countenance. And still others showed no eruption upon the skin, but were afflicted with cough, catarrh, or difficulty of throat and lungs. I noticed a boy of three years, who was suffering with diarrhea. He had quite a fever, but seemed to think all he needed was food. He was calling, every few minutes, for cake, chicken, pickles. The mother answered his every call like an obedient slave; and when the food called for did not come as soon as was desired, as the cries and calls became unpleasantly urgent, the mother answered, "Yes, yes, darling, you shall have it." After the food was placed in his hand, it was thrown passionately upon the car floor, because it did not come soon enough. One little girl was partaking of her boiled ham, and spiced pickles, and bread and butter, when she espied a plate I was eating from. Here was something she did not have, and she refused to eat. This girl of six years said she would have a plate. I thought it was the nice red apple I was eating she desired; and although we had a limited amount, I felt such pity for the parents, that I gave her a fine apple. She snatched it from my hand, and disdainfully threw it quickly to the

car floor. I thought, This child, if permitted to thus have her own way, will indeed bring her mother to shame.

This exhibition of passion was the result of the mother's course of indulgence. The quality of food she provided for her child was a continual tax to the digestive organs. The blood was impure, and the child sickly and irritable. The quality of food given daily to this child, was of that nature to excite the lower order of passions, and depress the moral and intellectual. The parents were forming the habits of their child. They were making her selfish and unloving. They did not restrain her desires, or control her passions. What can they expect of such a child, should she come to maturity? Many do not seem to understand the relation the mind sustains to the body. If the system is deranged by im-

the stomach take that rest so necessary for it, her sufferings might have been far less. These mothers were not prepared to bring up children. The greatest cause of human suffering is ignorance on the subject of how to treat our own bodies.

The inquiry with many is, What shall I eat, and how shall I live, to best enjoy the present time? Duty and principle are laid aside for present gratification. If we would have health, we must live for it. Parents are, in a great degree, responsible for the physical health and morals of their children. They should instruct their children, and urge them to conform to the laws of health for their own sake, to save themselves unhappiness and suffering. How strange, that mothers should indulge their children, to the ruin of their physical, mental, and moral health! What can be

In nine cases out of ten, the afflictions we meet are in consequence of the continual transgression of the laws of life.

proper food, the brain and nerves are affected, and the passions are easily excited.

A child of about ten years was afflicted with chills and fever, and was disinclined to eat. The mother urged her: "Eat a little of this sponge cake. Here is some nice chicken. Won't you have a taste of these preserves?" The child finally ate a large meal for a well person. The food urged upon her was not proper for the stomach in health, and should in no case be taken while sick. The mother in about two hours, was bathing the head of the child, saying she could not understand why she should have such a burning fever. She had added fuel to the fire, and wondered that the fire burned. Had that child been left to let nature take her course, and

the character of such fondness! These mothers make their children unfit for happiness in this life, and render the prospect of the future life very uncertain.

As I saw the manner in which parents were treating their children in the cars, I thought, These poor children are indeed creatures of circumstance. Both parents and children were suffering the effects of eating irregularly, and of unhealthful food. As the result, there was a manifest lack of genuine affection with parents and children. All were sufferers. They were nervous, irritable, and desponding. The indulgence of appetite lessened their constitutional strength, as well as their mental and moral powers.—*The Health Reformer*, December 1870.8

In the stream of time . . . near the end of the line.

CANCER CONNECTION

...to ultrasound

Ultrasound appears to stimulate the growth of malignant tumors in laboratory animal—*Physical Therapy*, 73(6Suppl) S21, June 1993.

...fluorescent lights

Canadian researchers compared the melanoma incidence in over 1,000 patients, over 500 of which were exposed to fluorescent lights. They observed that the more time the subjects spend under fluorescent lighting the more likely they were to develop melanoma.—*American Journal of Epidemiology*, 135:749-761, 1992.

...milk consumption

Lymphatic organ cancers are associated with milk intake in a study from Norway—*British Journal of Cancer*, 61:455-459, 1990.

CONFLICT IN ANGOLA

Luanda, Angola [ANN] New conflicts between the ruling "Angola Popular Movement of Liberation" (MPLA) and the opposition party "National Union for the Full Independence of Angola" (UNITA) produced a new flow of refugees in this Southwest African country.

Four years after the cease-fire, violent fighting has erupted again. These attacks have produced an increase in the number of refugees. According to unconfirmed reports, from 6,000 to 8,000 new refugees have reached the city of Luena, in the interior of the country, since the beginning of December.

Due to the loss of two United Nations planes, the UN has discontinued their humanitarian flights. Their aid program had concentrated . . . on Huambo, where there are presently about 100,000 refugees, according to the report of the UN Coordination Office of humanitarian help.

The Adventist Development

and Relief Agency (ADRA) has temporarily evacuated its personnel to Luanda. According to ADRA, the situation in the capital, Luanda, is quiet, however, due to holiday celebrations, an increase of criminality has been noted.

Because [of] the food shortage in Huambo, the 35 school children and students of the Bongo Seventh-day Adventist Seminary, in Huambo, have received food from ADRA.

Since the 1994 peace agreements, the cease-fire has been fragile and often broken. The civil war in this gem-and-oil-rich country started near the middle of the 1970's.

About 90 percent of the 12 million Angolans are Christians. Despite war and persecution, churches have continued to grow. About 70 percent of Christians are members of the Roman Catholic Church. The most numerous Protestant churches in Angola are: the Seventh-day Adventist Church, with 176,000 members; the United Methodist Church, with 100,000 members; the Evangelical Congregationalist Church in Angola, with 140,000 members; and the Church of the Brethren, with 125,000 members.—Christian Schaffler, APD Info Switzerland, *Adventist News Network*, January 5, 1999.

RELIGION & HUMAN RIGHTS

Luanda, Angola [ANN] Amidst war and civil unrest, pastors of the Seventh-day Adventist Church gathered in Luanda on the eve of the 75th anniversary of the Adventist Mission in Angola and hold the first Religion and Human Rights Seminar.

"This is the first time that a seminar on freedom of conscience and religion has been organized since 1924," said Vasco Cubenda, president of the Seventh-day Adventist

Church in Angola.

The meetings brought together more than 70 pastors from the four local missions in Angola. . . . More than a dozen of these pastors came from Huambo, in Western Central Angola.

"The city of Huambo, where the headquarters of the Union are located, is presently encircled by the armed forces of UNITA, hostile to the ruling government," said Maurice Verfaillie, Public Affairs and Religious Liberty (PARL) director for the Seventh-day Adventist Church in Switzerland. "The seminar participants effort to be present was a testimony to their faith and to their interest for a better exercise of their ministry."

Discussion topics for the seminar dealt with issues surrounding the Universal Declaration of Human Rights and religious freedom in Europe and Angola.

"This seminar answered a need in our country and in our church," said Cubenda. "We need to better understand the meaning of our relationship with the public authorities and the implications of the right of respect for religious freedom and conscience."—Maurice Verfaillie and Dixil Rodriguez, *SDANEWS: ANN Bulletin*, January 19, 1999.

School Battle in European

Luxembourg [ANN] Two Seventh-day Adventist families began proceedings at the European Court of Human Rights following the refusal of the Luxembourg school system to allow their children to observe the seventh-day Sabbath (Saturday).

". . . The Luxembourg authorities consider that any such exceptions to school requirements cause interruptions to the running of the school system," says Trujillo.

After pursuing the case through tribunals in Luxembourg, the matter was brought before the European Court last December. While accepting the need for regulations governing school atten-

dance, the families appeal to their religious convictions and the internationally-recognized human right to observe the day of worship of their choice. The case highlights a discriminatory situation against a religious minority, which needs to be resolved, . . . reports Trujillo.

"Adventists are not seeking to upset the school routine or to increase administrative costs," says Trujillo. "They are asking for the same right given to majority religions of recognizing their choice of the day of worship. It is unacceptable to think that religious liberty is a question of numbers of members or that respect for difference only operates when there are no differences." Jonathan Gallagher, *Ibid*.

RELIGIOUS FREEDOM IN HOLLAND

Huis ter Heide, The Netherlands [ANN] In Holland governmental planning threatens the right of Dutch citizens to have a fixed day off during the working period of one week.

The Dutch economy is developing in the direction of a working week of seven days and in each day 24 hours working time.

"An employee has to negotiate with his employer regarding working hours and free time. Employers can no longer guarantee that a laborer will always have a fixed day free during the week," reports Rob de Raad, Communication director of the Seventh-day Adventist Church in The Netherlands.

The Christian churches in Holland including the Seventh-day Adventist Church have been trying to stop this development and started in 1998 an action to convince the Dutch government that for certain religious groups their fixed day of rest and worship is not negotiable. For orthodox Calvinistic churches this is Sunday, for religious Jews and Sabbath-keeping Christian churches this is the seventh-day Sabbath and Muslims want the right to spend time to visit the mosque on Friday.—Rob de Raad/ANR, *Ibid*.

KOREAN UNIVERSITY CHOIR

Seoul, Korea [ANN] The Korean Sahmyook University choir joined

with the Ministry of Education of the government of Korea in presenting the 1999 New Year Music Concert on January 18. More than 600 government workers and community members attended the event. . . .

"Although Korea is still under the IMF situation and struggling against financial difficulty, these students raised their voices with happiness and joy with great expectations for the new year," said Tadaomi Shinmyo, communication director for the Seventh-day Adventist Church in Korea.

The Korean Sahmyook University choir was asked to present the program after receiving the first place award during the 22nd National University Music Contest held on November 12, 1998. It is the second consecutive year that the university choir has received this award. The university has approximately 2,800 students.—Tadaomi Shinmyo and Dixil Rodriguez, *Ibid*.

NEW ADVENTIST RADIO STATIONS

Bracknell, England [ANN] The Seventh-day Adventist Church's radio outreach organization Adventist World Radio (AWR) announced this week that several new stations will be broadcasting soon.

"The Caribbean islands of Curacao and Bonaire will soon be able to tune into the *Voice of Hope* on a local station," says Greg Scott, AWR-Pan America region director. The new FM station, to be known locally as "Alpha 92" will be located at 92 Megahertz and will have a power of 1 kilowatt to reach both islands which have a population of 160,000.

Station Manager Arnulfo Angila says the station hopes to be on the air in February or March with programming in the local language of Papiamento, and other area languages such as English, Dutch and Spanish. . . .

Two new studios in Africa will soon become AWR program partners to add several more languages to the worldwide program schedule, according to AWR's region director for Africa, Samuel Misiani. "I have received reports from both Lagos

and Addis Ababa that the studios have been constructed and are ready to install equipment so they can begin program production," said Misiani.

"AWR has been cooperating with local entities to establish these two important studios that will be able to talk to millions of people," said Misiani. . . .

"The studio's location in Nigeria at the Adventist Seminary of West Africa in Lagos State will enable us to take advantage of the seminary's resources and will give many young people the opportunity to train in communication," said Misiani. "We will also be depending on many young people in the city of Addis to participate in the new studio there," he added.—*AWRecorder*, *Ibid*.

HIGH TECH INTER-AMERICA

Miami, Florida [ANN] Seventh-day Adventists in the countries of Inter-America are rapidly developing high-tech solutions to the challenge of fulfilling the Church's mission.

"We are in the process of greatly expanding the way we use the Internet," says Leslie McMillan, communication director for the Inter-America Division. . . .

"Our clear intention was to make sure Internet access is available to Church workers. That process is now virtually complete. As a Church organization we recognize the advantages of electronic communication."

The plan is to develop the inter-connectivity so that both ministers and members can easily access information from the Church. . . .

The Church's involvement . . . has been very intentional, reports Jose Romero, computer systems engineer.

"My role is to use available technology to make it happen," says Romero. "I believe the Church should be looking to do more on the Internet to organize the Church's presence more intentionally. . . ."

The territory covered by the Division includes 32 countries with a combined [SDA] membership of 1.8 million.—Jonathan Gallagher, *Ibid*.

Letters



May God bless you and the work you are doing. . . . Thank you for the wonderful cassettes you have sent me.
MD—CA

Today is my birthday and I count it as one more year closer to our Lord's return. I believe in the depths of me that not many more years are ours in this world. I know that I am far from ready; far from being dead to the world as I need to be. But the Holy Spirit has been leading me to be more consecrated, or shall I say, to consecrate myself more fully unto the Lord.

Truly when I look at myself, there is no way I can be saved, but I do not look to myself to save me. I throw my whole self on the mercy of the Lord and trust in His grace and power to do for me that which I cannot do.

I want to tell you that I hated the message you were bringing to us. I hated it because I thought I had understanding, precious from the Lord. Then I realized the concepts I had brought us to a wrong conclusion, and was incomplete. I kept listening to you, and by God's grace, He showed me the importance of not changing the concepts He has given to us through our pioneers. Now I have been studying to understand more fully what they taught.

May God continue to bless your ministry. I wish I could help more.

In Christ, BW—MI

You sent me the tapes *The three Beasts of Revelation 16*, and I have to write you once again and tell you—I am overwhelmed with gratitude. . . for the hours and hours and hours of study this sort of thing must have taken you. I, too, love to study and often (actually always) when I have a day off I am deep in a pile of books pawing through God's Word, and backup study books, and the Spirit of Prophecy, but I could never in a lifetime have dug out what you have. And yet as I look into it with prayer and study, it all makes sense and puts God's End Time into perspective.

This is Present Truth for our people. I can only hope that thousands will get these tapes and listen. We should all be studying this now.

I study one night a week with about 10 people. . . . We are studying Revelation 9 right now. I can hardly wait to get into 16 and 17 as I have read, reread and reread again your *King of the North*, and given some out. But the disappointing thing I find is most people are sleeping and don't seem to have the time to study deeply. Yet they have the time to sit in front of that "wicked thing we set before our eyes."

Your tapes are so clear, and yet you speak so quickly and put so much meat into them. I wonder that I get the message—it is like cramming for a test. (The biggest one we will ever be asked to take.) Yet your facts are right on the mark

and come through crystal clear and understandable. I find myself understanding the Bible so much better.

Again, I can only thank God for choosing a man He knew would be a Watchman—and then helping a very hungry person to find you.

May God be with you in your move and watch over you in all that you do.

Yours in Christ. ND—NC

Really enjoying your cassette tapes. Continue the good work.

God bless you. JU—CA

Thanks for the tapes. I am really enjoying them. I play them over and over.

Also, thanks for the newsletter. Oh boy, I am learning a lot.

I am happy that the Lord is using this ministry. I see so much going on in the churches in this part of the country. We got all this knowledge and most are abusing it. Don't seem to care any more.

May God keep blessing this ministry. BW—MA

This seems to be a silent tape. . . . We don't want to miss the message.

Best Wishes. LT—NY

NOTE: Occasionally, for some reason or other, a tape does not record properly. If you receive a blank tape, please let us know, and we will replace it.

Keeping It Simple

by Melissa Lindberg

I would have you wise unto that which is good, and simple concerning evil. Romans 16:19.

"Irma and I tried your 'Really Easy Banana Ice Cream' recipe last night," Charlotte told me on the telephone one evening.

A sense of gladness shot through me. Charlotte was known for her great cooking, but I knew she did nothing simply, so I was somewhat surprised that she had tried this recipe. I need not have been surprised, for before I could ask how they liked it, she told me, "We didn't really like it so simple, so we added some whipping cream, vanilla, maple flavoring, chopped pecans, and various other things, until we got something we liked. Oh boy, was it good! Glen and Fred loved it, too, after we got it all fixed up!"

A sickening sense of sadness went through me. "Why is it so hard to go simple? Will anyone ever learn?"

So many sentences that I had read tumbled through my mind in rapid succession:

"Greater efforts should be put forth to educate the people in the principles of health reform. Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply. Wherever the truth is presented, the people are to be taught how to prepare food in a simple, yet appetizing way."—*Testimonies for the Church*, Vol. 9, 161.

"Those who entertain visitors, should have wholesome, nutritious food, from fruits, grains, and vegetables, prepared in a simple, tasteful manner. Such cooking will require but little extra labor or expense, and, partaken of in moderate quantities, will not injure any one. If worldlings choose to sacrifice time, money, and health, to gratify the appetite, let them do so, and pay the penalty of the violation of the laws of health; but Christians should take their position in regard to these things, and exert their influence in the right direction."—*Counsels on Diet and Foods*, 88-89.

For many years I puzzled as to why it was so very hard for people to understand and accept simple eating, simple cooking. I observed that if an individual did try a new, natural food, the first effort he usually exerted was to change it, season it, or combine it with other foods. I have seen this over and over and over again. Why? Why not enjoy it for what it is? If you go to a Japanese restaurant, you don't try to make it taste Italian. You enjoy the Japanese food for just what it is, no matter how different that taste may be from your familiar diet. Can't a new natural food be enjoyed in like manner, just because of its own great taste?

I still have no absolute solution to this puzzle, but I have some observations as to why people don't readily accept the simple life:

1. We are creatures of habit and tend, quite naturally, to revert to the familiar ways of doing things. We like the "oldies" music we learned in our youth, and, of course, a great meal—"just like my mom used to make it."

This quality anchors us within societal patterns and strengthens family ties; but it often becomes a trap to prevent our development in healthy lines.

2. Early in life, many people are finely "tuned" to specific taste connections. I watched with keen fascination as one Italian chef absolutely refused to put mushrooms in a certain sauce my friend requested, stating emphatically, "That is never, never done!" When this training is deeply ingrained, it seems much harder for an individual to consider any dietary change.

3. We, like our parents, don't really know any better ways of living than those we live. Generally we haven't read widely, and we have little idea what our general lifestyle or specific foods are doing to us. We don't realize what God wants to do for us by calling us away from harmful things:

"All mixed and complicated foods are injurious to the health of human beings. . . . The richness of food and complicated mixtures of food are health destroying."—*Counsels on Diet and Foods*, 113.

"Cheese is . . . wholly unfit for food" and "should never be introduced into the stomach."—*Ibid.*, 368.

"We know that a free use of these things [sugar and milk] is positively injurious to health. . . . We bear positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh meats, butter, spices, rich cakes, mince pies, a large amount of salt, and all exciting substances used as articles of food."—*Testimonies for the Church*, Vol. 3, 21.

4. We know, but decide it really isn't important what God says. We think that our taste preference is more important than the counsels of God.

I am sure that there are other reasons, as well—doubtless many. But will these reasons have value when God examines our individual records?

If God has asked us to be reconciled to Him, to choose His ways above our own, will He accept "willing ignorance" or "taste preference" above obedience? Will He not say: "Many . . . are the enemies of the cross of Christ: whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things." *Philippians* 3:18-19.

In contrast, do we have even the slightest sense of what could happen for us if we had the courage and daring to take God at His word and do what He says? Are we willing to learn by experience what God knows will be for our highest happiness and best good?

There are rewards—both present and eternal rewards—for simple living!

"The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul."—*The Ministry of Healing*, 365. (1909 edition.)

"He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels." *Revelation* 3:5.

Dare we "go simple"? ☞

Should We Immunize Our Children?

The following letter was sent to a Seventh-day Adventist Church School in response to a demand that the mother sign a permit to allow her children to be immunized.

Please consider it carefully. It is true that this is a health issue, but it is also an issue of religious liberty.

"TO WHOM IT MAY CONCERN:

"I respectfully deny your request to 'immunize' my child against the measles.

"The medical community and the media have been giving us false information in order to scare us into submitting to this invasion of our children's bodies. 100% of the individuals in Anchorage who contracted the measles were 'fully immunized' according to the Anchorage Health Department.

"According to the World Health Organization (WHO), chances are about 14 times greater that measles will be contracted by those who are vaccinated against the disease, than it by those who are left alone. There goes your theory of 'protection.'

"The health department wants everyone to get a second MMR for 'extra protection.' EXTRA PROTECTION??? You are either protected or you're not. Dr. Atkinson, from the Center for Disease Control (CDC) says, 'Measles transmission has been clearly documented among vaccinated persons. In some large outbreaks . . . over 95% of cases have a history of vaccination.'

"According to research, the measles vaccine can cause learning disabilities, mental retardation, aseptic meningitis, seizure disorders, paralysis and death. A 1995 study found a connection between the vaccine and bowel disease. It has also been investigated as a possible cause for Multiple Sclerosis, Reye's syndrome, chronic fatigue, blood clotting disorders and juvenile onset diabetes.

"A vaccine is created by cultivating an infection (pus) in a culture, then killing the bacteria. The infection needs decomposing

material in order to grow. The common growing mediums which are used are: pig or horse blood, dog kidney tissue, monkey kidney tissue and chicken or duck egg protein.

"The chemicals used to 'kill' the bacteria, and 'boost' the antibody response are as follows:

- Phenol (carbolic acid)—a deadly poison;
- Formaldehyde—a known cancer causing agent which is commonly used to embalm corpses;
- Thimerosal (a mercury derivative)—a toxic metal which is not easily eliminated from the body;
- Alum—a preservative;
- Aluminum phosphate—a toxic substance used in deodorants;
- Acetone—a solvent used in fingernail polish remover—very volatile; and,
- Glycerin—a tri-atomic alcohol extracted from natural fats which are putrefied and decomposed.

"When an individual is given an immunization 'for their protection,' this is what goes into their bloodstream:

- pus;
- animal RNA and DNA;
- animal protein—animal protein cannot be broken down in the blood stream. It must be broken down in the digestive tract into amino acids before the blood can use it. Any protein which enters directly into the blood stream by any other means than the digestive system becomes a strong poison;
- cancer-causing chemicals and poisons—all highly toxic.

"The animal RNA and DNA also connects to the human DNA and alters the human DNA. There is at this time many moral arguments in progress, dealing with the mixing of human and animal DNA.

"The Seventh-day Adventist Church believes strongly in following God's laws of health. As a body, the Seventh-day Adventist

Church is largely vegetarian. Those who do eat meat, eat only 'clean' meats as described in the Bible.

"Seventh-day Adventists do not smoke, drink, or take drugs. We believe that they are all toxic and poisonous to the system, and therefore we do not allow them into our bodies.

"Seventh-day Adventists believe that man was created in the image of God, and that we are accountable to Him for everything put into our bodies—as well as everything which is done to our bodies.

"Seventh-day Adventists believe that if we follow God's rules of health, man will be able to live relatively free from disease.

"We also strongly believe that we will stand before the judgment seat of God, and be judged on the way we raised our children.

"Because of this, I must obey God rather than man."

Lynn James

Is this an exaggeration of a hysterical mother? Please read the following:

"One physician, Dr. Henry R. Bybee, of Norfolk, Virginia, has publicly stated, 'My honest opinion is that vaccine is the cause of more disease and suffering than anything I could name. I believe that such diseases as cancer, syphilis, cold sores and many other disease conditions are the direct results of vaccination. Yet . . . parents are compelled to submit their children to this procedure. . . .

"Dr. Herbert Snow, senior surgeon at the Cancer Hospital of London, voiced his concern, 'In recent years many men and women in the prime of life have dropped dead suddenly. . . . I am convinced that some eighty percent of these deaths are caused by the inoculation or vaccination they have undergone. They are well known to cause grave and permanent disease to the heart.

"Dr. J. M. Peebles . . . says, 'The vaccination practice . . . has not only become the chief menace and the greatest danger to the health of the rising generation, but likewise the crowning outrage upon the personal liberties of the American citizen;

compulsory vaccination, poisoning the crimson currents of the human system with brute-extracted lymph under the strange infatuation that it would prevent smallpox, was one of the darkest blots that disfigured the last century.' . . .

"Wyeth Laboratories was the defendant in a case in which a Wichita Kansas jury recently awarded \$15 million in damages to an eight year old girl. She incurred permanent brain damage after receiving a diphtheria-pertussis-tetanus vaccine. Michelle Graham received immunization at the age of three months, and incurred severe brain damage which left her permanently incapacitated. . . .

"In an article in *Science*, March 4, 1977, Jonas and Darrell Salk warn that, 'Live virus vaccines against influenza or poliomyelitis may in each instance produce the disease it intended to prevent . . . the live virus against measles and mumps may produce such side effects as encephalitis (brain damage).' . . .

"Polio has increased 700% in states which have compulsory vaccination. . . .

"At the annual ACS Science Writers Seminar, Dr. Robert W. Simpson, of Rutgers University, warned that 'immunization programs against flu, measles, mumps and polio may actually be seeding humans with RNA to form proviruses which will then become latent cells throughout the body . . . they can then become activated as a variety of diseases including lupus, cancer, rheumatism and arthritis.'

". . . *Health Freedom News*, in its July/August 1986 issue, noted that 'Vaccine is linked to brain damage. 150 lawsuits pending against DPT vaccine manufacturers, seeking \$1.5 billion damages.' . . .

"The Surgeon General of the United States, Leonard Scheele, pointed out to the annual AMA convention in 1955 that 'No batch of vaccine can be proven safe before it is given to children.' James R. Shannon of the National Institute of Health declared that 'The only safe vaccine is a vaccine that is never used.'

". . . Dr. William Koch, declared that 'The injection of any serum, vaccine, or even penicillin has shown a very marked increase in the incidence of polio, at least by 400%.'

". . . *The Washington Post* of January 26, 1988 featured a story which created some puzzling afterthoughts. It was announced at a national conference held in Washington that all cases of polio since 1979 had been caused by the polio vaccine. We quote, 'In fact, all the cases in America come from the vaccine. The naturally occurring (or wild type) polio virus has not been shown to cause a single case of polio in the United States since 1979.'"—*Murder by Injection*, Eustace Mullins (Printed in 1992).

"Multitudes remain in inexcusable ignorance in regard to the laws of their being. They are wondering why our race is so feeble, and why so many die prematurely.

"Is there not a cause? Physicians who profess to understand the human organism, prescribe for their patients, and even for their own dear children, and their companions, slow poisons to break up disease, or to cure slight indisposition. Surely, they cannot realize the evil of these things as they were presented before me, or they could not do thus. The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but produce a far greater one, which is often incurable.'"—*Spiritual Gifts*, Vol. 4A, 137.

"There are but few animals that are free from disease.

"Many have been made to suffer greatly for the want of light, pure air, and wholesome food. When they are fattened, they are often confined in close stables, and are not permitted to exercise, and to enjoy free circulation of air. Many poor animals are left to breathe the poison of filth which is left in barns and stables. Their lungs will not long remain healthy while inhaling such impurities. Disease is conveyed to the liver, and the entire system of the animal is diseased.

"They are killed, and prepared for the market, and people eat freely of this poisonous animal food. Much disease is caused in this manner. But people cannot be made to believe that it is the meat they have eaten, which has poisoned their blood, and caused their sufferings. Many die of disease caused wholly by meat-eating, yet the world does not seem to be the wiser."—*Selected Messages*, Book 2, 418.

"But this doesn't apply to me," you may say. "I am a vegetarian. I don't eat meat."

You may even be attempting to have a completely vegan diet, with no animal products of any kind. But remember that, "The infection needs decomposing material in order to grow. The common growing mediums which are used are: pig or horse blood, dog kidney tissue, monkey kidney tissue and chicken or duck egg protein."

And this infection, this pus, is put directly into the blood stream, thus bypassing any safety features with which our Creator has endowed us.

If it is true that, "Live virus vaccines against influenza or poliomyelitis may in each instance produce the disease it intended to prevent;" and if it is true that "immunization programs against flu, measles, mumps and polio may actually be seeding humans with RNA to form proviruses which will then become latent cells throughout the body . . . they can then become activated as a variety of diseases including lupus, cancer, rheumatism and arthritis," then we need to take another look at what it means to be a vegetarian. Or to be a 'health reformer.'

When Leonard Scheele, pointed out to the annual AMA convention in 1955 that "No batch of vaccine can be proven safe before it is given to children," was he sanctioning the use of our children to *test* vaccines? Does he have that right?

Remember what Dr. James R. Shannon said: "The only safe vaccine is a vaccine that is never used."

So tell me . . .

Should we immunize our children? ☹

* A pseudonym

BEREAN CHALLENGE

"The Bible is unchained. It can be carried to every man's door, and its truths may be presented to every man's conscience. There are many who, like the noble Bereans, will search the Scriptures daily for themselves, when the truth is presented, to see whether or not these things are so." *Evangelism*, 461.

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* **"Our responsibility** is greater than was that of our ancestors. We are accountable for the light which they received, and which was handed, down as an inheritance for us, and **we are also accountable for the additional light** which is now shining upon us from the **sure word of prophecy.**" *Signs of the Times*, September 6, 1883.

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