

Cultivated by Diet

Could you know just the nature of the meat you eat, could you see the animals when living from which the flesh is taken when dead, you would turn with loathing from your flesh meats. The very animals whose flesh you eat, are frequently *so diseased that, if left alone, they would die of themselves*; but while the breath of life is in them, they are killed and brought to market. You take directly into your system humors and poison of the worst kind, and yet you realize it not.—Testimonies for the Church 2:404, 405, 1870 { CD 385.1 }

Will the people who are preparing to become holy, pure, and refined, that they may be introduced into the society of heavenly angels, continue to take the life of God's creatures and subsist on their flesh and enjoy it as a luxury? From what the Lord has shown me, this order of things will be changed, and God's peculiar people will exercise temperance in all things. Those who subsist largely upon flesh cannot avoid eating the meat of animals which are to a greater or less degree diseased. The process of fitting animals for market produces in them disease; and fitted in as healthful manner as they can be, they become heated and diseased by driving before they reach the market. *The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. Thus humors are introduced into the system.* And if the person already has impure blood, it is greatly aggravated by the eating of the flesh of these animals. The liability to take disease is increased tenfold by meat eating. The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities. We say to you, dear brother and sister, your safest course is to let meat alone. { 1TT 195.2 }

Those who eat flesh are but eating grains and vegetables at second hand, for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! { CG 382.2 }

Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and *cancerous germs*.

Tuberculosis, cancer, and other fatal diseases are thus communicated.¹² { CG 382.3}

The liability to take disease is increased tenfold by meat eating.⁴⁰⁹ { CCh 229.3}

The animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt; also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease. { CCh 229.4}

From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.⁴¹⁰ { CCh 229.5}

In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger. { CCh 229.6}

EGW had Heart Disease and cancer.

“In the winter and spring I suffered much with ***heart disease***. It was difficult for me to breathe lying down, and I could not sleep unless raised in nearly a sitting posture. My breath often stopped, and fainting fits were frequent. But this was not all my trouble. ***I had upon my left eye-lid a swelling which appeared to be a cancer***. It had been more than a year increasing gradually until it was quite painful and affected my sight. In reading or writing I was forced to bandage the afflicted eye. And I was constantly afflicted with the thought that my eye might be destroyed with a cancer. I looked back to the days and nights spent in reading proof-sheets, which had strained my eyes, and thought, If I lose my eye, and my life, I shall be a martyr to the cause. { LS80 304.2 } { 2SG 184.2 }

“A celebrated physician visited Rochester, who gave counsel free. I decided to have him examine my eye. He thought the swelling would prove to be a cancer. He felt my pulse and said, ‘You are much diseased, and will die of apoplexy before that swelling will break out. You are in a dangerous condition with disease of the heart.’ This did not startle me, for I had been aware that unless I received speedy relief I must lie in the grave. Two other women had come for counsel who were suffering with the same disease. The physician said that I was in a more dangerous condition than either of them, and it could not be more than three weeks before I would be afflicted with paralysis. I inquired if he thought his medicine would cure me. He did not give me much encouragement. I purchased some of his medicine. The eye-wash was very painful, and I received no benefit from it. I was unable to

use the remedies that physician prescribed. { LS80 305.1 }

“As I awoke, the rising sun was seen from my window. I was perfectly free from pain. The pressure upon my heart was gone, and I was very happy. I was filled with gratitude. The praise of God was upon my lips. Oh, what a change! It seemed to me that an angel of God had touched me while I was sleeping. I awoke my husband and related to him the wonderful work that the Lord had wrought for me. He could scarcely comprehend it at first; but when I arose and dressed and walked around the house, and he witnessed the change in my countenance, he could praise God with me. My afflicted eye was free from pain. In a few days the cancer was gone, and my eyesight was fully restored. The work was complete. { LS80 306.2 }

And Mrs. White, also, is sharing very largely the divine blessing. For two years past she has, most of the time, suffered from painful and discouraging evidence *of a growing cancer in the breast*. About the time we decided to never leave the work at Battle Creek, until the Lord and His people gave us unmistakable evidence that we were released, Mrs. White gave herself to the Lord anew in a covenant to trust in His power fully. { 2BIO 329.2 }

We bowed before God together in solemn covenant to be wholly His, and to labor on, trusting His providential hand to uphold, to direct, and to save. And the Lord has been very gracious to us. *Mrs. White is free and happy, and has the best of evidence that the growing cancerous swelling, which had become large, and was very painful, is entirely removed*. As we pen these lines, she is by our side, earnestly preparing her second volume of The Spirit of Prophecy for the press.—The Review and Herald, Vol. 38. Num. 22. November 14, 1871. pg. 172.6 { 2BIO 329.3 }

In mid-March she commenced a course of treatments at St. Helena Sanitarium for suspected skin cancer. She explained: { 6BIO 344.6 }

For several weeks *I took treatment with the X-ray* for the black spot that was on my forehead. In all I took twenty-three treatments, and these succeeded in entirely removing the mark. *For this I am very grateful*.—Letter 30, 1911. { 2SM 303.7 } { 6BIO 344.7 }—Arthur L. White.

The idea of eating dead flesh is abhorrent to me. One living animal eating the flesh of another animal is shocking. There is no call for it. All your excuses made in regard to faintness is an argument why you should eat no more meat. *Cancer, tumors, and all inflammatory diseases are largely caused by meat-eating*. From the light which God has given me, the prevalence of cancers, and tumors is due to gross living on dead flesh. I sincerely and prayerfully hope that as a physician you will not forever be blind upon this subject. For blindness mingled with a want of moral courage to deny your appetite, to lift the cross, which means to take up the

very duties that cut across the natural appetite and passion. Feeding on flesh the juices and fluids of what we eat passes into the circulation of our blood, and as we are composed of what we eat, we become animalized. Thus a feverish condition is created because the animals are diseased and by partaking of their flesh we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt. Also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease. I have the subject presented to me in different aspects. The mortality caused by meat-eating is not discerned. If it were, we should hear no more arguments and excuses in favor of the indulgence of the appetite for dead flesh. We have plenty of good things to satisfy hunger without bringing corpses upon our tables to compose our bill of fare. I might go on to any length upon this subject, but I will forbear. { SpM 47.2 }

God has given you light and knowledge, which you have professed to believe came direct from Him, instructing you to deny appetite. You know that the use of swine's flesh is contrary to His express command, given not because He wished to especially show His authority, but because it would be injurious to those who should eat it. Its use would cause the blood to become impure, so that scrofula and other humors would corrupt the system, and the whole organism would suffer. Especially would the fine, *sensitive nerves of the brain become enfeebled* and so beclouded that sacred things would not be discerned, but be placed upon the low level with common things.—Testimonies for the Church 2:96, 1868 { CD 392.1 }

Many mothers who deplore the intemperance that exists everywhere, do not look deep enough to see the cause. Too often it may be traced to the home table. Many a mother, even among those who profess to be Christians, is daily setting before her household, rich and highly-seasoned food, which tempts the appetite and encourages overeating. In some families, *flesh-meats constitute the principal article of diet, and in consequence, the blood is filled with cancerous and scrofulous humors*. Then when suffering and disease follow, Providence is charged with that which is the result of a wrong course. I repeat: Intemperance begins at the table, and, with the majority, appetite is indulged until indulgence becomes second nature. { CE 176.2 }

Those who subsist largely upon flesh-meats inflame the stomach thereby, the blood becomes torpid and impure, head-aches and indispositions follow. *The system is filled with humors; fevers, scrofula and cancers are the consequences. Especially is this true of those who eat swine's flesh*. Yet so great is the tendency to ignore these evils, that few can be brought to realize the true effects of this sort of diet upon the human system. { ST January 6, 1876, Art. A, par. 24 }

The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork eating is still causing the most intense suffering to the human race.—How to Live 1:58, 1865. { CD 393.2 }

Scrofula—of the lymphatic glands, lymphoma, part of the immune system; humors—a cutaneous eruption—pimple, boil, sist.

Intemperance in eating and in drinking, and the indulgence of base passions have benumbed the fine sensibilities, so that sacred things have been placed upon a level with common things. Nadab and Abihu drank too freely of wine, and the result was, they used common fire instead of sacred, and were destroyed for thus dishonoring God. *When appetite is left to control reason*, sacred things are not discerned. God expressly commanded the children of Israel not to eat swine's flesh. The heathen used this meat as an article of food. God prohibited the Hebrews the use of swine's flesh because it was hurtful. *It would fill the system with humors, and in that warm climate often produced leprosy.* Its influence upon the system in that climate was far more injurious than in a colder climate. But God never designed the swine to be eaten under any circumstances. Swine were useful. In a fruitful country, where there was much to decay upon the ground, which would poison the atmosphere, herds of swine were permitted to run free, and devoured the decaying substances, which was a means of preserving health. Other animals were forbidden to be eaten by the Israelites, because they were not the best articles of food. { 4aSG 124.1 }

Inherited

Before the birth of his children, he did not treat his wife as a woman in her condition should be treated.... He did not provide the quality and quantity of food that was necessary to nourish two lives instead of one. Another life was dependent upon her, and her system did not receive the nutritious wholesome food necessary to sustain her strength. There was a lack in the quantity and in the quality. Her system required changes, a variety and quality of food that was more nourishing. Her children were born with feeble digestive powers and impoverished blood. From the food the mother was compelled to receive, she could not furnish a good quality of blood, and therefore *gave birth to children filled with humors.*—Testimonies for the Church 2:378, 379, 1870 { CD 221.3 }

Females possess less vital force than the other sex, and are deprived very much of the bracing, *invigorating air, by their in-doors life.* The results of self-abuse in them is seen in various diseases, such as catarrh, dropsy, headache, loss of memory and sight, great weakness in the back and loins, affections of the spine, the head

often decays inwardly. **Cancerous humor, which would lay dormant in the system their life-time, is inflamed, and commences its eating, destructive work.** The mind is often utterly ruined, and insanity takes place. { ApM 27.1 }

Cultivated by Self Abuse.

I have been shown that children who practice self-indulgence previous to puberty, or the period of merging into manhood and womanhood, must pay the penalty of nature's violated laws at that critical period. { ApM 18.1 }

Many sink into an early grave, while others have sufficient force of constitution to pass this ordeal. If the practice is continued from the ages of fifteen and upward, nature will protest against the abuse she has suffered, and continues to suffer, and will make them pay the penalty for the transgression of her laws, especially from the ages of thirty to forty-five, ***by numerous pains in the system, and various diseases, such as affection of the liver and lungs, neuralgia, rheumatism, affection of the spine, diseased kidneys, and cancerous humors.*** Some of nature's fine machinery gives way, leaving a heavier task for the remaining to perform, which disorders nature's fine arrangement, and there is often a sudden breaking down of the constitution, and death is the result. { ApM 18.2 }

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