Bible Handbook

By S. N. Haskell

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Result Of Eating Flesh Meat

Gen. 9:5, 6. If man commits murder, the murderer is to be punished by man; but when the beasts are killed to be eaten, God Himself avenges their death.

Over every plate of flesh meat, these words of God can truthfully be placed: "*Surely your blood of your lives will I require, at the hand of every beast will I require it.*" God has never forgotten to avenge the blood of animals slain for food. He uses various agencies to fulfill His word, as cancers, tumors, ulcers, consumption, etc. ***T., v. 9, p. 159; M.H. 313-315.*** A comparison of the 10 generations before the flood with the 10 generations after the flood, shows that God fulfills His word.

Before Flesh Eating		After Flesh Eating	
Name	**Age**	**Age**	**Name**
Adam	930	600	Shem
Seth	912	438	Arphaxad
Enos	905	433	Salah
Cainan	910	464	Eber
Mahalaleel	895	239	Peleg
Jared	962	239	Reu
Enoch	365	230	Serug
Methuselah	969	148	Nahor
Lamech	777	205	Terah
Noah	950	175	Abraham

Noah, the 10th generation, lived 20 years longer than Adam; the 8th generation lived 39 years longer than Adam; Shem was brought up on a vegetarian diet and lived to a fair age; but the 2nd generation after the flood dropped to 438 years; and the 8th generation, instead of being the longest as before the flood, was the shortest,–only 148 years. T., v. 9, 156.

Gen. 9:20-23. After eating flesh Noah was drunken. T., v. 2, pp. 352, 353.

Gen. 9:25. Curse rested upon descendants.

Prov. 23:20, 21. Drunkenness and flesh-eating associated.

1 Sam. 2:22. Eli's sons, who would have the flesh with the blood, were licentious. T., v. 2, pp. 62, 352, 362.

Gen. 6:3 And the Lord said, My spirit shall not always strive with man, for that he also is flesh: ***yet his days shall be an hundred and twenty years.***

Gen. 47:9 And Jacob said unto Pharaoh, The days of the years of my pilgrimage are an hundred and thirty years: few and evil have the days of the years of my life been, ***and have not attained***

unto the days of the years of the life of my fathers in the days of their pilgrimage.

Note: Its is of particular significance that with the end of the sanctuary service so ended the requirement to eat Flesh food for these services with reverence and forbearance in humility. The sanctuary service ended at Christ's death, being Abolished. Here is to be found the reason for such practice to continue, it was a desire to maintain ceremonial system.

July 16, 1901-6- B-83-'01

St. Helena, Calif., July 15, 1901 Dear Brethren and Sisters:

You ask in regard to meat-eating. I will say that it is quite true that nearly all animal flesh is diseased. Many people are eating meat filled with consumption and cancerous germs. At the present day animals are suffering from all kinds of deadly diseases. {PC 1.1}

The Lord has been teaching His people that it is for their spiritual and physical good to abstain from flesh-eating. There is no need to eat the flesh of dead animals. {PC 1.2}

After the curse was pronounced upon the human family, God permitted man to eat flesh-meat. This He did that life might be shortened. The punishment of death has been pronounced upon the race, and the permission to eat flesh-meat was one of the means used by God to inflict this punishment. {PC 1.3}

When the Lord took His people from Egypt, He did not give them flesh-meat to eat till they mourned and wept in His ears, saying, "Who shall give us flesh to eat? We remember the flesh, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick; but now our soul is dried away; there is nothing at all beside this manna, before our eyes." Then the Lord gave them flesh to eat. He sent them quails from heaven, but we read, "While the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague." {PC 1.4}

The light God has given His people is that by eating the flesh and blood of dead animals, man becomes animalized. His lower passions are greatly strengthened by such a diet. {PC 1.5}

Worldly physicians can not account for the rapid increase of disease among the human family. But we know that much of this suffering is caused by the eating of dead flesh. {PC 1.6}

Over thirty years ago I was often in great weakness. Many prayers were offered in my behalf. It was thought that flesh-meat would give me vitality, and this was therefore my principal article of diet. But instead of gaining strength I grew weaker and weaker. I often fainted from exhaustion. Light came to me, showing me the injury men and women were doing to the mental, moral, and physical faculties by the use of flesh-meat. I was shown that the whole human structure is affected by this diet, that by it man strengthens the animal propensities and the appetite for liquor. {PC 1.7}

I at once cut meat out of my bill of fare. After that I was at times at or in places where I was compelled to eat a little meat. But for many years not a morsel of the flesh of dead animals has passed my lips. Neither has meat been placed upon my table. My visitors have been given wholesome, nourishing food, but no meat. {PC 1.8}

Wise counsel and righteous practices are needed now, if the people of God succeed in preserving clear minds and healthy bodies. We must give close attention to eating, drinking, and dressing. The entire body of believers needs to make a decided reform. A high profession, followed by a disregard of the laws of life, shows a faithless life. Lack of fidelity, want of stability, slavery to wrong habits,--this is the sure result of such a course. Those who follow this course are not consistent Christians. Salvation means deliverance from every habit which tends to drag humanity down. Transgression of the laws of our being is transgression of the laws of God.

Your family have partaken largely of flesh meats, and the animal propensities have been strengthened, while the intellectual have been weakened. ***We are composed of what we eat,*** and if we subsist largely upon the flesh of dead animals, ***we shall partake of their nature.*** You have encouraged the grosser part of your organization, while the more refined has been weakened. {CD 390.4}

It has been clearly presented to me that ***God's people are to take a firm stand against meat eating.*** Would God for thirty years give His people the message that if they desire to have pure blood and clear minds, they must give up the use of flesh meat, if He did not want them to heed this message? ***By the use of flesh meat the animal nature is strengthened and the spiritual nature weakened.*** Such men as you, who are engaged in the most solemn and important work ever entrusted to human beings, need to give special heed to what they eat. {Ev 663.2}

Note: If your taking on the Nature of animals You can't take on the nature of Christ.

The true Christian will in his intercourse with men suppress words that would tend to produce unnecessary anger and strife. All Heaven is at peace, and those who are closely connected with Christ will be in harmony with Heaven. Jesus declared: "In the world ye shall have tribulation; but in me ye shall have peace." Those who are in sympathy with the Saviour will not be restless and dissatisfied. ***They will partake of the nature of Christ, and their lives will emulate his example.*** {4Red 62.1}

The Lord plainly told His people that every blessing would come to them if they would keep His commandments, and be a peculiar people. He warned them through Moses in the wilderness, specifying that health would be the reward of obedience. The state of the mind has largely to do with the health of the body, and especially with the health of the digestive organs. As a general thing, the Lord did not provide His people with flesh meat in the desert, because ***He knew that the use of this diet would create disease and insubordination.*** In order to modify the disposition, and bring the higher powers of the mind into active exercise, He removed from them the flesh of dead animals. He gave them angels' food, manna from heaven. {CD 375.2}

Meat, Tea, Cheese.

Oh my soul, how it has hurt me to have the blocks thrown in the way in regard to myself. ***They will tell you that Sister White did this, or Sister White did that,—for instance, "Sister White ate cheese, and so we are all at liberty to eat cheese." Who told them that I ate cheese? I never have cheese on my table. There was one time when I was at Minneapolis, one or two times I tasted it, but that is a different thing from making it a diet, entirely a different thing.*** I have tasted of very bitter herbs on special occasions, but I would not make a diet of them. But there was a special occasion in Minneapolis where I could get nothing else, and there were some small bits of cheese on the table, and ***my brethren were there, and one of them*** had told me that if I would eat a little of that it would change my condition, and I did. I took a bit of that cheese, and ***I do not think I touched it again the second time.*** {SpM 169.1}

Another says, ***"Sister White drinks tea, and we can drink tea." Who of my brethren has made that statement? Who has ever heard it of me? I never have tea in my home or set it before anyone. Now I have not eaten any meat for years and years.*** {SpM 169.2}

Now for instance some one may tell you that ***Sister White don't eat meat. "Now I want you not to eat it, because Sister White doesn't eat it."*** Well, I wouldn't care a farthing for anything like that. ***If you haven't got a better conviction, that you won't eat meat just because Sister White don't eat it, I would not give one farthing for your health reform.*** But I want that every one of you shall ***stand on your individual dignity, in your individual consecration to God***, that the soul temple shall be dedicated to God. Whosoever defileth the temple of God, him will God destroy. Now I want you to see these things, and not to make any human being your criterion. {SpM 169.3}

Even of Kosher Meat!

Gen. 9:3 Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. 4 But flesh with the life thereof, which is ***the blood thereof, shall ye not eat.*** 5 And ***surely your blood of your lives will I require; at the hand of every beast*** will I require it, and at the hand of man; at the hand of every man's brother will I require the life of man.

Note: that in verse four is the prohibition on blood—kosher. But verse 5 holds man accountable for a perverse appetite, taking the life of the animal.

Too much red meat blocks arteries

[Posted: Mon 08/04/2013 by **Deborah Condon** www.irishhealth.com]

Scientists may have figured out why too much red meat is bad for the heart.

It is already known that people who eat a lot of red meat are at an increased risk of developing heart disease. However the saturated fat and cholesterol content of red meat is not enough to fully explain this risk

This discrepancy has been put down to a number of things, including genetics and the cooking process.

However, US scientists have discovered that a compound that is abundant in red meat - known as carnitine--promotes atherosclerosis (hardening of the arteries).

Their study included data from over 2,500 patients, as well as tests on mice. They found that bacteria which live in the human digestive tract metobolise carnitine, turning it into TMAO, a chemical substance which appears to promote atherosclerosis.

The study found that overall, patients with higher levels of carnitine and TMAO in their bodies had an increased risk of developing heart disease and suffering major heart events, such as heart attacks and stroke.

Not surprisingly, the study also found that TMAO levels tended to be much lower in vegetarians and vegans, compared to meat eaters.

Carnitine occurs naturally in red meats such as beef, lamb, pork and venison. It is also a common ingredient in energy drinks and can be taken as a supplement.

"Carnitine is not an essential nutrient. Our body naturally produces all we need. We need to examine the safety of chronically consuming carnitine supplements as we've shown that, under some conditions, it can foster the growth of bacteria that produce TMAO and potentially clog arteries," the team from Cleveland said.

Details of these findings are published in the journal, *Nature Medicine*.

For more information on heart health, see our Heart Disease Clinic here