

## What Kind of highly refined Oil was used in the Sanctuary Service? One!

Ex. 27:20 And thou shalt command the children of Israel, that they bring thee *pure* (No water) oil olive *beaten* for the *light*, to cause the lamp to *burn* always.

Lev. 24:1 And the LORD spake unto Moses, saying,

24:2 Command the children of Israel, that they bring unto thee *pure* (No water) oil olive *beaten* for the light, to cause the lamps to *burn* continually.

24:3 Without the veil of the testimony, in the tabernacle of the congregation, shall Aaron order it from the evening unto the morning before the LORD continually: it shall be a statute for ever in your generations.

Note: Para. and their contents above mine. What kind of Olive oil; pure, separated from its water by the *BEATING process*.

### Some of Its uses.

7:12 If he offer it for a thanksgiving, then he shall offer with the sacrifice of thanksgiving unleavened cakes mingled with *oil*, and unleavened wafers anointed with *oil*, and cakes mingled with *oil*, of fine flour, *fried*.

7:9 And all the meat offering that is baken in the oven, and all that is dressed in the *fryingpan*, and in the pan, shall be the priest's that offereth it.

7:10 And every meat offering, mingled with *oil*, and dry, shall all the sons of Aaron have, one as much as another.

2:7 And if thy oblation be a meat offering baken in the *fryingpan*, it shall be made of fine flour with *oil*.

### EGW and Olive Oil

Notice in the following quote about *extremes*: and why dose she not include in this list of things that would be "no longer safe to use" Olive Oil ???

But I wish to say that when the time comes that it is *no longer safe to use* Olive oil, God will reveal this. NO SUCH QUOTE.

"But I wish to say that when the time comes that it is *no longer safe to use* milk, cream, butter, and eggs, God will reveal this. *No extremes in health reform are to be advocated.* The question of using milk and butter and eggs *will work out its own problem.* At present we have no burden on this line. Let your moderation be known unto all men." {CD 206.4}

### EG White Indexes on Olive Oil,

Olive Oil is **Better than animal oil or fat--preferable to** MH 298 (CD 350, 359); 7T 134 (CD 349, 360; CH 477; 3TT 137)

Correct your table. A depraved, stimulating diet is strengthening the animal passions of your children. Of all the families I am acquainted with, yours most needs *to dispense with flesh meats and grease, and learn to cook hygienically.* {2T 61.2}

Sister H is a woman whose blood is corrupt. Her system is full of scrofulous humors from the eating of flesh meats. The use of swine's flesh in your family has imparted a bad quality of blood. Sister H needs to confine herself strictly to a diet of grains, fruits, and vegetables, cooked *without flesh or grease of any kind.* It will take quite a length of time of strictly healthful diet to place you in better conditions of health, where you will be rightly related to life. It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect. {2T 62.1}

They eat pork *grease* and this we could not touch. . . . {4MR 38.1}

We do not think fried potatoes are healthful, for there is more or less *grease or butter* used in preparing them. Good baked or boiled potatoes served up with cream and a sprinkling of salt are more healthful. The remnants of Irish and sweet potatoes are prepared with a little cream and salt and rebaked, and not fried; they are excellent. I have had a good appetite and relish my food, and am perfectly satisfied with the portion which I select, which I know does not injure my digestive organs. Others can eat food which I can not, such as lentils and beans. {PC 5.2} Objectionable because of {CD 323, 354}

A nutritious diet does not consist in the eating *of flesh-meats, butter, spice, and grease.* The fruits, vegetables, and grains, God has caused to grow for the benefit of man. These are indeed the *fat* of the land; and if these articles of food are prepared in a manner to preserve their natural taste as much as possible, they are all that our wants require. A perverted appetite will not be satisfied with these, but will crave flesh-meats highly seasoned, pastry, and spices. Indigestible condiments cannot be eaten without injuring the tender coats of the stomach. {PH123 44.2}

How can those who have cake and piecrust filled with *grease* ask God's blessing upon it and then eat with an eye single to God's glory? We are commanded to do all to the glory of God. We must eat and drink to His glory.--Manuscript 3, 1854. {3SM 275.2}

**grēase**, *n.* [ME *grese, grece*; OFr. *gresse, graise*, grease, fat, from LL. *grassus*, L. *crassus*, fat, thick.]

1. *Animal fat* in a soft state; oily or unctuous matter *of any kind, as* tallow, lard; especially, the fatty matter of land animal, as distinguished from the oily matter of marine animals.

**tal'low**, *n.* [ME. *talgh*; Dan. and Sw. *talg*; Ice. *tōlgr*; O.D. *talgh*, tallow.] The harder and less

fusible fats melted and separated from the *fibrous or membranous matter*. *These fats are mostly of animal origin, the most common being derived from sheep and oxen.*

**lārd**, *n.* [ME. *larde*; OFr. *lard*, bacon, pig's fat, the blubber of whales, from L. *lardum*, the fat of bacon.]

1. The fat of swines, after being melted and separated from the flesh

**Charcoal powder and Olive Oil, tend to cleanse and heal** 2SM 298

**Constipation relived by Olive Oil** CD 360; MH 298 (CD 350, 359); 7T 134 (CD 349, 359-60; CH 477; 3TT 137)

**Consumptives benefited by Olive Oil** MH 298 (CD 350, 359); 7T 134 (CD 349, 360; CH 477; 3TT 137)

Continual offering of, for lamps of sanctuary 9T 248 (CS 102; GW 226)

**Kidney diseases relived by Olive Oil** CD 360

Olive Oil is a **Laxative** MH 298 (CD 350, 359)

*Children's digestive organs injured by grease.* {2SM 427}

**Stomach inflamed and irritated is benefited by Olive Oil** MH 298 (CD 350, 359); 7T 134 (CD 349, 360; CH 477; 3TT 137)

Stored in bottles prior to Feast of Tabernacles DA 447

Olive Oil is a **Substitute for butter** 7T 134 (CD 350, 359-60; CH 477; 3TT 137)

**When Olive Oil, is better than any drug** 7T 134 (CD 350, 360; CH 477; 3TT 137)

**Wounds healed and refreshed by use of oil** DA 503.

Neh. 8:10 Then he said unto them, Go your way, *eat the fat, and drink the sweet*, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

1 Kings 17:11 And as she was going to fetch it, he called to her, and said, Bring me, I pray thee, a morsel of bread in thine hand.

17:12 And she said, As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die.

17:13 And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son.

17:14 For thus saith the LORD God of Israel, The barrel of *meal shall not waste, neither shall the cruse of oil fail, until the day that the LORD sendeth rain upon the earth.* (3 years)

17:15 And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days.

17:16 And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah.

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## Is Honey Sugar?

Because we, from principle, discard the use of those things which irritate the stomach and destroy health, the idea should never be given that it is of little consequence what we eat. I do not recommend an impoverished diet. Many who need the benefits of healthful living, and from conscientious motives adopt what they believe to be such, are deceived by supposing that a meager bill of fare, prepared without painstaking, and consisting mostly of mushes and so-called gems, heavy and sodden, is what is meant by a reformed diet. Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. *The free use of sugar in any form* tends to clog the system, and is not unfrequently a cause of disease. Some think that they must eat only just such an amount, and just such a quality, and confine themselves to two or three kinds of food. But in eating too small an amount, and that not of the best quality, they do not receive sufficient nourishment. {CTBH 56.4} {CD 196.4}

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**sug'ār** (shug'). *n.* [ME. *sugre*; Fr. *sucre*; Sp. *azucar*; Ar. *sakkar, sokkar*; Per. *shakar*, sugar; Sans. *carkard*, gravel, clayed, or candied sugar.)

1. A sweet carbohydrate of various kinds, and of both animal and vegetable origin, divided into two classes, the sacchoroses and gluccoses.

2. A well-known sweey granular substance, prepared chiefly from the expressed juice of the sugar cane, *Saccharum officinarum*, but also obtained from a great variety of other plants, as maple, beet root, birch, parsnip, etc. . . .

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"Honey is a mixture of sugars and other compounds. With respect to carbohydrates, honey is mainly fructose (about 38.5%) and glucose (about 31.0%), making it similar to the synthetically produced inverted sugar syrup which is approximately 48% fructose, 47% glucose, and 5% sucrose. Honey's remaining carbohydrates include maltose, sucrose, and other complex carbohydrates. As with all nutritive sweeteners, honey is mostly sugars and contains only trace amounts of vitamins or minerals. Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin. [vague] The specific composition of any batch of honey depends on the flowers available to the bees that produced the honey."

Nutritional value per 100 g (3.5 oz)

|                       |                     |
|-----------------------|---------------------|
| Energy                | 1,272 kJ (304 kcal) |
| Carbohydrates         | 82.4 g              |
| Sugars                | 82.12 g             |
| Dietary fiber         | 0.2 g               |
| Fat                   | 0 g                 |
| Protein               | 0.3 g               |
| Water                 | 17.10 g             |
| Riboflavin (Vit. B2)  | 0.038 mg (3%)       |
| Niacin (Vit. B3)      | 0.121 mg (1%)       |
| Pantothenic acid (B5) | 0.068 mg (1%)       |
| Vitamin B6            | 0.024 mg (2%)       |
| Folate (Vit. B9)      | 2 µg (1%)           |
| Vitamin C             | 0.5 mg (1%)         |
| Calcium               | 6 mg (1%)           |
| Iron                  | 0.42 mg (3%)        |
| Magnesium             | 2 mg (1%)           |
| Phosphorus            | 4 mg (1%)           |
| Potassium             | 52 mg (1%)          |
| Sodium                | 4 mg (0%)           |
| Zinc                  | 0.22 mg (2%)        |

<http://en.wikipedia.org/wiki/Honey>

Beth Walberg: Diabetics use honey because it has a slower absorption rate, making the sugar surge slower. It is not that diabetics can't use sugar. Using honey or sugar, they must plan

activities that will have more strenuous exertion after ingestion.

Marlea; Mckey--management baking using honey in bread.

Frank Brown: Honey cannot be used for Canning, spores, mold. Causes botulism.

"CAUTION--avoid the use of honey in any form, for infants younger than one year. This includes honey that has been baked into a cookie or bread or used in any other type of food. There is a concern that infants' gastro intestinal tract can't handle the botulism toxins that are sometimes found in honey." See Adult/Infant honey botulism.

## Nutrition Facts

Serving Size: 1 Tbsp • 21g

Amount Per Serving

Calories 60      Calories from Fat 0

|                               | % DV |
|-------------------------------|------|
| <b>Total Fat</b> 0g           | 0%   |
| Saturated Fat 0g              | 0%   |
| Trans Fat 0g                  |      |
| Polyunsaturated Fat 0g        |      |
| Monounsaturated Fat 0g        |      |
| <b>Cholesterol</b> 0mg        | 0%   |
| <b>Sodium</b> 0mg             | 0%   |
| <b>Total Carbohydrate</b> 17g | 6%   |
| Sugars 16g                    |      |
| <b>Protein</b> 0g             | 0%   |

**Unofficial Pts+:** 2

(Old Pts: 1)

Unknown Fiber

Percent of Calories from:

**Fat: 0%    Carb: 100%    Protein: 0%**

(Total may not equate 100% due to rounding.)

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| Nutrient            |           | 2,000<br>Calories | 2,500<br>Calories |
|---------------------|-----------|-------------------|-------------------|
| Total Fat           | less than | 65 g              | 80 g              |
| Saturated Fat       | less than | 20 g              | 25 g              |
| Cholesterol         | less than | 300 mg            | 300 mg            |
| Sodium              | less than | 2400 mg           | 2400 mg           |
| Total Carbohydrates |           | 300 g             | 375 g             |
| Fiber               |           | 25 g              | 30 g              |

**1 g Fat = 9 calories**

**1 g Carbohydrate = 4 calories**

**1 g Protein = 4 calories**

**1 g Alcohol = 7 calories**

Prov. 25:27 ***It is not good to eat much honey:***

25:16 Hast thou found honey? eat so much as is ***sufficient*** for thee, lest thou be filled therewith, and vomit it.

24:13 My son, eat thou honey, because it is good; and the honeycomb, which is ***sweet*** to thy taste:

Lev. 2:11 No meat offering, which ye shall bring unto the LORD, shall be made with leaven: for ***ye shall burn no*** leaven, nor any ***honey***, in any offering of the LORD made by fire. ???

There was a case in Michigan to which I will refer. It was that of a man of fine physical appearance. I had previously conversed with him in regard to his manner of living, and was called to visit him in his sickness. "I do not like the looks of your eyes." I said. He was eating large quantities of sugar, and in answer to my question why he did this, he said that he had left off meat, and did not know anything that would supply its place as well as sugar. His food did not satisfy him. This man was suffering simply because his wife did not know how to cook. She was deficient in this important branch of education; and as the result, the poorly cooked food not being sufficient to sustain the demands of the system, ***sugar was eaten immoderately***, and this brought on a diseased condition of the entire system. I tried to tell them as well as I could how to manage, and soon the sick man began to improve. But he imprudently exercised his strength when not able, ate a small amount not of the right quality, and was taken down again. This time there was no help for him. His system seemed to be a living mass of corruption. He died a victim to poor cooking. {CTBH 158.2}

If milk is used, it should be thoroughly ***sterilized***; with this precaution, there is less danger of contracting disease from its use. 386 {CCh 223.4}

For household canning, glass, rather than tin cans, should be used whenever possible. It is especially necessary that the fruit for canning should be in good condition. ***Use little sugar***, and cook the fruit only long enough to ensure its preservation. Thus prepared, it is an excellent substitute for fresh fruit. {MH 1905 CD 311.4}

533. Now in regard to milk and sugar: I know of persons who have become frightened at the health reform, and said they would have nothing to do with it, because it has spoken against a free use of these things. Changes should be made with great care; and we should move cautiously and wisely. We want to take that course which will recommend itself to the intelligent men and women of the land. ***Large quantities of milk and sugar eaten together are injurious***. They impart impurities to the system. Animals from which milk is obtained are not always healthy. They may be diseased. A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you



did not know it. The animal creation is diseased. Flesh meats are diseased. Could we know that animals were in perfect health, I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. It would not do the injury that milk and sugar do. Sugar clogs the system. It hinders the working of the living machine. {CD 330.3}

548. Then, when she needed extra clothing and extra food, and that of a simple yet nutritious quality, it was not allowed her. Her system craved material to convert into blood; but he would not provide it. *A moderate amount of milk and sugar*, a little salt, white bread raised with yeast for a change, graham flour prepared in a variety of ways by other hands than her, plain cake with raisins, rice pudding with raisins, prunes, and figs, occasionally, and many other dishes I might mention, would have answered the demand of appetite. {CD 334.1}

I eat only two meals, and can not eat vegetables or grains. I do not use meat: I can not go back on this. *When tomatoes, raised on my land were placed on my table, I tried using them, uncooked and seasoned with a little salt or sugar*. These I found agreed with me very well, and from last February until June they formed the greater part of my diet. With them I ate crackers, here called biscuits. I eat no dessert but plain pumpkin pie. I use a little boiled milk in my simple homemade coffee, but discard cream and butter and strictly adhere to a limited amount of food. I am scarcely ever hungry, and never know what it is to have a feverish, disagreeable feeling in my stomach. I have no bad taste in my mouth. {SpM 39.3} 1896.

The Value of Eucalyptus Oil.--I am very sorry to learn that Sister C is not well. I cannot advise any remedy for her cough better than eucalyptus and *honey*. Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on. I have had considerable trouble with my throat, but whenever I use this I overcome the difficulty very quickly. I have to use it only a few times, and the cough is removed. If you will use this prescription, you may be your own physician. If the first trial does not effect a cure, try it again. The best time to take it is before retiring.--Letter 348, 1908 (To a worker). {2SM 300.2}

I have already told you the remedy I use when suffering from difficulties with my throat. I take a glass of boiled *honey*, and into this I put a few drops of eucalyptus oil, stirring it in well. When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results. I ask you to use the same remedy when you are troubled with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it. {2SM 301.1}

Again, take warm footbaths into which have been put the leaves from the eucalyptus tree. There is great virtue in these leaves, and if you will try this, you will prove my words to be true. The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs. I want you to make a trial of this remedy which is so simple, and which costs you nothing.--Letter 20, 1909 (To the worker addressed in the preceding item). {2SM 301.2}

Neh. 8:10 Then he said unto them, Go your way, ***eat the fat, and drink the sweet***, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

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Isa. 25:6 And in this mountain shall the LORD of hosts make unto all people a ***feast of fat*** things, a feast of wines on the lees, of ***fat*** things full of marrow, of wines on the lees ***well refined.***

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***One can becloud the mind and ruin the health by overeating of the best of food.*** {1914 SNH, CIS 225.1}

As He entered upon His earthly ministry, the Saviour was not only tested upon the point of appetite, but from childhood He was taught to control His desires. In speaking of His childhood, Isaiah says, "Butter and honey shall He eat, that He may know to refuse the evil, and choose the good." ***His manner of eating developed in Him spiritual power to discern*** between good and evil. Many who have gone into drunkards' graves have eaten "butter and honey," but ***Jesus ate it in a way to develop spiritual strength. He ate it according to the Bible rule. There are three texts*** which, taken together, contain a rule for eating honey, and the same rule will apply to all food that is good. They read as follows: "My son, eat thou honey, because it is good." "Hast thou found honey? eat so much as is sufficient for thee." "It is not good to eat much honey." ***The one who follows*** the above instruction, and eats none but good food and only "***so much*** as is sufficient," will enjoy good health and a clear mind. God wishes His people to have good health, with souls free from condemnation. Satan delights in beclouding the brain and destroying the health. All who will fulfil the antitype will be masters of their appetites, that they may prepare to meet the Saviour when He comes to the earth as King of kings and Lord of lords. {1914 SNH, CIS 226.2}