

THE USE OF REMEDIES

GOD'S MEDICAL KIT

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MEDICAL KIT

A Medical Missionary Training Program

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GOD'S MEDICAL KIT

LESSON ONE

Please go to Exodus 15:26. Let's get a foundation: "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

The Lord has promised. He said that if we will diligently—continuously— hearken, if we will do those things which are right in his sight, if we will keep His commandments, his statutes, meaning how we treat one another. We can quote the commandments, but God said how we treat one another is important if healing will take place.

He said "I will put none of these diseases upon thee that I have brought upon the Egyptians " We know the Egyptian diseases are many. The Lord states, "For I am the Lord that healeth thee." Now Testimonies for The Church, Vol. 5 page 86: "The word of God is a great simplifier of life's complicated pursuits."

Also Desire of Ages, page 822-823: "God often uses the simplest means to accomplish the greatest results... He abolished all territorial lines and artificial distinctions of society." So we see here that Christ uses the simplest means to accomplish the greatest results.

We think about God giving glory to simplicity and yet this world is filled with man's wisdom and technology. He has come up with many things. When I think about this, it troubles my mind when I know that God has made it so simple to deal with some of these major problems. Listen to what the Lord's servant has said in 2 Selected Messages, page 289. "For God has provided an antidote for disease in simple plants." Many years when I read that, "God has given an antidote for disease," God has revealed to me the mystery of good health and recovery from disease because the solution is out there. And if the antidote is the solution, found in plant food, if we learn how to use plant medicine, we can learn how to reverse many of the problems we are faced with. And these can be used by faith, with no denial of faith. But by using the blessings provided by God—Bible benefits, we are cooperating with Him. And so what God would have us do today is to cooperate with Him, by simply using the simple remedies. We have a tremendous variety of simple remedies. Today we would like to discuss in particular Acne and other related skin diseases.

First of all let's get even simpler. We've heard of God's eight natural laws. So we're going to deal with that first and then we are going to simplify it even more. We know that the Eight Doctors or natural laws are:

1. Sunshine
2. Temperance
3. Nutrition
4. Trust in God
5. Water
6. Exercise
7. Fresh Air
8. Rest

So we see these simple laws. When a person gets sick we can usually go back to these laws and say "see here this has been violated." For every disease, you can go back to the natural law and see that this is where everything stems from.

And those eight Doctors are the foundation of good health. Yet many of us have violated those laws and we are now victims of disease, and because of that, God has given an antidote to assist these Doctors in removing the disease that have been set in. Most of us emphasize the Eight Doctors but we do not emphasize the antidotes. And they are both needed. It is like the Old and New Testament. And I truly believe that if I understand the balance between the Eight Doctors and the antidotes which is found in herbal medicine, cleansing medicine, and natural remedies, then the lifestyle clinics will take on a different perspective in the world.

We're going to focus on the disease of Acne. What is acne? It only one of a family of skin related diseases. And yet when we see acne, we associate it with just skin disease. Really it's a manifestation of some internal problems. We are out of whack or out of harmony. It is, I think, a contamination of toxemia that is built up in the system. And since the skin is the largest eliminatory organ, it seems to take the greatest abuse, and so when toxins are expelled through the skin, it irritates the mucus membrane of the skin. Then what we have manifested is acne or psoriasis or some related disease. When a teenager has acne, it is not a part of puberty. It has a lot to do with their lifestyle and their diet. Young people are to a large extent more vain, and because they seem to idolize the

idea of beauty, they tend to overdo it with cosmetics and toiletries and this tends to clog up and hinders the free breathing action of the skin. Also, they eat a diet that is depleted of many essential vitamins and minerals, such as potassium, magnesium and calcium, and particularly iron. Iron has a tremendous effect on the skin when not getting zinc. Many of them want to eat "quick foods" and so their skin suffers abuse from that.

Now you've heard of "auto-intoxication." Autointoxication just means drunk. Like an alcoholic, he gets too much intoxicating beverage into the bloodstream. It's the same way with autointoxication, or toxemia. It is when we are drunk off our own filth. And most of us are suffering from this malady.

SALT GLOW

Now let's look at a remedy here. A Salt Glow: Let's start by getting rid of some of these toxins. A Salt Glow is a very useful treatment where we use salt.

There are other things we can use such as sand. Some of you may be from a third World country where you don't have salt. But you can use sand, any kind of an abrasion type material can be used to stimulate the skin to actually cause the pores to open up and release toxins and wastes that may be trapped in them. It is also to stimulate the lymphatic system, which is the main component to filter out toxins from the blood stream.

We have here some Epsom Salt, but there are many types of salts that can be used, including table salt. You can use table salt; you can use coarse Epsom Salt. I have even used rock salt. You must be sensitive to the person you're working with.

People have different temperaments, and you need to put yourself in that person's place. You have to become the sick person in order to identify with that person's needs. If you work with that person, thinking that they have the same temperament as you have, then you have violated that person and he will not appreciate the program that you are running.

Okay, let's make up here a Salt Glow. What exactly is the Glow? How do we get into that Glow? Really what we are trying to do is create a greater flow of blood to the surface. And if we can create a greater flow of blood to the surface, we can release a tremendous amount of heat that is trapped in the system. And as the heat comes to the surface, it brings the toxins out of the system.

So all we are trying to do is increase circulation - circulation from the blood stream. circulation from the mucus membranes, and circulation from the lymphatic system.

DEMONSTRATION:

Now I've given many Salt Glows and I've used many types of Salts. And like the brother said, it depends on the person. This Epsom salt is pretty light. Many women that I have worked with like me to be very tender. And then there are those who like a deeper penetrating massage. When we give a Salt Glow, the person doesn't have any clothes on.

The best place is in the shower. And of course we need to deal with the issue of modesty. We want the person to feel comfortable. So the patient can wrap a sheet or large towel around them before the nurse enters the shower. Some people do not care, but we try to encourage modesty. But when you are working with someone, you need to know whom you are working with.

Now the first step when you give any kind of a treatment is that you pray with them. Always pray with the individual. It seems simple. But if God is not there it is not going to work. The folks need to realize who is doing the healing. It is not us, but God.

What needs to happen is that you go up the arm—toward the heart. You can do long strokes all the way up the arm. The important thing is to get the circulation of the blood moving. Start off down at the fingers and continue until you have done the whole body. As a matter of fact, when you are finished with this you will be able to tell a difference in your own hands. They will be able to tell the difference. For one thing, their skin will be really smooth. Now tell us, why would you do a Salt Glow?

It is very relaxing. It has a good therapeutic effect on the central nervous system. And it really feels wonderful. Out of all the different treatments, I've really appreciated the Salt Glow. In a sense, it is really similar to what a good massage would do. It relaxes tired, achy muscles. It actually removes a lot of the lactic acid that is trapped in the muscles. It's very wonderful.

And everyone would appreciate this, even the very young and the old. In some cases you need to warm the salt up. We use cold water. I prefer using cold water when I do a Salt Glow, and let the body heat it up, but there are some people who need you to warm it up.

Also, it removes the dead skin and opens up the pores. Now we're going to get into some other things that deal with the skin, where you can eliminate toxins through the skin. (I've been rubbing the patient's arm as we talk) You can see that the skin is getting red. Now the next thing I am going to do is a Salt Glow on the face. Now let me mention that in our work, as Medical Ministry says, a woman should work with women, and a man with the men. Now a woman can give men tea or juices but when it comes to treating the body, it is best that a woman works with a woman.

Actually what we are trying to do is bring the blood to the surface. We're trying to open up the pores. In doing that we are actually cleansing her skin. One of the worst things you can do for skin related problems is to use soap and different other toiletries that actually break down the fatty acids. This can do more harm to your skin than anything can. We do not recommend soap at all, unless you use some type of oatmeal soap or some type of clay soap. A lot of people spend a lot of money to try to keep a beautiful complexion. And they turn around and destroy it by using a very hard soap that is unbalanced in the pH.

Living things need to have a pH balance of acid and alkaline—especially our skin. If our skin becomes too acid, this can accelerate the growth of skin cells, and as it accelerates, our skin becomes scaly and dry. A lot of that is developed because we used a lot of things on our faces that actually upset the pH balance. If it becomes too alkaline, our skin becomes too moist or too oily. It often then develops a sickly appearance. And so it can be more prone to develop wrinkles. It accelerates the aging process. But simply applying a Salt Glow to the skin will increase circulation. You always end in a very special way. We talked this morning about the cold shower. Believe me, the cold is much better than the hot. It revitalizes old, dormant limbs.

Patients can often feel a tingling on their skin when the Salt Glow is completed. It is a wonderful treatment when done to the whole body.

CLEANSING WITH LEMON

I love the effect the lemon has on our skin. It cleanses the skin. It is also an antiseptic. You know that staph bacilli live on our skin, on everyone of us. Some of you are aware of the staphaccocus A—the flesh eating disease? Every one of us has that disease, but the immune system suppresses the growth of the bacteria. But when the pH gets unbalanced, when our immune system gets low, the staph begins to grow. And this is why we end up with really ashy type skin. Those people with AIDS will always show in their skin. Terminal cancer patients, it always shows in their skin. You can see it. You can smell it. The skin lets you know something is really wrong. And so what we want to do now is to help the body's immune system to neutralize most of the staph that is growing on the surface of the skin. And because lemon is antiseptic, it will aid in that process. At the same time it has some of the actual oils that will give the skin the fatty acids that it needs. It has a tremendous amount of melanin and other minerals that can be absorbed very fast into the skin. You can actually see the blood stream through the skin.

Just rub the lemon on the skin. One thing about it, it gives a lovely smell to the skin. You can also use the peeling, and actually massage with much more force. The key is to rub it in to the skin as much as possible. It will probably take a few weeks before you notice the benefits of this treatment. But if you are persistent, then God will bless you with a lovely complexion.

People often think that they have a clean face after they washed it. Now I remember that at one of the seminars, we did a test after a person washed their face really well to see if their face was still dirty. People usually get the soap and they lather up real good with water and scrub it with a wash cloth. It seems to them that they are fresh. The way to test whether that soap is actually working or not is to get a little cotton ball. Then go back over that skin again. You will see that there is still dirt. Look at that cotton ball, it is not clean. What you mentioned about fatty acids, the soap is not really cleaning the skin. You can do that test some morning, and you will see that your face is not really clean. Witch Hazel is also an astringent. We said that lemon is an astringent and an antiseptic. So what is an astringent? It is an agent that tightens everything up. It firms it. It brings everything back to the proper balance. We want that astringent to tighten up the skin. And we also get the effect of the antiseptic process of Witch Hazel too. If you keep your body clean, if you detoxify, your body will not produce the odors that we normally experience. If we make sure to get rid of most of the toxins in our system, we will need to use very little added deodorant because the body will not have odor causing toxins throughout.

LEMONS AND CATARACTS

Since we are talking about the lemon, let's go a little deeper. We can talk about some other therapeutic uses of the lemon. Maybe I can have a male come up and assist me in this demonstration. There are thousands of things you can do with the lemon. And throughout this presentation you're going to witness the lemon a lot.

On this particular treatment, what I would like to do is show how to dissolve cataracts. Now keep in mind what the Lord's servant said, and the verse we read at the beginning. Exodus 15:26. There is a reason we get diseases of the Egyptians—What are the diseases of the Egyptians? They are cataracts, arthritis, and diabetes. God never intended for us to have those problems. If we have those problems it is because we are eating ourselves into this condition. The only way we will get healthy is to eat ourselves back into good health. It is a wonderful process. The same avenue that made us sick, that same avenue God uses to make us well. We have to change our method. We have to change our lifestyle. This is what makes it so wonderful. If we practice those Eight Doctors, we can prevent these diseases. And if God's people had practiced those Eight Doctors, we would have never had to have these particular remedies, called herbal medicine. But because we violated the laws of health, now we need a helping hand to restore the body so we can appreciate those Eight Doctors.

Now the key to this is to tilt the patient's head back, and to drop one drop of lemon juice into the eye. Now it will sting for a little while, but you

volunteered to be a Medical Missionary. It will hurt a little, but we "learn obedience from the things we suffer." So a little suffering is all right, but it is only for a small moment. So we tilt the head back and we take the lemon, and drop in into the eye. Now scrunch your eye up real tight and just bear with the pain a little bit and it's going to be all right. You can feel it can't you? (Oh, yes)

What this lemon in the eye does is to trigger circulation. Where there is poor circulation, there is death. Circulation is the key of life. And so what you want to do is to bring more circulation to the eye. You want to dilate those capillaries to the eye. You want to bring more blood flow to the eye. And in doing that, you can rid yourself of cataracts.

Many of you are familiar with the story of Paul. Remember when he was traveling to Damascus, and was struck by a bright light? It blinded him. After a period of time Paul received a marvelous cure. And through that process, the cataracts or scales fell from his eyes. And he could see. Well, believe it or not, we actually duplicate that process when we look at TV. The television set is high in ultraviolet rays. There are other things in our house that put out a lot of ultraviolet rays. And because of the disruption of the ozone, we are being flooded with the ultraviolet rays. And our eyes are certainly abused by it. And because of that abuse, our body is trying to protect us. It is always in a mode of protection. And what you can do is put on a pair of sunshades to cut down on so many ultraviolet rays destroying the eye. So a cataract is a kind of shade to cut down on those ultraviolet rays. It is nature's attempt to protect us. Likewise, if you pick up bricks all day long, you develop calluses.

That callus protects your skin. Protects from what? Protect you from hurting the mucus membrane. That is what the body is designed to do—protect. And sometimes because of our abuse, nature overprotects and we develop what we call diseases. Disease is a friend, it is not an enemy. It is simply nature's way of saying "I love you so much that I will try to do something to assist you and to aid you in recovery."

When you do this treatment, you drop one drop of lemon in the eye in the morning and one drop of honey in the eye in the evening. But that is not the whole treatment. These simple remedies are just some local treatments to deal with local processes. The application of the Eight Doctors is the main treatment. These local treatments are dealing with the symptoms. This takes the place of the drugs. Remember that drugs can't cure anything. This cannot cure anything. It helps you cope so you can make it to the next day, so that the process of the Eight Doctors can rid the system of whatever has brought on the condition.

Now we said that drugs couldn't cure anything. Let me read Jeremiah 46:11: "Go up into Gilead and take balm." Balm is a remedy. It is a medicine. "O virgin, daughters of Egypt." There's that word again. "In vain shalt thou use many medicines; for thou shalt not be cured." But when they used these drugs, they seem to be doing pretty well. But it says here, "thou shalt not be cured."

Drugs never cure. Herbs never cure. The purpose of the drug is to mask the symptoms. The purpose of the herbs is pretty much the same thing. It is simply to make it possible for you to tolerate it. This is one of the big problems Medical Missionaries are having across this country. We are getting into Herbal Practice. We are becoming practitioners. God never called us to be a practitioner. He called us to be Medical Missionary evangelists.

We are to blend the gospel with simple remedies. But every treatment is to direct attention back to Jesus who is the author of the solution and cure.

Psalms 103:3 “Who forgiveth all thy iniquities.” Now let’s look at that word iniquities. What does that word mean? It means known and practiced sins. “Who healeth all thy diseases,” (the diseases of the Egyptians). So before Christ can heal us what must we do first?

What we actually should do is just what it says in the book of James. If there be any sick among you, you should call the Elders. The Elders should confess your sins before God, and that Elder, by faith, should lay hands upon you—use whatever simple remedies are called for. And God will bless according to His Word.

Now this is important because this is a Medical Missionary class. And one of the big problems that we have been faced with. When someone is sick, in many cases we call the pastor. But in many cases the pastor is not in health reform. Keep in mind that a minister of the gospel should be equally a Medical Missionary. And if he is not a health reformer, he is calling on God to heal the person and he is in direct opposition to the healing process. So what was God’s plan? Call the Elders—call the Medical Missionary evangelist, because the Pastor and the Medical Missionary evangelist should go hand in hand. If that happens, that two-fold union should not be broken. Especially if we have the help of the Holy Spirit, we will see tremendous results. And God will bless because we’re following his plan.

So in order to be a Medical Missionary evangelist, we need to know how to give a Bible study. We should be able to pray with the people. We should be able to direct them to Christ. And point them back to these simple remedies.

Now let’s go to Jeremiah 30:12-13: “For thus saith the Lord, Thy bruise is incurable, and thy wound is grievous. There is none to plead thy cause, that thou mayest be bound up: thou has no healing medicines.”

God gave us these herbal remedies. But they were only given because of a lack of faith. If we had faith, we would not need them. But just think about it. Just use a lemon in the home of somebody that knows not the Lord, and does not profess to know the Lord. Perhaps there’s someone here with a problem. Perhaps they have cataracts. You say, do you have a lemon. They say, yes, I have a lemon. And you say, by God’s grace we’re going to remove those cataracts. If you have a patient who will just listen and follow the Word of the Lord; they may not believe in the Lord, well don’t worry about that. You just do God’s will. And God will help you, I believe.

They will be helped by your faith. But if we don’t have faith, how can we help them to have faith? We have to know that we can do it. And if we don’t know it, there is no way that person can be helped because of unbelief. God helps a lot of people that don’t have faith. But they were helped to have faith by the very works sake. That is the very words. Once we can remove the cataracts, they will know that it’s faith, not man’s doing. It was in God’s simple remedies. So when you go to someone, what do you do first? As a Medical Missionary, you should go into his home, minister to his physical needs first. You pray with that person, and you direct him to Christ. But your first goal is to deal with those physical problems. Then usually that person will ask you, “I notice something different about you. What else do you know about this Jesus Christ?” Then you can open up the Scriptures to them. Pray for these opportunities. Do not rush ahead. Tell the people about the Sabbath. Tell them about the state of the dead. Don’t miss any opportunities. Medical Missionary work is the door opener to the Gospel. The door will be opened, and then let the Gospel come through. You will see a tremendous difference in your outreach. The church will grow. The Holy Spirit will reign in the midst of us. And we will be particular people and God will bless us.

Now we’ve talked about the physical needs. What about their emotional and social needs? Or psychological? Or financial? We do pretty much the same thing. No matter what they are faced with, we have to deal with it as Medical Missionaries. We think a Medical Missionary is giving herbs or giving water treatments.

No, it is cleaning up to their house. It is cooking their food, whatever it takes to show the life of Jesus. Once you do that, the doors will be open. Let’s go on to some more of these remedies. I have here some white potatoes. God’s remedies are so wonderful. We keep saying herbs, but these are the herbs that God was talking about. What has really gotten us all is that we go to the health food store, and we see capsules and pills and tonics and having an herbologist. And we have been so indoctrinated that we think that is the only herbs that God gave us; as if God gave us just the class of herbs found in capsules and bottles and tonics. God didn’t give us that. That is man’s devising, to commercialize and make money off of God’s simple program. The herbs that God gave us grow in the fields and in the trees. These herbs can be used in faith without a denial of faith. In these herbs are found various mineral properties, enzymes, vitamins that can help restore the health of a person that is having a problem. We are going to be talking about the white potato quite a bit. But for now, we’re going to deal with hemorrhages.

DEMONSTRATION

Here we just made something like a French fry. I'm not very good at making French fries. But all we have to do is carve something that looks like a French fry from the white of the potato. For the person who has internal hemorrhages, bleeding hemorrhoids, you simply spread the "cheeks." Now you never penetrate the rectum straight in. What happens when you go straight in is this—the rectum will actually close up when it touches the surface. Then you have to press it in; this is irritating to someone who has ulcerated hemorrhoids. The most effective way to penetrate the rectum with a potato or whatever it is, I always like to lay it on the side of the cheeks. I lay it there for a few seconds, then I simply just stand it up and it slides right into the rectum. I leave that in for the night. You don't have to worry about taking it out. When they get up and go to the bathroom, it will flush right out.

Now what is the white potato doing? White potato is an absorbent. And why does it absorb? What is the largest ingredient in potato? Starch requires a large amount of two elements. Starch is part of the carbohydrate family. And what does a carbohydrate require? A tremendous amount of oxygen and hydrogen, because the two main components of carbohydrates are oxygen and hydrogen. This is the reason why when you cut this potato, in probably an hour or so, it begins to turn dark. What is happening? Oxidation, in other words it is reducing. It is releasing these molecules. When the protective covering is removed, and it is exposed to the heat of the body, it begins to oxidize—to breathe. And as it breathes, what does it leave behind? Dead potato fiber. As it oxidizes it leaves behind potato fiber. It is literally dying—it is the oxidation process. Now as it oxidizes, it draws the same as charcoal. Charcoal is a pure carbon. It has a pure carbon action. Carbon action is that it absorbs many times its own weight. It brings it into the body of the charcoal. The same thing with the white potato. It brings it into the body of the white potato, pulling out the inflammation of whatever caused this particular problem. This will not solve his problem with hemorrhoids. But it will help him get to the point in his body so that the Eight Doctors can work. He can purify his diet, and get plenty of exercise.

One interesting thing that I mention when we are discussing hemorrhoids is about Tennessee Walkers. I'm from Tennessee, and they have the Tennessee walkers. Now a Tennessee walker, when he walks, he likes to kick up his tails in the air. And his rectum just jumps in and out. What is happening, he is eating a lot of fiber, a lot of grain. And when he walks he is massaging his rectum. And through massaging that rectum, he is constantly keeping an even blood flow. He gets plenty of water, plenty of fiber, plenty of exercise. With us we don't drink enough water, we don't eat enough fiber, we don't get enough exercise, we sit too much. And consequently we develop varicose veins of the rectum. And what are varicose veins of the rectum? It is when too much blood is collected in the veins of the rectum and there is no process to release that blood. Therefore it stagnates in that area, and because you are not drinking enough water, when the wastes come through, it irritates the area until there is an abrasion. And you develop hemorrhoids.

So you don't need Preparation H—that job is done by the potato. Let me show you what you can do, if you cannot insert it. Just take a potato, slice it in half, and take the skin off. Carve a little edge into it, so that it will be as comfortable as possible when you put it down into the person's check. And in this case, I take my hand and lay it on the person's check, spread the checks. I take this potato and I slide this down between the checks. This can be done for a person with external hemorrhoids or fissures. You've heard of fissures? Also for other inflammatory problems of the rectum—just between the checks, it will absorb much of the inflammation that takes place around the rectum. It is a wonderful, wonderful simple treatment.

We've talked about using the potato to pull that inflammation out of the hemorrhoids. What about pulling those hemorrhoids in? What are some of the things we can do to pull it in? I love the lemon, because of its astringent action. Also witch Hazel is wonderful for that same process. Aloe Vera is good for inflammatory conditions. Simply take the Aloe plant and just cut and rub into the rectum and around the rectum. It is very soothing. I also like giving an oil enema. Just warm up and inject 3-4 oz. olive oil. This will lubricate it, especially helpful for people who have a problem with bleeding hemorrhages. Every time waste comes through, it brings abrasion and it bleeds. Simply take a few ounces olive oil and squirt it up in the rectum before they have an elimination. This will lubricate the rectum. It will slip out without any abrasion. You can choose to do that as you increase fiber and water and you will be able to heal a person easily.

REVITALIZING WEAK PATIENTS

Now what can be done if the patient is weak? What can be done to revitalize them quickly? Many people suffer from a low iron count. They are not producing enough hemoglobin. As the air goes through our lungs, the red blood cells actually expand to pick up more oxygen. That only can take place when we have a proper balance of iron, B12 and many other elements. So let's take a look at iron deficiency. We are going to make an iron drink. This is a wonderful drink, and I encourage you to make it. AIDS patients have a lot of problem with their red blood count dropping. You think that AIDS patients have a drop in their white blood cell count. But as that drops, it pulls down the red cell count as well. And what they are suffering the most from is the drop of the red count—not the white count. Then they have to get a blood transfusion. This particular program, if they follow for thirty days, we can bring their red

blood count back up and they will not have to get a blood transfusion. So lets go through this quickly as our time is just about up.

Take about one gallon of grape juice. You need to get a good wholesome grape juice. We take about a cup of raisins. Now raisins are high iron. This is what we are focusing on—iron. Here we have apricots, which is one of the highest sources of iron. It the most easily assimilated iron. Take one cup of apricots, and one cup of figs. This is like a tincture, an extract. We are doing a cold-press. The grape juice has lactic acid in it, which will actually pull out the minerals that are found in those fruits into the juice itself. I like to put at least a half-cup black strap molasses (this is not just your sopping molasses that you use with biscuits.) I would like to put about 5 Tbsp. of Black Cherry concentrate. This is a very high source of iron. This is a delicious drink. Now it should be just about ready.

It should sit overnight on the counter. The next morning put it in the refrigerator. Drink about 4 ounces 3 or 4 times a day, depending on how low your hemoglobin is. This will bring it up within thirty days. But if the person is so weak that we need to bring it up more quickly, Ellen White recommended using the raw egg in grape juice. I do not advocate the consumption of eggs because one out of every third eggs has cancer, but in an emergency situation, when a patient is in need of an immediate blood transfusion, we have followed that counsel. We have taken a raw egg in a glass of grape juice for three days. We are going to demonstrate in another program how to do that. In an emergency it is quite an effective remedy, because it is God's own remedy. In closing, Exodus 23: 25 states "And ye shall serve the Lord your God, and He shall bless thy bread and they water, and I will take sickness away from the midst of thee."

Revelation 22:2 "In the midst of the street of it and on either side of the river was there the tree of life, which bare twelve manner of fruit, and yielded her fruit every month; and the leaves of the tree were for the healing of the nations." When God talked about the "leaves for the healing of the nation" it was about the vegetation. Vegetation is high in chlorophyll, and chlorophyll is like an added blood transfusion. When we eat chlorophyll, it is like giving ourselves a blood transfusion.

We only have one disease, by the way. Don't worry about dying from all kinds of diseases. We only have one disease and that is a blood disease. The way we remedy that disease is simply to consume a lot of foods that are high in chlorophyll. And we also need to fortify our diet with potassium. Disease cannot live in a high potassium environment. Chlorophyll is almost identical to the human blood. So if we straighten the blood out, we don't need to worry about having arthritis or gout. Don't worry about that. The life of the flesh is found in the blood. Fix the blood and then the body can return to health. See Leviticus 17:11 and 5 Testimonies, page 86.

"The word of God is a great simplifier of life's complicated pursuits. God often uses the simplest means to accomplish the greatest results. He abolishes all territorial lines and artificial distinctions of society." Desire of Ages, page 822: The simpler the remedies, the greater glory God will have. If he can take a lump of clay and give it life, then God can take a lemon to remove cataracts.

QUESTIONS # 1

1.What is a Medical Missionary? _____

2. What are the Eight Doctors? _____

3. What besides the Eight Doctors does a Medical Missionary need in his Medical kit?

4.What does Acne tell us about the state of the body? _____

5. Name some things that clog the skin. _____

6. Define Auto-intoxication. _____

7. One way to open up the pores is a _____. It stimulates the _____, and actually removes _____ acid trapped in the muscles.

8. Explain what is meant by pH balance and how we can correct it when it is off. _____

9. What effect does lemon have on the skin? _____

10. What is the only way to become healthy? _____

11. How can you dissolve cataracts? _____

12. Do herbs cure disease? _____

13. Why did God give us Herbal Remedies? _____

14. What is the purpose of an "absorbent"? _____

15. What is the purpose of an "oil enema"? _____

16. List the ingredients of a "iron drink" _____

LESSON TWO

We are going to discuss more about ACNE in this lesson. In the first lesson we demonstrated the Salt Glow, and we talked about LEMON and WITCH HAZEL. We are going to continue by discussing the use of molasses as a facial mask. We will use BLACKSTRAP MOLASSES.

BLACKSTRAP MOLASSES is nothing like the sopping molasses with biscuits, but things that are good for you don't necessarily taste good. Actually, it should not even be called Molasses. It comes from the bottom of the barrel where all the minerals are found. These are healing agents. You can use blackstrap molasses as a facial mask. It will actually cleanse, and at the same time it is very healing to the skin. What we want to do is apply this molasses on the skin rubbing it in really well everyday for two weeks, and leave it on all night. If you have acne or pimples, it will take them away and give you really smooth skin in the process. As you work it in really well, you will find that it is not sticky. Keep massaging it in. It will actually give the skin some nourishment.

This will give the skin cells something to feed on and tone the skin. This will also work with wrinkles that are developing, and will firm a sagging jaw, if you don't mind doing this simple process. Cover the whole face. Keep working it in until it loses its stickiness. Keep this on over night. In the morning the best way to remove it is with olive

oil on a piece of cloth, then splash on some cool water and pat your face dry. The cold water will tighten up the skin. You see the therapeutic effect of this simple treatment. The treatments are simple so that there is a greater avenue for God to get His glory.

Does this mean that ingredients from other products will also enter the skin? Yes. The toiletries we use are often petroleum based. We all know that when we go to the gas pump, we need to be careful not to handle the gasoline or the oil, because it is carcinogenic. This is true, because it is a petroleum product. The less petroleum we put on our skin the better off we are, because all those chemicals and additives are absorbed. We do not advocate using petroleum products on the skin. It is best to use natural products—as natural as possible—that will be nutritious.

HONEY

What is the difference between Honey and Blackstrap Molasses? For skin purposes, they both will do basically the same thing so you can use either honey or Blackstrap Molasses. It just gives the skin nourishment. It serves to tighten up the skin, for wrinkles and saggings. They are interchangeable.

CLAY FACIALS

We are going to describe a clay facial using Bentonite Clay. There are many types of clay, the white clay, the green clay, even black clay. You may use any of them. A lot of people like to use green clay. In Tennessee where I live we have a lot of red clay. Red clay is just fine. Clay works very similar to charcoal. It can absorb many times its own weight.

To prepare the clay to be used as a mask, take one cup of clay and enough olive oil to be creamy. Stir the mixture well. The olive oil makes it soft and smoother when you put it on the skin.

If you are going to harvest your own clay try to find an area that has a rich supply of clay. Gather it, spread it out as even as possible, and expose it to the sun. Stir it around, so the sun can get to it, because the sun will actually disinfect it. If there is some organic matter mixed in it, it will clean it up. Sift your clay to clean it from any additional debris that may be in it. Once you've used clay you can turn around and purify it again by simply exposing it to the sun or exposing it to heat.

Remember that clay has a kinship to us. We came from the clay of the earth. We have a similar chemical composition as the clay found in the earth. The only difference is that this is inorganic form, and we are made up of organic matter. But the body can still convert the inorganic matter to organic. So it will absorb the minerals in the clay and that will serve to replenish or revive the skin.

We read in Genesis, "and Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life and man became a living soul." People go to spas in California and pay lots of money to get mud smeared on their face. You can do it at home, put it on thin or put it on thick as much as a third of an inch or as thin as you wish. If you have a hard time with it going on, add more olive oil if you choose. I prefer less. Olive oil will make it go on smoothly and very quickly.

This will also remove any kind of blemishes that may be on the skin. It is wonderful for toning up the face. You don't have to go get cosmetic surgery. This is God's own method of keeping the face beautiful, tight and firm. There is the biblical story where Jesus used clay on the man's eye, (See John 9) and Naaman bathing in the muddy River Jordan. Clay has a tremendous therapeutic effect. It can actually bring back the pH balance. It will remove a lot of the uric acid and purine acid out of the system. It can pull a lot of purine acids out of the system.

Clay is a natural component introduced to the body. The mud applied to the man's eyes absorbed most of the inflammation. It increased circulation. It was able to stimulate new cell growth. I believe it is doing the same thing here with the skin. It is actually accelerating cellular growth, and helping the cells perform their job much more effectively and healthfully. Bentonite is actually one of the strongest clays you can get. In Tennessee, we call this Well Diggers Clay. They put it in the wells when they dig a well because of the drawing action. It is a very powerful clay. You could give someone a clay bath or even a clay poultice. Either way, it serves a useful purpose. Later on in this program we are going to share different ways to do clay poultices. You can leave this clay mask on for 15-20 minutes or let it dry. It will tighten up the skin. If you continue it will actually encourage the skin to remove those wrinkles and sagging flesh.

COUGH SYRUP

Cough syrup is intended to stimulate good flowing respiration. Any time there is a skin disease, there is also a malfunction in our ability to respire. So we need to give something to increase our respiration. Some of those things are a steam bath or cold contrast bath; anything that will make the skin sweat. All of these can increase the body's exchange of oxygen and carbon dioxide. We want to make a cough syrup that will accelerate the body's exchange of oxygen and carbon dioxide. We want to eliminate the carbon dioxide gases and increase good fresh oxygen.

To prepare the cough syrup, let's begin with one-cup of honey. Add the juice of three lemons (The purpose of the honey is to strengthen and revitalizes the system, so we add the honey because it is nourishing to the system. We add the lemon juice because it is antiseptic and because it stimulates respiration) Then take a cup of garlic (the purpose of the garlic is to stimulate the immune system, and to stimulate the whole respiratory system. It is wonderful for the bronchial tubes).

There are different types of garlic, having various strengths. For example the elephant garlic is not nearly as strong as some of your smaller garlic bulbs, so you need to find out if it is real strong garlic. If it is strong, you may have to cut back 25% on the amount. To be on the safe side you should use about a cup of garlic. This syrup will be hot. The allicin count is very useful, particularly for high blood pressure and boosting the immune system, but some garlic is hot even with a low allicin count. It is just hot garlic. You should use some discretion. If it is too hot, and you're giving it to a child, they may not take it. Know who you are treating.

Add one cup of radish. Radish is hot, but it is one of the most wonderful things you can use. You may think that this will be too hot to take, but believe it or not, when you get everything in there, it really works wonderfully.

The next ingredient is cayenne pepper. I am using very hot pepper—100,000 heat units. You can get different strengths. We will be talking about cayenne later. If you want to stop a heart attack you need to be particular about what kind of cayenne you use. We use African Capsicum, which is totally different. It is not regular red pepper. They are two different things. Red pepper is an irritant, a spice. It irritates the mucus membranes. Yet according to master herbalist Jethro Kloss, cayenne pepper—African capsicum—is not an irritant and should not be classed with black and white pepper. You can take African capsicum and use it to heal stomach ulcers. It is soothing to the mucus membrane, but if you use black pepper or red pepper, it would irritate it. We will come back to this later.

Take one half teaspoon African capsicum. That's pretty hot at 100,000 count. Make it a really small "half." 100,000 is pretty high. We also need some peppermint oil. Peppermint oil is also pretty strong, so you don't want to use a lot of it. Add about a third teaspoon peppermint oil. Also we need to add some cloves. Cloves are even stronger than peppermint oil, so let's make it a really small "third" of a teaspoon. These are tinctures. We are going to show you how to make them. Tinctures of cloves and of peppermint oil are really easy to make.

Now we have everything in here that we need—except for a half a cup of fructose. Fructose is not sugar. It is not the best thing to use, but it's not the worst either. It has no nutritional value, but neither does it have anything that is going to hurt you. It's got nothing good and nothing bad, but it can serve a purpose in the cough syrup. In most cough syrups, they put sugar, which serves as a thickener. You need that thickener, so that when you swallow it, it goes down slowly to give the body a chance to absorb most of these vapors into the bronchial tubes. Without sugar or fructose, it actually can move through too fast. We want it to stay on those bronchial tubes as long as possible. We don't recommend using sugar, but we do recommend using fructose. Sugar will rob the body of B vitamins, but the fructose will not. All we need to do is stir it up. (Sometimes we add an onion, but we don't have to have it when we use the garlic.) We blend this to make it really smooth.

The purpose of this syrup is to help you breathe a little easier. You should feel it radiate in your chest. We hope that you really feel it going down and that it warms up the inside. It has a little bite to it, but don't worry. You can tone it down for your children. This will keep easily thirty days out of the refrigerator—in a cool place, or longer in the refrigerator.

SKIN BRUSHING

Skin brushing is wonderful, because again, it is back to respiration. Remember, cells are alive, they eat, excrete, and breathe. They are living things just like we are. Like us, when they cannot breathe, they develop problems. In order to make the cells breathe, we must clear the channels of respiration—to open up their mouths. Skin brushing is a beautiful technique in helping them to open up so that they can breathe. We will talk more about skin brushing. For now, remember that skin brushing is best done in one direction, similar to the salt glow. If I was going to skin brush my arm, the right technique would be to brush from the wrist toward the shoulder—or toward the heart. The wrong technique would be brushing back and forth. You don't want to do that with the Salt Glow, or Skin

Brushing. You want to push toward that lymph glands. This will cause the lymph gland to open up and cause the toxins to enter into the gland. You do not go back over an area. You go over it once. You don't need to do more. The purpose of skin brushing is strictly to stimulate the lymphatic system. Once you stimulate the lymphatic system, you switch and go to another area. I use a firm brush, but there are many different things you can use for Skin Brushing. Remember, be firm but gentle.

LINIMENT RUB

Believe it or not, the AMA has published in their writings that cayenne pepper is the best thing in the world for pain, when you make some kind of salve or cream out of it. They found out that it worked better than some of their patented medicines for pain. Arthritis pain, rheumatoid pain, for any kind of muscular pain, cayenne pepper is the best.

We want to take half a cup of vegetable fat, and put it in the bowl. The cayenne will actually stimulate the whole muscular system. It penetrates into the pores, heating it up and relaxing the damaged nerves that may be in that area.

Add to this vegetable fat, about 4 dessert spoons of cayenne (100,000 count) This will somewhat heat up the surface area. Now there is a certain trick I want to share with you. If you want to heat a person up, there is one thing you have to do—if you're making a liniment or want to heat up the surface, you use peppermint oil. Rub peppermint oil on the skin first. This will open up the pores. Then what you put on top of it will go down and when those pores close up, it will heat up. Mix this up well. This is good for muscle pain, muscle strain, arthritis, rheumatism, and for any kind of pain in the body. You simply apply this over the area, then wrap it so that you can keep it on overnight. Saran wrap can be used in many different ways. We like to use it to protect the area. It also will protect the bed, while you are sleeping, and it clings together really well. We use a lot of Saran wrap.

Take one spoonful and apply it to the affected area. We could put the peppermint oil in the mixture or just rub some peppermint oil on first, then rub about one tablespoon of the vegetable fat and cayenne mixture, then we wrap it. I like using paper towels rather than cloths. They are inexpensive and can be discarded and they are porous and can breathe. Cotton will do the same thing. Get a really good Saran wrap. It is very simple; it doesn't take very much time, yet it is a very effective poultice for anyone affected by muscle pain. Even the AMA recommended this as a very effective way to deal with pain. The more pain the more inflammation, the sooner you will feel it heating up.

WARTS

People are always calling and asking, "what can I do to remove a wart?" There are a number of things you can use. For instance, you can go out to a fig tree and break off a branch and just squeeze out that white mucus material, rub it on the wart and keep doing it daily until it actually dries up. One day when you wash your hands, you will just wash it off. It is a wonderful thing to do. You can use milkweed the same way. Get milkweed and squeeze it on the wart and in two or three weeks it will come off.

We can use another herb called the onion. We will put a little apple cider vinegar in this bowl here, and make a wonderful little treatment dealing with warts. You need to let the onion set in the apple cider vinegar at least five or six hours and then you take it out. You simply apply that over the wart and wrap it.

Let's talk about the vinegar for a moment. There are various types of vinegar. I prefer apple cider vinegar. It makes me feel a little better to know it has some apple in it. Vinegar is not that good for you except in certain cases. We do not recommend taking vinegar, even though vinegar is very high in certain elements. One of the most dangerous things about vinegar is that it destroys the function of our platelets, and makes us more prone to bleed. The platelets stimulate the clotting factor. If you use a lot of vinegar, it lessens that response and leaves a lot of acid in the system, even though it is quite useful for dealing with arthritis, and other things. I do not recommend consuming a lot of it.

There are some cases where we have to use it. In the sanitarium, we used to have a midwife clinic. We'd get three or four women a year who would come there to give birth. Every so often we'd have a mother who was too weak to give birth, and she would pass out, just out of exhaustion. We would have to give her a portable IV. A portable IV will revive someone that is weak. We would simply take vinegar, honey, and cayenne pepper, and give them a teaspoon of that every hour. It would really revive them and give them the strength to go through their labor. It has some usefulness, but I do not recommend taking it on a regular basis, because of the harmful side effects.

Take this onion that has been sitting for quite some time (the onion will be quite soft after soaking), put the onion on the wart, and wrap it with Saran wrap. It usually takes at least two weeks to remove a wart. I like wrapping it with Saran wrap because it traps the heat and makes the drawing effect so much better. You don't have to use a whole slice depending upon the size of the wart.

HEART

Luke 21:26: "Men's hearts failing them for fear and for looking after those things that are coming on the earth." Now is there a physical application that we can make from this Scripture? Men's hearts failing them from stroke, from high blood pressure, from angina pains. Let's start with high blood pressure. What causes high blood pressure? Nine tenths of all disease we deal with is associated with auto-intoxication. The system is clogged up; the system is not operating on a normal basis. This is the problem.

As we talk about high blood pressure, listen to this quotation from Counsels on Health page 587: "It is the lack of harmonious action in the human organism that brings disease." Our body organs must work in harmony, and when there is a lack of this harmony; there is confusion in the body and this brings disease. We can learn a lot from our organs and cells. If we work in harmonious action, there is harmony and all parts of the system must work this way. Counsels on Health page 61-62 says: "The impurities of the body, (that is auto-intoxication) if not allowed to escape..."

How do the impurities escape? We eliminate toxins through our skin, through our respiratory system, through our urinary system, and also our liver. All of these remove impurities trapped in the system. If this does not happen, then what? "If not allowed to escape, they move back into the blood and are forced upon the internal organ.

Nature, to relieve herself of the poisons, makes an effort to relieve the system." Nature is our body trying to make an effort to free the system of the toxins trapped in the system. "This effort produces fever." Fever is the product of trapped waste in the system, and is nature's attempt to free the system. Sweating is nature's attempt to eliminate the toxins that we have put in the system. "This effort produces fever, and what is termed disease." If that is the case, then disease is a friend. not a foe. "But even then if those who are afflicted would assist nature in her the efforts, by the use of pure soft water, much suffering could be prevented." So nature is doing a house cleansing, and we need to assist nature in her process. The problem is we refuse to assist nature. Our system is out of harmony.

One product of that is hypertension or high blood pressure, too many toxins floating around in the blood stream. It's like a massive traffic jam going on, while the continued buildup of debris only adds a burden to our arteries, our capillaries. In order to relieve that we simply need to assist nature in her cleansing.

WATER

What is the best type of water? Some people use well water, filter their city water, use rainwater, or lime. What is best? The best is the water that God gave us from the beginning. That was distilled water. The water did not come as we get it today. The water came up from the earth and was distilled across the earth, but because of the chemicals and pesticides and toxins, it is hard to get that type of pure water now. We see the evidence of God's watering system when we get up early and see the mist on the ground, but it is not the same. Use distilled water or spring water, as long as it is soft water.

SIMPLE REMEDIES

Cayenne Pepper is a special herb. We need a volunteer. We are going to "stop a heart attack" in less than 60 seconds. We had an experience with an elderly man several years ago. We were in a service, just singing and praising the Lord; and he slumped over on the floor. He was having a heart attack. We were having a training school at the time so all the students started scrambling for the cayenne pepper because that's what we had drilled into them. We gave him the cayenne pepper and he revived in less that 60 seconds.

What is the difference between cayenne pepper and nitro-glycerine? Nitro-glycerine has a lot of side effects that we don't need. It is not a natural product. It is not a natural component of the body, so we don't want to use it. Yet we may need it because of a bad heart condition. God has given us cayenne pepper, which produces the same effect as nitro-glycerine, and the best way to take it is similar to nitro-glycerine. If someone is having a heart attack and has passed out, we simply take ½ teaspoon of cayenne pepper and put it under his tongue. It will revive him in less than 60 seconds. Remember though, not red pepper, African capsicum.

What is in the cayenne that is so effective? It is very high in beta-carotene and extremely high in potassium. Potassium is what controls our muscle action. We want to get this quickly into the circulatory system. The quickest way is in the mouth, under the tongue. That's the same way they give nitro-glycerine. It is the fastest way to get it into your circulatory system.

Take an ounce of water and a ½ teaspoon of cayenne pepper (this is really hot pepper). There is a way to drink it that will minimize the pain. The taste buds on the front of your tongue are really sensitive. If you let the cayenne come in contact with the front part of your tongue, it is going to burn. If you can bypass the front of the tongue and get it toward the back it will hardly burn you at all. Hold it up to your mouth, pray and try to get it down in one swallow. Cayenne pepper will make you cough.

If you have a problem with a child who cannot cough up phlegm, you can take cayenne pepper and put it in a cast iron skillet, and burn it. Then have the child smell it and they will start coughing, and coughing and he will cough up the phlegm.

What does it make you feel when you drink it? It quickly enters the circulatory system and feeds the heart with that high potassium. It relaxes the muscle that was pounding too fast or not pounding fast enough. Cayenne pepper will regulate the heartbeat by slowing it down or speeding it up. It is a wonderful remedy given by our Lord.

There are other things that help the heart. What about Lecithin, Vitamin E and Hawthorn Berries? How do they help the heart? Hawthorn berries and cayenne pepper needs to be used in balance. Hawthorn berries will help tone the heart, a fatty heart or a tired or congested heart. We will continue with Hawthorn berries in the next lesson.

Keep this in mind. Every thirty days we are given a brand new heart. Every thirty days, every cell, every tissue is renewed. If we would change our ways, we could get a heart transplant without having to cut open the chest.

QUESTIONS #2

1. Name three common items that are beneficial to our face:

2. What is the difference between honey and blackstrap molasses?

3. Does it lose its stickiness over time? _____

4. Compare clay and charcoal: _____

5. What does Clay do to the pH balance? _____

6. What is the purpose of cough syrup? _____

7. What does any skin disease tell us about respiration? _____

8. Explain why skin brushing is beneficial. _____

9. What direction should one brush on the skin? _____

10. Explain the purpose of the following ingredients in cough syrup:

Honey? _____

Lemon Juice? _____

Garlic? _____

Cayenne? _____

Fructose? _____

11. Explain the difference between red pepper and cayenne. _____

12. What natural remedy is endorsed by the AMA? _____

13. Rubbing Peppermint oil on the skin does what? _____

14. Why is vinegar dangerous? _____

15. Describe a portable IV: _____

16. What causes a fever? _____

17. How do you stop a heart attack? _____

LESSON THREE

HEART

Before we return to the subject of the heart, I would like to read 1 Samuel 16:7. "But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him. For the Lord seeth not as man seeth; for man looketh on the outward appearance. but the Lord looketh on the heart."

I wonder what Christ finds when He looks upon our hearts. Do you think He would find closed up blood vessels? High cholesterol? Things of that nature? What can we do? How can we bring down high cholesterol?

There are over one million people suffering from heart disease. It is the number one killer in America. Most of these heart problems are associated with a poor diet. They are directly related to hypertension, high consumption of sodium, high consumption of fat, lack of exercise, not enough fiber, not enough water. All of these are major contributors to heart related diseases. Before we can do anything, we must first recognize the causes. Once we know what life-threatening things we are doing, we can undo that by simply doing the right things. We need to ascertain what has caused the problem, then we need to correct the problem.

The first step is to detoxify. Detoxify simply means to clean—we need to clean out the system. If the Lord looked inside He might find arteries that are corroded, He might find a fatty heart. All of this is because we have polluted the temple. We need to clean it out and make it a fit dwelling place for the Holy Spirit. In detoxifying, we need to cleanse the blood, cleanse the lungs, the urinary system, the bowels, and the skin. When we get the whole system cleaned out, we can get rid of the overload of toxins that are in the system. That can be in the form of Intestinal Cleanser, enemas, juices, good exercises, steam baths, sauna baths. All of these are a part of detoxifying.

Once we detoxify, we must rebuild. You never tear down a house without rebuilding the house. What does it mean to rebuild? It means to bring back those friendly bacteria. Inside each of us we have a proper balance of friendly bacteria. Without these friendly bacteria, our whole system is overrun with pathogenic bacteria. The pathogenic bacteria are alkaline producing bacteria that leave a lot of diseases behind. And yet our colon has an acid pH, which would discourage the growth of bacteria and germs in our cesspool.

I am often asked why we should cleanse if it gets rid of the friendly bacteria, but when one is ill, the colon is filled with morbid mucus, undigested and decaying food. All of this is retained in our system. You do not have friendly flora. You have a cesspool of corruption. So like any good housekeeper, you would cleanse the house first. Then you would put a disinfectant in it.

The disinfectant is what we call acidophilus. Acidophilus can come in many forms. It can be in the form of whey, it can come in the form of Rejuvelac, it can come in the form of yogurt or even buttermilk. Cabbage can help also. Our colon needs the friendly bacteria because there is gas-producing bacteria that causes us to have stagnated bowels. We need to detoxify and we need to rebuild. We need to place acidophilus—that friendly bacteria—back in balance. It will prevent the pathogenic bacteria from producing too fast and will keep your colon in a healthy condition.

The Scripture states that you cannot put new wine in old wineskins. So what we need to do is to clean out those old bottles. Then we can apply the new. Eat those good foods, the carrot juices, good water and so forth. Unless we cleanse, we are just mingling the new with the old.

What is the best way to get the acidophilus into the colon? If we take it by mouth, the gastric juices in our stomach will destroy most of the acidophilus. Some will get through, but the best way is to bypass the gastric juices. You can give what we call a retention enema, which implants the acidophilus into the rectum right where it is needed, thus bypassing the gastric juices. This way we change the intestinal flora. This is what made Dr. Kellogg such a master of health. He understood the ecology of needing friendly bacteria. He knew if he could get that colon moving free; if he could get the smell out—getting the gas out, he knew that he could maintain a healthy lifestyle and a healthy person. We are simply following his example.

We use a retention enema, and not a full quart of water, because this will stimulate a massive peristalsis action. The body would try to get rid of what you are trying to put into it. It is not a healthy practice to give a one quart enema in the first place. Giving a one quart enema over a period of time can paralyze the natural peristaltic action to the point that you will become dependent upon it. It will render you more constipated. There are times when you will need to use a one quart enema, or even a five or ten-gallon colonic. But in most cases, the smaller is better. Six to eight ounces is usually enough to get the natural peristaltic action going without becoming dependent upon it.

We have worked with cancer patients with cancer of the stomach where we cannot feed them through the stomach. Then we have to feed them through the skin and through the rectum. You can feed them wholesome food right through the rectum, so they can maintain a reasonable amount of strength until you can alter the operations in the stomach. This is what makes the retention enema so valuable.

We will learn later how to make an intestinal cleanser. Most people want to use it about three times a day. This is a high fiber cleanser which pulls out a lot of debris. At the same time they need to do a retention enema to replenish the acidophilus. Take one tablespoon acidophilus plus one tablespoon whey, mix that in about 8 ounces warm water. And slowly inject that into the colon. I tell the people not to worry about it because it needs to be absorbed. We have detoxified and now we are rebuilding.

We must change the eating habits. We need to eat a lot of vegetables—85-100% raw. This will give the body the nourishment it needs, the vitamins it needs so that it can rebuild the heart. The heart is renewed every thirty days. Did you know that every seven years the body renews itself? There is not a cell left that has not been replaced in seven years. This is God's testimony that we were created to live forever, but we have destroyed the body. If we would assist God, by preserving the vital forces that He has given us, then we could live a longer and much more productive life.

The next thing we do is give them lots of fresh pressed juices. We will be learning how to make these. If you use vegetable juices, you don't need to depend on vitamins or mineral supplements. The vegetable juices are fortified and easy to assimilate, because they are in a natural form.

Lecithin is a good source of B vitamins which are good for the nerves. It is also a good source of fatty acids. It discourages cholesterol from building up in the arteries. Take one tablespoon three times a day if you have high blood pressure. A word of warning about Vitamin E. It is a very good vitamin, but if you have very high blood pressure, you would need to go slow with vitamin E, using no more than 400-600 IU per day. You can gradually increase this. After you get over 1000 IU s per day, you will dissolve all blood clots. Clots are a great danger to someone suffering from hypertension. Break this up into two doses: 500 IUs in the morning and 500 IUs in the evening. I like to get a person up to 1200-1500 IUs of vitamin. Then I know they have extra protection. Also Vitamin E brings extra oxygen to the cells.

Hawthorn berries in combination with cayenne will tone the heart and will help stimulate the heart to renew and rebuild. I like to give hawthorn in capsules, and in tea. With the capsules, I give four three times a day. Most of us do not take enough herbs to get a positive effect. To make the tea, use one tablespoon powder in water. Drink this tea three times a day.

We already talked about cayenne. If you give ½ teaspoon under the tongue to someone who is having a heart attack, it will revive the heart in about 60 seconds. If they are conscious, and are in the process of having a heart attack—if they are having angina pain, if they are having palpitations, you simply give them ½ teaspoon of cayenne pepper in fairly warm water. Let them drink it. It will stop angina pain in less than 60 seconds. It will stop a heart attack in less than 60 seconds.

Blackstrap molasses is high in potassium. Potassium is often needed by patients with hypertension, because in most cases they are losing the potassium faster than their body can use it. Drugs—diuretics makes them spill off too much potassium. So you need to give them more. I like Blackstrap Molasses because it is balanced, it has potassium, magnesium and calcium in it. I would move very cautiously with the heat treatments.

Remember, exercise is so important for the heart. We are back to the Eight Doctors. If you follow those Eight Doctors, you will not get the disease of the Egyptians. It is because we have violated these laws that the diseases of the Egyptians afflict us. Let the patient walk at his own pace. Remind them that work is not exercise. Exercise is something you enjoy doing, something you look forward to doing. Something you can put your heart into. So even if you have had a hard day's work, you still need and will enjoy a nice walk, or a swim in the lake.

All these remedies will not be sufficient unless we get some of this modern-day stress out of our lives. In Matthew 5: "Blessed are the peacemakers: for they shall be called the children of God." If we don't have peace, we will have a pacemaker. Also, we read, "Blessed are the pure in heart for they shall see God." Once we correct our habits, once we get out from under this stress, we will find that we have better health, we have a clear mind. We will be able to discern the will of God.

GANGRENE

Isaiah 1:5-6 "Why should ye be stricken any more. Ye will revolt more and more; The whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it, but wounds and bruises, and putrefying sores. They have not been closed, neither bound up."

This is type of gangrene or cancerous sore. If you would give me the sugar, please. After prayer and letting this patient know that it is his violation that has produced this, and once he makes restitution with God, then it is safe to use God's remedies. It is hard to say that pure cane sugar is a remedy. It has a purpose, just like the swine has a purpose. God made the swine for a purpose—not to eat. So God make the cane sugar—not to eat, but as a remedy for people who rebel against His word and end up as this patient has ended up. As deadly as the sugar may be, it is the most useful remedy outside of the body.

There is nothing that will compete with a sugar poultice. I'm just going to pour the sugar right on the wound. In gangrene, the sugar would dissolve. It would turn to liquid. When it dissolves, it oxidizes. Once it dissolves, put more sugar on the wound. Keep putting sugar on the wound until it stops dissolving. When it stops dissolving, it will have totally disinfected the wound, killed all the bacteria. When that happens it is ready now for you to use goldenseal, myrrh and all the remedies that haven't been working.

Sometimes we are asking too much out of the simple remedies. If a sore is infected with germs, to put golden seal on top of that will not help it. If you put myrrh on top of gangrene, it will produce a scab, but the wound will still be raw under the scab. That's no good. That makes it worse. What we want to do is to disinfect it first with sugar. The sugar is a deadly poison that will destroy any bacteria outside of the body.

Once we have finished putting the sugar on the wound and it has finished dissolving, we wrap this with Saran wrap. The patient can sleep with the poultice on without making a mess. And the sugar can do its disinfecting. The next morning you simply wash all the sugar off, and now you are ready to continue. Actually, it may take you up to a week or two to really get this wound ready.

When the sugar stops dissolving, it is ready for a scab. The way to get a scab on this is to use [Myrrh](#) and [Goldenseal](#). Myrrh and Goldenseal, mixed together in equal portions will produce a scab in a week.

There is something that I forgot to mention to you, that should never be forgotten. I remember a long time ago, my cousin stepped on a nail and the wound would not bleed. My grandmother took some snuff out of her mouth and packed the wound with the snuff. Those old folks knew something. The spit and the snuff was one of the most powerful antiseptics they could have used. It drew all that metal and all that corrosion out of the wound. Then my grandmother spanked the bottom of my cousin's feet. My cousin hollered and cried and cried and hollered, but she was making it bleed. Now I do something similar.

When I get a gangrene wound ready, I spank it. As I do that, red blood will come up in that old white meat that was not getting any circulation. I keep spanking it until the blood begins to trickle and run. When that happens, the leg will start hurting really bad, but you have won the victory. You have defeated this menace, because when it bleeds a scab will develop, and it will heal over.

If you don't want to spank it, you can give the patient a hot and cold foot bath. That would increase blood flow down to the lower extremities. That also can cause it to bleed. That is another wonderful way to bring that blood into the area so that it will heal properly. If the gangrene is truly severe, you may want to use a small bottle of iodine. Take about one ounce iodine and mix it into a pound of sugar. Apply this on the wound. That will help to accelerate the disinfecting process.

HONEY

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

Honey is a concentrated food and too much of it is harmful, but you can use a lot of honey externally. I've used honey for third degree burns, patients badly burned with blisters all over. We simply took a five-gallon bucket of honey, and we covered them with five gallons of honey. It stopped the patient from going into shock. Honey will serve as a cell mucus membrane, as a dressing until the body can produce another skin. It will stop the fever that develops. It will stop the skin from weeping.

Have you ever noticed that when the skin is burned or scrapped, it will leak with little wet bubbles? You don't want that. It makes the patient more

susceptible to pneumonia. Doctors are always concerned that a burn patient might develop pneumonia. The reason is that he is losing too much body fluid. The body just weeps and weeps, it is like the body does not have any insulation. Our bodies are well insulated. But once you remove this membrane, the body leaks fluid, insulation is broken.

The lungs become congested and the person becomes a candidate for pneumonia. You want to stop that process. Put the layer of honey on there and it will stop it. There is only one hospital in America that I am aware of that is still using honey, Vicksburg, Mississippi. Honey use to be used a lot more. Most hospitals have gone to a commercial dressing which doesn't work nearly as well. But the emphasis is on money. Honey is a lot cheaper than that.

Take two parts honey and one part olive oil. Olive oil also helps with burns. The oil helps the crustation found around a burn to be even softer than what it would be normally. You simply apply this to the burn.

A Medical Missionary should never be in a position where he cannot work with a patient. A good Medical Missionary, no matter what home he is in, should be able to find something in that house or in the yard that he can use to help his patient. The simpler the remedies, the greater glory he can give to God.

BURNS

If you are treating a burn that is starting to blister, the first thing you do is to put ice on it. Put ice on it to stop the blistering process, and then we want to put some honey and olive oil right over that area. We then put a bandage over it. Cover it up. If it is a third degree burn you may not want to put a bandage on it. Just keep it saturated with honey and olive oil until it begins to heal up somewhat. Then you can put a bandage on it. If it is a small burn, like on the hand, I would put a bandage on it.

ALOE VERA

Aloe Vera can be used in place of honey. Aloe will do really well, also baking soda does well. Make a paste with a little bit of water and put that on the blister. The reason we share so many different remedies is that you may not have an Aloe plant, or you may not have baking soda, but you may have honey and olive oil. When you use Aloe Vera, split a leaf open and apply the leaf over the burn, then wrap it with the bandage. This is more effective than trying to squeeze the jell out. It is easier to use because it is still trapped in its own skin. That means it is going to retain its vital force much longer, and it will continue to draw it out, and you can trap it. So you might want to try that sometimes. If it is a large area, then you might want to squeeze it and saturate the area. But for a small burn, you can do this.

STOP SMOKING

People find it very difficult to stop smoking. We often just say, I'll pray for you. Now I believe that we should be praying while we are working. With a person that has this particular problem, stop smoking programs are wonderful. But there are some people who do not benefit from these programs. We have to do some mechanical things to help them. We have a number of mechanical helps that we can provide, including making a healthy cigarette that will help their lungs. And they smoke it. It is made from herbs that actually heal their lungs. Also, we make a smoker's gum. You may not like to use gum, but if I had to choose between cigarettes and gum, I would choose the gum. It is easy to get them off the gum, but it is hard to get them off the cigarettes. The one we are going to demonstrate now is the smoker's tea.

People who smoke always have a problem with their adrenal glands, so we need to rebuild and strengthen them. If you are addicted to cigarettes, you are also addicted to sugar, because the body converts the nicotine into simple sugar. It could be that are addicted to sugar.

SMOKER'S TEA

Take one-half cup honey. Add a third of a teaspoon cayenne pepper. Cayenne pepper serves somewhat as a stimulant and a person who is addicted to cigarettes really needs a natural stimulant. Add the juice of half a lemon. Take one third teaspoon peppermint oil. If they have smoked Kool Cigarettes, get spearmint oil, that will make it closer to what they are used to. Get about a half teaspoon Liquid Smoke. I don't normally recommend using Hickory Liquid Smoke, but we are trying to make a liquid cigarette. When they smell that smoke, it tells the brain "I'm getting a cigarette." It satisfies their craving for something sweet. The cayenne satisfies their craving for a stimulant. The lemon juice aids in the taste. We also add a little Black Cherry Concentrate—about a teaspoon. Now add an ounce of apple juice. It should be about ready. Take a half a teaspoon as often as you need it.

What we are trying to do is satisfy the brain. We are tricking the brain into thinking they have a cigarette. We are trying to get them addicted on this. We can easily get them off this, but it is hard to get them off cigarettes.

There are a lot of other things you have to do. You need to give them charcoal. Give them a teaspoon of charcoal in water twice a day. You need to give them a steam bath at least once a day. You have to clean them out. Take them off all stimulating hot spicy foods. You must put them in a peaceful environment. Then you can get them off the cigarettes really easy. Pray with them and encourage them.

How long does this take? It depends. Some people take it for a week. Some need it for a month. It is hard to say. Even if it only gets them to cut back from a pack a day to five or six cigarettes, it has served a useful purpose. Continue to work with that person. Never discourage a person who is trying to make a transition. When I have had people at my clinic, I tell them don't make any promises to God that you cannot keep.

I don't tell them to throw their cigarettes away. A man can only make one commitment to God and that is that he is going to continue to pray for strength to not smoke this cigarette before he smokes it. That's what I tell people. Just ask God for strength to not smoke the cigarette. When you get off your knees and you still want to smoke it, go ahead and smoke it. But when you do that, don't get discouraged. Keep praying that the Holy Spirit will give you strength to overcome it. That is the only commitment they can make. We cannot do anything by ourselves.

GRAPEFRUIT POULTICE EMERGENCY DEEP WOUND CARE

We can have some terrible accidents at times. I knew a young man who cut his leg with a chain saw. I said we would take him to the hospital, because we were about 50 miles from the Sanitarium, but he was such a stubborn young man, he said "I am going to God's sanitarium." So we got a bag of ice and wrapped it around his kneecap and rushed him up there. In the meantime we asked the sisters to prepare a grapefruit because we have a serious case coming in. I have the highest regard for this poultice. This is one of the best remedies. We boil the grapefruit for five to ten minutes in water with Epsom Salt (3 cups to one grapefruit), then we simply take out the meat of the grapefruit. Then I put a little Epsom Salt on the table. I am going to marinate my grapefruit in the Epsom Salt. The grapefruit is covered with Epsom Salt.

Then take the meat of the grapefruit and put it in the cup. This works best for open wounds, broken bones that have been reset but have given a lot of pain, any type of severe pain and especially open wounds. If you apply it quickly after using ice you will not need stitches. This young man did not need stitches.

Take the grapefruit and put it on the kneecap and bandage it. This is a wonderful treatment. I have had so much success with this. If you apply it quickly, you will not have to use stitches and you will not have any swelling. The next morning when we took the poultice off the young man's kneecap, the meat of the grapefruit was hot. It had pulled all the inflammation out and had entrapped in the meat of the grapefruit. There was no swelling at all. That same day that young man got up and went on a missionary trip to Memphis.

Later we will teach you how to stitch up a wound and you won't even have to use stitches. We can show you what they sometimes do in the hospital. They use glue instead of stitches. You know what kind of glue they use? Crazy Glue! Do you know how they invented Crazy Glue? It wasn't called Crazy Glue. It was surgical glue, and it worked so well, they put it on the market and called it Crazy Glue. You can use that in cases where you need to stitch up a wound.

SINUS PACK

For those who have the sniffles, we need to demonstrate the sinus pack. This will turn the trick for you. We have about a quart of hot boiling water in this bowl. We want to add about two cups Epson Salts. Add a teaspoon peppermint oil. Hold a cotton cloth by the edges and dip it in the water. Twist it to remove excess water. Then just hold it over the sinuses. Normally, before I did this, I would have the patient sniff up some salt water, or some tea water, or she could sniff up some weak golden seal tea. I need to fold this so that it will not bother her eyes. I fold it like a paper airplane. So the patient is laying down and this is laid over the eyes and another cloth is laid on top. The patient can just relax and in most cases one or two sniffs will open up the sinus. Now if the skin is really sensitive we could put a little olive oil on her. The peppermint oil is sometimes irritating to the skin.

We sometimes think that we need fancy cures and equipment. But in Luke 14:11 we read: "For whosoever that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

Also in Medical Ministry, page 23 we read: "He came as a humble man to be the teacher and example as well as the Redeemer of the race. Had he encouraged pomp, had he been followed by the great men of the earth, how could he have taught humility?"

Also in Desire of Ages, page 74: "Jesus shunned display. During all his years in Nazareth he made no exhibition of his miraculous power. He sought no high position, and assumed no titles. His quiet and simple life, and even the silence of the Scriptures concerning his early years teach an important lesson."

So we see that using God's simple humble remedies is best. They may not be as fancy nor cost as much or be well known, but God uses the simple things that He may be glorified.

QUESTIONS # 3

What is the main cause of heart disease? _____

What two steps are necessary to restore health? _____

Why would you use acidophilus in this process? _____

What is the purpose of a retention enema? _____

Why is it important to use less than a quart of water for a retention enema?

What dietary changes are most helpful? _____

_____ is a good source of B vitamins and helpful for high blood pressure.

A good herb for the heart (combined with cayenne) is _____.

Blackstrap molasses is high in _____.

When is sugar beneficial? Why? _____

What can you use to encourage the formation of a scab on a gangrene or open sore? _____

What can be used to increase blood flow to the extremities? _____

How would you treat a third degree burn? _____

List the ingredients for Smoker's Tea and explain the purpose of each one.

What is a grapefruit poultice? _____

LESSON 4

1 John 2:15-17: "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."

Proverbs 17:22 says; "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

When we are sick, if we don't have a merry heart, we will notice that our bones do dry up. We need something to revitalize them. God has given us His natural remedies to revitalize and to rejuvenate us that we may come back into accordance to His word. Let's look at another natural remedy.

ARTHRITIS

You know when people have arthritis, their bones are a little brittle, and they are most definitely dried up. We need to revitalize them. There are a number of poultices we can use.

First read 2 Selected Messages, page 294: "The Lord has given some simple herbs of the field that at times are beneficial, and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented. No doctor need be called. These old-fashioned simple remedies used intelligently would have recovered many sick who have died under drug medication."

The Lord's servant has let us know that the Lord has given us some old-fashioned herbal remedies. We as a people have taken on some aspects of natural cures, but herbal remedies are not part of our "finishing work," because we are afraid of going to jail. Well, I've been doing this for 25 years and 90% of the cases we have worked with have been advanced or terminal cancer patients. And because of that we average about two deaths a year at our clinic.

Yet the Lord has been able to keep us out of the jailhouse. It is not our methods that keep us free, it is the Lord's doing. I truly believe that if I do end up in jail, it is God's business to get me out or to keep me while I am in jail. In this age today, herbal medicine is accepted. It used to be when I first started, I could never state, "I can cure this, or that" without expecting the government to be right on top of me. But today these things are talked about on TV and everywhere. We are experiencing a lot more freedom today that we did not have a long time ago.

Talking about arthritis, one of the most useful treatment is the garlic poultice. It is really wonderful. You can apply a garlic poultice and draw a lot of the inflammation right off the joint. I have had a lot of success using garlic poultices. Perhaps you are familiar with Dr Schultz.

He used a lot of dramatic treatments. I have been blessed with a few myself. The garlic treatment is in the same realm as the cayenne mustard bath he talks about. Garlic poultice will put large blisters all over your knee. It will make it look like a third degree burn, but if you do it right it is one of the greatest blessings for people that cannot walk because of arthritis.

We normally take about three garlic bulbs. Cut and blend it, then spread it on a cloth. Wrap that securely over the knee. About five or six hours later, big blisters will form. You don't touch these blisters, let them reach their peak. Then take a sterilized needle and prick them. Prick them all over and let them drip. As it drips, it is pulling fluid and inflammation from the knee. I have seen miracles. One lady could not walk for nine years because of bad knees. After doing that treatment just once, she got up and walked one mile.

HOMEMADE VICKS RUB

Let's focus in on some other treatments. Vicks Vapor Rub is usually used for congestion. To make your own, take one-half cup vegetable fat. Add one-half teaspoon peppermint oil and a half-teaspoon clove oil. Mix it together. You can use this for congestion. Rub in on the nose, on the back, wherever you would normally use Vicks. You can go down to the drug store and buy this, but you can also make it. It only takes a few minutes of your time. It is good to know that you made it yourself and you know what is in it. It gives you experience cooperating with God in the

healing process. We should not be so quick to buy everything. Someone made it, just as you can learn to make it, and there are books of information so that you can make everything today. If you don't want to use petroleum jelly, you can use coconut fat or you can use vegetable fat. If you use eucalyptus oil, it will smell more like the vapor rub that you are used to.

INDIGESTION

What can you do if you have some pain because you ate too fast, or not enough, or too much? 2Selected Messages, page 298: "I will tell you a little about my experience with charcoal, as a remedy and for some forms of indigestion. It is more effective than drugs. A little olive oil into which some of this powder (charcoal) has been stirred tends to cleanse and heal. I find it excellent."

Take three parts charcoal and one part olive oil and mix it together. This is for indigestion. This does not taste bad at all. Simply take one-half to one teaspoon of this. It is the best thing in the world for indigestion. We know it will work because God said it would. I love God's remedies. I love it when I can get the remedies out of the Bible or the Spirit of Prophecy, because I have full confidence in them. When I get it from Dr. Schultz, or Dr. Christopher, or even Jethro Kloss, it takes extra faith to believe those things. But I have full confidence in God's own remedies, when it comes from the inspired writings and when it comes from the Bible. I know it works because God says so. I know this is the best thing in the world for indigestion. So you don't have to go out and buy all that other stuff. Try God's remedy first, and see if it will work.

We know the story of Hezekiah. He was sick because the judgment of the Lord came upon him. Isaiah the prophet came to tell him to get his house in order. Then he came back again, as a medical missionary. He told him that in answer to his prayer, his life was extended for a little while. Isaiah 38:21: "For Isaiah had said, let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover." Just a fig? How would a fig work?

As we think about Hezekiah, we know that he was a man who had expectations of a long and prosperous life. He was the top man in the kingdom, and he thought that he had done a lot of good things for the Lord, so he turned toward to the wall. He cried and complained to the Lord. He said, I've done all these things and look what is happening to me. Notice that God did not respond to all those accomplishments. But God is touched by our infirmities. When Hezekiah gave up talking about the good things he had done for God, and began to weep and cry, God was touched by the feelings of his infirmities. God sent Isaiah a message to go and take a lump of figs.

Why did the figs work? It worked because God said so. But there are some chemical reasons also. The most notable thing about the fig is that it is really sweet. It has a lot of natural sugar, so we know that it oxidizes really fast. And if a sugar or carbohydrate oxidizes quickly, it leaves lactic acid behind. Our white blood cells use lactic acid to fight the germ warfare in our bodies. So Isaiah took the figs and prepared them as a plaster. (Use either fresh figs or soak dried ones overnight to let them swell up.) I split them in half and heat them up in the oven. Then I take the fig and apply it over the area. The drawing action produced by the sugar leaves behind lactic acid. This lactic acid will disinfect the wound. It will draw all the inflammation out off the boil.

Since it is the sugar that is effective, is it necessary to use a fig, or can we use other things? This is a key principle of Medical Missionary work. God is a God of principles. We know that sugar and carbohydrates are part of the same family. They come as monosaccharide, disaccharide and polysaccharides. Monosaccharides are the first stage of sugar, disaccharides are the second and polysaccharides are the third. That means it is the hardest to digest. A starch is much harder to digest than, say, the sugar in an apple or in the fig, but it is still in the family of sugars. So once it metabolizes or oxidizes, each one of those families will leave behind lactic acid, which will serve as a disinfectant. Through its oxidation process, it causes a drawing sensation. It causes it to pull and to draw and to bring it up from the body. That frees the system from whatever it is that is bringing about an obstruction. The core of the boil is the main obstruction. Once you remove the core, then the body is ready to expel the impurities that are there because of some obstruction. The fig will render the core out, so that the body can release the toxins.

INCREASING RED BLOOD CELL COUNT

We work with a lot of anemic people, a lot of AIDS cases, where we want to raise the blood count, to prevent them from having to get a blood transfusion. After receiving a lot of transfusions, the body tends to reject them, so we want to use other methods to aid them. Earlier we referred to grape juice and fertile egg. Normally, we do not endorse using eggs because one out of every third egg has cancer cells, but the Lord said that there are wonderful properties in eggs. There are times when it is necessary to eat eggs.

In 2 Selected Messages, page 303: "I have received light that you are injuring your body by an impoverished stricken diet. It is the lack of suitable food that has caused you to suffer so keenly. You have not taken enough essentials to nourish your fragile physical strength. You must not deny yourself of good wholesome food.

Get eggs of a healthy fowl. Eat eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary for your system. Eggs contain properties which are remedy agents in counteracting poison in your system.”

So we do not recommend eating eggs, but as a medicine, some things are permissible. There was a man who had just about destroyed his body. His body was dying, and he needed the minerals and vitamin content in the eggs to build up his strength to where he could enjoy a natural bill of fare. In a case like this we use eggs. We work with AIDS patients who are so debilitated and so weak, and their metabolism is so low that they cannot metabolize their food and their red count is low. Then we will use a fertile egg in grape juice. I would only drink it if I had a serious problem. It is high in iron and high in protein that is very similar to amino acid protein. The eggs contain high amounts of amino acid proteins. Combining the protein and iron is the perfect constituents for rebuilding the blood.

This will work with AIDS patients. They have a drop of their white blood count. There is a normal ratio between the white cells and the red blood cells. There is a balance. When the white count drops, it will push the red count down as well. If the white count drops and drops and drops, it will lower the red count as well. Most people that have AIDS, have a problem with their white count. They will need to get a blood transfusion. In leukemia, the white count is too high and that pushes the red count down. The egg in grape juice will bring that balance back where it should be. Drink about four ounces of grape juice with the egg once a day for three days. That should bring the count back up.

BEET & YELLOWDOCK

These are also good to help with low iron. We talked about the iron drink with apricots, etc, which will help improve the blood count. If you use yellowdock, take about a teaspoon of yellowdock three to four times a day to get enough iron. Yellowdock is one of the richest sources of iron, along with apricots. I recommend using fresh beet juice rather than beet powder. Drink about four ounces of beet juice once or twice a day. Beet juice is so high and concentrated, if you drink too much of it, it can make you light headed and dizzy. It can work as an emetic and make you throw-up. Drink it slowly, and you will have less problems. Did you know that after a blood transfusion, people often get nauseated? They may have a problem throwing up and feeling sick. That's because they receive this booster of blood dumped in their system, and beet juice can make you feel the same way if you drink too much of it. That lets us know that there is something very similar to blood in beet juice.

ONION COUGH SYRUP

Take one cup onion. Add one cup honey and one-third teaspoon cayenne pepper. Take a third teaspoon peppermint oil. Add about one third cup fructose, and one-half cup lemon juice. Let it set in a warm place. The longer you let it set the better it works. You can use onion or garlic or mix them together. This will cut the phlegm that is trapped in your lungs. This is good for whooping cough, pneumonia, colds. Children will love it. If you give it to a child, cut back on the amount of cayenne pepper. It will not have the true flavor until it sets awhile. You do not need to refrigerate this at all. It is a very strong cough syrup that will get stronger with age.

ONION & CORNSTARCH

Dealing with cold congestion, take a little oil in a skillet and add about a cup of onions. (depending on what you need, I have used a pound of onions applied to the chest). Somewhat stir fry these onions. Take a little cornstarch—just enough to thicken it. As you are frying you want to keep adding that cornstarch to it. It needs to be thicker than gravy. Make it real thick. I use a lot of paper towels because that is often what you find in homes, but if I had my choice I would use chucks. like they use in nursing homes, with plastic on one side. I cut it in half when I do a poultice. Take the flax seed or charcoal poultice and put it under the cotton layer and mash it flat. Then put the cotton side toward the body and the plastic side out to protect it. Cover the onions over, making it like a pocket so that it won't fall out. Then you can apply it to the chest. It is a wonderful treatment for congestion of the lungs or other lung ailments.

ARTHRITIS

If you have someone with arthritis, say, of the hand, apple cider vinegar is a wonderful treatment. Don't make it too hot that it would burn them, but warm enough so they can feel the heat. Use enough that it will cover their hand. Let the hand soak in the hot apple cider vinegar. This will pull out the purine acid, or uric acid. It will lessen the calcification that is in the joint. It will take away the pain the patient is experiencing from the arthritis. You can do the same thing with the feet. Do it every night. Be faithful and the Lord will bless. You don't have to wrap it

or anything, just soak in apple cider vinegar. I have taken up to four cups apple cider vinegar, put it in a hot tub of water and let them soak. There are other things you can do. If someone is suffering from candida, yeast infection, or vaginal infection, you can take three cups apple cider vinegar, put it in a tub of water. Bring the water up around the hips. Have the sister sit in the tub with her legs flexed. The apple cider vinegar will actually discourage and destroy the pathogenic bacteria, and the yeast bacteria. It is wonderful for young girls where you do not want to do an invasive procedure. Simply let them sit in apple cider vinegar.

HIGH FEVER

I get calls from mothers all over the country saying, "my baby has a high fever and I don't want to take them to the hospital. What can I do?" There are some simple things you can do. Remember those Eight Doctors again? There is a reason for high fever. That child has a fever because the body is trying to free itself from contamination, that has been brought on by accident or by what you have chosen to put into it. We don't want to stop our friend. We don't want to shut it up, but we must control it. Sometimes the friend gets so anxious to help us that it will overshoot itself, and bring damage to us. A child can run a much higher fever than, say, an adult. So you don't have to panic when the fever gets up to 102 or 103 degrees. It is still under control at that temperature. But for an adult who gets a temperature of 102 degrees, he is really wiped out, and you may need to do something pretty fast.

You can dip a sponge or a cloth into room temperature apple cider vinegar. Sponge the body all over with the cool apple cider vinegar. This will lower the temperature, but it will not put it out. Then you simply give the person a cool catnip enema. In most cases when you give them a cool catnip enema after sponging them down with apple cider vinegar, it will bring the fever down to a safe level. It will not silence your friend. It will bring it under control, so that the body can continue to do a house cleansing, getting rid of the toxic waste in the body and you will have helped them do this job.

THE POWER OF GOD

We have been dealing with remedies for all kinds of sickness. Let's go back to the Word again to build our foundation. Matthew 10:1: "And when he had called unto Him his twelve disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease." I wonder, are those disciples here today? Yes, God has called us, so we are His disciples. If we are His disciples, we should have the same ability that those disciples had. He gave them power over unclean spirits and all manner of diseases. Why is that so hard to believe?

Perhaps one reason is that we see such a tremendous lack of the Holy Spirit. And yet we see in the book of Acts, that without any effort, God poured out his spirit in large measure under the former rain power. And yet we read that we will not receive the latter rain until we exercise the former rain power. And I have never read where God took back the former rain power. I don't believe it is a lack of God's willingness to assist us. It is a lack of our faith. God has already given us something, and we're not using it. Yet we say we are waiting on the latter rain? What happened under the former rain? Tremendous miracles were preformed. Yet the greatest miracle that God is waiting for today among His people is love and unity among us. Sadly, we are the most dispersed and confused people on earth. God will not manifest Himself in the way that He would like to until God's people come into unity of faith.

Counsels to Parents and Teachers, page 476: "The light that God has given in medical missionary lines will not cause His people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence."

Perhaps we had a little bit of an inferiority complex as we talked about this question, but it states here that the light that God has given in medical missionary lines will not cause His people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence.

How can that be done? What books can I read? How can I get informed? We develop a big library. But if we will go back to the original that God has given us, I believe we would have a firm foundation, so that when we go to these other books we will have truth to detect error. Without this foundation, we begin to believe things like reflexology, iridology, and magnetism.

Here is a quote that stunned me. Read this carefully. This is taken from Loma Linda Messages. Elder John Burden's collection of Loma Linda Messages contains several letters and interviews which are examined in The Story of Loma Linda. As a member of the first class of student medical missionaries of the College of Medical Evangelists, and a member of the graduating class of College of Medical Evangelists, Dr Owen Parret in his 87th year declared, "If we had truly believed Ellen White's counsel, and faithfully obeyed them, I believe that this College

of Medical Missionary Evangelists would be far ahead of the famous Battle Creek Sanatarium that is known around the world.

If we had set about to demonstrate all the scientific facts found in Ministry of Healing, Counsels on Health, Medical Ministry, Counsels on Diets and Foods, Counsels to Teachers, etc., with God's blessing our batting average of cures would have astonished the secular medical world. Their universities would be asking for our teachers, instead of us having to send our teachers as students to their schools. In all Bible history, as well as the history of Adventism, He has never been willing for less. He desired his people to be the head and not the tail.

It states that the leading men in the American Medical Association have a great respect for us, but they will not be reached by attempts to copy worldly models, and standards, but rather they respect us for the kind of work we are endeavoring to do, and because of our missionary spirit and enterprise." 1/13/1914

What does this say? It says that we have lost the foundation. God is still there, but we must be educated. We must be brought back to our foundation, to the original plan that He gave to his disciples in Matthew chapter 10. God has promised that we will be a people who are not inferior to scientific medical knowledge. We will stand high upon the eminence, and be recognized. 1 Timothy 2:9 states that we will be a peculiar people. That is what God is looking for. But they must be united. I believe if we go back to the foundation, we will become a unified and uniform people.

Some of us marvel at modern medical technology, for example taking fetal tissue and treating Parkinson's disease, or genetic engineering. Yet this is no better than marveling at New Age practitioners, and how much they can do in medical missionary lines. I read in the Great Controversy that the devil will breathe on people and make them sick. Then he will remove his hellish influence. It will seem that the people are made well. Then the people will flock there and proclaim that a great miracle has been wrought. I believe that in a large sense a lot of this mention of great healings is the devil trying to deceiving God's people. We are gazing after the world when God has given us enough evidence that he has blessed us. He has made us the head and not the tail.

It is not God's fault that we did not go out and smell the fragrance of the pines and the fir and cedar. You know what God's people are doing? Walking around with their nose up in the air, smothering. The Lord's servant said, there is healing in the pine and the fir and the cedar tree. It's true. God is telling us something else too. He was saying there is some pycnogenal there. You need to extract and use it to treat disease. God's people had their nose in the air so much and the heathen have extracted it and the tea tree oil out of the Pacific Yew tree, and all of a sudden they are commercializing it and we are buying it from them. We should have been the forerunners of all these things.

Medical Ministry, page 206: "The Lord has shown us the evil of depending upon earthly organizations. He has instructed that the commission of the Medical Missionary is received from the very highest authority. He would have us understand that it is a mistake to regard as essential the education given by physicians who reject the authority of Christ, the greatest physician who ever lived upon the earth. Following His example, we shall reveal to the world that our credentials are from above."

So we need to make sure that our credentials are from above. We can be the head and not the tail. Medical Ministry, page 320. "Physical healing is a science of heavenly birth, bound up with the gospel commission."

"Physical healing is bound up with the work of the gospel. Teaching and healing are never to be separated." Ministry of Healing, page 141.

"Medical missionary work is to be bound up with the message and sealed with the seal of God." Evangelism, page 517.

QUESTIONS #4

1. What is a garlic poultice good for? _____

2. How would you make "vicks" rub? _____

3. What is a good remedy for indigestion? _____

4. What is the chemical reason Hezekiah's fig poultice worked? _____

5. List three kinds of sugars _____

6. Why is it better to build the blood naturally rather than by transfusion?

7. What does the Spirit of Prophecy say eggs contain? _____

8. What herb is very rich in iron? _____

9. List the ingredients in onion cough syrup. _____

10. Apple cider vinegar is good for _____ and _____

It can also be used to bring down a _____.

11. God's people are to stand upon the _____.

LESSON FIVE

Before we begin with the subject of juicing, let's start with a foundation, Genesis 1:29. "And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of the tree yielding seed; To you it shall be for meat." Note that word "meat" we see here it is not "flesh meat," but "food." In the original diet they had fruit nuts and grains.

We will see where the vegetables were given to man. In Genesis 1:30, we learned that the animals were living on vegetables, but mankind was not, because they did not need it at the time. It was after the fall of man that vegetables were introduced.

In Genesis 3:18. "Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field." Here is where vegetables entered man's diet. We are going to look at the nutritional value of fruits, grains, nuts and vegetables.

The first thing we are going to do is juice the fruit. We will start with the grapefruit. It is fortified with minerals and vitamins. It is a pollinated plant. You can make juice from this fruit, or you can use it as a poultice. It is a medicine. One of the best things about the grapefruit is the peeling. It contains quinine. You can steep those peelings very slowly and extract the quinine. If a person is having a problem with a severe fever, this is a wonderful remedy, for malaria, or any high fever condition.

The grapefruit is related to penicillin and has some wonderful antibiotic properties. We can eat the grapefruit as a medicine to help restore our bodies. There is nothing like fresh juice for flavor because it is fortified with oxygen molecules. These molecules of oxygen found especially in vegetables are high in hydrogen peroxide. Hydrogen peroxide is a main component when dealing with disease because it gives us that extra oxygen and where there is oxygen there can be no disease. Keep in mind no vitamins or supplements can compete with fresh vegetables and fruits.

To get the best effect, swish the juice around and mix it with saliva, because there are enzymes in the saliva called ptyalin that helps break down food, and particularly starches. You must make sure that you bring any food that is high in starch in good contact with the saliva. There is a problem when parents feed their babies starchy food before they have teeth to chew and mix that starch with their saliva. So they take this starch into their system and they develop an allergic reaction. They develop all kinds of problems later. The parents may wonder, "where did my child get this skin condition, or asthma?" It is because they have put this concentrated starch in their system before they can digest it. Even the pancreas, which takes up the final digestion of the starches, is not really prepared to handle starches yet. Go easy on the starchy foods. Let the children get their teeth before you give them starches.

Apple juice is one of the best medicines you can find. I do believe "an apple a day can keep the doctor away." It is a medicine kit in itself. It is good for the heart. It lowers the blood cholesterol. That is something we should all be concerned about. One reason it lowers the cholesterol is that it is high in natural pectin. An apple a day keeps cholesterol out of your arteries. If you have a good heart and a good circulatory system, you will have good health. That is the main component of health.

It also works to lower blood pressure and stabilizes your blood sugar. If you have exhausted adrenal glands, use the natural sugars in the apples to stabilize your adrenal glands. That means that if your blood sugar drops, the apple helps to elevate it somewhat. It controls your appetite, because it is fortified with indigestible fibers that have a tendency to give you a feeling of fullness so that you don't get as hungry as fast. Also there are chemicals in the apples, which block the development of cancer in your system. It will fight infection. We talked about chemicals found in fruit, in particular, lactic acid. These fruits abound in carbohydrates, which leave behind the lactic acid, which will fight infections and viruses.

Another good thing about the apple is that it has a tremendous laxative effect. If someone has a problem with the bowels, especially young children and the elderly, who cannot tolerate a harsh laxative, you can heat them up a little apple juice. Let them drink this and it will readily stimulate their bowels and help regulate them.

Apple juice is a wonderful gift that God has given us. Man has tried to come up with something better, so now we have apple cider. This is not a very healthy food article, although some good can be had of it. It will suppress the blood-clotting factor. If you have a problem with a bleeding, you need to be very careful with this.

A person suffering from AIDS, or an immune deficient disease where the white blood count is already affected, needs to stay away from apple cider because apple cider will suppress the platelets. The platelets work in harmony with your red blood cells, and your red blood cells work in harmony with the white blood cells. In other words, if they are working together, whatever you do to the white blood cells will also affect the red blood cells. Whatever you do to the red blood cells affects the platelets. So you can lower your red blood count by abusing your immune system. Just stay away from large quantities of apple cider. There are some times it may be used in very small amounts, but overall, I do not recommend it. And the Spirit of Prophecy also testifies that it is not a healthy article of food.

In a quote from Counsels on Diets and Foods, page 309: "I am so thankful to God that when Adam lost his Eden home, the Lord did not cut off the supply of fruit. The Lord desires those living in countries where fresh fruit can be obtained during a large part of the year to awake to the blessing they have in this fruit. The more we depend upon fresh fruit just as it is plucked from the tree, the greater will be the blessing." Sometimes we are looking for a blessing, but we already have it in what we eat. We know that by eating our fruits we are going to improve our health, and spring forth and be revitalized, meaning that we are going to have the energy to do the will of the Lord. That is what we were put on the earth for, not for ourselves but that God will be glorified.

CARROT JUICE

Many people are juicing, and carrot is a popular one. Everyone is familiar with the Juiceman Juicer It has done a wonderful thing by stimulating a lot of interest in juices, but just because it tastes good does not mean it is good for you. This idea of mixing carrots and apples is totally out of harmony with the Spirit of Prophecy. I don't know what gets into us. We start mixing fruits and vegetables together and we know those two components don't

mix well. Yes they taste good, but you are actually hindering the action of the carrots and the apples. They should be kept separately. Let's keep them in their families. We are counseled all through the Bible not to be yoking up with something we are not in harmony with. Let us marry our own kind. That means that the components are both spiritually and physically in harmony with each other.

As we think about carrot juice, you know that the carrots are in the vegetable family. You know that God gave us vegetables as a remedy. Vegetables were not a part of the original diet. As a matter of fact, vegetables are not a food. They are a medicine. We didn't need it before the fall, because when our heavenly Father created us our diet was complete. It was perfect. It could not be improved upon. Why did He give us vegetables? It was because when we transgressed, our body began to die. When we began to die, our cells began to die. We needed medicine to revitalize us.

God warned Adam, "in the day that ye eat of the tree, ye shall surely die." When I ask, "how did Adam die? Did he die that very day?" people come up with answers like, "well, he was in the process of dying." Did God lie? He said, "the very day," that pinpoints it. If God said "one day," that would be different. But he said "in the day that thou eat." Skeptics say the Bible contradicts itself, and we have no answers. If we had been more schooled in the Word of God we would have an answer. We know that a day to God is as a thousand years. How long did Adam live? 930 years. So Adam did not live a thousand years. The oldest man who every lived was Methuselah and he lived 969 years. Not a man on the face of the earth lived over a thousand years. So Adam died the very day that God said he would die.

JUICE MACHINE

Choosing the right juicer is very important. The reason we chose the Champion is that it chops up the vegetables, and then it presses the juice out. That is the way you want to do it. The only way you can improve on that is with the Norwalk Juicer or one that will press the juice out of the pulp. You do not want to use a centrifugal juicer when working with cancer patients. The centrifugal juicer spins the juice out, destroying the oxygen molecules. It may not make so much difference to you, but it makes a world of difference to the cancer patient. Oxygen is the major component of health. Oxygen and hydrogen make water. When you release the oxygen into the atmosphere, you are discarding the major component of the molecule.

The juice you make is really just a good tasting food, but the elements you need for health are missing. It's just like when you get a blood test done. The Doctor puts the blood into a centrifuge. When he spins the blood, he is separating the blood from the plasma. You have a clear fluid and a dark fluid. Both of those came out of your blood. If he mixed those two back together again, could he safely inject it back into your body? No, he couldn't, because the very molecules of the blood were burst open through the centrifugal process. Consequently the blood has been destroyed. It killed the blood. So we recommend using a juicer that will press the juice out, leaving the molecules intact.

CARROT

Carrots are one of the major vegetables used in the juicing process. Whenever you are dealing with a serious illness you will want to include carrot juice in the program. It is high in beta-carotene. It can actually be used for infants who cannot digest milk, neither cow milk (which is not good for them anyway) nor goat nor soy. But the carrot juice can take the place of milk. The baby can grow and flourish because of the balanced components found in the carrot juice.

If you are working with leukemia, you can put this person on carrot juice and get tremendous results. If you also give them periwinkle, you will be able to reverse most leukemia. It is too bad that science does not investigate the benefits of carrot juice and periwinkle herb. It would find that God already has a blessing for us in this vegetable.

Where is the balance between using juice for cancer patients and getting them back on food? The big problem with Medical Missionaries is that they are not practicing medical missionary work, they are practicing herbology. Just as with conventional medicine, doctors go to a book and it tells them how to deal with the problem. Put them on carrot juice for three weeks. The book is not a human agent. The Medical Missionary needs the help of the Holy Spirit; otherwise, they will starve that person to death. This is what most people do. They will continue to lose weight, they will get weaker and weaker, because they are in a cleansing mode.

Carrot or vegetable juice is a detoxifying agent. The reason we use mostly vegetable juices is that it slows down the detoxification process. Fruit juice like orange and apple will detoxify too fast, producing a cleansing reaction. A cleansing reaction includes things like the skin breaking out, severe diarrhea, or headaches. Better to detoxify with vegetables.

If you are losing weight too fast, you will want to modify that by giving them a potassium broth. Potassium broth is made from white potato, celery, carrots, and onion. Add a pinch of seaweed and cook until the vegetables are soft. Put this in the blender and blend smooth. Sometimes I add a bit of soymilk to make it creamy. Let them drink this.

Another thing to use is the protein drink. Give them this two or three times a day. Once we get their strength back up we come back to the juices. We do not like to keep them on juices for long periods of time—five to six days is good. We always let them rest on the Sabbath day. We don't give them juices on the Sabbath, rather some type of broth or soup. On Sunday we bring them right back to the juice. This makes it pleasant for them. It is so important to make things pleasant for your guests. If you can help them have a pleasant spirit, their recovery will be accelerated.

PROTEIN DRINK

Take a handful of sprouts, a half-cup sunflower seed and half a banana. Blend this in eight to ten ounces soymilk. One case in Oregon involved a woman who had lost so much weight that she was down around 90 pounds. She was a living skeleton. She could not gain weight and she was getting weaker and weaker. We put her on this drink four times a day, and she began to pick up weight—a half-to-one pound every two or three days. After we got her weight back up, we brought her back to the juices.

Be careful to maintain a balance when using this protein drink with cancer patients. Protein is your greatest enemy when dealing with cancer. For some reason, cancer cells thrive on protein. You must keep the balance. Without protein, there is no way the cells can rebuild themselves. Proteins are the building blocks of the human body. Proteins which are broken down into amino acids actually rebuild the cells. So if you don't have enough protein, you will have broken down cells and weak cells. When that happens, the body starts to feed on itself, on its own cells. It will attack tissue. You need to give the body just enough protein so this does not happen.

If you eat too much protein, this will cause the cancer cell to get excited and attack the organs and eat right through them. That's why you have problems with tumors and sores, etc. Cancer cells need protein. They are weak when they don't have protein. If you continue to give carbohydrates, you strengthen the healthy cells and destroy the cancer cell. A young child needs more protein than an elderly person does. A young child can consume quite a bit of protein. They are active and their respiratory system is working very well. They can assimilate the protein without any problem, but as we grow older we should cut back on protein. As adults about 10% of our food should be protein. We should cut back. If you flood your system with protein, one big problem you have is that cellular growth is accelerated, in particular when you have skin problems. You get too much free protein and fat in the bloodstream. That can cause skin problems and all kinds of degenerate conditions. One of the main things is that too much protein puts too much stress on the kidneys. Then the kidneys have to find some way to deal with this extra burden of protein.

GREEN VEGETABLE JUICES

Spinach is famous for revitalizing Popeye. Sometimes the world is wiser than the children of God. For some reason, God's people have to learn from the world. If we would just read our Bibles, we might be ahead of the world.

Spinach has some wonderful properties, not so much when you cook it. But it is great raw, and not only spinach, but all green leafy vegetables. Believe it or not, we eat less of the greens than all the rest. It may not taste as good as the fruit. But God gave us the vegetables. Medicine is never intended to taste real good. Medicine has a purpose—to heal our bodies and revitalize the system. The main ingredients in green leafy vegetables are chlorophyll and potassium and magnesium and calcium. Did you know there is more calcium found in this spinach than either red or white meat? Even better, this calcium is in a form easily digested. You don't have to worry about uric acid. You don't have to worry about all those other additives. The green foods are so balanced in potassium, magnesium, chlorophyll, and calcium. The body is getting what it needs to get a blood transfusion.

The reason God gave us green vegetables is that He knew that after the fall that man would be stricken with one disease. Not lots of different diseases, but only one disease. That is the blood disease. We as Medical Missionaries do not have to go about trying to figure out what is wrong with a person. That is what gets you in trouble with the AMA. Leave that to them.

God has already given us the information. He said “fix the blood and that will fix the body.” I don’t need to ask what kind of cancer the patient has. It doesn’t make any difference. You are still going to give them the carrot juices and the green juices. You are still going to give them herbs. You are still going to put them on a cleansing program. Actually it is the same program. What you want to do is cleanse out the system and fortify the bloodstream with vitamins and minerals. If you do that properly, you will actually be able to restore that person.

When you juice the green leafy vegetables—the spinach, kale, mustard, and collards, you need to dilute it. The chlorophyll is strong. It is best to dilute it with equal parts water. If not, you may get dizzy or throw up. Drink it slowly.

If you get a blood transfusion at a hospital, you will be sick for a few days. It is because the body needs to adjust to the new supply of blood. The body will adjust and they will get over it. It is the same with chlorophyll. All of a sudden, the body must adjust to this infusion of chlorophyll. It is because of the high oxygen content. There is a tremendous amount of oxygen in this cup right now, and your body has such a great need for oxygen that it soaks it right up. Our cells go crazy. They run and grab that oxygen and run it to the heart. When it gets to the heart, it goes through the hemoglobin process and expands and picks up more oxygen and shoots that to the brain. Most of the time, this will make us dizzy. So we need to drink it really slow.

If we only would call upon the Eight Doctors, we would rarely need to call upon a physician. We would not get the diseases of the Egyptians. Now God said He would keep the diseases of the Egyptians from us, if we obey Him—keep his commandments and statutes. Now the commandments reveal our duty to God and man, and the statutes our duty to mankind. If we kept those and obeyed the moral and the natural laws, then none of these diseases would come upon us because we would be in harmony with God.

But in doing that we would be following those Eight Doctors. We would not be abusing our closest neighbor. And our closest neighbor is ourself. If we do not abuse ourselves, God will bless our health. We would drink the right amount of water; we would get the proper amount of rest, We would get the proper amount of exercise. We will eat that good diet. We would call upon God frequently. We would breathe wholesome air. We would do all these Eight Doctors because we would want to please God, our family and ourselves. We would be a living vessel for the indwelling of the Holy Spirit, so that we might give praises unto God.

CELERY

Celery is a natural diuretic. It is a wonderful remedy for heart disease and kidney related problems. It gives a wonderful taste to food. Celery spices up the food because it contains a natural sodium—one that does not overtax the kidneys and the urinary system. The body gets from the celery the ample supply of sodium that it needs. Table salt in large amounts will simply cause more fluid to be retained in the system. Salt is an unnatural chemical to be put into the body. So the body will retain more fluid to flush it out of the system. But if the eliminatory process has been destroyed, the fluid will be trapped in the body, holding the salt in preparation to eliminating it. In other words, the body will warehouse the sodium in fluid. Then you have fluid retention. We turn around and give celery. It contains a natural sodium that satisfies the body needs for sodium and yet it will not collect in the system. It will be thrown out of the system by the digestive process.

VEGETARIANISM

Vegetarianism is more that rabbit food. Listen to this quote from Counsels on Diets and Foods, page 313: In the diet of the Creator’s choice, “grains,

fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural manner as possible are the most healthful and nourishing. They impart a strength, a power and endurance of intellect that are not afforded by a more complex and stimulating diet.”

So we learn here that a simple diet gives you power. It gives you endurance. Most of us could use a little extra intellectual force. And the only way we can get that is through our fruits, grains, nuts, and vegetables. Could it be that we need Gota Kola, and lecithin and so forth because we are not getting enough balanced foods? No doubt about it, we have lived on denatured, devitalized, and de-mineralized foods. On top of that, now we have to search for other foods to supply those elements.

We find some of them in Gingko, Gota Kola, and other herbal medicines. They come in and do the job that vegetables would have done. Wouldn’t it be wonderful if we never had to use Gingko, or Pycnogenal; if we never had to use Barley Green. Not only would we be able to give more glory to God, but also we would have been able

to keep more money in our pockets, because those things are extremely expensive. Health foods and health supplements are some of the most expensive items on the market. They are competing with drugs in cost.

The servant of the Lord said we should use those things that are in our own natural environment. The food that is grown right around this campus is the food that is compatible to the people in this community. The elements in the ground are more balanced to the people. It is amazing how we come into harmony with the elements around us. I live in Tennessee. There are things growing in Tennessee that are more compatible to me. Yet it may be totally different from the things growing in your area. So we need to subsist on the things that grow in our area. We shouldn't depend so much on foods from other countries, because it may not have the proper balance that we really need. I am not saying, stop eating bananas. But I will say this. There are vegetables in this area that will do the same thing that a banana would do for someone in the tropics. So study the food in your area and learn to appreciate it. Learn to eat out of your garden and do not commercialize your food—that is do not overcook it. Eat it in its raw state as much as possible to get the greatest benefits from the nutrients found in the food.

CABBAGE

There are some tremendous things about the cabbage. The cabbage will give you added protection against cancer, especially colon cancer. Over 100,000 people are afflicted with this each year, so this is no small blessing. There are elements in the cabbage that will protect and heal the colon. It will also heal stomach ulcers. It is very beneficial to peptic ulcer. If you mix the cabbage juice with potato juice, you have a power plant that will deal with gastric, stomach, peptic ulcers. You will need two different chemicals to deal with this. People have gone on cabbage juice to heal stomach ulcers when they did not have stomach ulcers. They had peptic ulcers. So whenever I work with a patient, I put them on cabbage juice and white potato juice.

Cabbage juice will also stimulate the immune system. It will kill bacteria and virus. There is scientific research that has been done with cabbage. I was able to go to Washington DC to the medical science library, and do research in their archives. I read the information on governmental research on vegetables. I learned that in 1931, a German scientist experimented with radiation. He discovered that rabbits recovered from radiation if they had eaten cabbage leaves prior to exposure. We can learn something from this. We live in an age when atomic bombs are a threat. We can gain added protection by consuming a lot of cabbage. This is not some layman's research. I learned this from the medical research of the world.

A French research team found the same thing when they gave broccoli and beets to guinea pigs. They exposed them to 40 rams of radiation without vegetables. One hundred percent died in 15 days, but 50% survived when they received cabbage, broccoli, and beets. Cabbage juice is high in vitamin U and vitamin A. I encourage you to consume a lot of cabbage and white potatoes and vegetable juices. Cabbage juice must be consumed immediately. You cannot juice it and save it. The value is gone within minutes. It oxidizes in two minutes. Juice small amounts and drink it immediately.

CLEANING VEGETABLES

People have problems cleaning vegetables. But God in the beginning had His own irrigation process. "And every plant of the field before it was in the earth, and every herb of the field before it grew; for the Lord God had not caused it to rain upon the earth, and there was not a man to till the ground. But there went up a mist from the earth, and watered the whole face of the ground." Genesis 2:5,6. This distilling process that God used produced a lot of hydrogen peroxide. As this mist came up and was exposed to the sunlight, it produced hydrogen peroxide. Hydrogen Peroxide cleanses. I don't care what it is, drinking water or whatever, it will clean it up. God will once again use this marvelous system of cleansing the vegetables with hydrogen peroxide.

Today we seem to have problems cleansing the vegetables because of the water (you know scripture talks about drinking from our own cisterns). There are things you can do to clean your vegetables if you are worried about the chemicals. Hydrogen peroxide is being used today to wash vegetables. Biodegradable soaps and toiletries are being used to wash our fruits and vegetables. There are a number of companies out there producing these biodegradable products you can use. One I can think of is Dr. Bronner and Shakley has a product as well. I am not promoting any company. But there are products out there. But none of them can surpass what God is able to do with the misting of the food and exposing to it the sun.

Everyone knows that if you hang clothes in the sun for too long they are bleached out. That's because the sunlight is passing through those wet clothes. The water and sunlight make bleach—hydrogen peroxide.

Genesis 2: 7-10: "And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the LORD God planted a garden eastward in Eden; and there he put the man whom He had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads."

This was the Garden of Eden. The food (these fruits and vegetables that God made) were the very best. I look forward to another Garden. And while we are here on this earth, we can focus in and learn our ABCs as it were. We can learn something of what God has given us. These juices will help us "taste and see that the Lord is good."

When we get into the kingdom, it is said and it is written that we will eat of the fruit of the tree. We will be eating on this tree until we come to the full stature of the man Jesus Christ. Every day we will go eat of that fruit. God will give us a blessing in that we can eat a variety of fruits.

QUESTIONS #5

1. What common fruit contains quinine? What part of the fruit?

2. Apple juice contains natural _____.
3. Apple cider suppresses _____.
4. Do not mix carrot juice and _____
5. Vegetables are _____, not food.
6. What is the best kind of juicer? _____
7. What is destroyed in centrifugal juicers? _____
_____.
8. How is potassium broth made? _____
_____.
9. Give the recipe for a "protein" drink and tell when it should be used.

10. Is protein good for cancer treatment? _____

11. There is only one disease-- _____ disease.
12. T____ F____ Spinach is best eaten cooked.
13. _____ is a natural diuretic.
14. Cabbage will protect one from _____.

LESSON SIX

Our foundation is found in Genesis 9:1-5: “And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth. And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered. Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat. 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.”

We have been talking about the life of the flesh being in the blood (Lev. 17:11) We have also talked about how God can give us purified blood through our green leafy vegetables and how the beets will rejuvenate our blood. We need to focus on the true nature of purified blood. We do not need blood of animals, for we realize that that blood will require your life by different diseases. Purified blood will give us revitalized life where we will have more opportunity to glorify God.

We speak about herbs and we know that God gave us the herbs of the tree and the herbs of the field. The green herbs of the field were really vegetable sources of food or medicine. This was because of the high mineral content, particularly the chlorophyll that makes the green herbs of the field so valuable for good health 2 Selected Messages, page 295: “There are many simple herbs, which if our nurses would learn the value of, they could use in place of drugs.”

That quote makes it very plain. If our medical system had used God's method—those Eight Doctors and also herbal medicine, there would be no need to use drugs in our hospitals and our clinics. God has given us a beautiful plan. If we would go back and study the words of God, we would find that herbs have a definite place in the healing of mankind. It is too bad that herbs have been commercialized, put in capsules and pills and such. The best herbs are found in fruits and vegetables.

BEETS

Beets are very rich in iron. If you drink too much beet juice, it can make you sick. Now just because it may make you sick doesn't mean it is bad for you. You just don't need much of it. It is so saturated with natural chemicals that your system needs, so you need to drink it slowly. It may be better to dilute it by mixing it with some other kind of vegetable. It mixes well with green drinks and carrot juice. Do not exceed 4 ounces of beet juice twice a day. If you want to raise your red blood count, beets will definitely do that. It is best to use fresh beet juice. If you cannot get that, then you can use dehydrated beet powder (freeze dried).

Beets are helpful in rebuilding the liver. Beets will also break down sediment and kidney stones. It revitalizes the whole system and serves as a transfusion as we replenish our blood supply. Did you know that every one hundred twenty days, we get a brand new blood supply. If we would simply eat the wholesome foods that grow in the field, and eat them in as natural state as possible, we would get a brand new blood supply. If we can continue to build good wholesome blood, we could extend our longevity. It will slow down the aging process. We would then be a healthier people and a spectacle to the world.

STRING BEANS

It may surprise you that you can juice string beans, but it is a wonderful juice. It is very helpful when you are working with a diabetic. Consuming 4 ounces of this string bean juice is equivalent to 2-3 units of insulin. This means that we can get our insulin through our natural foods, in particular from green beans. You can also get it from sugar peas and snow peas. But I like the green bean juice. Just drinking 2-4 ounces of this can really aid you in your recovery if you are a diabetic. If you can get a good hard walk in the sunlight, drink this string bean tea, you can soon get safely off insulin without endangering your life.

GOLDENSEAL & LICORICE ROOT

While we are on the subject of diabetics, let's talk about Goldenseal and Licorice Root. These two really work from opposite poles. If a person is a diabetic, you want to lower their insulin requirement, at the same time you don't want to lower their blood sugar too much. It is more dangerous to lower it too low—it creates more problems. If your blood sugar is elevated, chances are you can still function. The goldenseal is a natural insulin. It will bring your blood sugar down. It will lower your insulin requirement. Licorice Root will equalize and prevent the Goldenseal from causing the blood sugar to drop too low. So you need to take them to balance each other. Licorice Root is sweet, but it is not the type of sweetness that will over-stimulate the pancreas to produce too much insulin. Sweets,

starch, and sugar stimulate the pancreas to produce insulin. If your pancreas is malfunctioning, then it is hard for you to produce enough insulin to regulate the blood sugar. So we give the Goldenseal to help out the pancreas, to allow it to rest for a season until the body can be revitalized and strengthened. Meanwhile we give the Licorice Root to keep the Goldenseal from dropping the blood sugar too much.

BROCCOLI

Broccoli is a cancer fighter. This is another of those wonderful herbs that the American Medical Association did a lot of research on. They discovered that broccoli is one of the chief vegetables to fight against cancer. They found out that if a person would consume enough of these green foods, in particular broccoli, Brussels sprouts, etc., he could eliminate the possibility of developing cancer. However, people normally do not eat enough raw broccoli, or drink enough broccoli juice, so we don't have that protection. It is the top fighter against cancer. Of all the herbs on the face of the earth, broccoli is the most effective agent in reducing, in particular, esophagus cancer, stomach cancer, colon cancer, lung cancer, prostate cancer and oral cancer. If you consume a lot of broccoli, you can protect yourself against these particular types of cancer, and if you have cancer, it can be one of the means of alleviating it. Tests that were done in 1950 by the army found that broccoli protected guinea pigs from lethal doses of radiation.

Brussels sprouts, which belong to the same family as broccoli, are especially good for cancer of the stomach, colon. It is extremely good for polyps in the colon, rectal cancer, lung cancer, bladder cancer, and esophagus cancer. It is high in beta-carotene. Cornell University fed Brussels Sprouts and broccoli to rats and it protected them against all types of cancer. As a matter of fact, they could not even produce cancer in these animals after they had saturated their systems with a large amount of broccoli and Brussels sprouts. It is also a very effective herb to strengthen the thyroid gland.

Brussels sprouts have a very similar chemical makeup to broccoli. Most of us have never thought about juicing them along with broccoli. When you juice them, you do not destroy the chemicals found in it. People are getting excited today about what they call phytonaturals. That is a big word for chemicals that are extracted from vegetable foods. Everybody is getting excited about this technology that is being pioneered by Mannatech and others companies. But the secret is simply live food. You don't have to spend a lot of money buying those chemicals. You can simply consume a lot of natural foods, and you will gain the full protection that you need. The only reason the AMA is not pushing these products is that you cannot commercialize them. If you put them in capsules and bottles, you really destroy the effects of them. God intended that this be so. His protection is available to all of us. Whether you are poor or rich, if you can eat, you can eat wholesome foods. Thus even the poor can have the same protection as the wealthy.

GRAPEFRUIT

The grapefruit protects our circulatory system; it also strengthens our heart. It lowers the bad cholesterol in the arteries and strengthens them. It is also an aid in protecting us against cancer.

At the same time it is a great cleansing agent for the liver. So because of that, we mix grapefruit juice and olive oil together, we can really gain some protection. Olive oil also protects the heart. It lowers the cholesterol; it works as a blood thinner, and retards the growth of cancer. It raised the HDL cholesterol, which is the good cholesterol.

These two foods together stimulate the gallbladder to release bile. The problem with gallstones and gallbladder conditions is that we eat a lot of

saturated foods, free fats and protein. Every time we eat fatty foods we stimulate the gallbladder to release bile. If we overeat on fatty foods, we are overworking the gallbladder. If we overwork anything, it becomes hyperactive, and then it does not function properly. Often it will not produce enough bile. Sometimes however it produces too much bile. Now this excess bile will be clumped up in the gallbladder, and eventually develops what we call gallstones. When this happens, it can cause a lot of problems.

Mix grapefruit juice and olive oil together. Put the person on a fast of grapefruit juice and olive oil and keep them on that. You can do a 24-hour gallbladder flush or you can do the three day gallbladder flush or a five day liver cleanse. In a 24-hour gallbladder flush, we give the patient about three ounces of grapefruit juice and about an ounce of olive oil. We do that every hour. Give it to them until they get sick—so sick that they look like they will

bring everything up. At that point, we simply stop. We give them an enema. We give them a natural laxative. What is released from their body is a lot of green and yellow stuff. This is the bile that has been trapped. Sometimes you get pain because a stone is passing through. To lessen the pain of stones passing through, we give an herb called Cleaver tea. We also give them beet juice because it breaks down those stones.

In a three-day gallbladder flush, we give a lot more lemon juice but not as many times. We give about four ounces grapefruit juice and two ounces olive oil. We do this about three or four times a day. After three days, we give them an enema and some Cleaver Tea to drink to try to dissolve some of those stones. A good thing for pain is to put a heating pad over the area of the pain. Do not let the person eat anything during this cleansing program. A good idea is to give them plenty of apple juice for a day or two before you start this process. You can do variations on this. The key is to drink plenty of olive oil and grapefruit juice. Eventually it will do the job to release the stones.

GREEN & RED PEPPERS

Red vegetables are high in beta-carotene, while dark green vegetables are higher in chlorophyll, potassium and magnesium. This would be the only nutritional difference between green and red peppers.

I like to always mix bell pepper into my vegetable cocktails. You should always mix at least two or three different vegetables. Switch around, because once you put a person on a juice fast, they get burned out. They get tired of carrot juice, but if you would switch around and be creative with the different tastes, they will not get burned out.

MELONS

Jethro Kloss, one of the most knowledgeable men in herbal medicine, said watermelons should be eaten alone. This makes sense because this fruit is nearly all water. That means the time of digestion is very short. What if I ate watermelon and popcorn? Popcorn is a protein, and often there is fat on it. It takes somewhere between three and a half and four hours for the popcorn to digest. What about the melon? It only needs an hour and a half to two hours to pass through the system. That means that the melon must wait on the popcorn. That is too long a period for the melon to remain in the system. The melon would ferment. You may think it does not bother you. But a few days down the road, you might get a headache, a little dizziness, or a little sickness. Usually we don't associate it with eating a wrong combination of foods. The less combinations of food you make, the better your system can handle it. The only time you want to mix your foods is when they are in the same family, then the system is not overtaxed to handle that digestion.

BLUEBERRIES

A lot of people have trouble with blood clots. The pharmaceutical companies take blueberry peelings and they have made a drug out of it for dissolving blood clots. You can have that same protection by eating the peelings of the blueberries. If you want to thin out the blood, take Vitamin E and the blueberry peeling. You can see how God would have protected us from all the diseases of the Egyptians. We should simply enjoy the bounty that God has given us freely and look at these things as a blessing and our protection.

Romans 12:1 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." That is what Christ is trying to do to us, to help our minds to be clear, cleanse those organs which are our five channels of elimination, our bile, our liver, our skin, our kidneys, and our lungs. Anytime we get sick we need to go back to these five eliminating organs. Think about those Eight Doctors. You'll

be able to see where you went wrong. The Eight Doctors will help us know what we need to correct when we get sick. If we worried about those Eight Doctors, we wouldn't have to worry about the big things, such as cancer, arthritis, and diabetes. Verse two (Romans 12:2) "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

What we chose to put in our bodies is really about choosing how clear our minds will be. We already know there is a controversy in regards to this mind. So what we put in will or will not allow our minds to be clear. Whatever we eat is going to affect our minds. We should realize that God is trying to clear our minds that we may be fit vessels for him and good Medical Missionaries.

POULTICES

Charcoal & Flaxseed: The Lord's servant talked about charcoal and flaxseed. In 2 Selected Messages, page 299, she talks about taking charcoal and mixing it with flaxseed and making a poultice out of it, and what a wonderful effect it would have in drawing out the inflammation, for reducing swelling. It would give relief almost instantly. She speaks very highly of charcoal, especially when it is mixed with smartweed or flaxseed. This will intensify the drawing action.

Charcoal has a pure carbon action. That means it will draw many times its own weight. There are different types of charcoal. There is regular charcoal, and activated charcoal. Activated means that they take charcoal and put some steam under it. You can do this. Burn some wood to make charcoal and lay the coals up on something so that the steam can pass through the charcoal. When it passes through, it causes the molecules to expand. It is the expanded molecules that make it activated. The larger the molecules the more toxins can be absorbed by the charcoal. Now you do not want to use the charcoal that is used in barbecues.

The best charcoal is made from the Eucalyptus tree. Pine and fir trees are also very good. Coconut shells will work. It is not advisable to use charcoal made from bread (burned toast) because it has a carcinogenic effect. A lot of trees will produce good charcoal, but some of the hardwoods like oak do not produce a real good charcoal.

We use the charcoal because it will draw many times its own weight. Now the flaxseed has very strong properties in drawing. So when we mix those two together we have a real powerhouse of a remedy that can reduce swelling and inflammation. First of all, you need to boil your flaxseed until the seeds break open and release a slimy looking gel. Let it cool. It will get thicker and thicker.

Another thing you can add to the poultice is flour or the carrot pulp left over from making juice. I recommend that you eat a little of the residue left from juicing for the fiber content, and you would get the proper balance of components. When you juice this vegetable you are separating it. Some elements stay with the pulp.

Charcoal can be quite messy. I like to put the poultice on a thin cloth or a paper towel. Lay another piece over top. The charcoal and flaxseed will absorb right through the cloth. Using a cloth makes fewer cleanups. I like to use a heating pad on top of the poultice to keep it warm. Then the drawing action will last for a long time.

You can reuse clay by spreading it in the sun. But charcoal is not like that. It cannot be reused without the danger of re-infection. DO NOT USE IT AGAIN. We have dug out a pit and buried a person in mud. But if you take them out and put another person in that same pit, they will get the infection the first person had. So what you have to do is dig all that mud out and spread it. And let the sun disinfect it. Now you can reuse it. You can see why lots of people do not do natural remedies. It is a lot of work. But God's program is about character development. The greatest blessing for a Medical Missionary is not that his patients are healthy, but that he is healthy by helping his patients. It brings joy to his heart to see that he has helped the patient by the grace of God. If a person is on dialysis and having kidney failure, you can give them flaxseed tea. This will flush out and stimulate the kidneys to begin working again. Another good thing about flaxseed is that it will lubricate your bowels and keep them regular. You can eat the seeds or drink the tea, whichever you prefer.

CHARCOAL WATER

Dr. Kellogg said that if a person takes one tablespoon twice a day it would serve as a laxative. Now that is just the opposite of what we would think. But Dr. Kellogg was a master at this. He said if you take two tablespoons of charcoal a day it would regulate the bowels, because it would be fiber going into the colon. I would recommend one teaspoon twice a day in water for an adult. For a child, it would be a half to one level teaspoon depending on the size of the child. Now for an infant, even less than that—I would use about a third of a teaspoon in eight ounces of water. There is a difference in the way you give charcoal to an infant as compared to an adult. For an infant who is still on a bottle, I would simply enlarge the hole in the nipple. Put one-third teaspoon charcoal in and fill up the bottle with water. I would let the mixture set until the sediment settled to the bottom. Then I would pour off the water (leaving the sediment behind) and give that to the infant. An older child or adult can drink the sediment, but I would not give that to an infant.

Charcoal is helpful for indigestion, for all type of digestion problems or for poisons. It will help to rid the system of toxins that may be in your system. Eating too much charcoal on a daily basis can prevent the body from assimilating certain minerals and vitamins. Do not get in the habit of eating or drinking it every day. People who eat charcoal every day often have a mineral deficiency. Sometimes people eat clay or cornstarch because they have a deficiency, and they crave it. This is not a good habit. Use just a small amount of it, and you will be better off.

ONION & OLIVE OIL

For someone who has an earache, I like to use a roasted onion. Cut it in half. Put a drop of warm olive oil down in both ears (you can also use Vitamin E oil or garlic oil) Sometimes I will take a clove of garlic and wrap it in tissue and leave one in each ear over night. I put half the onion over the ear and cover it up. An ace bandage is used to secure this. I like to do both ears even if there is only pain in one ear. Most ear problems come from sinus drainage, which infects the ear. So if you have chronic ear problems, check the sinuses. Young children with runny noses always seem to have ear infections. If you heat the onion and put on the ear warm that is best. You can put a towel over it to insulate it a little.

EAR CANDLES

Ear Candles were first invented by the Russians in the back country. They took a tree like the bamboo, and hollowed it out. They stuck it in the ear and lit it and the suction would draw out the earwax. Eventually they learned to use paper and a candle and actually siphon the wax out of the ear. They started that. They also developed an enema. They would take a bamboo tree, hollow it out and sand it down really well with sand and put a point on it.

Then the physician would insert it into the rectum and blow water up the pipe. This may seem like really primitive, but these people found a way to get the job done. I'm afraid we are not that kind of Medical Missionaries. But it is wonderful to know that man's mind was already working, trying to find a way to help people. This is the kind of energy I would like to see in Medical Missionaries. Never be put in a situation where you can't help someone. A Medical Missionary has no life. His life is to serve others. You have denied yourself earthly pleasures. Your only joy is to give others comfort even at the expense of your own comfort. So if you would have this attitude at the beginning of your work, you will not seek your comfort, but will be willing to sacrifice your comfort for the comfort of others. I have had contagious patients where I had to risk my life to help people. People ask, what would you do if an AIDS patient needed CPR? I would give them CPR even without a device. I would not let that person die because I was afraid of getting an infection. God will protect you as He protected Paul with the deadly serpent, if you have faith. Now if you don't have faith, you better not try it. God wants His people to be the head and not the tail. That is why we need to bring our diet into line.

The Medical Missionary and the Gospel Work must be combined. Mark 16:15-18 "And he said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover."

He that believeth and is baptized means you are following the principles of Christ. Speaking in tongues means everything you say will honor God. Taking up serpents and drinking deadly things means that in the course of our ministry we may drink or touch something that is contaminated.

When I get to heaven, I'm going to ask, "How many times did I have AIDS or cancer" and didn't realize it. It is only by the grace of God that we are not destroyed. They shall lay hands on the sick and they shall recover. So if we have faith and we believe in the Word, we will realize that Christ never turned anyone away.

POTATO POULTICE

We have grated raw potatoes and put them into a cloth and applied that to the affected area. Usually we would use saran wrap and apply a heating pad to warm the area. You can use gauze.

Potatoes can be used raw and grated in a poultice, or it can be heated. Use whatever you have on hand. It is a high oxidizing herb. It can be hot or cold. There are some areas in the body where you would apply a cold poultice. Some areas need hot. Potatoes can be used either way. For example, an inflammation of the eye would require a cold potato poultice.

THE GOSPEL COMMISSION

Matt 28:18-20 "And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen."

Everyone has this calling. We are all called to be Medical Missionaries. We don't need to be concerned about these diseases. All we need to be concerned about what Christ has called us.

QUESTIONS #6

1. Beets are rich in _____
2. Beets help to rebuild the _____.
3. String beans are helpful in working with _____.
4. _____ is a natural insulin, but it needs _____ to balance it.
5. Broccoli is the most effective herb in preventing _____.
6. _____ has very similar properties as broccoli.
7. Grapefruit protects our _____.
8. Describe a gallbladder flush. _____
_____.
9. Explain why proper food combining is important. _____

_____.
10. What natural foods thin the blood? _____
_____.
11. What two ingredients make a powerhouse of a poultice? Why?

_____.
12. When would you use charcoal water? _____
_____.
13. What is helpful for earaches?

_____.
14. How would you make a potato poultice? _____
_____.

LESSON SEVEN

Our foundation is 2 Corinthians 7:1, "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."

The Lord says we need to cleanse ourselves from everything. The things we talked about earlier—juicing, natural remedies, and so forth—will cleanse us and help us to have that body that Christ wants us to have.

RUSSIAN PENICILLIN

This is a good wholesome beverage which you could use any time. It is quite bitter, but it is good for you. It will boost your immune system. You can use it for a variety of symptoms. You can use it for the colds and flu symptoms in conjunction with a hot bath and enema while cutting back on your mucus forming foods.

There are variations in how Russian penicillin is made, but the ingredients are pretty much the same. It is sometimes called Bitter Brew.

Recipe:

3 grapefruits washed & sliced
2 onions chopped
2-3 lemons
2 garlic bulbs
1/3 teaspoon cayenne pepper
Add to: 1 ½ -2 quarts water boiling.

Let it boil for 15-20 minutes covered. It will become very bitter. Strain it. You can drink a little every twenty minutes Variation: you can simmer the fruit in a little water first then add the boiling water.

It has quinine properties from the grapefruit and lemon, particularly in the peeling— also antibiotic properties from the combination with garlic. The cayenne stimulates the circulation. The lemon has antiseptic qualities and also stimulates the immune system. The lemon peeling in high in quinine. You can be flexible. I have used up to four grapefruits and five lemons in this recipe. It depends on how strong you need to make it. I add herbs to this to improve its effect. Echinacea is good. The proportion of Echinacea in this formula would be about 8 tablespoons. Also I like to add about eight tablespoons Pau D'Arco which is an anti-fungal herb. If you add these herbs, you may have to add a little more water to the brew. It would be better to steep the Echinacea and Pau D'Arco in about eight ounces water and then add this to the other mixture. Drink four to six ounces of this every 20-30 minutes throughout the day.

This particular formula can be given even to very small children. You may want to cut back on the cayenne. But the other ingredients will not give them any trouble. A very small child will have no problem with grapefruit, or lemon or garlic or even with the Echinacea and Pau D'Arco. But you need to cut back on the cayenne pepper and the doses would be smaller.

SYRUPS

For a long time we were baffled when we ran across people who suffered from emphysema. Emphysema comes from chemical exposure or smoking. Little pinholes develop in the lungs. So the lungs cannot hold enough oxygen in the lungs. The person is really starving to death for good oxygen. We found out that if we mixed anise, fructose and onion juice together, we could—temporarily—clog up those little holes in the lungs. And the person can breathe better. Now when we give the solution, we encourage them to begin a walking program because the key to a recovery program is for the patient to exercise his lungs. The more he exercises his lung, the more the lungs become adapted to handling oxygen. So this solution will temporarily clog the pinholes, so he can walk and exercise those lungs.

Recipe:

1 tablespoon anise seed
1 tablespoon fructose
4 tablespoons onion juice
Mix together

Anytime you are making syrup; you need to heat it. Fructose is a sugar; if you heat it a little bit, it will thicken some, then add the other ingredients. It makes a wonderful syrup that you can give regularly throughout the day to help emphysema patients breathe better.

I met a lady in Spokane who developed emphysema although she had never smoked. It developed because of chemical exposure. She took the top off a bottle of toiletries and it exploded in her face. That exposure caused her to develop emphysema. The most common way is from smoking or being in a smoky environment (this

is just as bad as smoking yourself). You need to be very careful to protect your lungs because it is very difficult to restore lung function after it has been compromised.

Food plays a part in developing disease. Denatured, de-vitaminized foods need to be avoided. Emphysema patients need to eat a lot of wholesome foods— fruits, vegetables, grains and a few nuts. Often people eat too many nuts and seeds, too much grain and very little fruits and vegetables. It should actually be the other way around. We should eat more of fruits and vegetables, and less starches and proteins, very little nuts and seeds. If we do that our body will have the correct ratio of nutrients to rebuild the cells.

I like to give about a teaspoon of this syrup about three times a day. After two or three days the patient can tell that his lungs are stronger to hold more oxygen. So if you incorporate that with a walking program, do not over walk, walk according to your own pace. It is best to walk in the early morning when the air is still moist. If you do that the lungs are more adaptable to respire better.

BREATHING CHARCOAL

Believe it or not, people who work in a coal mine never have emphysema! They get black lungs, but they never get emphysema. This is an amazing fact. Black lung disease is not the same as emphysema. Even if these people were heavy smokers they never had a problem with emphysema. The reason was that they breathed a lot of coal dust. One doctor decided to put charcoal in a paper bag and shaking it up really well, then letting the emphysema patient breath the charcoal. He found that the charcoal also helped to clog up those little holes in the lungs so the person could respire better. So if you breathe some of that charcoal down into the lungs it can help you breathe better.

CABBAGE POULTICE

Shopping for a cabbage, you will notice that the grocer usually removes the big outer leaves. But I like to use a cabbage that has the outer leaves. First you take about four big leaves and beat them a bit. You can use a rolling pin or a small hammer. You are trying to release the moisture. Then you lay those leaves one on top of another and lay them on the body. And wrap it over the body first with a paper towel or cloth and then with saran wrap. Let it stay on over night. It has a real good effect, especially with people who have slipped and twisted their knee or hurt their foot, or have aching muscles, or arthritis pain.

A cabbage poultice is the most wonderful thing you can do for muscle or bone pain. One thing I like about a cabbage poultice—you don't have to heat them up. Just beat on them and apply them. They are not messy. Mullein or comfrey leaves also work, as do plantain leaves and collard leaves, turnip leaves or kale.

They will not work better than the cabbage because the cabbage oxidizes faster than all the others do. But they do work. This treatment also works with bee stings and other insect bites. It will work the same way. All of these green leafy herbs that I mentioned could be used for bee and insect stings. But cabbage is the best.

I had a patient once who was suffering from toxic edema. His body was swollen up so big and was so painful you couldn't touch it. We went out and got a couple bushels of cabbage. We beat those big old cabbage leaves and wrapped them all over his body. He was wrapped up like a mummy. The next morning when we took the cabbage leaves off, all the inflammation was gone. All the poisons were gone out of his body. The cabbage actually drew all that inflammation right out of his body. Cabbage is a very useful herb that can be used in any type of condition where pain and toxins are in the body. It is fine to leave it on over night. As the body heats it up, the drawing power increases.

ALCOHOL TEA

- 1 cup Honey
- ½ teaspoon peppermint oil
- 1 level teaspoon cayenne
- 1 teaspoon ginger root, blended
- ½ cup blackstrap molasses
- 1/3 cup black cherry
- 1 cup fructose
- Juice four lemons
- 3 cups apple juice

Give between a half to an ounce every time they have a craving to get a shot of whiskey. It may be four or five times a day. An alcoholic is addicted to sugar. His body craves for that feeling where most of the oxygen is robbed from his body. That is what alcohol does—it competes for the oxygen. It robs the body of oxygen and leaves them somewhat woozy in the head or dizzy, because his brain is not getting enough oxygen. It also affects his memory capacity to the point where he thinks he can do things he cannot normally do. All of this is because there is an imbalance of oxygen going

to the brain and a greater amount of sugar in the bloodstream. We have found that we can mimic the effect of alcohol in the bloodstream by using this alcoholic tea. With this we can satisfy the body's craving without putting additional stress on the body.

Honey will actually drop the alcohol level in human blood. So just by giving them honey you can lower the alcohol level. Peppermint has a similar effect as alcohol. It is a stimulant. So when the brain receives a small amount of peppermint oil, it satisfies the need for that stimulant. Cayenne pepper and peppermint work together to satisfy the body's craving for that stimulant. Ginger does the same thing. It helps cayenne and peppermint to give that body that craved stimulant.

Blackstrap Molasses is high in potassium. We incorporated it into the program because we found that a person that drinks a lot of alcohol actually depleted the potassium in their body. That's the reason you see alcoholics who cannot walk. They have depleted their potassium and calcium out of their muscles. By simply giving them a third of a cup of blackstrap molasses, we have been able to help them recover to the point where they can walk again. Fructose is included to give the body the sugar it craves. The brain is satisfied that it is receiving an ample amount of sugar. The lemon juice is an additional natural stimulant. It is antiseptic. We have put all these together, and this mimics what alcohol does in the body.

Proverbs 23:21: "For the drunkard and the glutton shall come to poverty and drowsiness shall clothe a man with rags." We may say of the drunkard, 'poor man' but we see here that the Lord classifies the glutton in the same category. In this verse it mentions drowsiness as well. There is a connection. Food competes for oxygen. This is why you shouldn't do any mental work after eating a heavy meal. The oxygen is used up to metabolize and break down the food. As we eat our bodies need a tremendous amount of oxygen to increase the heat in our body which we call metabolism. Our

metabolism increases to break down these foods. As it breaks down it leaves a lot of carbon dioxide behind. Those gases need to be removed from the body to make way for the oxygen. As the oxygen level drops, we have a tendency to be sleepy. We don't think as well. We seem to be out of focus. This is similar to what the alcoholic experiences. So a person who overeats is in the same category as the person who drinks. God said there is no difference between a drunkard and a glutton.

Once you are addicted to alcohol, the only thing you are concerned about is satisfying your craving. You don't care about your appearance. As the verse says, it shall clothe a man with rags. The same with a glutton. He is addicted to food. All his energy goes to satisfying his appetite, and he is still not satisfied. Both will sell their soul for a shot of whiskey or a pound of food, because that is their mindset.

Matthew 6:33 testifies that God's people don't have to worry about their food their clothes and their drink. If we seek His kingdom first all these things shall be added.

RUSSIAN REMEDY for DRUNKARDS

This is a radical remedy. It will help the chronic alcoholic who would like to stop but cannot. They will not be able to drink again. If you decide to use this remedy, you need to sit down and counsel with them and get the proper papers drawn up that will exempt you from liability. You should only do it with a family member. This is an old Russian remedy. You can still buy club moss (botanical name is lycopodium), at the health food store. Take three tablespoons of moss and make a tea out of it in about six to eight ounces water. Let that person drink about three glasses of club moss tea, right behind each other. I am now going to tell you something that is going to violate your conscience, but if you really want to help someone, go out and buy the whiskey he loves the best. Give him four ounces of his favorite whiskey, rum or vodka. Tell him to drink all of it. Do this treatment from one to three times. It has never failed. When he drinks it, he will be sick as a dog, every time he even smells alcohol, if he takes one sip it will make him violently sick with extreme stomach pain. It will make him so sick, he won't even want to be around alcohol. Six months later, if he takes one sip of alcohol it will trigger the same reaction with repeated vomiting and extreme stomach pains. It is so bad that he will not want to drink again because it makes him so sick. Make sure it is a family member; and you get the papers because he is going to feel like he is dying. He will not die, but he is sure going to feel like it. This is going to discourage him from doing it. I share this prayerfully, but I do ask that you be very prayerful in using this remedy.

Proverbs 23:29-35 “Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.”

SMOKER’S GUM

A lot of people cannot handle the Smoker’s Tea on the job. They may be on an assembly line or other circumstance, but we have found that they can soak this gum in some Smoker’s Tea over night then let it dry out. Then at work, every time they get a craving, they can get a piece and chew it. This will get them through while they are working.

Now we do not recommend chewing gum, but once again we choose the better of two evils. We know that if we can get them off cigarettes, it will be easier getting them off gum. Step by step, that’s how God has led his people. He led us from eating animal meat. To help us, He gave us meat substitutes. Now He is leading us back to the Eden diet step by step. Sometimes we have to take the people we are working with step by step. Don’t make them go faster than they can. If you start pushing them, you will discourage them. Even though you would like them to go a lot faster, they may need to go slowly.

The longer you let the gum soak in the Smoker’s Tea, the more tea will be absorbed by the gum. When you chew it, you will be able to pick up the flavor of the Smoker’s Tea. Another helpful trick is to put a box of raisins in the pocket where they normally carry their cigarettes. When they have a craving and reach for a cigarette, they can pop a few raisins in their mouth instead. That seems to help some people. Others carry spearmint gum. Each person needs to find what will be most helpful. Smoking is a life-destroying habit that must be overcome.

WARTS

We have talked about several ways to treat warts. Lemon is a very effective agent in dealing with warts. You can take a piece of lemon and apply it to the wart. Secure it well and leave it on the wart. It may take two to three weeks before the wart dissolves. You must be persistent to stay with this simple remedy. But it will remove the wart.

HEMORRHAGING

It would behoove God’s people to always have certain remedies with them at all times. Cayenne is one of the most effect agents to stop hemorrhaging—both internally and externally. If a person cuts himself and is bleeding, the simplest and most effective way to stop the bleeding is to drop the cayenne pepper directly into the wound. Keep piling it up. If you do that, the cayenne will mound up in the wound and it will stimulate the clotting factor. If it is a really bad hemorrhage, you may see a trickle of blood under the cayenne. Sprinkle a little more cayenne on the wound. Eventually it will stop it altogether.

If it is bleeding inside the body, whether from the vagina, the stomach or anywhere in the body, cayenne can be taken to stop it. I like taking a half-teaspoon cayenne powder up to one level teaspoon cayenne every hour, until the bleeding stops. It is very effective if you take it with shepherd’s purse.

Recipe for poor circulation:

- ½ teaspoon gingerroot blended
- ½ teaspoon niacin
- ½ teaspoon cayenne pepper

This particular remedy will definitely stimulate good circulation. It has niacin, which is a B vitamin. It has ginger and cayenne pepper and it will heat you up. This niacin is not time-released niacin. It needs to be at least 200 mg of niacin. I like 500 mgs better. You can put cayenne in your socks if you have cold feet. It will heat up your feet. You need to move around a bit for it to work.

NO ENEMA INTESTINAL CLEANSER

We developed this because I was working with a man who had very high blood pressure. He came to our clinic and I said, “I need to give you a garlic enema.” He said, “no little man like you is going to give me an enema.” I replied, “I guess you’re right, I’m not going to give you an enema, but you’re going to die of a stroke.”

That night it really troubled me because I thought this man was going to die. During the night I woke up from a dream, and this formula was given to me. We got up and put this formula together. That was about fifteen years ago. I am going to share that formula with you. We decided to just share it with everybody because there were people who were trying to get it anyway. It is a wonderful formula. However, do not give it to pregnant women, nor to real small children. You do not want to increase the massive peristalsis that could encourage a mother to have a miscarriage. All laxatives can do that. A pregnant woman can increase her fiber or take natural laxatives such as combining prunes, raisins and dates in apple juice and putting that over oats. But I would not recommend risking a miscarriage. That baby is too precious.

With the intestinal cleanser we are going to start with the psyllium which is a high fiber product. Use all powder in this formula:

1 pound powdered psyllium
1/3 pound alfalfa powder
1/3 pound slippery elm
1/3 pound apple pectin
Mix together.

Then for every pound
Add 2Tbsp cascara or senna

Add one heaping tablespoon of this mixture to 4 ounces juice or water in a tumbler with a lid. Shake it well and drink it immediately. Do it three times a day. Drink a minimum of two quarts of water. Three is even better if you are using this intestinal cleanser. This will stimulate the bowels to have massive peristalsis. It is possible you will go to the bathroom four or five times a day. It depends on your body and your transit time. Various modifications can be made in this formula. People add carob to it, or bentonite or acidophilus. Shake it and drink it quickly before it gets thick.

Let's talk about elimination. How many bowel movements should a person have? The best measuring tool to gauge the bowel health is how many meals one eats. If you eat two to three meals a day, you should have two to three bowel movements a day. The best way to figure this out is to look at a baby. A baby will have three or four bowel movements a day. It will not smell. The baby is in a healthy condition. But as we grow older, as we eat so many complicated mixtures of food, our stool becomes offensive. This is because of the fermentation and putrefaction that takes place.

When we go to the bathroom, our stools should just fall out as natural as possible. If we have to sit there and think about it, then you have problems. If you have to use a half a roll of tissue paper you have a lot of problems. You shouldn't need much tissue paper, because it should be almost a clean sweep. If you need to use a lot, that means you have a lot of mucus in your food. If it floats it means it contains a lot of fiber. So if it sinks, you are not eating enough fiber. If it is an old stool, it may float but it is not necessarily healthy.

If it smells, that is the key that tells you that you need to do something. If it has a real offensive smell, then you need to go back and consider what you are eating, and what you are doing to your body.

You can have several bowel movements a day and still be constipated. We have had people come to our clinic who were having five or six bowel movements a day. The biggest fight I have with them is when I tell them they are constipated. They say, "I'm not constipated."

It is because the body is trying to rid itself of the impacted fecal matter in the colon that they are having five or six bowel movements a day. I find that if they are willing to run through our program, their bowels will regulate to two or three a day. Diarrhea is not a bowel movement. Diarrhea is the body's attempt to give itself an enema. It pulls water from the bloodstream. It will draw water from the mucus membranes, and dump it in the colon to stimulate what we call a flush enema to flush the wastes out of the system. That is not a bowel movement. Most of what is expelled is the liquid. The residue is left behind to cause even further irritation. That is why you have frequent stools when you have diarrhea. If you have diarrhea, take one to two tablespoons of charcoal twice a day. That will stop the diarrhea. You can also give yourself an enema. That too will empty the lower colon and will slow down diarrhea.

CIRCULATION

If you have poor circulation, mix niacin, ginger and cayenne pepper and in water and drink it. The niacin will turn the skin slightly red and itch for a moment. That is what we call a niacin flush. Do not worry. Those smaller

capillaries are expanding and they want blood. It is from the new blood getting into places it does not normally get to.

Rev 22:2 "In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."

QUESTIONS #7

1. Russian penicillin has what four helpful properties?

2. What can a Medical Missionary do for a patient with emphysema?

3. Why does the Anise syrup help emphysema? _____

4. Why do coal miners never get emphysema? _____

5. Describe a cabbage poultice and tell what it is useful for? _____

6. An alcoholic is addicted to _____.

7. Honey will _____ the alcohol level in human blood.

8. Peppermint has what effect on the brain? _____

9. How do you make Smoker's Gum? _____

10. What can you use to remove warts? How long does it take?

11. List the recipe for poor circulation _____

12. List the recipe for the No Enema Intestinal Cleanser.

LESSON EIGHT

The body has more than one member. 1 Corinthians 12:15, "If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body? And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body?"

Paul goes on. Let's go to verse 25, "That there should be no schism in the body; but that the members should have the same care one for another." The body must work in harmony. Where one member suffers, all the members suffer with it. Or when one member is honored then all the members rejoice with it.

We've looked at juicing and natural remedies and we see that different areas need our attention when working with people. There must be a balance. You must have a combination of things if you are going to truly be helpful to the patient. Now let's look at some other natural remedies that can be added to help the body.

FLAXSEED TEA for the KIDNEYS

This is good as a laxative. It encourages regular and systematic bowel movements and is excellent in the case of kidney failure, helping the kidneys to excrete urine, and perform normal kidney function. Beet juice is also wonderful. I have used Cornsilk and Dandelion tea and Cleaver tea is also excellent for the kidneys. We need to get those kidneys functioning to remove the trapped waste. Fresh cranberries may also be used. Remove the pit and blend with just enough water to liquefy it. I give this to patients with infection in the bladder or kidneys. It is also helpful for people who have arthritis. If a person was able to consume a third of a cup of cranberries or cherries once a day for three weeks, this will make a big improvement in the arthritis.

CLAY POULTICE

Clay has tremendous drawing properties. You can use clay in many different ways. We can learn something from the beasts of the earth. When they get sick, often they will crawl off into a mud hole until they get better. You can use clay for a local poultice or you can apply it over the entire body. You can even drink some clay water. It is very healing for the inside of the body, particularly the stomach. Get purified clay for internal use.

Scripture has two examples of clay use: The man Jesus healed with clay (John 9) and Naaman who bathed in the muddy river Jordan. We add water and a little olive oil to this clay and we keep stirring until it gets really creamy. This makes a wonderful texture for putting on a clay poultice. I could apply this all over the body and the patient would really love it. Better still, go out in your back yard. Dig a body-sized pit; fill it up with sifted clay. Add water from the hose and keep mixing it until it is a good thick clay. Put the patient in there. Make sure he is comfortable and can breathe properly. I like to pack the clay around his face as well. Just make sure you keep it out of their eyes, nose and mouth. Let them lay there. It is a wonderful therapeutic bath. It will pull much of the toxins and inflammation out of his body. This is one of the best treatments for Lupus or for any type of inflammatory condition in the body. The clay clings to the body. That is the consistency you want. You could cover the whole body about a quarter of an inch thick. When cleaned off, and rub the skin down with olive oil and coconut oil. His skin will be just beautiful, as soft and lovely as the Polynesians.

For a local poultice, I would heat the clay up. Cover the area with clay. Wrap it with saran wrap. I like to leave it on overnight or at least several hours, to give the clay time to do its drawing work. How long do you leave them in the pit? It depends on the strength of the individual. Many times I have left a patient in the pit four or five hours. If you let them stay in too long, and if the clay has a real strong drawing action (bentonite clay) sometimes it can make them real weak. You have to watch them. Ask them if they are feeling tired. Often they will go to sleep in the pit because it is so comfortable. But you do need to watch them closely. When I get them out of the pit, I take a water hose and wash them down with cold water. They like that. It gets them jumping around. Then I clean them up, take them into the house, and put them to bed. They will sleep like a baby.

I worked with a lady who had a problem with vertigo. She couldn't walk two feet without getting dizzy and falling down. We put her in the mud pit and covered her up with mud. She felt fantastic after the treatment. This is a treatment you can do anywhere.

If you don't have clay, you can do a sand treatment. Dig a pit. Then heat the sand dry and cover them with the sand. Mound the sand over their body, and then cover the mound with plastic to hold the heat. This is a wonderful treatment, especially if you are in an area where you don't have the clay, but you do have sand. It will have the same effect as the clay. You want it hot enough to make them sweat. It is similar to giving a fever bath. In fact if you were in a third world country without a Jacuzzi or steam room, you could achieve the same results with this sandpit. You must learn how to use the elements in your environment.

Another very good treatment is to mix bread flour, yeast, sugar, cayenne pepper, and slippery elm, water and soak barley the same way you would if you were making bread. Cover the whole body with this mixture.

RED EYES

Eggs can be used for a number of good wholesome treatments. In Switzerland where they do a lot of skiing, they have problems with sun blindness. They developed this treatment—applying the white of an egg to the eye to take the redness out. It really will take the redness out of the eye. Simply apply the white of the egg on a piece of cloth and leave it there until it dries. It will pull the inflammation and redness out of the eye. You do not want to put the egg directly on the eye. It will glue the eye shut. If you use a paper towel, you can fold it over to protect the eye from direct contact with the stickiness of the egg. I like to do both eyes at the same time. Lay it over the eye and leave it there until it dries. You can secure it with an ace bandage. What it will do is draw the redness and inflammation out.

RETENTION ENEMA

There are a variety of herbs that can be used for a retention enema. Catnip, Chlorophyll, Charcoal, lemon water, to name a few. I like a Blackstrap Molasses enema because it feeds the bloodstream. You can actually feed through the rectum. The nutrients will be absorbed by the bloodstream. I also like barley water. If a person has stomach or esophagus cancer so that they cannot take nourishment by mouth, you can give them a retention enema, using barley water, or honey water, or fructose water or even sugar water. The patient can get a reasonable amount of nourishment this way. This will give the stomach a chance to rest, to heal up a bit.

A Catnip enema is really good for a fever or a cold or for an infection. A Garlic enema is good for an infection or cold. It is also good for establishing the natural ecology or flora of the intestines. Coffee enema - yes I do recommend coffee enemas. I know some people have a problem with that, but I don't think the Lord's servant had a problem with that. I know that when she was sick when traveling across the sea, she drank some coffee to settle her stomach. She drank a whole cup of coffee. Well, we don't use a whole cup of coffee for an enema (and I think I'd rather put it in my rectum than in my mouth). I believe that if she could use it to settle her stomach, it is all right for me to use it to get the morbid mucus, and decayed, undigested food out of the colon. It will break down the incrustation; it will stimulate the gall bladder to produce peristalsis. It will pull down the bowel.

The best thing about coffee enema is if a person is on Morphine or Codeine, coffee is the only thing that I know of that I can use that will wean a person off Codeine and Morphine. It will stop the pain. Most of the time a good coffee enema will last two or three hours. Often at the clinic we have to give five or six coffee enemas throughout the night so that they can get some rest. If we do it long enough, we can get them off the Codeine and Morphine and all those painkillers, which I feel, do more damage than the cancer. In most cases, these powerful painkillers will destroy the liver. When patients take these painkillers they do not have a natural bowel movement. They have to give them a stool softener to get them to have a bowel movement because the liver is not functioning. The colon is paralyzed by the action of the Morphine and Codeine. There is no peristalsis. But coffee will serve this purpose so that the patient can get some rest. We usually take three tablespoons coffee and steep it in one quart of water. We inject a six to ten ounce retention enema. The best is about eight ounces. Let them hold it as long as they can.

TRAINING ENEMAS

Another good use for enemas is the training enema. Most of us do not know how to have a proper bowel movement. You can actually use enemas to train the body. You can inject six to eight ounces fluid. Set a designated time for having a bowel movement. You should have two or three a day. We tell the person if you want to have a bowel movement at seven, at five minutes before seven, you inject this fluid into the rectum. Then you get up and walk around and have your clock handy. One minute before seven, you say, ok body it is time for you to go have a bowel movement. You take your body into the bathroom and sit down. Elevate your feet about twelve inches from the floor.

Watch your clock and a few seconds before seven, tell your body it is time to ease yourself. Promptly at 7 o'clock you will ease yourself. Now you are training your bowel to respond at command. If God has given us dominion over the animals, and He told Adam to train the plants, we ought to be able to train this body of ours to respond to command. You do that at 12 o'clock, you do that at 5 o'clock. Whatever times you set. You continue to do that over a number of days. Then you start decreasing on the amount of fluid. Decrease it all the way down to about three or four ounces. And at that point you will no longer need the training enema. Your body will respond promptly two or three times a day. If you get plenty of fiber, plenty of exercise, you will have no problem with your bowel movement, because you are training those peristalsis to move. But you must talk to your body. You say, move and it will move. If you are not regular, you will create the same problem all over again. If one day you want to have

a bowel movement at 8 o'clock and the next day at 10 o'clock, it will not work. It has to be as regular as you eat. Eat on time, and eliminate on time. Use the bulb syringe for this.

TO GIVE AN ENEMA

First of all, we have prayer with the patient. I'm sure we know that we need to wear gloves. Each person needs their own enema bag, even if they are family members. No matter how much you sterilize it, it is still better to have individual bags. Fill the bag. Close it tightly, and let it run until the air is out of the line. Make sure the flow-control catch is closed otherwise you will have liquid everywhere. The best position is for the patient to lie on the floor on their side with plastic or a towel under them. You elevate this bag high enough so that the fluid can flow. Lubricate the rectum. Lubricate the tip.

Insert the tip into the rectum. You cannot go straight in. Go in at an angle. Slowly regulate the flow by the clip and by the amount the elevation of the bag. When the fluid has entered the rectum, close the clip. Withdraw the tip, making sure you have a tissue paper handy to wrap the tip and place the bag out of the way while you massage their colon, following the ascending, the transverse and the descending colon. Remember what we talked about earlier. The men are treated by men, and the women by women. Before you give the enema, you can apply heat or massage to the colon area. Then you can give them the enema. I like to sing while I am in there with them. I talk to them, and massage their stomach. I am trying to get them to relax. After three to five minutes, I tell them to hold it and to get up and walk around. They can massage their stomach as they walk around. I tell them to try to hold it 10-15 minutes, or as long as they can. If they can hold it 30-40 minutes, that's okay. Usually I tell the person when they eliminate to sit down with their feet elevated. When you elevate the feet and crouch over a bit, you are relaxing the hamstring. And you are lining the colon up in a direct line with the anus. So the waste will fall out without any straining being put on the colon.

HIGH ENEMA

A small tube works best for a high enema. Remember that the colon is about five feet long. So I would take the tube and lubricate it for about two feet. Then I would gradually push it in. You ask the person how they feel. If he feels okay you keep talking to him and pushing this in. I have put as much as two feet of hose up into the colon. It goes easy. The patient didn't even realize what I was doing. It is not too often that you need a high enema, but if you need to, make sure you use the right kind of tube.

TOOTHACHE REMEDY

Recipe:

- 3 parts Slippery Elm and
- 2 parts baking yeast,
- 4 drops cloves
- 1/3 teaspoon cayenne pepper

Add a little water, enough to make it into a paste.

If you have an abscess with a lot of swelling, you cannot get that tooth pulled until you get the abscess under control. This recipe is famous for getting that abscess down. The yeast swells and as it swells, it draws. Slippery Elm also will draw the inflammation. The cayenne pepper stimulates the cells around the tooth to release the toxins. We put cloves in there because cloves are a well-known remedy for pain, especially in the mouth. This mixture is gummy because of the Slippery Elm. Pack this around the gum.

It has great drawing action. I have packed a mouth that had real big abscesses. We packed the whole side of the jaw with it, and in less than half a day, it had reduced it by 50%. If you stay with it, it will take that abscess right out.

COLD SORE

Take bone meal and powdered dolomite and add a little water to make a paste. Smear that over a cold sore. It will heal it up overnight. Slippery Elm poultices are really good for cold sores.

GARLIC FOR ARTHRITIS

This treatment is one of my famous treatments. It works so well. And it always works, but it is painful. So before you start get the proper paperwork. Make sure the person understands and signs a disclaimer. Make sure that they understand that this will burn.

This is an innocent looking remedy, but it will burn you worse than a third degree burn. If you are worried about the knee blistering, you can put some olive oil on to lessen the blistering. We need to put the garlic directly on the knee. That is where the fluid is. We want to get the fluid out of the knee. Instead of going to a Doctor to have him draw the fluid off, this poultice will draw it—every bit of the fluid off the knee and there will be no pain and on inflammation in that knee at all. If there is fluid in that knee it will begin to burn in the next thirty minutes. Then I take a sterilized needle and poke holes in those blisters.

Chop and blend three garlic bulbs, place that on a paper towel or cloth and wrap it on the knee. Secure it well, but not tight. It should start burning within the hour. But you need to let it stay on there at least five or six hours, in order to draw all the fluid out. You can do this treatment on other parts of the body. But usually it is used on the knee.

HERBAL CAST

This herbal cast is useful for drawing inflammation from a foot. It can be used to support the ankle or foot while it heals. It is a good treatment for broken bones, as it will pull out the pain and inflammation until the bones have knitted themselves. It also works well for diabetic problems of the feet.

Recipe:

½ cup flaxseed steeped in a quart of water.
Bring to a boil, then let sit for while, use this water:
1 pound charcoal
4 garlic bulbs, chopped
1/3 pound whole wheat flour
1/3 pound slippery elm
1/3 pound of comfrey

Mix the dry ingredients. Then slowly add the flaxseed tea until you have a paste. (Don't add too much tea) You need to leave this on overnight. It will get stiff because of the flour we put into it. You want to make it fairly secure. Tape it or wrap it in saran. You want to trap that heat inside of it. This will secure the bone to keep it in place. If there is swelling, you need to treat the swelling first. This cast is used if there is continued pain, perhaps for weeks. The bone is still weak, so you want to give a little extra support for the bone.

As Medical Missionaries, we need to attend not only to the physical needs of the patients, but also to their emotional, mental, and spiritual needs. John 5:6, "...Wilt thou be made whole?" He didn't say half-whole or a third-whole. So Jesus needed to focus in on the man's overall problems. He dealt with the physical, mental and spiritual needs of this man. Medical Ministry, page 191 (Give Heed to Soul Winning Efforts):

"There are responsibilities laid upon the head physicians of our sanitariums outside of the purely medical work. Give heed to the urgent calls that call for soul winning. Every jot of influence that the Lord has given them is to be used by them. Our medical superintendents should so live and labor as to be recognized as men who place their trust in God, men who fear the Lord and depend upon His divine power."

So we see that as we attend to—we don't usually call them patients, we call them guests, or clients—our mind is upon Christ. We are thinking and asking the Lord how we can best treat the person. We must always be focused on God and realize that God is the Great Physician. We need to have our minds centered on Him so that He can instruct us. There are situations which at first appear to be easy, but things may happen. We need to have prayer first. We are singing, we are talking to the person. We need to stay in tune with God.

SKIN CANCER

The big issue with skin cancer is diet. You need to limit your fat and oils and limit the toiletries you put into your skin. I have made up a combination of herbs to deal with skin cancer. If the person has skin cancer, this mixture will have a dramatic effect. Dark skinned people do not have the kind of problems with skin cancer as fair skinned people because we have natural protection, but we do have problems with melanoma. It can affect the skin

or it can go inside and affect the internal organs of the body. This is an extremely painful treatment. It will actually burn out the old rotten flesh. You have heard of Dr. Hoxsey. This treatment is similar to the Hoxsey treatment. He was famous for being able to burn out old cancerous tissue.

Recipe:

3 tablespoons bloodroot
6 tablespoons zinc chloride*
2 tablespoons poke root (fresh, chopped)

Make a paste and apply it over the cancerous sore. It will burn almost immediately. But keep applying it until, when you take the bandage off, a big plug comes out. If the skin cancer is too close to the eyes, you CANNOT use this treatment. (Note: Do not try this until you talk with someone who knowledgeable about this method!!!)

*You need to get zinc chloride from a pharmacist. They will not give it to you if they think you are going use it on the skin. They use it for treating minerals.

SHAMROCK SALVE

You can use shamrock or lemon grass. Pick a cup and put it in the blender with enough water to make a paste. Put it in a covered jar in the sun. It will turn black. When it turns black, apply it to the skin cancer. It also burns up the rotten tissue. A large plug will fall out of this. When that happens you have destroyed the skin cancer.

You can also apply fresh crushed garlic to skin cancer. Goldenseal can be mixed with bloodroot and poke root, and applied to skin cancer. It too will destroy the cancer. (Check in Back to Adam book/Cancer herbal surgery)

Take:

1 part bloodroot
2 parts pokeroot
2 parts goldenseal

Mix it together to make a paste, and apply it to the cancer. If it is truly skin cancer, it will burn. If it is not skin cancer it will not burn. These particular remedies are very painful. You can also apply these treatments to breast cancer. No matter how big the tumor may be, this particular remedy, if she can stand the pain, will draw the tumor right out of the breast. It a very powerful yet very painful treatment. It will not hemorrhage in the process. It will only destroy rotten flesh. If the breast is healthy it will not have this burning effect. You can eat or drink these particular herbs and they will have no effect on you at all. Even if you had stomach cancer it would not affect it. This is a treatment of last resort.

Medical Ministry, page 140: "The minister and his wife who are truly converted and who give themselves whole to the work of the Lord are daily becoming more intelligent and efficient in their labor for other. They can open the Scripture to souls in such a way as to bring light to minds in darkness. Women can learn what needs to be done to reach other women. There are women who are especially adapted for the work of giving Bible studies, and they are very successful in presenting the Word of God. They become a great blessing in reaching mothers and their daughters. This is a sacred work, and those engaged in it should receive encouragement.

"In the medical missionary work to be done, women should give treatment to women. A man and his wife who are both physicians can accomplish great good by working together. The wife can visit other women and when she finds suffering and disease, she can consult with her husband as to the best method of helping the sufferers. We should have more women physicians than we have.

"When women who are sick are treated and cared for by women, a door through which Satan tries to enter is closed against him. Many cases have been presented to me where Satan has entered through this door to ruin families. Let him not obtain any advantage upon any point. I wish all to understand this matter.

There should be in our sanitariums women physicians who can stand by their hands and who can do the examining of women patients and give them treatment. Many more sensible, converted women should become intelligent physicians. I am instructed that our physicians must have women physicians as well physicians."

QUESTIONS #8

1. _____ is good for the Kidneys and is also a laxative.
2. T___ F ___ Clay is beneficial both inside and outside the body.
3. T___ F ___ Clay should be heated before used as poultice.
4. How does olive oil improve a clay poultice? _____

5. What is a really good treatment for Lupus? _____

6. What simple treatment may help Vertigo? _____

7. What is a retention enema? _____

8. What herbs can be used for a retention enema? _____

9. Which herb is helpful in establishing the natural ecology of the colon?

10. How can a patient be weaned from Codeine and other narcotic pain medication?

11. What is a training enema? _____

12. Give a remedy for toothache. _____

13. What will help cold sores? _____

14. Describe an herbal cast. _____

15. What treatment will burn out skin cancer? _____

Lesson Nine

II Kings 4:38-41: "And Elisha came again to Gilgal: and there was a dearth in the land; and the sons of the prophets were sitting before him: and he said

unto his servant, Set on the great pot, and seethe pottage for the sons of the prophets. And one went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds his lap full, and came and shred them into the pot of pottage: for they knew them not. So they poured out for the men to eat. And it came to pass, as they were eating of the pottage, that they cried out, and said, O thou man of God, there is death in the pot. And they could not eat thereof. But he said, Then bring meal. And he cast it into the pot; and he said, Pour out for the people, that they may eat. And there was no harm in the pot.”

Here we have a story of death in the pot. This young man picked an herb and didn't realize that it was poisonous. So as medical missionaries, we need to understand what we are picking and understand what we are doing. As a Medical Missionary, we need to know the herbs. In this story, cornmeal needed to be added to draw out the poison. We are showing a variety of remedies. But a Medical Missionary needs to understand what he/she is doing.

Sometimes when people find out about poisons in plants they want to do away with all of them. But there are some foods that are poisons, and we don't do away with food. We need to study what is good and what is bad, so that we do not take those things that are harmful.

Just because there are some poisonous herbs, we do not want to eliminate all herbs. An enemy has sown bad seeds in God's vineyard. All we have to do is become knowledgeable and make a distinction between the good and the poisonous.

GRAPEFRUIT POULTICE

With this grapefruit and Epsom salt, we can make an extremely good drawing poultice. Blend or chop the grapefruit, then add Epsom salt until all the moisture of the grapefruit is soaked up. This should be hot (heat the grapefruit in a pot without water). The more Epsom salt you use the better it works. Get it so thick that it is hard to stir. When you apply this as a poultice, it will have a tremendous drawing effect, for any type of swelling, inflammation, arthritis or rheumatism related pain as well as muscle spasms. Put it in the center of a clean cloth. Apply it to the area. You can apply a heating pad or a fomentation to heat the area. You want to retain that heat for a long period of time.

This is a simple treatment. If you can select a treatment that is simple and fast, it will save you a lot of time. Try not to pick treatments that are messy and inconvenient. This is an easy treatment to use for a long period of time and give you good results. It would be wise to put saran wrap over this. Cover with another dry cloth and secure it well. Leave it on until it gets cold. Sometimes it will require two or three changes of this application. If you are worried about the poultice running or dripping, you can take a paper towel or tissue paper, lay it over it and pat it down. It will absorb the excess

moisture. The poultice will actually come through the paper, which you want.

One of the problems is that many of us feel that natural remedies do not have a part to play in God's program. That is totally out of harmony with the Word. One reason we turn our backs on herbal medicine is that we do not want to be out of step with the AMA. We want their approval. But the fact that something may cause a problem is no excuse to shun using it. Persecution will come. We should not be afraid to use God's program because of threatened persecution.

There is very little to fear. Today people are coming out of the closet with natural remedies. TV carried programs describing what herbs or natural remedies can do. The word "Cure" used to be a taboo word. Now I can say "I can cure this" and it is no problem at all. Everyone is beginning to do it. The AMA has stepped back and allows people to say things they used to challenge. So if we as a people would just leave the consequence to God and go about using every available method that God has given us, God will protect us. I want to read 2 Selected Messages, page 295: "There are many simple herbs, which if our nurses would learn the value of, they could use in the place of drugs." The Lord's servant always emphasized finding the simple remedies to take the place of drugs. Yet we recommend the use of drugs while condemning the use of herbal medicine, even though the Lord's servant, under inspiration, constantly condemned the use of drugs. There is no provision for drugs—except if you are a flesh eater. Then there will be a necessity to take drugs. But if we are health reformers and are eating right and taking care of our bodies and following those Eight Doctors, there should be no occasion when we would have to depend on drugs. Even

from the Scripture, I believe we have sufficient testimony that natural remedies and herbal medicine are a part of God's healing plan.

MOTOR OIL & STAPH BACTERIA

Normally we think that motor oil is just for cars. Job 7:4-8 “When I lie down, I say, When shall I arise, and the night be gone? And I am full of tossings to and fro unto the dawning of the day. My flesh is clothed with worms and clods of dust; my skin is broken, and become loathsome. My days are swifter than a weaver's shuttle, and are spent without hope. O remember that my life is wind: mine eye shall no more see good.”

We work with people who feel like Job—tossed to and fro with this accumulation of staph. I really believe that Job was suffering from staphylococcus A. This is a flesh-eating disease that overruns the body's surface and begins to eat the flesh. The Bible says Job has sores all over him. That reminds me of someone who has staph on his or her bodies. You'll notice that on some of the AIDS patients that have a depressed immune system, their skin gets ashy looking. Also when a cancer patient reaches the last stages of life, the appearance of their skin reflects death. That is because the staph begins to take over. Every one of us has staph on our bodies. But our immune system keeps that in check. Now I believe that Job's sores were probably a result of staph. We know that Job used charcoal. The Bible tells us that he ate charcoal and bathed himself in charcoal. That probably helped him a lot. Psalm 102:9 says, “For I have eaten ashes like bread, and mingled my drink with weeping.”

But if Job had had this motor oil, he could have done a wonderful job in healing up his staph. About twelve years ago, I had an encounter with a flesh eating disease. A couple years ago, everybody was talking about this as though it were a new thing. But it is not that new.

Twelve years ago, a young man came to my sanitarium. He had sores from the top of his head to the bottom of his feet. I had never in my life witnessed anything like that. This was before I had any knowledge of AIDS. I decided to quarantine him. I was afraid for the students and staff. Every day we would find half a pound of scabs that would fall off his body. We would sweep it up. He also had all these open wounds weeping all over his body. We tried

everything. We tried honey. We tried molasses. We tried charcoal. We tried everything we could think of. After about two months trying to figure out what was going on, he was getting worse. It was so bad that if I just moved his arm, it would burst open and fluid would leak out. I told him that perhaps he needed to go to a hospital, to find out what it was, because I had reached my limit. He said, “you gotta know what to do.” But I didn't.

I had wrestled with the Lord about it. The only thing that came close was my granddaddy's rabbit dog. I knew that the dog had the mane, which ate all the hair off the dog and he had all these sores all over his body. My granddaddy loved that dog so much that he wasn't willing to put him down. So he got an old tub and he bathed this dog in old motor oil. When the dog got out of that motor oil, began to run and roll in the dirt. He looked worse than ever. But after about two weeks, we noticed that all the sores healed up, and after three weeks, hair began to grow back in the area where the sores were. I'd forgotten about this.

This man also had lost all his hair and he had sores all over his body. I told him that this was the only thing I knew that was similar to what he had. So he said, why don't you try the motor oil? I said, I've never tried motor oil on a human. But he said, try it. We don't have anything to lose.

So I warmed the motor oil and sponged his body down with motor oil. Do you know, that in a matter of two weeks there was a miraculous change in this man. All his sores healed up. The ashy look to his skin disappeared. In a month he was totally healed, and up walking around. Today he is a Medical Missionary physician working out of Memphis Tennessee. He has his own TV ministry. He is a very handsome man. You won't see a scar on his body. His name is Franco Taylor out of Memphis, TN. This worked a miracle for him.

It wasn't until later that I learned more about motor oil properties. It is petroleum based. It is carcinogenic. I do not recommend handling it too much. But it has coal tar in it. It is the coal tar that really killed the staph bacteria. It controlled the staph until we were able to build his immune system back up.

Every day for two weeks, we sponged the oil unto his skin and left it on. It absorbed into the skin. It was a risky process, because like I said, motor oil is carcinogenic. But we had exhausted our resources and he chose to go ahead with the treatment. His skin was so bad that if you tried wash it off, you would just make him bleed. After two weeks, his skin was healed enough so that we could sponge him with oil and then wash it off.

Motor oil acts just like grease. Hair grease is a petroleum product. They belong to the same family. When you rub this on the skin, it will just absorb. Now if he had ringworm, you can massage the spot with motor oil and it will kill the ringworm. Same as it did with the dog that had the mane.

SUNBURN

What can we do for sunburn? The egg is a great remedy for a person with severe sunburn. The egg can be used in many ways—on the outside of the body, because of the protein in the egg. This protein is similar to our amino acids. The albumin assimilates very well through the mucus membrane of our skin. So it can serve as a spare mucus membrane if our skin has been badly burned. You can take the yolk of the egg and massage it into the skin. Rub it into the area where the sunburn is. Leave it on until it dries. When it is dry it acts like a spare skin until the burn heals up. With sunburns, the big problem is weeping. The skin becomes inflamed. What you want to do is cover that area that is inflamed so that the body can hold in the moisture until the healing takes place. The yolk is like a skin graft over a burn. Honey will do the same thing. Aloe Vera will act in a similar way. Aloe Vera is a wonderful plant, but it does not have the strength to do what the egg will do. The egg is much more effective for skin burns than Aloe Vera. Try it, you will find it an excellent remedy.

If you are out in the sun too long, apply egg yolk to the sunburn. Leave it on until it dries. Wait about 20 minutes and sponge the egg off with water.

ALOE VERA

1 part Aloe Vera gel
3 parts Apple juice
1 teaspoon lemon juice

Cut the leaf partially so as to expose the meat of the Aloe Vera leaf. With a spoon, scrape out the meat onto a chopping board. Put it into a glass. Blend with the apple juice and lemon. It tastes pretty good.

Do not throw away the skin. The skin is bitter (but the meat is not bitter at all). Now take the skin and dry it out. With this you can make aloe laxatives. Take a little, perhaps a half-teaspoon of this dehydrated aloe skin. It is really strong and it will purge you.

The meat does not have much laxative effect. But Aloe Vera has many healing qualities. So scrap the meat out of the leaf and use it as juice. To make Aloe Vera gel, add some Irish Moss tea or a little flaxseed tea to the Aloe Vera. Add apple juice according to your taste to this mixture. I would use about a glassful of apple juice. It would be well to put this in a blender. It will mix real well. Add a bit of lemon juice. All I am trying to encourage you to do is improvise. You can buy Aloe Vera juice, but if you make it yourself, you know how pure it is. You will have better control over what you eat or use. It will increase your faith to know you are doing it yourself.

This is very good for stomach ulcers. It also gives an energy boost. It boosts the immune system. When we work with AIDS patients, this is the way we make our Aloe Vera juice, so that we can make it as strong as we like. Aloe Vera juice is a major component in our treatment plan for AIDS patients.

ANISE SEED

1 tablespoon Anise seed
1 tablespoon warm honey
8 ounces boiling water

Let it cool, then strain it. Use 1-2 teaspoons per day.

For a person who has trouble with gas, this anise tea is a very effective remedy. Sometimes people think they are having a heart attack. But it is just trapped gas.

2 Selected Messages, page 297: "Hops tea will induce sleep. A hops poultice over the stomach will relieve pain." So we see that Sister White used herbal medicine. She also brings out that a cup of tea made from catnip will quiet the nerves.

CORNSILK

At the health food store we buy corn silk to use as a diuretic. But all they do is get it from the corn farmers. You can do that too. Dehydrate it and store it for the winter. It is good for high blood pressure. It is a strong diuretic. Good for water retention, or edema. It is also good for arthritis. We spend money that could be used to support the gospel work, when we could grow the herbs ourselves.

BLOW DRYER

This is one of my favorite remedies. Suppose the patient has a lot of pain in his hand, or foot. It is almost like giving a localized steam bath. If you are in a situation where you cannot give a full body treatment, this will help. You can take a sleeping bag and do the same thing. Put a hole in the side of the sleeping bag. We had people who had arthritis all through their body, all their joints were just hurting all over. We put them in a sleeping bag. Cut a hole in the side of it and put the blow dryer into the hole. They would sleep like a baby.

First I would rub the patient down with a little liniment:

- 1 pint alcohol
- 2 tablespoons peppermint oil
- 2 tablespoons eucalyptus oil
- 6 tablespoons cayenne

Let sit for two weeks. Then turn the blow dryer on the area through the hole in this bag. You are trapping the heat around his arm—relaxing him. It will get hot. You can feel the heat, but this is a wonderful treatment. You can use it for aching, tired feet. You can improvise. If you wrap it in a wet towel, you will get the moist heat. If you need dry heat use a plastic bag like we did here.

Often I have been visiting in somebody's house, and I didn't have things I needed to give treatments. Maybe their feet are hurting. I ask for a blow dryer and a plastic bag, to give them a treatment like this. And they feel so good. So be creative. Let the Holy Spirit use you.

VEGETARIAN ASPIRIN

Going to 2 Kings 4:19, we read about this young man who is having a heat stroke. He eventually died. But I can imagine that before he died he had a really bad headache. Now we take Tylenol or some other medication. But if they had had this simple remedy, they could have cooled him down somewhat, and that would have helped a lot. This young man died of a heat stroke.

There was probably an elevation of his blood pressure. We call this a Vegetarian Aspirin.

- ½ part Cayenne pepper
- 2 parts white willow bark
- ½ part hawthorn berries

Mix it together. Take three capsules of this mix three times a day. It will protect you like an aspirin will without the side effects of an aspirin.

HOW TO DISINFECT

It is not easy to stay ahead of the dirt and bacteria. Women often struggle to keep their homes clean and disinfected. For example, athlete's feet can be a problem.

Recipe:

- 4 ounces apple cider vinegar
- 3 ounces honey
- 3 teaspoons peppermint oil
- ½ teaspoon clove oil

Shake it up real well, and spray it on the affected area.

This formula is good for athlete's foot or types of fungus. You can spray it on blisters and warts. It is good for any application on the skin. It will

discourage fungus from growing on the surface of the skin.

TOOTHACHE REMEDY

- 3 tablespoons Charcoal
- ½ teaspoon clove oil
- 1/3 teaspoon Cayenne pepper
- ½ teaspoon olive oil (enough to make a paste)

1 teaspoon Goldenseal

We gave you the recipe for abscesses. This remedy is strictly for pain in the jaw or tooth pain. Pack this around the tooth that is giving you problems. If you can cover the tooth up, it will generate heat. That will remove the pain faster than any toothache remedy. Try it. You will feel the heat and you can go wash your mouth out.

If you are in a lot of pain, that heat is comforting. The pain of the poultice drawing is less than the throbbing of the toothache. It should be quite thick, about the consistency of natural peanut butter. You want to be able to mold it around the tooth, so that it will stick.

PYORRHEA

Use 1 cup Epsom salt Add enough water to make a thick, mushy type solution, similar to snow. With pyorrhea, the main thing is that you want to tighten up the gums around the teeth. You also want to discourage the production of bacteria that grow around a loose tooth because there tends to be blood in the area. We want to tighten the gum and draw out any inflammation that might be around the teeth.

Now, I am going to pack this in the mouth. Don't swallow it. If you do, you will end up going to the bathroom. You want to hold that around your teeth. Do this two times a day over two or three weeks. It will tighten your gum up. Meanwhile, you want to brush your teeth with goldenseal and myrrh. Mix the goldenseal and myrrh powder together. You can use a little olive oil to make it a paste. Then you simply brush your teeth with goldenseal and myrrh. That will disinfect the gum and the teeth and any pockets of bacteria that may be in it.

DAMAGED HAIR

Take an egg and separate the white from the yolk. This works good for hair that is damaged by permanent waves, hair that is brittle, and for any problem where the hair is not healthy, or is not growing properly and you want to increase the protein content.

4 ounces water in the 1 yolk
4 ounces lemon juice with the egg 5000 mg vitamin C

Massage the yolk into the hair. Let it set for five minutes. Then rinse. Put the second solution on the hair. Let it set for five minutes and rinse.

1 tablespoon Red Clover
½ teaspoon Sage
1 tablespoon Nettle

Make a tea and steep for about 30 minutes. Put it in a spray bottle (it can be refrigerated). After using the egg rinse, put this formula into the hair and

leave it. This is good for dandruff and brittle or damaged hair. You can do scalp massage. Inositol and choline are helpful in strengthening the hair. Also, if gray is coming in, the nettle will bring back the color, assuming the roots have not been too damaged.

QUESTIONS #9

1. Grapefruit and _____ make a excellent drawing poultice.

2. What unusual treatment can help a staph infection?

3. What is helpful for sunburns? _____

4. What part of the Aloe Vera plant is laxative? _____

5. Aloe Vera gel is made by _____ It is helpful for _____.

6. What is helpful for symptoms of gas? _____

7. What is Cornsilk ? _____.

8. Cornsilk is good for _____ and _____.

9. How can one use a blow dryer to relieve pain? _____

10. Describe a "vegetarian" aspirin. _____

11. List ingredients for a toothache remedy. _____

12. What can be used for pyorrhea? _____

13. What might one use to treat damaged hair? _____

LESSON TEN

Roman 14:2 "For one believeth that he may eat all things: another, who is weak, eateth herbs." So one person may say he can eat anything he wants. Another person says that when he eat just anything, it doesn't work. He needs a remedy. So it says here that he eats herbs. Sometimes a person is going to use God's natural remedies. A person may have a particular ailment such as pain.

The Lord's servant brings out this point concerning natural remedies. 2 Selected Messages, page 297. "If their eyes are weak, if there is pain in the eyes or inflammation, a soft flannel cloth wet in hot water and salt will bring relief quickly." We demonstrated that the Epsom salt and grapefruit poultice brought relief of inflammation. And here we see that the Lord's servant is recommending salt and water on a cloth applied to the eye to relieve inflammation. Some people have said they don't think these natural remedies will work. It is obvious that the Lord knows the remedies will work, because He has given them to the Lord's servant. She recommended using this remedy, because it worked for her. I'm sure it will work for us also.

EXTERNAL THERAPY

Salve:

- 1 part camphor
- 3 parts dry mustard
- 1 teaspoon alcohol (enough to make a paste)
- 2 egg whites

The mustard is the active ingredient. If you use this on a weak person, you would use less mustard. But if you wanted a real powerful drawing salve, you would use more mustard.

This salve is good for any type of inflammation and pain. If you had congestion in the lungs and wanted to bring heat to that area to help remove inflammation, this is wonderful treatment. Put a plaster on the chest. If you have any area that is giving you trouble, for example, sore ankles, you can put this salve on and it will pull out the inflammation. I like using the eggs because the egg will cling to the surface of the skin. The eggs will dry fairly hard. You will have to remove it after it dries. Use cool water after about 20-30 minutes and wash it off. The mustard will have a tendency to really get hot, and burns if you leave it on too long. You cannot use the powder you get at the store. You need to buy mustard seed. I like the black mustard seed

because it has a stronger drawing action. Each time you use it, grind it up fresh if you want to have the best results.

You can put this salve in a hot foot path. It will actually increase circulation, soothe your aching feet. If you suffer from cold feet this will be a blessing. 2 Selected Messages, page 297: "When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." This is a remedy given to us by the Lord's servant. It is part of God's program. All we are trying to do is incorporate what we have been given.

We know what Scripture has said: 1 Corinth1ans 2:13-14 "Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned."

I believe most problems starts with constipation. The mind cannot be clear when the body is constipated. But we know from the Word and experience that these simple remedies do work. We all need to be health reformers. We need to watch our diet, be temperate in all things, and follow those Eight Doctors. Then God can give us the information, so that we will not look like fanatics and there will not be such a wide gulf between us and the people. We will all be walking down the same path. We need to reform. It is a big problem with us as a people. We do not want to reform. We do not want to suffer the reproofing of God. The purpose of Medical Missionary work is to re-form God's people back to right principles.

Why was the dress reform taken away from the church? God said dress reform was the most appropriate dress for medical work. It should have never been taken away. Yet the servant of the Lord said that dress was taken away from God's church and was never again to be introduced. Why did he keep it in the medical work? Because the medical work could serve as a standard, so the church could be reminded of what we should do. God had it there to prick our conscience, to hopefully bring that church back to right principles. But He knew that it would agitate and cause problems. It was causing tremendous problems, so God removed it. The same is true of educational reform.

God expects each Medical Missionary to be more of a reformer than the nominal church member. We must get the victory over our appetite. We must set the standard so the church can see that there will be a people on the face of the earth that will not be controlled by appetite.

There was a purpose in the dress reform. All the items has a purpose, the apron, the pants, etc. The nurse did not have to worry as she worked about exposing herself. For this reason, it needed to be suspended from the shoulder. (See 4T on Simplicity of Dress)

CORNSILK

Corn silk tea is good for arthritis, rheumatism and kidney failure. It is a powerful diuretic. It will flush the kidneys and whole urinary system. As it flushes out the urinary system, it will flush out a lot of the uric acid. This is helpful to the arthritic patient. It flushes out the purine acid as well. Now vegetarians do not get arthritis and rheumatism and gout from uric acid.

But we find that vegetarians have problems with these diseases just as much as meat eaters, simply because we are eating too much grain, too many nuts and too many seeds. These nuts, grains, and seeds are wonderful foods. We all should eat them. But they contain an element called purine acid. Purine acid is the precursor to uric acid. If purine is a precursor to uric acid, that means we can easily convert a vegetable food into an animal food by our preparation. If we deep-fry the protein foods that are high in purine acid, we can mimic so close to animal foods. Thus we can get the same diseases from the vegetable proteins that we would get from the animal food.

If we get too much protein food, we can saturate our system with too much protein and that also causes problems. With this corn silk, it will clean out the kidneys, clean out the urinary system and lessen the possibility of problems from purine and uric acid.

Recipe:

Use 1 cup cornsilk to a quart of boiling water. Boil for ten minutes, cover and allow it to cool. Then strain and drink.

SINUSES

Problems with the sinuses often come from mucus forming foods such as cheese, milk, or even overeating pasta. These are acid forming foods. We know that alkaline forming foods are your fruits and vegetables. We need to keep our food intake at 80% alkaline and 20% acid.

HORSERADISH AND LEMON JUICE

½ pound horseradish finely
(shredded)
Juice of three lemons

Take ½ teaspoon twice a day, morning and afternoon. Do not drink any water for at least half an hour after taking this. This will form a thick paste. Keep it in a cold place. You really have to put yourself on a short fast when you take this remedy. It will open up the blocked sinus track. When you mix the lemon juice with the horseradish, and let it set for a little while, it will foam up and make a thick mass. When you take this, you will feel it opening up the sinuses. This will cause some discharge—tears and so forth. Within a week or so, it will stop. Horseradish is stronger than regular red radish.

If you want to accelerate the preparation, put this into a blender and liquefy it. When you take this liquefied version, you get almost immediate reaction. But if you want it to work slowly, put in the lemon juice and let it set in it. It needs enough lemon juice to at least cover the surface. The radish will soak up the lemon juice and then it will form a thick mass.

I want to share another quotation from the Lord's servant. It really burdens my heart when I think that God has given us so many wonderful remedies, and we do not take an interest in learning to use them. God gave us a wonderful blessing in the Sabbath rest, and our Sunday-keeping brothers are missing out. Yet we are doing almost the same thing. We are missing out on a wonderful blessing.

2 Selected Messages, page 301: "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 teaspoon of this mixture. Relief comes almost immediately. I have already used this with the best of results. I ask you to use the same remedy when you are troubled with a 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."

Here is what the Lord's servant is saying, God's plan is simple. From a scientific base it may seem like it should not work. Yet she recommends it. She said, if you try it, you will see that it will work. You may have doubts about these simple remedies. But remember, it is not just the simple remedies that are doing the job. It is the faith that you have in God and your obedience to follow His plan. You will be blessed if you follow His plan, because there is a blessing in obeying his word.

MUSTARD SALVE

3 parts dry mustard
½ part peppermint oil
Olive oil (use more if for a child, less if you want a strong drawing action.)

This should be an effective remedy for most people. It will have to set for two to three weeks. This is another remedy that will actually open up a blocked sinus. It is wonderful for a sinus headache. You simply rub it over the forehead and the temple area. You can put a little over the top of your eyes. But do not put it on the eyelids. You can rub into the sinus area. It will break up a blocked sinus.

People who have blocked sinuses are miserable. Since this remedy works so fast, I highly recommend it. Just remember that mustard has a bit of a bite to it. Put it on lightly, like a cream and rub it into the area. If you put it on too thick, there is the possibility that the mustard will raise blisters.

If you have sensitive skin, you may want to apply olive oil to the area first. But if you put it on real thin, you should have no problem.

For any type plaster or salve that tends to be hot, cayenne, mustard, even garlic, if you would simply apply olive oil first, it will protect the skin from blistering. If you are working with a young child, always cover the area with olive oil first.

HORSERADISH FOR PNEUMONIA

½ cup horseradish blended
1 cup fructose
water

Take one teaspoon four times a day. This remedy is for respiratory problems, such as pneumonia, congestion of the lungs. This formula will help break up the congestion that may be causing all kinds of respiratory problems.

LARYNGITIS

1 cup water
½ cup anise tea (anise seed steeped in boiling water for 15 minutes)
¼ cup honey
½ teaspoon cayenne pepper
½ teaspoon ginger
4 drops cloves
1 ½ cup apple juice

If you have had problems with laryngitis, if you lose your voice, this is a wonderful remedy. I have to use it a lot because I speak a lot. After about two hours after I speak. I often lose my voice. But after I use this remedy, my voice will come back in about thirty minutes. It is a good tasting remedy. If you keep it cool, it will keep a reasonable amount of time. After about 7-10 days I prefer to remake it. If you wanted to keep it longer, you would have to put something in it to preserve it. The sad thing is that the things you could use to preserve it are not good for you—except vegetable glycerin or honey. Honey will preserve it about thirty days. Glycerin will keep it two to three months. Vitamin C and lemon juice also help to preserve it, but not over a long period of time. It will eventually evaporate. If you wanted to age it, you would have to use substances that we do not recommend.

You can use it as often as you like. But if you find yourself using it two or three times a week, there must be other some problem that should be taken care of. If you have chronic problems with laryngitis, you should not depend upon this formula to solve that. You need to find out what the underlying problem is.

Psalms 139:13-18: "For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them. How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee."

David is talking here about how God knew everything that would take place. From the foundation of the world there was redemption for us. He has given us something from the earth that restores our health until we are redeemed from the earth. These simple remedies, nutrition, juicing, show us how much the Lord loves us. We have no excuse because the provision was made from the beginning.

QUESTIONS #10

1. What does SOP recommend for inflammation of the eyes. _____

2. For a really powerful "drawing" effect you would use more _____
3. The mind cannot be clear when the body is _____
4. Cornsilk is good for _____
5. Vegetarians have disease because they _____

6. Some mucus forming foods are: _____

7. What herb can be used to open up the sinus? _____

8. Our food intake should be _____% alkaline and _____% acid.

9. For sore throats and coughs SOP recommends _____ and _____.

10. Rubbing _____ on the forehead and temples is good for a sinus headache. Use _____ first if you have sensitive skin.

11. List the ingredients of a herbal remedy for laryngitis. _____

LESSON ELEVEN

In this lesson we are going to compare drugs and herbal medicine. It seems that as long as time has been, there has been this controversy. Should we use herbs or should we use drugs? I think there is enough information in the Bible and Spirit of Prophecy that can solve this dilemma. Probably every one of us, including myself, has benefited from the use of some drug. This is not an attack on the medical system. We want to merely point out that God has a better system.

We believe that drug medication, the hospital system, even the welfare system are all useful wonderful systems. But they are not the system of God's people. God's people are to have a system that is identified to Him. We believe that God will prepare a table for us. We believe that God will heal us. We believe that God has a system that points heavenly and not to the hands of man.

Exodus 15:26: "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

Here we see that God is admonishing us to keep all his commandments. The commandments of God pertain to our relationship to God and man. But the statutes principally pertain to the relationship of man and mankind. If we keep the commandments of the Lord, He gave us a profound promise. He said, I will put none of these diseases upon thee, which I have brought upon the Egyptians. Now if that is so, and I believe it is, it means that God will keep us from disease—if we would keep His commandments and his statutes.

We can testify today that we are afflicted, we are diseased. We are sick with many of the diseases of the Egyptians. We should represent good health. The sickness that is among us should not be. I want to share with you something that I wrote a long time ago: This is what the Egyptians did many years ago to treat disease. Keep in mind that the Egyptians were intelligent people. They were the most advanced in science and architect. In every aspect of technology they led the world. So their medicine also was more advanced than the nations around them.

For example: To prevent their hair from turning gray, they anointed it with the blood of a black calf, boiled in the fat of rattlesnakes. If you were loosing your hair, one remedy was to apply six fats, one of a horse, one of hippo, one of a crocodile, another of a cat and a snake and a deer. Then you were to anoint your head with the tooth of a donkey based in honey.

Now these remedies sound strange to us. But in that age, this was the authorized treatment of the times. The queen of Egypt has an extra special

hairdressing. She took the heel of a greyhound, date blossoms and boiled oil. If you were a victim of a poisonous snake, this is how the Doctor might treat you. He would give you magic water to drink and pour some of it over your special idol. If you got a splinter, the doctor would simply apply warm blood of an ass and the dung of an ass. Some remedies include swine teeth, putrefied meat, pig ears, cows parts, goose grease, human, antelope and donkey dung and flies. All of this was put in the pot and used as a prescription for treating disease. These prescriptions came from the most famous Egyptian

medical book of its time. The Egyptians occupied the dominant medical position in the ancient medical world. About the time the Egyptians had put together this amazing medical book, Moses was born in Egypt. Although his parents were Israelites, he was raised in the Pharaoh's court, and was learned in all the wisdom of the Egyptians. There is no doubt that he was acquainted with the medical knowledge of his time.

Many thousands of Israelites knew of the common remedies mentioned in this AMA medical book. However, when Moses led the Israelites out of Egypt, the Lord gave him a most remarkable promise.

Exodus 15:26: "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

You know God has given us a profound promise, but this promise can only take effect if we obey God. God gave Moses a number of other commandments, which form part of the Bible. Because of these divinely given medical directions, altogether different, God made sure that His people would not copy after the medical authority of the Egyptians. God has given us an example to Hezekiah when he had a boil that was about to terminate his life. Isaiah took a lump of figs and applied it and he recovered.

Another example was Naaman bathing in the River Jordan. Another is the man at the pool of Bethesda. (For many years people had come to the pool at Bethesda. Those fortunate enough to reach the pool were healed.) Again, Jesus used clay to heal the man that was born blind and sent him to wash in the pool of Siloam.

Throughout the scriptures, we find remedies. Paul told Timothy to drink a little wine for his stomach's sake. Not that Paul was advocating wine drinking. But if your stomach is full of acid, you need something to change the pH. Since water is neutral, it will have no effect on the pH of the stomach acid. So Paul told Timothy to drink a little wine, or grape juice. Grape juice is one of the strongest alkaline foods you can put in your system. It would neutralize the stomach's acidity, putting out the fire in his stomach.

Also, Paul had his experience with cataracts, which he got from looking at a bright light. After his experience with God, scales fell from his eyes. Throughout the Scriptures, we find the promise that one day we will be blessed to eat from the Tree of Life. Then we will grow up to the full stature of the Man Jesus Christ. The Bible talks about many, many remedies. If we would search the Scriptures, we would find things that would protect and heal us.

SPIRIT OF PROPHECY ON DRUGS

Temperance. 140-141: To Guard Every Fiber of the Being. "Every organ, every fiber of the being, is to be sacredly guarded from every harmful practice, if we would not be among the number that Christ represents as walking in the same dishonorable path as did the inhabitants of the world before the Flood. Those in this number will be appointed to destruction, because they have persisted in carrying lawful habits to extremes, and have created and indulged habits that have no foundation in nature, and that become a warring lust.. "

"The mass of the inhabitants of this world are destroying for themselves the true basis of the highest earthly interest. They are destroying their power of self-control, and making themselves incapable of appreciating eternal realities. Willingly ignorant of their own structure, they lead their children in the same path of self-indulgence, causing them to suffer the penalty of the transgression of nature's laws..."

"Our habits of eating and drinking show whether we are of the world or among the number that the Lord by His mighty cleaver of truth has separated from the world. These are His peculiar people, zealous of good works." (Manuscript 86, 1897)

Temperance, Page 142: "No Right to Cripple One Organ of Mind or Body. No man or woman has any right to form habits which lessen the healthful action of one organ of mind or body. He who perverts his powers is defiling the temple of the Holy Spirit. The Lord will not work a miracle to restore to soundness those who continue to use drugs which so degrade soul, mind, and body that sacred things are not appreciated. Those who give themselves up to the use of tobacco and liquor do not appreciate their intellect. They do not realize the value of the faculties God has given them. They allow their powers to wither and decay."

When I hear someone say that they were healed using drug medication, I know that they are not healed. I will read you a quote that explains that the problem has simply gone to another part of the body. Another disease will eventually manifest itself.

Temperance, Page 43: "God desires all who believe in Him to feel the necessity of improvement. Every entrusted faculty is to be improved. Not one is to be neglected. As God's husbandry and building, man is under His supervision in every sense of the word; and the better he becomes acquainted with his Maker, the more sacred will his life become in his estimation. . . .

"God asks His children to live a pure, holy life. He has given His Son that we may reach this standard. He has made every provision necessary to enable man to live, not for animal satisfaction, like the beasts that perish, but for God and heaven. . . ."

The purpose of all the things we put in our bodies is to help us get back to the image of God. But if anything unholy is put into our system how can we get back to the image of God? Drug medication can remove symptoms of the disease, but it leaves the cause of the disease unchanged. And it leaves additional toxins for the body to deal with. We cannot concentrate. We cannot think. We're hallucinating. How could these drugs allow us to understand sacred truths? How can it possibly help us?

I do not understand how people can say they were healed by drugs. Jeremiah tells us: "There is none to plead thy cause, that thou mayest be bound up:

thou hast no healing medicines." Jer 30:13 We must go back to the Word of God and we must believe what he says.

Temperance, page 87: "God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering. Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally."

We see that anything that is poisonous should not be put into the system, even if we think it will relieve suffering. Here is another quote:

"The sick are in a hurry to get well and the friends of the sick are impatient. They will have medicine and if they do not feel that powerful influence upon their systems their erroneous views lead them to think they should feel, they impatiently change for another physician. The change often increases the evil. They go through a course of medicine equally as dangerous as the first.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society." – MH – pp. 126-127.

These medicines are so powerful that that they contribute to abuse of alcohol and drugs. One thing that deranges the body leads to something stronger. It is like an addiction. As the effect wears off we crave something stronger. We need to feel that "high" constantly. It forms a pattern. We increasingly need stronger drugs to maintain that high.

Jeremiah 8:10-11: "Therefore will I give their wives unto others, and their fields to them that shall inherit them: for every one from the least even unto the greatest is given to covetousness, from the prophet even unto the priest every one dealeth falsely. For they have healed the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace."

What has happened is simply this; some of our leaders have laid before us some lies. They put these little notes in the Spirit of Prophecy. When the Lord's servant said, "we are not to have drugs in our centers," they put these little footnotes saying "she was talking about those real poisonous drugs in their time, not the medication that we are using today. The medication we use today is safe."

That is not true; they are using chemotherapy, radiation, hormone therapy, and genetic engineering. Do you believe that genetic engineering is better than using mercury? Genetic engineering is tapping at the Creator's power. It will do away with the very concept of God. It fits into the concept of evolution. Also in the same chapter, verse 22 "Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?"

God is asking why there is so much sickness in the church. He is asking why is there so much sickness in my church. Is there not a physician there? Who are the physicians in the church? They should be Medical Missionaries. Why has the Medical Missionary been excluded from the church? God would have the Medical Missionary and the Gospel Ministry work together.

Job 13:4 "But ye are forgers of lies, ye are all physicians of no value."
God is simply saying these physicians are forgers of lies. They are telling us that these drugs won't hurt us. In reality, doctors know that these drugs have tremendous side effects. They give us one drug for one particular problem. Then they give us something to counteract the reaction. Why don't they tell us the truth? When you ask them questions, they get upset as if they are above questioning. A good doctor will sit down and counsel with his patients and explain to them the repercussions of taking various medicines.

Jeremiah 46:11 "Go up into Gilead, and take balm, O virgin, the daughter of Egypt: in vain shalt thou use many medicines; for thou shalt not be cured." God is telling us here that we are wasting our time trying to use drug medication to heal a person. In vain are you using these medications. For you are not going to be healed. It is the Lord that "healeth thee and forgiveth all thy iniquities."

SANITARIUMS

"Nothing should be put into the human system that will leave a baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, is the reason which has been given me for establishing sanitariums in various localities.

"Years ago the Lord revealed to me that institutions should be established for treating the sick without drugs. Man is God's property, and the ruin that has been made of the living habitation, the suffering caused by the seeds of death sown in the human system, are an offense to God." Temperance, page 87-88

If it was just for her time, why is she stating here that drugs leave a baleful effect upon the body.

"Christ never planted the seeds of death in the system. Satan planted them when he tempted Adam to eat of the Tree of Knowledge of Good and Evil. Not one noxious plant was placed in the Lord's great garden. But after Adam and Eve sinned poisonous herbs sprang up. And in the parable of the Sower, the question was asked the Master, 'Did thou not sow good seed in the field? Whence the tares?' The master answered, 'an enemy has done this.' All tares are sown by the evil one. Every noxious herb is by his sowing and by his ingenious method of amalgamation he has corrupted earth with his tares." 2 Selected Message, page 288.

Drug medication is a tare. It is a counterfeit. It makes you think you have the real things when you do not. If you take the tares of the AMA, your mind is numbed and you will not be able to discern the spiritual tares. We see this happening today in the church.

Most of the people who come to the clinic are on their deathbed. They have gone through chemotherapy or whatever else they have tried. They have only gotten worse on traditional medicine. If they die at the clinic, we get blamed, but the seeds of death are planted in the hospital, and thousands of people are dying.

People often come to the clinic after they have used up their vital force and say with their dying faith, "I am ready to go all the way with the Lord." When they die, the families get upset and say, "it didn't work," and blame God's program. But when someone dies in the hospital, they will say, "well, they did all he could. The Doctor was wonderful."

These people will submit again to the Doctor's program, but will never go to the clinic again. When a person prays that God will steady the hand of the surgeon, what are they asking for? If the unbelieving (or disobedient) surgeon is successful, who will get the glory? If you want to live by faith, you need to step out in faith.

"When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. The physician who depends upon drug medication in his practice shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime. I tell you this because I dare not withhold it. Christ paid too much for man's redemption to have his body so ruthlessly treated as it has been by drug medication.

“Years ago the Lord revealed to me that institutions should be established for treating the sick without drugs. Man is God's property, and the ruin that has been made of the living habitation, the suffering caused by the seeds of death sown in the human system, are an offense to God.

“Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. The Lord is willing to let His light shine forth in clear, distinct rays to all who are weak and feeble.

“Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh-meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man,” Medical Ministry, page 229.

RED CLOVER

It has a reputation for helping coughs, including whooping cough, colds, sore throats and skin eruptions. American Indians employed the plant for sore eyes and as a salve for burns. In the springtime they ate the leaves of the plant, which is a relative of the pea, as a vegetable. One 19th century newspaper reported the usefulness of red clover extract in the curing a case of cancer. Modern herbalists, more cautious in their praises, sometimes recommend the plant as alterative, or a drug used to alter the course of an ailment and restore healthy body function. They also mention red clover as a sedative and as an antispasmodic. Red clover is used in agriculture as a source of soil improvement cover crop, as a source of nectar for honeybees and as grazing and fodder for cattle. It is Vermont's state flower.

The scientific community says: “Red clover tea is still used today in folk medicine as a remedy for sore throats, colds and coughs. Pharmacologists state that no scientific data have been reported to validate these medicinal use for this plant.” We see here that the herbalist states that this plant can be used for coughs, colds sore throats, sore eyes, cancer, and for salves for burns. The medical people say there is no scientific data to prove that this works.

“I have a request to make. Will these children please gather me as much clover or even more than they did last year? If they can do this, they will do me a great favor. I cannot do it here. We have no clover on our ground. The first crop is preferable, but if this comes too late, the second crop had better be secured.” --Letter 1, 1872 (To a family in Michigan). 2SM 302

We can see that Ellen White endorsed the use of red clover because she knew the medical benefits of Red Clover.

HOPS

Scientific: Hops are universally known as a flavoring and a preservative in beer. Herbalists value the plant for its sedative qualities and

pharmacologists agree that the plant probably does have a sedative effect.

Here the scientific community bears witness that the herb has medicinal properties. This is what the Lord's servant says about hops. 2 Selected Messages page 297: “Hops tea will induce sleep. Hops poultice over the stomach will relieve pain.”

It is interesting that it has been given us as a sedative to help sleep, but the world has used those sedative qualities in liquor. Everything God has given us Satan has corrupted and used in a negative way. Many people drink and drive and those sedative qualities of hops have caused many deaths.

“Many people who would hesitate to put liquor to their neighbor's lips will engage in raising of hops, and thus lend their force against the temperance cause. I cannot see how, in the light of the law of God a person can conscientiously engage in the raising of hops or in the manufacture of wine and cider for the market.” –Temperance, p. 98.

APPEARANCE OF EVIL

“When intelligent men and women who are professedly Christians plead that there is no harm in making wine or cider for the market because when unfermented it will not intoxicate, I feel sad at heart. I know there is another side to this subject that they refuse to look upon; for selfishness has closed their eyes to the terrible evils that may result from the use of these stimulants. I do not see how our brethren can abstain from all appearance of evil and engage largely in the business of hop raising, knowing to what use the hops are put.

“Those who help to produce these beverages that encourage and educate the appetite for stronger stimulants will be rewarded as their works have been. They are transgressors of the law of God, and they will be punished for the sins which they commit and for those which they have influenced others to commit through the temptations which they have placed in their way.” Temperance, page 98.

We see that people are using God’s natural remedies in a wrong way and to make money. Everything good has been perverted. This natural remedy has become a tare. And we know the wheat and tares grow together until they are distinguished at the end. It is being distinguished now.

SMARTWEED

“Because of it’s hot biting flavor, common Smartweed is believed to have been used from prehistoric times as a seasoning for food. The plant also yields a golden yellow dye. Experiments indicate that extracts of smartweed have homeostatic properties, which stop bleeding and lower the blood pressure. Animals studies suggest the plant has contraceptive effects. There is little evidence that it remedies diarrhea.”

Ellen White recommended a poultice made from smartweed and charcoal.

WHITE OAK

“Scientists state that white oak bark’s use is valid as an astringent, causing the capillaries and skin to constrict and thereby stopping minor bleeding. Its use as an external homeostatic or agent that arrests more serious bleeding may be valid but has not been proved.” So scientists are saying that there is something there in the white oak bark that can actually stop or slow down hemorrhaging or bleeding. They are bearing witness to what the herbalists have been saying all along.

WHITE PINE

So vast were the white pine forests of North American that pioneers claimed a squirrel could travel all its life without coming down from the trees. The strong white wood was unrivaled as a building material and the colonists exported vast quantities to Europe. After the British Crown declared that largest trees had to be reserved for mast wood for its navy, the colonists poached the pine at night for their own use. When the American Revolution erupted, the tree was the emblem on the first flag of the Revolutionary forces.

To the Indians the tree was a source of medicine. They drank a boiled extract of the inner bark, which contains tannin as an astringent for diarrhea, but mainly, they soaked the bark and applied it to wounds as a soothing plaster. They also used the inner bark as a tea for colds.

It contains considerable mucilage which soothes the mucus membranes lining the respiratory tract and may loosen phlegm so that it may be coughed up. A boiled extract of the gum was also given as a pain reliever for rheumatism and a syrup made from the resin for colds. Settlers adopted the Indian’s medicinal uses of white pine.

We have used white pine sap to stop a toothache, or for pain in other parts of the body and it works fantastic. It is too bad the scientific community has waited so long to recognize this wonderful herb.

What does the Spirit of Prophecy have to say about the pine? Letter 95, 1902: “In the place preparation was being made to clear land for the erection of a sanatorium. Light was given that there is health in the fragrance of the pine, the cedar and the fir. There are several other kinds of trees that have properties that are health promoting. Let not these trees be rashly cut down. Let them live.”

We have appreciated the aroma of the pines but we never investigated the healing properties. Then the gentiles came along and began to investigate the chemical properties of the pine and came up with pycnogenal. There are other trees out there that have healing properties, like the Pacific Yew tree which they are using for cancer drugs today. If we would listen to the servant of the Lord, we would be the head and not the tail.

EUCALYPTUS

Eucalyptus is famous for its aroma and its antiseptic germ killing properties in its leaves and resins. Products using eucalyptus and other ingredients are made for application on the chest for bronchial congestion and for preparing steam inhalation to alleviate coughs and asthma. The oil is an ingredient in some cough drops and syrup.

Now let's see what the Lord's servant has to say about Eucalyptus. "Take a foot bath into which has been put the leaves of the eucalyptus tree. There is great virtue in these leaves. If you will try this you will find my words to be true. The oil of the eucalyptus is especially beneficial in the case of pain in the chest and lungs. I want you to make a trial of this remedy which is so simple and which costs you nothing." (Ibid, it is found also in 2SM 301).

She is challenging us to try this remedy. She also mentions taking a little honey and eucalyptus and using it as a cough syrup. There are wonderful properties in the eucalyptus.

QUEEN'S DELIGHT

In 1828, a certain doctor, T.Y. Simmons brought Queen's Delight to attention of medical profession by publishing in the American Medical Record his findings on it as a valuable drug in treating syphilis, for which mercury (a dangerous drug) was used. Queen's Delight soon met with physicians' approval and was listed in the US Pharmacopoeia. Unfortunately, doctors found that Queen's Delight had to be fresh to be effective. Doctors and herbalists later decided that the plant was more reliable for the laxative or emetic properties that other plants also afforded than as a remedy for syphilis for which no cure existed. Some modern herbalists recommend the plant for purifying the blood system and restoring it to normal.

To the Indians, the tree was a source of medicine. They drank a boiled extract of the inner bark, which contains tannin as an astringent for diarrhea, but mainly, they soaked the bark and applied it to wounds as a soothing plaster. They also used the inner bark for remedies.

2 Selected Messages, page 447: "The third case was again presented before me. It was that of the young man to whom was administered calomel. He was a great sufferer. His lips were dark and swollen. His gums were inflamed. His tongue was thick and swollen, and the saliva was running from his mouth in large quantities. The intelligent gentleman before mentioned looked sadly upon the sufferer, and said, 'This is the influence of mercurial preparations'. This young man had remaining, sufficient nervous energy, to commence a warfare upon this intruder, this drug-poison to attempt to expel it from the system. Many have not sufficient life-forces left to arouse to action, and nature is overpowered and ceases her efforts, and the victim dies." Let me go on a read a few more side effects from the same page:

"The fourth case, the person to whom was given opium, was again presented before me. She had awakened from her sleep much prostrated. Her mind was distracted. She was impatient and irritable, finding fault with her best friends, and imagining that they did not try to relieve her sufferings. She became frantic, and raved like a maniac. The gentleman before mentioned looked sadly upon the sufferer, and said to those present, This is the second result from taking opium. Her physician was called. He gave her an increased dose of opium which quieted her ravings, yet made her very talkative and cheerful. She was at peace with all around her, and expressed much affection for acquaintances, as well as her relatives. She soon grew drowsy and fell into a stupefied condition. The gentleman mentioned above, solemnly said, 'Her conditions of health are no better now than when she was in her frantic ravings. She is decidedly worse. This drug-poison, opium, gives temporary relief from pain, but does not remove the cause of pain.'"

This reminds me of when I worked in a psych hospital. I was on a chronic unit where the doors were locked behind me. The doctors say you cannot do anything for these people. They are on medication and hallucinating, talking out of their head. Instead of helping them, the medication they are giving them is only making the symptoms worse. These people are doomed to stay there until they die. If we would only use the principles that God has given, many of these people would not have to be institutionalized.

Satan wants to bind the minds of the people. He knows that he has won the war if people use these harmful drugs to destroy the mind. Thousands and thousands of people are institutionalized. Because of the effect of the drugs, the doctors have to put them on stronger and stronger medication. Going on:

“It only stupefies the brain, rendering it incapable of receiving impressions from the nerves. While the brain is thus insensible, the hearing, the taste, and sight are affected. When the influence of opium wears off, and the brain arouses from its state of paralysis, the nerves, which had been cut off from communication with the brain, shriek out louder than ever the pains in the system, because of the additional outrage the system has sustained in receiving this poison. Every additional drug given to the patient, whether it be opium, or some other poison, will complicate the case, and make the patient’s recovery more hopeless. The drugs given to stupefy, whatever they may be, derange the nervous system. An evil, simple in the beginning, which nature aroused herself to overcome, and which she would have done had she been left to herself, has been made ten-fold worse by drug-poisons being introduced into the system, which is a destructive disease of itself, forcing into extraordinary action the remaining life-forces to war against and overcome the drug-intruder.”

PERIWINKLE

“Few plants have generated as much interest among the scientific and medical communities as the Madagascar periwinkle, also known by its older name zinca rosaah. The interest began in the mid 1950s, when researchers began hearing of a periwinkle tea that was drunk in Jamaica, and began to study the plant for its reported anti-diabetic properties. They found much more than they had hoped for. The plant, they found, contains two anti-cancer alkaloids, Vincristine and Vanblastine, which inhibits the growth of tumors. Vincristine has proved more effective in treating childhood leukemia and Vanblastine in treating testicular cancer and Hodgkin’s disease, which is the cancer of the lymphatic system. Like many drugs used in chemotherapy, these alkaloids produce such side effects as nausea and hair loss. Along with the lesser periwinkle and other members of the Dogbane family, the Madagascar Periwinkle is endowed with other medicinal assets too. In all, it contains over 70 alkaloid agents. Some of these decrease blood sugar levels. Others reduce blood pressure.”

This periwinkle can raise blood pressure as well as lower blood pressure. Also it has been used to stop the growth of tumors. It is used for childhood leukemia, prostate problems, and has antibiotic properties. It is interesting that the scientific community tells us here not to use herbs, yet they go to the back hills of Jamaica and find out that periwinkle can help somebody with lymphoma. Americans act like they are very wise. But how do they learn what these tropical herbs will do? They go learn from tribes that live close to the forest. Then they come back and commercialize these herbs like they are very wise. What I am saying today, is that we do not have to depend on them to make the decisions. God has given us freedom to make our own decisions and to listen to the Holy Spirit. If God can point things out to the people living in the rain forests, he can also show us. We can take control of our health.

“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today. “The intricate names given medicines are used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary.

“Patients are to be supplied with good, wholesome food; total abstinence from all intoxicating drinks is to be observed; drugs are to be discarded, and rational methods of treatment followed. The patients must not be given alcohol, tea, coffee, or drugs; for these always leave traces of evil behind them. By observing these rules, many who have been given up by the physicians may be restored to health.

“In this work the human and divine instrumentalities can cooperate in saving life, and God will add His blessing. Many suffering ones not of our faith will come to our institutions to receive treatment. Those whose health has been ruined by sinful indulgence, and who have been treated by physicians till the drugs administered have no effect, will come; and they will be benefited.

“The Lord will bless institutions conducted in accordance with His plans. He will cooperate with every physician who faithfully and conscientiously engages in this work. He will enter the rooms of the sick. He will give wisdom to the nurses.” MS. 162, 1897.

We could have talked about many different herbs. We could have talked about Blessed Thistle, which has anti-cancer properties. We could have talked about Bloodroot, which destroys dead cancer tissue. It is one of the principle ingredients used in a hospital formula. We could have talked about Wild lettuce, which is a decongestant.

We could have talked about Wild Yam from which an extract is used to make birth control pills. There are hundreds of herbs out there. The pharmaceutical companies extracting elements from them to make drugs. But we believe you can use the plant in its natural state and get the benefits.

When are drugs necessary? This following quote may surprise you: "The disuse of meats, with healthful dishes nicely prepared to take the place of flesh meats, would place a large number of the sick and suffering ones in a fair way of recovering their health, without the use of drugs. But if the physicians encourage a meat-eating diet to his invalid patients, then he will make a necessity for the use of drugs." Paulson Collection, page 22

This is what happened to our whole educational system. When the ministers decided not to be health reformers, they needed to come up with a system to treat their particular problems that was the result of their unhealthy lifestyle. So the medical system was more attractive to them. But it was not God's plan.

If the ministers had been health reformers, Doctor Kellogg would not have lost confidence in the ministry. He could have been such a blessing to the church. But the ministers continued to eat meat, Uriah Smith, Elder Butler Elder Daniels, Elder Prescott, these and other leaders did not become vegetarians. Eating flesh unfit them to lead God's people. It unsettled their reason. They did not have the spiritual and mental qualifications to lead God's people. They were prime candidates to adopt the AMA approved accreditation medical program. Counsels on Diets and Foods states that not being a health reformer disqualifies a minister from leadership.

QUESTIONS #11

Match the following herbs with their properties:

1. Red clover ___sedative qualities
2. White oak bark ___stop bleeding & lower blood pressure
3. White pine ___astringent
4. Hops ___ good for syphilis
5. Smartweed ___Helpful for coughs
6. Eucalyptus ___pain reliever
7. Queen's Delight ___antiseptic

LESSON TWELVE

In this section, we will be looking at a number of common problems that you will probably face as Medical Missionaries. But first, I always like to get a foundation in the Word of God.

John 5:2-9: "Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. (3) In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. Now these people had come a long ways. They had come with one hope, one ambition—that they would find relief for the problems that bothered them. (4) For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.

(5) "And a certain man was there, which had an infirmity thirty and eight years. (6) When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? (7) The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. (8) Jesus saith unto him, Rise, take up thy bed, and walk. (9) And immediately the man was made whole, and took up his bed, and walked: and on the same day was the Sabbath."

You know, as we look at the case of this man who had been sick so long, think about the trials he must have gone through as he made his annual attempt to reach the pool. He believed that if one reached the pool he would be

healed of whatever disease that afflicted him. Hundreds of people had flocked to this pool. But this man had come every year seeking relief, but it seems that this year would be his last attempt. It seems that he had expended all his energy and all his strength. It is possible that his neighbors and friends had helped him get close to the edge of the pool, but at the very moment when the water began to stir, they would drop him and run ahead to get into the pool.

This man was about to receive a greater healing. When Jesus came upon the pool and looked upon His creation, he saw misery and suffering of untold magnitude. As he looked around He saw one man who was a supreme sufferer. His heart was touched and “he came unto him and said unto him, wilt thou be made whole?” Immediately, the man perceived that here was a Man who had experience in helping with cases as difficult as his. “And Jesus said unto him, take up thy bed and walk.”

Scripture says, “immediately the man was made whole” It seems that the man took hold of faith, and when he took hold of faith, he moved according to the word of God. Then it was as if electricity had traveled up and down his body, giving strength to his bones and his muscles, and the man stood upon his feet.

I believe that in these last days we will not have so much of the miraculous type of healing. But I believe that God has designed a practical method of reaching the sick today. The reason for that is the problem of fanaticism. It will not be the laying on of hands. It will simply be the practical application of teaching a man how to regain his health. To me this is the better way, because if a man is educated how to restore his health, he will understand what to do and what not to do. Then he can go and teach others. This I believe is a better way.

MULTIPLE SCLEROSIS

One of the diseases we want to look at today is MS. It is a disease that affects the central nervous system. It has a tremendous effect on the central nervous system. We want to look at the disease step by step to learn what we can do about this problem called MS. One of the first things that I do when I work with someone who has MS is to find out if that person has parasites, especially when I am dealing with a disease that affects the central nervous system. You may think it is a deterioration of the nerves or nerve cells, but it may simply be irritation by parasites.

To check, I simply put them on a parasite cleanse. It is a simple program. I put them on a fast of pumpkin seeds and garlic tea for three days. On the third day, I would give them an enema, and I would give them an herbal laxative, either Senna or Cascara, or even Mandrake. Then when I get ready to give them an enema, I would use about 6 ounces of warmed cow’s milk. Now that may seem strange, but we are trying to trick the parasites. For three days, the only food available has been pumpkin seeds, and they can’t stand the garlic. So we want to give cow’s milk to get them to come to the milk, to come to the rectum. Then before they can return to where they came from, you would expel the milk and you will see the parasites in the milk.

Another way you can do it is to do this fast, just eat your pumpkin seeds, and drink your tea. You could also use black walnut tea, or a little ginger tea. You could take a little wormwood to discourage parasites. After three days, take an herbal laxative and sit in a bucket of cow’s milk. When you pretend to have a bowel movement, what will actually happen? The parasites will come out of the bowels into the cow’s milk. If you look very carefully, with parasites of the larger varieties, you will be able to see them in the cow’s milk. When they are exposed to the air, this will kill them right away, so it may be hard to detect when you look at the stool when you go to the bathroom. Since the air kills them, you may think it is only food particles, but with the milk, you will be able to see them.

Another thing that I like to do when there is disease of the central nervous system; I like to put them on a cleansing program. Most cases, when there is nerve damage, it is because there is a severe overload of toxins. Many of these people suffer from autointoxication. Autointoxication is when the person is drunk on his own filth. The nerve cells do not respond well in a very toxic environment. Their toxicity changes the pH of the blood. It makes the blood is

more acid, which in turn shortens the life of the cells, thus preventing the cells from serving their function in the body. I put the person on a No Enema Intestinal Cleanser. At the same time I encourage them to drink two to three quarts of water each day, get lots of fiber. I also give them one or two enemas a day for one week.

I encourage them to go on a live juice diet for a short period of time. If they are weak, I try not to keep them on a juice fast very long, but if they are strong, I keep them on a juice fast five to seven days. If they are weak, fast for two to three days. Also if there is nerve damage, they need B vitamins. The B vitamins can be given through your juices; your chlorophyll juices from kale, turnips, mustard, or dandelion greens. Juice these and dilute with equal parts water, because the chlorophyll is so strong. Drink up to a pint a day.

The myelin sheath has been damaged, so people with nerve damage need to take lecithin. Take a tablespoon of the granular lecithin three times a day. Also people with MS, Guillain-Barre, stroke, heart attack, they all fit some of the same categories. These people also need oxygen. They should take Gotu kola or Ginkgo Biloba—about four capsules three times a day. This will help to increase the circulation and give them more oxygen. Also take one capsule of cayenne three to five times a day.

We can give a B complex supplement, because it strengthens the nerves. Give 200 – 300 mg of B complex. Calcium is needed—take 1000-2000 mg of Calcium. Vitamin C is a major component in dealing with MS. Not less than 10,000 mg a day is what I would recommend. Magnesium helps strengthen the muscular system and the bones. It is associated with calcium for bone formation. Folic acid. There needs to be a proper balance of folic acid. Babies who do not have enough folic acid have nerve damage. Niacin, B3, does a number of things; it increases circulation and at the same time it really stimulates the production of the nerve cells—that they grow and prosper. I also recommend a multi-vitamin and multi-mineral complex for a person that has MS. I also use cold pressed vegetable oils—one tablespoon of flaxseed oil and one tablespoon of olive oil.

One new type of oil that works well is grape-seed oil. I like to give one to two tablespoons grape-seed oil a day. Believe it or not, grape-seed oil, olive oil and flaxseed oil are what they need to repair the covering over the nerve cells. Many times, MS patients do not have enough fatty acids, and because of this the nerves short-circuit and the muscles get the wrong messages, producing involuntary movement in the body.

PHYSICAL THERAPY

One person we worked with was not able to feel or function in the lower part of her body. So we were able to exercise the limbs through hot fomentation. Before we could exercise the limbs, we needed to apply heat or some form of liniment to relax those muscles. Another thing that we did for this lady was to get her on her feet. In order to do that, we had to rig a pulley to lift her out of the wheel chair. Then she could move around on her own. We made a harness for her to wear, and we were able to do more exercises with her in an upright position.

The signals were mixed up, so with her exercises, I would tell her, use your mind. I'm going to lift your right leg, and you are going to concentrate on trying to do it yourself. Now I'm going to put it down. There were times when she thought I was lifting her leg, but in reality she was doing it. I was

getting her to focus in on moving her limbs, and through doing this she was able feel through constant movement. One thing when you are working with people with nerve damage you have to be very consistent with them. You can't do it one day, then wait a week or two to do it again. You have to be very consistent.

Also we put up a rail for her. I wanted to hook something to her limbs—I did it like a mummy or a puppet. We hooked her up and she was able to slide back and forth. So I wrapped something around her legs. She was able to exercise her own limbs by moving/sliding back and forth.

One thing you want to do with MS patients is to teach them to do as much as possible for themselves. You want them not to become more dependent on you than necessary. Keep them independent. Anything they can do for themselves, you should encourage them to do.

Another lady I worked with was born with Cerebral Palsy. She was on mega vitamins and I did some adjustments there, but she had not been consistent with her hydrotherapy. Consistency is very important. First I prayed, "okay Lord where do I begin?" After a time her spine had begun to curve, her back had curved over. She could stand up holding onto the wheel chair, but she could not walk. I had her go to an orthopedic surgeon to get a prescription for support shoes.

Then I said, "I would like for you to for you to become more independent." So we were trying to design and made a chair—somewhat like a stroller, so that she could move around in the kitchen. Then a friend told us that what we wanted had already been invented. We found someone who would make one up especially for this lady. Then she could move around, go in the kitchen. She could get up at the stove and do some of the cooking. The Lord really blessed her in increasing her independence. One interesting item she had was this toilet that was automatic—it would wash and dry her bottom. She could drive herself. If she pushed her steering wheel forward it would go, and when she pulled it back, it would stop. There are many inventions to make these folk more independent.

Hydrotherapy is very important. We also do Salt Glows. I like to use a lot of salt—Epsom Salt. When folks come to my clinic, I can use up to ten pounds of salt to a bath. There are cases when I will actually pack a person in wet salt. I have bought a 100 pounds of salt at the Co-op and we have filled the tub up with salt and wet it with

warm water and put a little peppermint and a little cayenne in the wet salt. We packed and covered them up with hot salt. We let them stay in the salt for a long time. When we took them out they had no symptoms of MS at all. They get up and walk around, he have no shaking, no trembling, no muscle weakness. It only lasts a short time, perhaps two to three hours. We do this every day until they can regain the use of their limbs again. Salt has some effect on the central nervous system.

I got a call from a man in Malaysia who had two sons suffering from MS. He asked me to come and work with these boys. I had trouble getting a Visa because the name of my institute was Bible School of Health, and Malaysia is a Muslim country. But this man really wanted me to help his sons, so I told him what to do. I told him to take his sons out by the ocean, and to get seawater. I told him to fill a tub with sand and add saltwater and put it out in the sun so the sun can heat the water and the limbs can absorb the sun rays. He did that every day. He called back to report to me that his sons were walking really well. He was amazed to see such a simple treatment. You may want to use a Salt Glow or a salt bath. It is relaxing to the central nervous system.

POLIO

Polio is a disease caused by a virus that attacks the muscular tissue. I work with polio as I would work with MS. The one difference that all natural herbalists have found is that you can reverse this condition by giving massive doses of Vitamin C. That is the major component in treatment. If you give a mega dose of Vitamin C—up to 25,000 mg, you can totally reverse this condition if you catch it in time. Let's face it. If you have had this condition for many years and you have a lot of structural damage, you cannot expect the Vitamin C to reverse the damage. However, Vitamin C will help you tremendously. I also recommend that you take some coconut milk. Drink about four ounces of coconut milk a day. It will help you tremendously. So Coconut Milk and Vitamin C are the only things I would add to the MS treatments we have talked about.

SEXUAL BEHAVIOR

This is a very complicated problem to deal with because people have different ideas concerning this area. And many marriages are in trouble because of this problem. Many marriages are on the rocks, or end in divorce because of this problem. There are people that are so caught up in their carnal passions that they have no reason. They are driven by sexual pleasure, and they are engrossed in protecting their sexuality that they put an extra burden upon their mate. Both extremes can cause problems. But let's see what Scripture have to say about this.

“Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman.” (1 Corinthians 7:1) Now it is good if a man is strong enough to never know a woman, because we can retain more of our vital forces. Every time a man experiences a woman, or a woman experiences a man, they do loose vital force. But as long as you are temperate in all things you can preserve that vital force and it will last you a lifetime. But because you enjoy it, you are tempted to abuse it. 1 Corinthians 7:2-5 (2) “Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.” If you have decided not to have a wife, but you find yourself tempted to commit fornication, it is better that you get a wife.

(3) “Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.” (4) “The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.” Now it the responsibility of the husband to please his wife. That is his responsibility. Likewise the wife. So this means the wife should systematically come to her husband. This keeps that harmony. This keeps peace in the family. The wife has not power over her body. That means when you become one flesh, it is no longer your right to say, “this is my body—you can't have it.” You have given this up when you become husband and wife, because you have turned that power over to your spouse. Now I am simply reading what the Bible said.

We need to look at this the correct way. Then we can talk about how it is abused. The right way is that when two people marry, they become one flesh. There should be a trust and love there so that you freely give the power over your body over to your husband/wife. So if the wife wants her husband, she simply goes to “her” body and she can have her husband—that's her body. Likewise with the husband, he can have his wife when he wants her. What keeps them from abusing this privilege? It is the love they have for each other. It is the husband being sensitive to his wife's needs, and the wife being sensitive to her husband's needs. If they love each other—if you love your own flesh, what man will abuse his own flesh? Or harm it? If you love your wife, you wouldn't abuse her. You know when she is too tired. You know when she has a problem. You can be sensitive to those situations.

(5) Defraud ye not one the other, except it be with consent for a time, Now what does defraud ye not mean? It means that you cannot decide to go on a two week fast from coming to your spouse. You cannot make that decision. The Bible has guidelines. It says defraud not, except it be with consent... and come together again, that Satan tempt you not for your incontinency.

Satan will tempt us if we stay away from our mate too long. (If you stay away from your mate, there needs to be an agreement between the two) This can be the source of major problems in the marriage. Another cause of marriage problems is the abuse of this privilege. It is a privilege for the husband to have power over his wife's body, and the wife over the husband's. Because of the animal (carnal) passions, this privilege is often abused.

If we are converted Christians, we will not want to indulge in this activity as much as a non-converted person does. When it does happen, it is with the full consent of both parties in such a way that both will be pleased. When this privilege is abused, it creates a lot of stress and problems for the family. It can be the foundation for self-abuse, or lustful thinking about someone else.

You should not even lust at your wife. When you lust at your wife, you commit sin. This type of arrangement is difficult to talk about. I don't want to spend a lot of time on it. I would say that if you have a sexual problem, where your passion is out of control, you should cut down on some of the spicy foods, cut back on the food that irritates the mucus membrane. Like the hot peppers and hot spices. Cut back on your animal foods, which seems to produce a more animal passion. Believe it or not, if you want to have better control over your sexuality, all you have to do is give up free fats. Go on an oil-free diet. You will find that it will cut that down tremendously. If you eat a lot of fats, a lot of animal foods, a lot of sweets, you will find that you have less and less control over your sexuality. And remember; get rid of the books and the pictures. And watch yourself as you travel down the highway. The devil is out there—always trying to get control over your lower passions.

BRAIN FOOD

If you want to get more nutrition to the brain, I would recommend two herbs that we have already talked about:

1. Gotu Kola—take 3 capsules 3 times a day.
2. Ginkgo Biloba take 4 capsules 3 times a day.
3. Lecithin—1 Tablespoon three times a day.
4. Niacin—50 mg 2-3 times a day.

Along with that, it is helpful to consume a lot of seaweed—for the iodine. Did you know that our body only needs a speck of iodine, and yet when we do not have the proper amount of iodine, we will be idiots? So it is very important that you get the proper amount of iodine. You can get it from seaweed, and sea plants. You can use dulse, kelp, bladderwrack, black walnuts, spirulina. All of those are very high in iodine. To complement this, use a lot of green vegetables. Green leafy vegetables are good brain foods. In order to build good brain cells, you need to eat foods that are high in amino acids. Use predigested proteins in the form of amino acids. Use sauerkraut and tofu, which are predigested protein in the form of amino acids. They are not concentrated proteins as some people think. Tofu contains predigested protein. It has been broken down to its simplest form. Even a child can digest tofu.

One other thing that you need to do for the brain is eat foods high in oxygen. Oxidizing foods, oxidizing enzymes—such as your real juicy foods. This includes collard greens, cabbage, kale, tomatoes, and broccoli. These have lots of oxygen in them. Also you want to eat some seeds because of the fatty acid. You need to consume sufficient Vitamin E because it is an oxygen carrier. It carries oxygen to the system. Vitamin A is another oxygen carrier. Ginseng will also help carry the oxygen (take 2 capsules 3 times a day) Foods that you definitely want to stay away from are foods that rob the brain of oxygen. Foods that rob the brain are those that contain a lot of sugar. The body will have trouble keeping an oxygen balance, because the sugar demands oxygen. So your brain will be starving for oxygen. The consumption of alcohol, or being intemperate in our studying, our work, or our eating can also rob the brain of oxygen.

With ginseng take 2 capsules three times a day. The niacin 50 mg two to three times a day. Remember that niacin will give you a flush and cause itching. For poor circulation you can take one capsule three to five times a day of the Cayenne.

You should sleep with the windows cracked so that there is good ventilation. No matter how cold or hot it is, there needs to be ventilation.

This helps the circulation. If there is a lack of oxygen because of poor brain food, you can do hot and cold showers or friction rub on the body. Of course, if the person has a blood clot, you do not want to do friction rub. But you still can do some different type massage without disturbing the blood clot, which will help the person with their circulation.

Exercise will help to get the blood flowing. Appropriate dress is important as well. One needs to equalize the body covering. If you have a lot of clothes at the top and few at the bottom, or vice versa, the blood will not circulate properly. If the limbs are uncovered, such as walking around with shorts on but lots of clothes on top, the blood is mostly in the chest area. The limbs have less blood while the blood is drawn up into the chest area. If the clothes are equalized the blood will be more equalized.

We also need to wear natural fibers. Synthetic clothes that do not breathe keep the blood from circulating properly. This may lead to congestion in the brain. Congestion is stagnated blood, and that can cause a lot of problems. Hot and cold footbaths can draw that blood down from the head to the feet. That exchange of blood will encourage new blood coming into that area. This helps circulation. Poor circulation is one of the main reasons we have congestion of the brain—mental fatigue.

One remedy you may not think about is feeding the brain good information can encourage good brain activity. I'm not talking about studying. Simply meditating on the grace of God will be helpful. These can be some of the best treatments. Go out into the woods and find yourself a nice spot under a tree. Breathe the oxygen that is coming forth from the trees. Believe it or not, being around a lot of vegetation can help you respire. The more trees around you, the fewer chemicals and other toxins will be brought back into your system. So I encourage you to get back into nature out in the woods. This will help you with your congested brain.

“The most of us wear clothing enough, but many fail to give every part of the body its due proportion. . . . If any part of the body should be favored with extra coverings, it should be the limbs and feet, which are at a distance from the great wheel of life, which sends the blood through the system. The limbs should ever be clothed with a warm covering to protect them from a chill current of air. . . . If the feet are clothed with good-sized, thick-soled, warm boots or shoes, for comfort rather than for fashion, the blood will be induced to circulate freely in the limbs and feet, as well as other portions of the body. . . . If we give the lungs and feet ample room to do the work God designed they should, we shall be rewarded with better health and a clearer conscience. There is but one woman in a thousand who clothes her limbs as she should. . . . Women should clothe their limbs as thoroughly as do men.” Healthful Living, page 134

METAL TOXINS

Metal toxins are getting to be a major problem. There are so many different ways you can become contaminated with metals. Perhaps the easiest way is aluminum. Aluminum is in so many different things. Take aluminum foil for example. You wrap your baking potatoes in aluminum foil and what happens? Did you know there are certain herbs you should not cook in certain types of utensils? The metals can actually absorb into the herbs. It is better to use cast iron, earthenware, or glass. Starchy foods are capable of absorbing a lot of minerals from the utensils you use. You have to be very careful with that.

I know it is easy to wrap the potato in foil. But the potato absorbs the aluminum, and then you eat the potato. What happens to the aluminum? It ends up in your blood stream and it is not a biodegradable product. The aluminum is in your bloodstream and it ends up in your brain. Many years later, as you age, the brain has a lot of aluminum in it, which contributes to Alzheimer's. Drinking from aluminum cans is another bad habit. The food is trapped inside that aluminum, and aluminum is absorbed back into the food.

A lot of our water has minerals in it. These can cause problems. It is very difficult to escape metal toxins. But you can with effort, and I would advise you to make that effort. Be very careful what you put in your body, and how you prepare it. You may not be able to see the metal toxins, but they are there.

Also we have amalgam fillings in our mouth. This can be dangerous. Our bodies can only handle a certain amount of metal. There is a limit to the amount of copper or iron that the body can tolerate. The Medical Society is warning men to lower their iron consumption (i.e. in red meat). Women can tolerate more than men can. This creates circulatory and heart related problems. We need to be aware that the body needs to stay in balance.

There is some evidence that Vitamin C and Vitamin E help to remove excessive metals from the system. The things we talked about earlier in reference to the brain also apply here. Getting more oxygen into the system. Using the herbs—Gota Kola, Gingko, Lecithin, etc. This will help detoxify the brain.

Be aware of the ingredients in Baking Powder. There is a large amount of aluminum in Baking Powder. I have worked so much with Alzheimer's patients. The elderly no longer have a reason to prepare balanced meals, so they eat out of the can. They eat foods that are high in aluminum, prepared with baking powder, cooked in aluminum pots. So over a period of years, this aluminum gets trapped in their brain. Then often their only activity is watching TV. TV will paralyze the brain and put it to sleep. This combination of aluminum and no exercise of the brain cause the brain cells to die off. We would encourage everyone to get it out of the system and be careful about what you consume. We get enough metals from the natural foods we eat.

THYROID PROBLEMS

A lot of people are having thyroid problems due to a lack of iodine. Kelp is a natural source. If you have hyperthyroidism, you need to get checked and keep track of the T3 and T4 as well as the TSH. Your life needs to slow down, and you need to focus on yourself. If hyperthyroidism is not regulated, the body will soon reach a point where it can no longer be revitalized through natural remedies. Then you will need medication. I think I mentioned last night that I had to have the radioactive iodine. That did not solve the problem. But the Lord has blessed and I have been able to get off medication. I still need to check regularly. There is a 50% chance that you can go into hypothyroidism. Things that help are Kelp, Seaweed, Dulse, Spirulina, green leafy vegetables and fruits. Make sure your eliminating organs—the liver and kidneys—are working. Drink plenty of water, use lemon water daily (3-5 lemons in a quart and a half water), take milk thistle and dandelion for the liver.

You may need to take something for circulation. Your whole body is affected by thyroid problems—Cayenne pepper, Tansy tea (take 3 teaspoons in quart boiling water, let it steep 30-40 minutes. Drink 8 oz two or three times a day). This will bring your heart rate down. This is before your heart really gets out of whack. You really need to keep tabs on your T3 and T4 and well as the TSH It is a thyroid stimulation hormone.

A lot of people in Florida do not get enough iodine because of the lack in the sandy soil. Vegetarians who do not eat fish are especially vulnerable. If you don't eat seaweed, you are not going to get a lot of iodine. Because of that, vegetarians in Florida area will have a lot of problems with the thyroid. So if you are living in that area, you need to take extra care, get food grown in an area with greater iodine in the soil.

For years, I was able to control my thyroid problem naturally, but when I started my own clinic, I over worked myself, and my thyroid problem got worse. To compensate, I took more iodine, but this merely accelerated the problem. The thyroid was not able to handle more iodine. It was already swollen, and the iodine made it worse. Sometimes, taking inorganic iodine will make the problem worse.

You need a practitioner whom you can trust and counsel with in order to overcome this problem. For this disease, do not try to treat without some kind of medical monitoring. For both hypothyroidism and hyperthyroid, the treatment is the same. The body needs iodine. My thyroid was not using it, just soaking it up. Because of the palpitations, I accumulated 30 pounds of fluid. Eventually, I had to stop eating green leafy vegetables and fruit. Can you imagine? I had to eat a lot of grains, starchy foods until my body was able to metabolize the iodine. Slow your life down and keep check on it.

QUESTIONS #12

1. How will God work for our health in these _____ last _____ days?

2. Will there be a lot of miraculous healing demonstrations?

3. For an MS patient, what is the first thing to check for?

4. Explain the parasite cleanse. _____

5. When there is nerve damage, there is a severe _____.

6. Auto-intoxication _____ is _____.

7. Patients with nerve damage need _____ vitamins.

8. If the blood is acid (pH) it _____ the life of the cell.

9. Many times, MS patients do not have _____.

10. How can salt benefit an MS patient? _____

11. For polio, a key vitamin is vitamin _____.

12. One way to increase self-control is to make what dietary change?

13. List the key "Brain Food" supplements. _____.

14. What "food" robs the brain of essential nutrients? _____

15. Thinking about _____ helps improve brain function.

16. What herbs are good for thyroid problems? _____

17. What does both hyperthyroidism and hypothyroidism need?

DISEASES AND ITS CAUSES

CHAPTER 1

Since the fall in Eden, the race has been degenerating. Deformity, imbecility, disease, and human suffering have been pressing heavier and heavier upon each successive generation since the fall, and yet the masses are asleep as to the real causes. They do not consider that they themselves are guilty, in a great measure, for this deplorable state of things. They generally charge their sufferings upon Providence, and regard God as the author of their woes. But it is intemperance, to a greater or less degree, that lies at the foundation of all this suffering. {2SM 411.1}

Eve was intemperate in her desires when she put forth the hand to take of the fruit-forbidden tree. Self-gratification has reigned almost supreme in the hearts of men and women since the fall. Especially has the appetite been indulged, and they have been controlled by it, instead of reason. For the sake of gratifying the taste, Eve transgressed the command of God. He had given her everything her wants required, yet she was not satisfied. Ever since, her fallen sons and daughters have followed the desires of their eyes, and of their taste. They have, like Eve, disregarded the prohibitions God has made, and have followed in a course of disobedience, and, like Eve, have flattered themselves that the consequence would not be as fearful as had been apprehended. {2SM 411.2}

Man has disregarded the laws of his being, and disease has been steadily increasing. The cause has been followed by the effect. He has not been satisfied with food which was the most healthful; but has gratified the taste even at the expense of health. {2SM 411.3}

God has established the laws of our being. If we violate these laws, we must, sooner or later, pay the penalty. The laws of our being cannot be more successfully violated than by crowding upon the stomach unhealthy food, because craved by a morbid appetite. To eat to excess, of even simple food, will eventually break down the digestive organs; but add to this the eating in too great an amount of food, and that unwholesome, and the evil is greatly increased. The constitution must become impaired. {2SM 411.4}

The human family have been growing more and more self-indulgent, until health has been most successfully sacrificed upon the altar of lustful appetite. The inhabitants of the Old World were intemperate in eating and drinking. They would have flesh meats, although God had given them no permission to eat animal food. They ate and drank to excess, and their depraved appetites knew no bounds. They gave themselves up to abominable idolatry. They became violent, and ferocious, and so corrupt that God could bear with them no longer. Their cup of iniquity was full, and God cleansed the earth of its moral pollution by a flood. As men multiplied upon the face of the earth after the flood, they forgot God, and corrupted their ways before him. Intemperance in every form increased to a great extent. {2SM 412.1}

The Lord brought his people out of Egypt in a victorious manner. He led them through the wilderness to prove them, and try them. He repeatedly manifested his miraculous power in their deliverances from their enemies. He promised to take them to himself, as his peculiar treasure, if they would obey his voice, and keep his commandments. He did not forbid them to eat the flesh of animals, but withheld it from them in a great measure. He provided them food which was the most healthful. He rained their bread from heaven, and gave them purest water from the flinty rock. He made a covenant with them, if they would obey him in all things, he would preserve them from disease. {2SM 412.2}

But the Hebrews were not satisfied. They despised the food given them from heaven, and wished themselves back in Egypt where they could sit by the flesh-pots. They preferred slavery, and even death, rather than to be deprived of meat. God, in his anger, gave them flesh to gratify their lustful appetites, and great numbers of them died while eating the meat for which they had lusted. {2SM 412.3}

Nadab and Abihu were slain by the fire of God's wrath for their intemperance in the use of wine. God would have his people understand that they will be visited according to their obedience or transgressions. Crime and disease have increased with every successive generation. Intemperance in eating and drinking, and the indulgence of the baser passions, have benumbed the nobler faculties. Appetite, to an alarming extent, has controlled reason. {2SM 412.4}

The human family have indulged an increasing desire for rich food, until it has become a fashion to crowd all the delicacies possible into the stomach.

Especially at parties of pleasure is the appetite indulged with but little restraint. Rich dinners and late suppers are partaken of, consisting of highly-seasoned meats with rich gravies, rich cakes, pies, ice cream, etc. {2SM 413.1}

Professed Christians generally take the lead in these fashionable gatherings. Large sums of money are sacrificed to the Gods of fashion and appetite, in preparing feasts of health-destroying dainties to tempt the appetite, that through this channel something may be raised for religious purposes. Thus, ministers, and professed Christians, have acted their part and exerted their influence, by precept and example, in indulging in intemperance in eating, and in leading the people to health-destroying gluttony. Instead of appealing to man's reason, to his benevolence, his humanity, his nobler faculties, the most successful appeal that can be made is to the appetite. {2SM 413.2}

The gratification of the appetite will induce men to give means when otherwise they would do nothing. What a sad picture for Christians! With such sacrifice is God well pleased? How much more acceptable to him was the widow's mite. Such as follow her example from the heart, will have well done. To have the blessing of Heaven attend the sacrifice thus made, can make the simplest offering of the highest value. {2SM 413.3}

Men and women who profess to be followers of Christ, are often slaves to fashion, and to a gluttonous appetite. Preparatory to fashionable gatherings, time and strength, which should be devoted to higher and nobler purposes, are expended in cooking a variety of unwholesome dishes. Because it is fashion, many who are poor and dependent upon their daily labor, will be to the expense of preparing different kinds of rich cakes, preserves, pies, and a variety of fashionable food for visitors, which only injure those who partake of them; when, at the same time they need the amount thus expended, to purchase clothing for themselves and children. This time occupied in cooking food to gratify the taste to the expense of the stomach, should be devoted to the moral and religious instruction of their children. {2SM 413.4}

Fashionable visiting is made an occasion of gluttony. Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of

digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the

blood, and, as a result, want of vital energy is felt throughout the system. The blessings which might result from social visiting, are often lost, for the

reason that your entertainer, instead of being profited by your conversation, is toiling over the cook-stove, preparing a variety of dishes for you to feast

upon. Christian men and women should never permit their influence to countenance such a course by eating of the dainties thus prepared. Let them understand

that your object in visiting them is not to indulge the appetite, but that your associating together, and interchange of thoughts and feelings, might be a

mutual blessing. The conversation should be of that elevated, ennobling character which could afterward be called to remembrance with feelings of the highest

pleasure. {2SM 414.1}

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. They can do much in reforming these fashionable, health and

soul-destroying customs. {2SM 414.2}

Many indulge in the pernicious habit of eating just before sleeping hours. They may have taken three regular meals; yet because they feel a sense of faintness, as though hungry, will eat a lunch, or fourth meal. By indulging this wrong practice, it has become a habit, and they feel as though they could not sleep without taking a lunch before retiring. In many cases, the cause of this faintness is because the digestive organs have been already too severely taxed through the day in disposing of unwholesome food forced upon the stomach too frequently, and in too great quantities. The digestive organs thus taxed become weary, and need a period of entire rest from labor to recover their exhausted energies. A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal. If a third meal be eaten at all, it should be light, and several hours before going to bed. {2SM 414.3}

But with many, the poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep of such is generally disturbed with unpleasant dreams, and in the morning they awake unrefreshed. There is a sense of languor and loss of appetite. A lack of energy is felt through the entire system. In a short time the digestive organs are worn out, for they have had no time to rest. These become miserable dyspeptics, and wonder what has made them so. The cause has brought the sure result. If this practice be indulged in a great length of time, the health will become seriously impaired. The blood becomes impure, the complexion sallow, and eruptions will frequently appear. You will often hear complaints from such, of frequent pains and soreness in the region of the stomach, and while performing labor, the stomach becomes so tired that they are obliged to desist from work, and rest. They seem to be at loss to account for this state of things; for, setting this aside, they are apparently healthy. {2SM 415.1}

Those who are changing from three meals a day, to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear. {2SM 415.2}

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. After the stomach, which has been overtaxed, has performed its task, it becomes exhausted, which causes faintness. Here many are deceived, and think that it is the want of food which produces such feelings, and without giving the stomach time to rest, they take more food, which for the time removes the faintness. And the more the appetite is indulged, the more will be its clamors for gratification. This faintness is generally the result of meat-eating, and eating frequently, and too much. The stomach becomes weary by being kept constantly at work, disposing of food not the most healthful. Having no time for rest, the digestive organs become enfeebled, hence the sense of "goneness," and desire for frequent eating. The remedy such require, is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day. The stomach must have its regular periods for labor and rest, hence eating irregularly and between meals, is a most pernicious violation of the laws of health. With regular habits, and proper food, the stomach will gradually recover. {2SM 415.3}

Because it is the fashion, in harmony with morbid appetite, rich cake, pies, and puddings, and every hurtful thing, are crowded into the stomach. The table must be loaded down with a variety, or the depraved appetite cannot be satisfied. In the morning, these slaves to appetite often have impure breath, and a furred tongue. They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. The cause has brought the sure result. {2SM 416.1}

In order to preserve health, temperance in all things is necessary. Temperance in labor, temperance in eating and drinking. {2SM 416.2}

Many are so devoted to intemperance that they will not change their course of indulging in gluttony under any considerations. They would sooner sacrifice health, and die prematurely, than to restrain the intemperate appetite. And there are many who are ignorant of the relation their eating and drinking has to health. Could such be enlightened, they might have moral courage to deny the appetite, and eat more sparingly, and of that food alone which was healthful, and by their own course of action save themselves a great amount of suffering. {2SM 416.3}

Efforts should be made to preserve carefully the remaining strength of the vital forces, by lifting off every overtaking burden. The stomach may never fully recover health, but a proper course of diet will save further debility, and many will recover more or less, unless they have gone very far in gluttonous self-murder. {2SM 416.4}

Those who permit themselves to become slaves to a morbid appetite, often go still further, and debase themselves by indulging their corrupt passions, which have become excited by intemperance in eating and in drinking. They give loose rein to their debasing passions, until health and intellect greatly suffer. The reasoning faculties are, in a great measure, destroyed by evil habits. {2SM 416.5}

I have wondered that the inhabitants of the earth were not destroyed, like the people of Sodom and Gomorrah. I have seen reason enough for the present state of degeneracy and mortality in the world. Blind passion controls reason, and every high consideration with many is sacrificed to lust. {2SM 417.1}

The first great evil was intemperance in eating and drinking. Men and women have made themselves slaves to appetite. {2SM 417.2}

Pork although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show his authority, but because it was not a proper article of food for man. It would fill the system with scrofula, and especially in that warm climate produced leprosy, and disease of various kinds. 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. The heathen used pork as an article of food, and American people have used pork freely as an important article of diet. Swine's flesh would not be palatable to the taste in its natural state. It is made agreeable to the appetite by highly seasoning, which makes a very bad thing worse. Swine's flesh above all other flesh-meats, produces a bad state of the blood. Those who eat freely of pork can but be diseased. Those who have much out-door exercise do not realize the bad effects of pork eating as those do whose life is mostly in-doors, and whose habits are sedentary, and whose labor is mental. {2SM 417.3}

But it is not the physical health alone which is injured by pork-eating. The mind is affected, and the finer sensibilities are blunted by the use of this gross article of food. It is impossible for the flesh of any living creature to be healthy when filth is their natural element, and when they will feed upon every detestable thing. The flesh of swine is composed of what they eat. If human beings eat their flesh, their blood and their flesh will be corrupted by impurities conveyed to them through the swine. {2SM 417.4}

The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork-eating is still causing the most intense suffering to the human race. Depraved appetites crave those things which are the most injurious to health. The curse, which has rested heavily upon the earth, and has been felt by the whole race of mankind, has also been felt by the animals. The beasts have degenerated in size, and length of years. They have been made to suffer more than they otherwise would, by the wrong habits of man. {2SM 417.5}

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. {2SM 418.1}

Because those who partake of animal food do not immediately feel its effects, is no evidence it does not injure them. It may be doing its work surely upon the system, and yet the persons for the time being realize nothing of it. {2SM 418.2}

Animals are crowded into close cars, and are almost wholly deprived of air and light, food and water, and are carried thus thousands of miles, breathing the foul air arising from accumulated filth, and when they arrive at their place of destination, and are taken from the cars, many are in a half starved, smothered, dying condition, and if left alone, would die of themselves. But the butcher finishes the work, and prepares the flesh for market. {2SM 418.3}

Animals are frequently killed that have been driven quite a distance for the slaughter. Their blood has become heated. They are full of flesh, and have been deprived of healthy exercise, and when they have to travel far, they become surfeited, and exhausted, and in that condition are killed for market. Their blood is highly inflamed, and those who eat of their meat, eat poison. Some are not immediately affected, while others are attacked with severe pain, and die from fever, cholera, or some unknown disease. Very many animals are sold for the city market, known to be diseased by those who have sold them, and those who buy them for the market are not always ignorant of the matter. Especially in larger cities this is practiced to a great extent, and meateaters know not that they are eating diseased animals. {2SM 418.4}

Some animals that are brought to the slaughter seem to realize what is to take place, and they become furious, and literally mad. They are killed while in that state; and their flesh prepared for market. Their meat is poison, and has produced, in those who have eaten it, cramp, convulsions, apoplexy, and sudden death. Yet the cause of all this suffering is not attributed to meat. Some animals are inhumanly treated while being brought to the slaughter. They are literally tortured, and after they have endured many hours of extreme suffering, are butchered. Swine have been prepared for market even while the plague was upon them, and their poisonous flesh has spread contagious diseases, and great mortality has followed.--How to Live, No. 1, pp. 51-60.

QUESTIONS

1. Since the fall in Eden, the race has been degenerating. Deformity, imbecility, disease, Explain why ?

_____.

2. The Lord brought his people out of Egypt in a victorious manner. He led them through the wilderness to prove them, Why did the people need to be proved?

_____.

3. The Hebrews were not satisfied. They despised the food given them from heaven. Why were they not satisfied?

_____.

4. Many indulge in the pernicious habit of eating just before _____

_____. They may have taken three _____; yet because they

feel a sense of _____, as though _____, will eat a lunch, or

_____.

5. Many are so devoted to _____ that they will not

change their _____ of _____ in _____ under any

_____.

CHAPTER 2

Men and women, by indulging the appetite in eating rich and highly-seasoned foods, especially flesh-meats, with rich gravies, and by using stimulating drinks, as tea and coffee, create unnatural appetites. The system becomes fevered, the organs of digestion become injured, the mental faculties are beclouded, while the baser passions are excited, and predominate over the nobler faculties. The appetite becomes more unnatural, and more difficult of restraint. The circulation of the blood is not equalized, and becomes impure. The whole system is deranged, and the demands of appetite become more unreasonable, craving exciting, hurtful things, until it is thoroughly depraved. {2SM 420.1}

With many, the appetite clamors for the disgusting weed, tobacco, and ale, made powerful by poisonous, health-destroying mixtures. Many do not stop even here. Their debased appetites call for stronger drink, which has a still more benumbing influence upon the brain. Thus they give themselves up to every excess, until appetite holds complete control over the reasoning faculties; and man, formed in the image of his Maker, debases himself lower than the beasts.

Manhood and honor are alike sacrificed to appetite. It required time to benumb the sensibilities of the mind. It was done gradually, but surely. The

indulgence of the appetite in first eating food highly seasoned, created a morbid appetite, and prepared the way for every kind of indulgence, until health and intellect were sacrificed to lust. {2SM 420.2}

Many have entered the marriage relation who have not acquired property, and who have had no inheritance. They did not possess physical strength, or mental energy, to acquire property. It has been just such ones who have been in haste to marry, and who have taken upon themselves responsibilities of which they had no just sense. They did not possess noble, elevated feelings, and had no just idea of the duty of a husband and father, and what it would cost them to provide for the wants of a family. And they manifested no more propriety in the increase of their families than that shown in their business transactions. Those who are seriously deficient in business tact, and who are the least qualified to get along in the world, generally fill their houses with children; while men who have ability to acquire property generally have no more children than they can well provide for. Those who are not qualified to take care of themselves should not have children. It has been the case that the numerous offspring of these poor calculators are left to come up like the brutes. They are not suitably fed or clothed, and do not receive physical or mental training, and there is nothing sacred in the word, home, to either parents or children. {2SM 420.3}

The marriage institution was designed of Heaven to be a blessing to man; but in a general sense it has been abused in such a manner as to make it a dreadful curse. Most men and women have acted, in entering the marriage relation, as though the only question for them to settle was whether they loved each other. But they should realize that a responsibility rests upon them in their marriage relation farther than this. They should consider whether their offspring will possess physical health, and mental and moral strength. But few have moved with high motives, and with elevated considerations--that society had claims upon them which they could not lightly throw off--that the weight of their families' influence would tell in the upward or downward scale. {2SM 421.1}

Society is composed of families. And heads of families are responsible for the molding of society. If those who choose to enter the marriage relation without due consideration were alone to be the sufferers, then the evil would not be as great, and their sin would be comparatively small. But the misery arising from unhappy marriages is felt by the offspring of such unions. They have entailed upon them a life of living misery; and though innocent, suffer the consequences of their parents' inconsiderate course. Men and women have no right to follow impulse, or blind passion, in their marriage relation, and then bring innocent children into the world to realize from various causes that life has but little joy, but little happiness, and is therefore a burden. {2SM421.2}

Children generally inherit the peculiar traits of character which the parents possess, and in addition to all this, many come up without any redeeming influence around them. They are too frequently huddled together in poverty and filth. With such surroundings and examples, what can be expected of the children when they come upon the stage of action, but that they will sink lower in the scale of moral worth than their parents, and their deficiencies in every respect be more apparent than theirs? Thus has this class perpetuated their deficiencies, and cursed their posterity with poverty, imbecility, and degradation. These should not have married. At least, they should not have brought innocent children into existence to share their misery, and hand down their own deficiencies, with accumulating wretchedness, from generation to generation, which is one great cause of the degeneracy of the race. {2SM 421.3}

If women of past generations had always moved from high considerations, realizing that future generations would be ennobled or debased by their course of action, they would have taken their stand, that they could not unite their life interest with men who were cherishing unnatural appetites for alcoholic drinks, and tobacco which is a slow, but sure and deadly poison, weakening the nervous system, and debasing the noble faculties of the mind. If men would remain wedded to these vile habits, women should have left them to their life of single blessedness, to enjoy these companions of their choice. Women should not have considered themselves of so little value as to unite their destiny with men who had no control over their appetites, but whose principal happiness consisted in eating and drinking, and gratifying their animal passions. Women have not always followed the dictates of reason instead of impulse. They have not felt in a high degree the responsibilities resting upon them, to form such life connections as would not enstamp upon their offspring a low degree of morals, and a passion to gratify debased appetites, at the

expense of health, and even life. God will hold them accountable in a large degree for the physical health and moral characters thus transmitted to future generations. {2SM 422.1}

Men and women who have corrupted their own bodies by dissolute habits, have also debased their intellects, and destroyed the fine sensibilities of the soul. Very many of this class have married, and left for an inheritance to their offspring, the taints of their own physical debility and depraved morals. The gratification of animal passions, and gross sensuality, have been the marked characters of their posterity, which have descended from generation to generation, increasing human misery to a fearful degree, and hastening the depreciation of the race. {2SM 422.2}

Men and women who have become sickly and diseased, have often in their marriage connections selfishly thought only of their own happiness. They have not seriously considered the matter from the standpoint of noble, elevated principles, reasoning in regard to what they could expect of their posterity, but diminished energy of body and mind, which would not elevate society, but sink it still lower. {2SM 423.1}

Sickly men have often won the affections of women apparently healthy, and because they loved each other, they felt themselves at perfect liberty to marry, neither considering that by their union the wife must be a sufferer, more or less, because of the diseased husband. In many cases the diseased husband improves in health, while the wife shares his disease. He lives very much upon her vitality, and she soon complains of failing health. He prolongs his days by shortening the days of his wife. Those who thus marry commit sin in lightly regarding health and life given to them of God to be used to his glory. But if those who thus enter the marriage relation were alone concerned, the sin would not be so great. Their offspring are compelled to be sufferers by disease transmitted to them. Thus disease has been perpetuated from generation to generation. And many charge all this weight of human misery upon God, when their wrong course of action has brought the sure result. They have thrown upon society an enfeebled race, and done their part to deteriorate the race, by rendering disease hereditary, and thus accumulating human suffering. {2SM 423.2}

Another cause of the deficiency of the present generation in physical strength and moral worth, is, men and women uniting in marriage whose ages widely differ. It is frequently the case that old men choose to marry young wives. By thus doing the life of the husband has often been prolonged, while the wife has had to feel the want of that vitality which she has imparted to her aged husband. It has not been the duty of any woman to sacrifice life and health, even if she did love one so much older than herself, and felt willing on her part to make such a sacrifice. She should have restrained her affections. She had considerations higher than her own interest to consult. She should consider, if children be born to them, what would be their condition? It is still worse for young men to marry women considerably older than themselves. The offspring of such unions in many cases, where ages widely differ, have not well-balanced minds. They have been deficient also in physical strength. In such families have frequently been manifested varied, peculiar, and often painful, traits of character. They often die prematurely, and those who reach maturity, in many cases, are deficient in physical and mental strength, and moral worth. {2SM 423.3}

The father is seldom prepared, with his failing faculties, to properly bring up his young family. These children have peculiar traits of character, which constantly need a counteracting influence, or they will go to certain ruin. They are not educated aright. Their discipline has too often been of the fitful impulsive kind by reason of his age. The father has been susceptible of changeable feelings. At one time over indulgent, while at another he is unwarrantably severe. Every thing in some such families is wrong, and domestic wretchedness is greatly increased. Thus a class of beings have been thrown upon the world as a burden to society. Their parents were accountable in a great degree for the characters developed by their children, which are transmitted from generation to generation. {2SM 424.1}

Those who increase their number of children, when if they consulted reason, they must know that physical and mental weakness must be their inheritance, are transgressors of the last six precepts of God's law, which specify the duty of man to his fellow man. They do their part in increasing the degeneracy of the race, and in sinking society lower, thus injuring their neighbor. If God thus regards the rights of neighbors, has he no care in regard to closer, and more sacred relationship? If not a sparrow falls to the ground without his notice, will he be unmindful of the children born into the world, diseased physically and mentally, suffering in a greater or less degree, all their lives? Will he not call parents to an account, to whom he has given reasoning powers, for putting these higher faculties in the background, and becoming slaves to passion, when, as the result, generations must bear the mark of their physical, mental, and moral deficiencies? In addition to the suffering they entail upon their children, they have no portion but poverty to leave to their pitiful flock. They cannot educate them, and many do not see the necessity, neither could they if they did, find time to train them, and instruct them, and lessen, as much as possible, the wretched inheritance transmitted to them. Parents should not increase their families any faster than they know that

their children can be well cared for, and educated. A child in the mother's arms from year to year is great injustice to her. It lessens, and often destroys, social enjoyment, and increases domestic wretchedness. It robs their children of that care, education, and happiness, which parents should feel it their duty to bestow upon them. {2SM 424.2}

The husband violates the marriage vow, and the duties enjoined upon him in the word of God, when he disregards the health and happiness of the wife, by increasing her burdens and cares by numerous offspring. "Husbands, love your wives, even as Christ also loved the church, and gave himself for it." "So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the lord the church" (Eph. 5:25, 28-29). {2SM425.1}

We see this holy injunction almost wholly disregarded, even by professed Christians. Everywhere you may look, you will see pale, sickly, careworn, broken-down, dispirited, discouraged women. They are generally over-worked, and their vital energies exhausted by frequent child-bearing. The world is filled with images of human beings who are of no worth to society. Many are deficient in intellect, and many who possess natural talents do not use them for any beneficial purposes. They are not cultivated, and the one great reason is, children have been multiplied faster than they could be well trained, and have been left to come up much like the brutes. {2SM 425.2}

Children in this age are suffering with their parents, more or less, the penalty of the violation of the laws of health. The course generally pursued with them, from their infancy, is in continual opposition to the laws of their being. They were compelled to receive a miserable inheritance of disease and debility, before their birth, occasioned by the wrong habits of their parents, which will affect them in a greater or less degree through life. This bad state of things is made every way worse by parents' continuing to follow a wrong course in the physical training of their children during their childhood. Parents manifest astonishing ignorance, indifference, and recklessness, in regard to the physical health of their children, which often results in destroying the little vitality left the abused infant, and consigns it to an early grave. You will frequently hear parents mourning over the providence of God which has torn their children from their embrace. Our heavenly father is too wise to err, and too good to do us wrong. He has no delight in seeing his creatures suffer. Thousands have been ruined for life because parents have not acted in accordance with the laws of health. They have moved from impulse, instead of following the dictates of sound judgment, constantly having in view the future well-being of their children. {2SM 426.1}

The first great object to be attained in the training of children is soundness of constitution which will prepare the way in a great measure for mental and moral training. Physical and moral health are closely united. What an enormous weight of responsibility rests upon parents, when we consider the course pursued by them, before the birth of their children, has very much to do with the development of their character after their birth. {2SM 426.2}

Many children are left to come up with less attention from their parents than a good farmer devotes to his dumb animals. Fathers, especially, are often guilty of manifesting less care for wife and children than that shown to their cattle. A merciful farmer will take time, and devote especial thought as to the best manner of managing his stock, and will be particular that his valuable horses shall not be overworked, overfed, or fed when heated, lest they be ruined. He will take time and care for his stock, lest they be injured by neglect, exposure, or any improper treatment, and his increasing young stock depreciate in value. He will observe regular periods for their eating, and will know the amount of work they can perform without injuring them. In order to accomplish this, he will provide them only the most healthful food, in proper quantities, and at stated periods. By thus following the dictates of reason, farmers are successful in preserving the strength of their beasts. If the interest of every father, for his wife and children, corresponded to that care manifested for his cattle, in that degree that their lives are more valuable than the dumb animals, there would be an entire reformation in every family, and human misery be far less. Great care should be manifested by parents in providing the most healthful articles of food for themselves and for their children. And in no case should they place before their children food which their reason teaches them is not conducive to health, but which would fever the system, and derange the digestive organs. Parents do not study from cause to effect in regard to their children, as in the case of their dumb animals and do not reason that to overwork, to eat after violent exercise, and when much exhausted, and heated, will injure the health of human beings, as well as the health of dumb animals, and will lay the foundation for a broken constitution in man, as well as the beasts. {2SM 427.1}

If parents or children eat frequently, irregularly, and in too great quantities, even of the most healthful food, it will injure the constitution; but in addition to this, if the food is of an improper quality, and prepared with grease and indigestible spices, the result will be far more injurious. The digestive organs will be severely taxed, and exhausted nature will be left a poor chance to rest, and recover strength, and the vital organs soon become

impaired, and break down. If care and regularity is considered needful for dumb animals, it is as much more essential for human beings, formed in the image of their Maker, as they are of more value than the dumb creation. {2SM 427.2}

The father in many cases, exercises less reason, and has less care, for his wife, and their offspring, before its birth, than he manifests for his cattle with young. The mother, in many cases previous to the birth of her children, is permitted to toil early and late, heating her blood, while preparing various unhealthy dishes of food to suit the perverted taste of the family, and of visitors. Her strength should have been tenderly cherished. A preparation of healthful food would have required but about one-half of the expense and labor, and would have been far more nourishing. {2SM 427.3}

The mother, before the birth of her children, is often permitted to labor beyond her strength. Her burdens and cares are seldom lessened, and that period, which should be to her of all others, a time of rest, is one of fatigue, sadness, and gloom. By too great exertion on her part, she deprives her offspring of that nutrition which nature has provided for it, and by heating her blood, she imparts to it, a bad quality of blood. The offspring is robbed of its vitality, robbed of physical and mental strength. The father should study how to make the mother happy. He should not allow himself to come to his home with a clouded brow. If he is perplexed in business, he should not, unless it is actually necessary to counsel with his wife, trouble her with such matters. She has cares and trials of her own to bear, and she should be tenderly spared every needless burden. {2SM 427.4}

The mother too often meets with cold reserve from the father. If everything does not move off just as pleasantly as he could wish, he blames the wife and mother, and seems indifferent to her cares and daily trials. Men who do this, are working directly against their own interest and happiness. The mother becomes discouraged. Hope and cheerfulness depart from her. She goes about her work mechanically, knowing that it must be done, which soon debilitates physical and mental health. Children are born to them suffering with various diseases, and God holds the parents accountable in a great degree; for it was their wrong habits which fastened disease upon their unborn children, under which they are compelled to suffer all through their lives. Some live but a short period with their load of debility. The mother anxiously watches over the life of her child, and is weighed down with sorrow as she is compelled to close its eyes in death, and she often regards God as the author of all this affliction, when the parents in reality were the murderers of their own child. {2SM 428.1}

The father should bear in mind that the treatment of his wife before the birth of his offspring will materially affect the disposition of the mother during that period, and will have very much to do with the character developed by the child after its birth. Many fathers have been so anxious to obtain property fast that higher considerations have been sacrificed, and some men have been criminally neglectful of the mother and her offspring, and too frequently the lives of both have been sacrificed to the strong desire to accumulate wealth. Many do not immediately suffer this heavy penalty for their wrong doing, and are asleep as to the result of their course. The condition of the wife is sometimes no better than that of a slave, and sometimes she is equally guilty with the husband, of squandering physical strength, to obtain means to live fashionably. It is a crime for such to have children, for their offspring will often be deficient in physical, mental, and moral worth, and will bear the miserable, close, selfish impress of their parents, and the world will be cursed with their meanness. {2SM 428.2}

It is the duty of men and women to act with reason in regard to their labor. They should not exhaust their energies unnecessarily, for by doing this, they not only bring suffering upon themselves but, by their errors, bring anxiety, weariness, and suffering upon those they love. What calls for such an amount of labor? Intemperance in eating, and in drinking, and the desire for wealth have led to this intemperance in labor. If the appetite is controlled, and that food only which is healthful be taken, there will be so great a saving of expense, that men and women will not be compelled to labor beyond their strength, and thus violate the laws of health. The desire of men and women to accumulate property is not sinful if in their efforts to attain their object they do not forget God, and transgress the last six precepts of Jehovah, which dictate the duty of man to his fellow man, and place themselves in a position where it is impossible for them to glorify God in their bodies and spirits which are his. If in their haste to be rich they overtax their energies, and violate the laws of their being, they place themselves in a condition where they cannot render to God perfect service, and are pursuing a course of sin. Property thus obtained is at an immense sacrifice. {2SM 429.1}

Hard labor, and anxious care, often make the father nervous, impatient, and exacting. He does not notice the tired look of his wife, who has labored

with her feebler strength, just as hard as he has labored, with his stronger energies. He suffers himself to be hurried with business, and through his anxiety to be rich, loses in a great measure the sense of his obligation to his family, and does not measure aright his wife's power of endurance. He often enlarges his farm, requiring an increase of hired help, which necessarily increases the housework. The wife realizes every day that she is doing too much work for her strength, yet she toils on thinking the work must be done. She is continually reaching down into the future, drawing upon her future resources of strength and is living upon borrowed capital, and at the period when she needs that strength, it is not at her command; and if she does not lose her life, her constitution is broken, past recovery. {2SM 429.2}

If the father would become acquainted with physical law, he might better understand his obligations, and his responsibilities. He would see that he had been guilty of almost murdering his children, by suffering so many burdens to come upon the mother, compelling her to labor beyond her strength before their birth, in order to obtain means to leave for them. They nurse these children through their suffering life, and often lay them prematurely in the grave, little realizing their wrong course has brought the sure result. How much better to have shielded the mother of his children from wearing labor, and mental anxiety, and let the children inherit good constitutions, and give them an opportunity to battle their way through life, not relying upon their father's property, but upon their own energetic strength. The experience thus obtained would be of more worth to them than houses and lands, purchased at the expense of the health of mother and children. {2SM 429.3}

It seems perfectly natural for some men to be morose, selfish, exacting, and overbearing. They have never learned the lesson of self-control, and will not restrain their unreasonable feelings, let the consequences be what they may. Such men will be repaid, by seeing their companions sickly, and dispirited, and their children bearing the peculiarities of their own disagreeable traits of character. {2SM 430.1}

It is the duty of every married couple to studiously avoid marring the feelings of each other. They should control every look, and expression of fretfulness, and passion. They should study each others' happiness, in small matters, as well as in large, manifesting a tender thoughtfulness, in acknowledging kind acts, and the little courtesies of each other. These small things should not be neglected, for they are just as important to the happiness of man and wife, as food is necessary to sustain physical strength. The father should encourage the wife and mother to lean upon his large affections. Kind, cheerful, encouraging words from him, with whom she has entrusted her life-happiness, will be more beneficial to her than any medicine; and the cheerful rays of light, such sympathising words will bring to the heart of the wife and mother, will reflect back their own cheering beams upon the heart of the father. {2SM 430.2}

The husband will frequently see his wife care-worn and debilitated, growing prematurely old, in laboring to prepare food to suit the vitiated taste. He gratifies the appetite, and will eat and drink those things which cost much time and labor to prepare them for the table, which have a tendency to make those who partake of these unhealthy things, nervous and irritable. The wife and mother is seldom free from the headache, and the children are suffering the effects of eating unwholesome food, and there is a great lack of patience and affection with parents and children. All are sufferers together, for health has been sacrificed to lustful appetite. The offspring, before its birth, has transmitted to it disease, and an unhealthy appetite. And the irritability, nervousness, and despondency, manifested by the mother, will mark the character of her child. {2SM 430.3}

In past generations, if mothers had informed themselves in regard to the laws of their being, they would have understood that their constitutional strength, as well as the tone of their morals, and their mental faculties, would in a great measure be represented in their offspring. Their ignorance upon

this subject, where so much is involved, is criminal. Many women never should have become mothers. Their blood was filled with scrofula, transmitted to them from their parents, and increased by their gross manner of living. The intellect has been brought down, and enslaved to serve the animal appetites, and children, born of such parents, have been poor sufferers, and of but little use to society. {2SM 431.1}

It has been one of the greatest causes of degeneracy in generations back, up to the present time, that wives and mothers who otherwise would have had a beneficial influence upon society, in raising the standard of morals, have been lost to society through multiplicity of home cares, because of the fashionable, health-destroying manner of cooking, and also in consequence of too frequent child-bearing. She has been compelled to needless suffering, her constitution has failed, and her intellect has become weakened, by so

great a draught upon her vital resources. Her offspring suffer her debility, and society has thrown upon them a class poorly fitted, through her inability to educate them, to be of the least benefit. {2SM 431.2}

If these mothers had given birth to but few children, and if they had been careful to live upon such food as would preserve physical health, and mental strength, so that the moral and intellectual might predominate over the animal, they could have so educated their children for usefulness, as to have been bright ornaments to society. {2SM 431.3}

If parents in past generations had, with firmness of purpose, kept the body servant to the mind, and had not allowed the intellectual to be enslaved by animal passions, there would be in this age a different order of beings upon the earth. And if the mother, before the birth of her offspring, had always possessed self-control, realizing that she was giving the stamp of character to future generations, the present state of society would not be so depreciated in character as at the present time. {2SM 431.4}

Every woman, about to become a mother, whatever may be her surroundings, should encourage constantly a happy, cheerful, contented, disposition, knowing that for all her efforts in this direction she will be repaid ten-fold in the physical, as well as the moral character of her offspring. Nor is this all. She can by habit accustom herself to cheerful thinking, and thus encourage a happy state of mind, and cast a cheerful reflection of her own happiness of spirit upon her family, and those with whom she associates. And in a very great degree will her physical health be improved. A force will be imparted to the life springs, the blood will not move sluggishly, as would be the case if she were to yield to despondency, and gloom. Her mental and moral health are invigorated by the buoyancy of her spirits. The power of the will can resist impressions of the mind, and will prove a grand soother of the nerves. Children who are robbed of that vitality which they should have inherited of their parents should have the utmost care. By close attention to the laws of their being, a much better condition of things can be established. {2SM 432.1}

The period in which the infant receives its nourishment from the mother, is critical. Many mothers, while nursing their infants, have been permitted to over labor, and to heat their blood in cooking, and the nursling has been seriously affected, not only with fevered nourishment from the mother's breast, but its blood has been poisoned by the unhealthy diet of the mother, which has fevered her whole system thereby affecting the food of the infant. The infant will also be affected by the condition of the mother's mind. If she is unhappy, easily agitated, irritable, giving vent to outbursts of passion, the nourishment the infant receives from its mother, will be inflamed, often producing colic, spasms, and, in some instances, causing convulsions and fits. {2SM 432.2}

The character also of the child is more or less affected by the nature of the nourishment received from the mother. How important then that the mother, while nursing her infant, should preserve a happy state of mind, having the perfect control of her own spirit. By thus doing, the food of the child is not injured, and the calm, self-possessed course the mother pursues in the treatment of her child has very much to do in molding the mind of the infant. If it is nervous, and easily agitated, the mother's careful unhurried manner will have a soothing and correcting influence, and the health of the infant can be very much improved. {2SM 432.3}

Infants have been greatly abused by improper treatment. If it was fretful, it has generally been fed to keep it quiet, when, in most cases, the very reason of its fretfulness was because of its having received too much food, made injurious by the wrong habits of the mother. More food only made the matter worse, for its stomach was already overloaded. {2SM 433.1}

Children are generally brought up from the cradle to indulge the appetite, and are taught that they live to eat. The mother does much toward the

formation of the character of her children in their childhood. She can teach them to control the appetite, or she can teach them to indulge the appetite, and become gluttons. The mother often arranges her plans to accomplish a certain amount through the day, and when the children trouble her, instead of taking time to soothe their little sorrows, and divert them, something is given them to eat, to keep them still, which answers the purpose for a short time, but eventually makes things worse. The children's stomachs are pressed with food when they had not the least want of food. All that was required was a little of the mother's time and attention. But she regarded her time altogether too precious to devote to the amusement of her children. Perhaps the arrangement of her house in a tasteful manner for visitors to praise, and to have her food cooked in a fashionable style, are with her higher considerations than the happiness and health of her children. {2SM 433.2}

Intemperance in eating and in labor debilitates the parents, often making them nervous, and disqualifying them to rightly discharge their duty to their

children. Three times a day parents and children gather around the table, loaded with a variety of fashionable foods. The merits of each dish has to be tested. Perhaps the mother had toiled till she was heated, and exhausted, and was not in a condition to take even the simplest food till she had first had a period of rest. The food she wearied herself in preparing was wholly unfit for her at any time, but especially taxes the digestive organs when the blood is heated and the system exhausted. Those who have thus persisted in violating the laws of their being, have been compelled to pay the penalty at some period in their life. {2SM 433.3}

There are ample reasons why there are so many nervous women in the world, complaining of the dyspepsia, with its train of evils. The cause has been followed by the effect. It is impossible for intemperate persons to be patient. They must first reform bad habits, learn to live healthfully, and then it will not be difficult for them to be patient. Many do not seem to understand the relation the mind sustains to the body. If the system is deranged by improper food, the brain and nerves are affected, and slight things annoy those who are thus afflicted. Little difficulties are to them troubles mountain high. Persons thus situated are unfitted to properly train their children. Their life will be marked with extremes, sometimes very indulgent, at other times severe, censuring for trifles which deserved no notice. {2SM 434.1}

The mother frequently sends her children from her presence, because she thinks she cannot endure the noise occasioned by their happy frolics. But with no mother's eye over them to approbate, or disapprove, at the right time, unhappy differences often arise. A word from the mother would set all right again. They soon become weary, and desire change, and go into the street for amusement, and pure, innocent minded children are driven into bad company, and evil communications breathed into their ears corrupt their good manners. The mother often seems to be asleep to the interest of her children until she is painfully aroused by the exhibition of vice. The seeds of evil were sown in their young minds, promising an abundant harvest. And it is a marvel to her that her children are so prone to do wrong. Parents should begin in season to instil into infant minds good and correct principles. The mother should be with her children as much as possible, and should sow precious seed in their hearts. {2SM 434.2}

The mother's time belongs in a special manner to her children. They have a right to her time as no others can have. In many cases mothers have neglected to discipline their children, because it would require too much of their time, which time they think must be spent in the cooking department, or in preparing their own clothing, and that of their children, according to fashion, to foster pride in their young hearts. In order to keep their restless children still, they have given them cake, or candies, almost any hour of the day, and their stomachs are crowded with hurtful things at irregular periods. Their pale faces testify to the fact, that mothers are doing what they can to destroy the remaining life forces of their poor children. The digestive organs are constantly taxed, and are not allowed periods of rest. The liver becomes inactive, the blood impure, and the children are sickly, and irritable, because they are real sufferers by intemperance, and it is impossible for them to exercise patience. {2SM 434.3}

Parents wonder that children are so much more difficult to control than they used to be, when in most cases their own criminal management has made them so. The quality of food they bring upon their tables, and encourage their children to eat, is constantly exciting their animal passions, and weakening the moral and intellectual faculties. Very many children are made miserable dyspeptics in their youth by the wrong course their parents have pursued toward them in childhood. Parents will be called to render an account to God for thus dealing with their children. {2SM 435.1}

Many parents do not give their children lessons in self-control. They indulge their appetite, and form the habits of their children in their childhood, to eat and drink, according to their desires. So will they be in their general habits in their youth. Their desires have not been restrained, and as they grow older, they will not only indulge in the common habits of intemperance, but they will go still further in indulgences. They will choose their own associates, although corrupt. They cannot endure restraint from their parents. They will give loose rein to their corrupt passions, and have but little regard for purity or virtue. This is the reason why there is so little purity and moral worth among the youth of the present day, and is the great cause why men and women feel under so little obligation to render obedience to the law of God. Some parents have not control over themselves. They do not control their own morbid appetites, or their passionate tempers, therefore they cannot educate their children in regard to the denial of their appetite, and teach them self-control. Many mothers feel that they have not time to instruct their children, and in order to get them out of the way, and get rid of their noise and trouble, they send them to school. The school-room is a hard place for children who have inherited enfeebled constitutions. School-rooms generally have not been constructed in reference to health, but in regard to cheapness. The rooms have not been arranged so that they could be ventilated as they should have been without exposing the children to severe colds. And the seats have seldom been made so that the children could sit with ease, and keep their little, growing frames in a proper posture to ensure healthy action of the lungs and heart. Young children can grow into almost any shape, and can, by habits of proper exercise and positions of the body, obtain healthy forms. It is destructive to the health and life of young children for them to sit in the school-room, upon hard ill-formed benches, from three to five hours a day,

inhaling the impure air caused by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue. {2SM 436.1}

In the school-room the foundation has been too surely laid for diseases of various kinds. But, more especially, the most delicate of all organs, the brain, has often been permanently injured by too great exercise. This has often caused inflammation, then dropsy of the head, and convulsions with their dreaded results. And the lives of many have been thus sacrificed by ambitious mothers. Of those children who have apparently had sufficient force of constitution to survive this treatment, there are very many who carry the effects of it through life. The nervous energy of the brain becomes so weakened, that after they come to maturity, it is impossible for them to endure much mental exercise. The force of some of the delicate organs of the brain seems to be expended. {2SM 436.2}

And not only has the physical and mental health of children been endangered by being sent to school at too early a period, but they have been the losers in a moral point of view. They have had opportunities to become acquainted with children who were uncultivated in their manners. They were thrown into the society of the coarse and rough, who lie, swear, steal, and deceive, and who delight to impart their knowledge of vice to those younger than themselves. Young children if left to themselves learn the bad more readily than the good. Bad habits agree best with the natural heart, and the things which they see and hear in infancy and childhood are deeply imprinted upon their minds, and the bad seed sown in their young hearts will take root, and will become sharp thorns to wound the hearts of their parents. {2SM 436.3}

During the first six or seven years of a child's life special attention should be given to its physical training, rather than the intellect. After this period, if the physical constitution is good, the education of both should receive attention. Infancy extends to the age of six or seven years. Up to this period, children should be left like little lambs, to roam around the house, and in the yards, in the buoyancy of their spirits, skipping and jumping free from care and trouble. {2SM 437.1}

Parents, especially mothers, should be the only teachers of such infant minds. They should not educate from books. The children generally will be inquisitive to learn the things of nature. They will ask questions in regard to the things they see and hear, and parents should improve the opportunity to instruct, and patiently answer, these little inquiries. They can in this manner get the advantage of the enemy, and fortify the minds of their children, by sowing good seed in their hearts, leaving no room for the bad to take root. The mother's loving instructions at a tender age is what is needed by children in the formation of character. {2SM 437.2}

The first important lesson for children to learn is the proper denial of appetite. It is the duty of mothers to attend to the wants of their children, by

soothing and diverting their minds, instead of giving them food, and thus teaching them that eating is the remedy for life's ills. If parents had lived healthfully, being satisfied with simple diet, much expense would have been saved. The father would not have been obliged to labor beyond his strength, in order to supply the wants of his family. A simple nourishing diet would not have had an influence to unduly excite the nervous system, and the animal passions, producing moroseness and irritability. If he had partaken only of plain food, his head would have been clear, his nerves steady, his stomach in a healthy condition, and with a pure system, he would have had no loss of appetite, and the present generation would be in a much better condition than it now is. But even now, in this late period, something can be done to improve our condition. Temperance in all things is necessary. A temperate father will not complain if he has no great variety upon his table. A healthful manner of living will improve the condition of the family in every sense, and will allow the wife and mother time to devote to her children. The great study with the parents will be in what manner can they best train their children for usefulness in this world, and for Heaven hereafter. They will be content to see their children with neat, plain, but comfortable garments free from embroidery and adornment. They will earnestly labor to see their children in the possession of the inward adorning, the ornament of a meek and quiet spirit, which is in the sight of God of great price. {2SM 437.4}

Before the Christian father leaves his home, to go to his labor, he will gather his family around him, and bowing before God will commit them to the care of the Chief Shepherd. He will then go forth to his labor with the love and blessing of his wife, and the love of his children, to make his heart cheerful through his laboring hours. And that mother who is aroused to her duty, realizes the obligations resting upon her to her children in the absence of the father. She will feel that she lives for her husband and children. By training her children aright, teaching them habits of temperance and self-control, and in teaching them their duty to God, she is qualifying them to become useful in the world, to elevate the standard of morals in society, and to

reverence and obey the law of God. Patiently and perseveringly will the Godly mother instruct her children, giving them line upon line, and precept upon precept, not in a harsh, compelling manner, but in love, and in tenderness will she win them. They will consider her lessons of love, and will happily listen to her words of instruction. {2SM 438.1}

Instead of sending her children from her presence, that she may not be troubled with their noise, and be annoyed with the numerous attentions they would desire, she will feel that her time cannot be better employed than in soothing, and diverting their restless active minds with some amusement, or light, happy employment. The mother will be amply repaid for her efforts in taking time to invent amusement for her children. {2SM 438.2}

Young children love society. They cannot, as a general thing, enjoy themselves alone, and the mother should feel that, in most cases, the place for her children, when they are in the house, is in the room she occupies. She can then have a general oversight of them, and be prepared to set little differences right, when appealed to by them, and correct wrong habits, or the manifestation of selfishness or passion, and can give their minds a turn in the right direction. That which children enjoy, they think mother can be pleased with, and it is perfectly natural for them to consult mother in little matters of perplexity. And the mother should not wound the heart of her sensitive child by treating the matter with indifference, or by refusing to be troubled with such small matters. That which may be small to the mother is large to them. And a word of direction, or caution, at the right time, will often prove of great value. An approving glance, a word of encouragement and praise from the mother, will often cast a sunbeam into their young hearts for a whole day. {2SM 438.3}

The first education children should receive from the mother in infancy, should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end, she will teach her children the important lesson of controlling the appetite, and of self-denial, that they should eat, drink, and dress in reference to health. {2SM 439.1}

A well-disciplined family, who love and obey God, will be cheerful and happy. The father, when he returns from his daily labor, will not bring his perplexities to his home. He will feel that home, and the family circle, are too sacred to be marred with unhappy perplexities. When he left his home, he did not leave his Saviour and his religion behind. Both were his companions. The sweet influence of his home, the blessing of his wife, and love of his children, make his burdens light, and he returns with peace in his heart, and cheerful encouraging words for his wife and children, who are waiting to joyfully welcome his coming. As he bows with his family, at the altar of prayer, to offer up his grateful thanks to God, for his preserving care of himself and loved ones through the day, angels of God hover in the room, and bear the fervent prayers of God-fearing parents to Heaven, as sweet incense, which are answered by returning blessings. {2SM 439.2}

Parents should impress upon their children that it is sin to consult the taste, to the injury of the stomach. They should impress upon their minds that by violating the laws of their being, they sin against their Maker. Children thus educated will not be difficult of restraint. They will not be subject to irritable, changeable tempers, and will be in a far better condition of enjoying life. Such children will the more readily and clearly understand their moral obligations. Children who have been taught to yield their will and wishes to their parents, will the more easily and readily yield their wills to God, and will submit to be controlled by the Spirit of Christ. Why so many who claim to be Christians, have numerous trials, which keep the church burdened, is because they have not been correctly trained in their childhood, and were left in a great measure to form their own character. Their wrong habits, and peculiar, unhappy dispositions, were not corrected. They were not taught to yield their will to their parents. Their whole religious experience is affected by their training in childhood. They were not then controlled. They grew up undisciplined, and now, in their religious experience, it is difficult for them to yield to that pure discipline taught in the word of God. Parents should, then, realize the responsibility resting upon them to educate their children in reference to their religious experience. {2SM 440.1}

Those who regard the marriage relation as one of God's sacred ordinances, guarded by his holy precept, will be controlled by the dictates of reason. They will consider carefully the result of every privilege the marriage relation grants. Such will feel that their children are precious jewels committed to their keeping by God, to remove from their natures the rough surface by discipline, that their lustre may appear. They will feel under most solemn obligations to so form their characters that they may do good in their life, bless others with their light, and the world be better for their having lived in it, and they be finally fitted for the higher life, the better world, to shine in the presence of God, and the Lamb forever.—How to Live, No. 2, pp. 25-48.

QUESTIONS #2

1. The appetite becomes more unnatural, and more difficult of restraint. The circulation of the blood is not equalized.

Why? _____

_____.

2. Society is composed of families, and heads of families are responsible for the molding of society. Why?

_____.

3. Children generally inherit the peculiar traits of character which the parents possess. Explain which traits of character did Jesus inherit, and who did He inherit it from.

_____.

4. The gratification of animal passions, and gross sensuality, have been the marked characters of their posterity, Why? _____

_____.

5. Those who increase their number of children, when if they consulted reason, they must know that physical and mental weakness must be their inheritance, Why? _____

_____.

6. Children in this age are suffering with their parents, more or less, the penalty of the violation of the laws of health. Why? _____

_____.

7. It seems perfectly natural for some men to be morose, selfish, exacting, and overbearing. They have never learned the lesson of self-control, Why?

_____.

8. If parents in past generations had, with firmness of purpose, kept the body servant to the mind, and had not allowed the intellectual to be enslaved by animal passions, What be the result? _____

_____.

9. Every woman, about to become a mother, whatever may be her surroundings, How should her surroundings be? _____

_____.

CHAPTER 3

The human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied how to live healthfully, and their transgression of the laws of their being has produced a deplorable state of things. The people have seldom accredited their sufferings to the true cause--their own wrong course of action. They have indulged an intemperance in eating, and made a god of their appetite. In all their habits they have manifested a recklessness in regard to health and life; and when, as the result, sickness has come upon them they have made themselves believe that God was the author of it, when their own wrong course of action has brought the sure result. When in distress they send for the doctor, and trust their bodies in his hands, expecting that he will make them well. He deals out to them drugs, the nature of which they know nothing, and in their blind confidence they swallow anything that the doctor may choose to give. Thus powerful poisons are often administered which

fetter nature in all her friendly efforts to recover the abuse the system has suffered, and the patient is hurried out of this life. {2SM 441.1}

The mother who has been but slightly indisposed, and who might have recovered by abstinence from food for a short period, and a cessation from labor, having quiet and rest, has, instead of doing this, sent for a physician. And he who should be prepared to understandingly give a few simple directions, and restrictions in diet, and place her upon the right track, is either too ignorant to do this, or too anxious to obtain a fee. {2SM 441.2}

He makes the case a grave one, and administers his poisons, which, if he were sick, he would not venture to take himself. The patient grows worse, and poisonous drugs are more freely administered, until nature is overpowered in her efforts, and gives up the conflict, and the mother dies. She was drugged to death. Her system was poisoned beyond remedy. She was murdered. Neighbors and relatives marvel at the wonderful dealings of providence in thus removing a mother in the midst of her usefulness, at the period when her children need her care so much. They wrong our good and wise heavenly Father when they cast back upon him this weight of human woe. Heaven wished that mother to live, and her untimely death dishonored God. The mother's wrong habits, and her inattention to the laws of her being, made her sick. And the doctor's fashionable poisons, introduced into the system, closed the period of her existence, and left a helpless, stricken, motherless flock. {2SM 441.3}

The above is not always the result which follows the doctor's drugging. Sick people who take these drug-poisons do appear to get well. With some, there is sufficient life-force for nature to draw upon, to so far expel the poison from the system that the sick, having a period of rest, recover. But no credit should be allowed the drugs taken, for they only hindered nature in her efforts. All the credit should be ascribed to nature's restorative powers. {2SM 442.1}

Although the patient may recover, yet the powerful effort nature was required to make to induce action to overcome the poison, injured the constitution, and shortened the life of the patient. There are many who do not die under the influence of drugs, but there are very many who are left useless wrecks, hopeless, gloomy, and miserable sufferers, a burden to themselves and to society. {2SM 442.2}

If those who take these drugs were alone the sufferers, then the evil would not be as great. But parents not only sin against themselves in swallowing drug-poisons, but they sin against their children. The vitiated state of their blood, the poison distributed throughout the system, the broken constitution, and various drug-diseases, as the result of drug-poisons, are transmitted to their offspring, and left them as a wretched inheritance, which is another great cause of the degeneracy of the race. {2SM 442.3}

Physicians, by administering their drug-poisons, have done very much to increase the depreciation of the race, physically, mentally, and morally.

Everywhere you may go you will see deformity, disease and imbecility, which in very many cases can be traced directly back to the drug-poisons, administered by the hand of a doctor, as a remedy for some of life's ills. The so-called remedy has fearfully proved itself to the patient, by stern suffering experience, to be far worse than the disease for which the drug was taken.

All who possess common capabilities should understand the wants of their own system. The philosophy of health should compose one of the important studies for our children. It is all-important that the human organism be understood, and then intelligent men and women can be their own physicians. If the people would reason from cause to effect, and would follow the light which shines upon them, they would pursue a course which would insure health, and mortality would be far less. But the people are too willing to remain in inexcusable ignorance, and trust their bodies to the doctors, instead of having any special responsibility in the matter themselves. {2SM 442.4}

Several illustrations of this great subject have been presented before me. The first was a family consisting of a father and daughter. The daughter was sick, and the father was much troubled on her account, and summoned a physician. As the father conducted him into the sick room, he manifested a painful anxiety. The physician examined the patient, and said but little. They both left the sick room. The father informed the physician that he had buried the mother, a son and daughter, and this daughter was all that was left to him of his family. He anxiously inquired of the physician if he thought his daughter's case hopeless. The physician then inquired in regard to the nature and length of the sickness of those who had died. The father moanfully related the painful facts connected with the illness of his loved ones. "My son was first attacked with a fever. I called a physician. He said that he could administer medicine which would soon break the fever. He gave him powerful medicine, but was disappointed in its effects. The fever was reduced, but my son grew dangerously sick. The same medicine was again given him, without producing any change for the better. The physician then resorted to still more powerful medicines, but my son obtained no relief. The fever left him, but he did not rally. He sank rapidly and died. {2SM 443.2}

"The death of my son so sudden and unexpected was a great grief to us all, but especially to his mother. Her watching and anxiety in his sickness, and her grief occasioned by his sudden death, were too much for her nervous

system, and my wife was soon prostrated. I felt dissatisfied with the course pursued by this physician. My confidence in his skill was shaken, and I could not employ him a second time. I called another to my suffering wife. "This second physician gave her a liberal dose of opium, which he said would relieve her pains, quiet her nerves, and give her rest, which she much needed. The opium stupefied her. She slept, and nothing could arouse her from the death-like stupor. Her pulse and heart at times throbbed violently, and then grew more and more feeble in their action, until she ceased to breathe. Thus she died without giving her family one look of recognition. This second death seemed more than we could endure. We all sorrowed deeply but I was agonized and could not be comforted. {2SM 443.3}

"My daughter was next afflicted. Grief, anxiety and watching, had overtaken her powers of endurance, and her strength gave way, and she was brought upon a bed of suffering. I have now lost confidence in both the physicians I had employed. Another physician was recommended to me as being successful in treating the sick. And although he lived at a distance, I was determined to obtain his services. {2SM 444.1}

"This third physician professed to understand my daughter's case. He said that she was greatly debilitated, and that her nervous system was deranged, and that fever was upon her, which could be controlled, but that it would take time to bring her up from her present state of debility. He expressed perfect confidence in his ability to raise her. He gave her powerful medicine to break up the fever. This was accomplished. But as the fever left, the case assumed more alarming features, and grew more complicated. As the symptoms changed, the medicines were varied to meet the case. While under the influence of new medicines she would, for a time, appear revived, which would flatter our hopes, that she would get well, only to make our disappointment more bitter as she became worse. {2SM 444.2}

"The physician's last resort was calomel. For some time she seemed to be between life and death. She was thrown into convulsions. As these most distressing spasms ceased, we were aroused to the painful fact that her intellect was weakened. She began slowly to improve, although still a great sufferer. Her limbs were crippled as the effect of the powerful poisons which she had taken. She lingered a few years a helpless, pitiful sufferer, and died in much agony." After this sad relation the father looked imploringly to the physician, and entreated him to save his only remaining child. The physician looked sad and anxious, but made no prescription. He arose to leave, saying that he would call the next day. {2SM 445.1}

Another scene was then presented before me. I was brought into the presence of a female, apparently about thirty years of age. A physician was standing by her, and reporting, that her nervous system was deranged, that her blood was impure, and moved sluggishly, and that her stomach was in a cold, inactive condition. He said that he would give her active remedies which would soon improve her condition. He gave her a powder from a vial upon which was written, Nux Vomica. I watched to see what effect this would have upon the patient. It appeared to act favorably. Her condition seemed better. She was animated, and even seemed cheerful and active. {2SM 445.2}

My attention was then called to still another case. I was introduced into the sick room of a young man who was in a high fever. A physician was standing by the bedside of the sufferer with a portion of medicine taken from a vial upon which was written Calomel. He administered this chemical poison, and a change seemed to take place, but not for the better. {2SM 445.3}

I was then shown still another case. It was that of a female, who seemed to be suffering much pain. A physician stood by the bedside of the patient, and was administering medicine, taken from a vial, upon which was written, Opium. At first this drug seemed to affect the mind. She talked strangely, but finally became quiet and slept. {2SM 445.4}

My attention was then called to the first case, that of the father who had lost his wife and two children. The physician was in the sick room, standing by the bedside of the afflicted daughter. Again he left the room without giving medicine. The father, when in the presence of the physician alone seemed deeply moved, and he inquired impatiently, "Do you intend to do nothing? Will you leave my only daughter to die?" The physician said,-- {2SM 445.5}

"I have listened to the sad history of the death of your much loved wife, and your two children, and have learned from your own lips that all three have died while in the care of physicians, while taking medicines prescribed and administered by their hands. Medicine has not saved your loved ones, and as a physician I solemnly believe that none of them need, or ought to have died. They could have recovered if they had not been so drugged that nature was enfeebled by abuse, and finally crushed." He stated decidedly to the agitated father "I cannot give medicine to your daughter. I shall only seek to assist nature in her efforts, by removing every obstruction, and then leave nature to recover the exhausted energies of the system." He placed in the father's hand a few directions which he enjoined upon him to follow closely. {2SM 445.6}

"Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bathe frequently in pure soft water followed by gentle rubbing. Let the light, and air, be freely admitted into her room. She must have quiet, and undisturbed rest." {2SM 446.1}

The father slowly read the prescription, and wondered at the few simple directions it contained, and seemed doubtful of any good resulting from such simple means. Said the physician, {2SM 446.2}

"You have had sufficient confidence in my skill to place the life of your daughter in my hands. Withdraw not your confidence. I will visit your daughter daily, and direct you in the management of her case. Follow my directions with confidence, and I trust in a few weeks to present her to you in a much better condition of health, if not fully restored." {2SM 446.3}

The father looked sad and doubtful, but submitted to the decision of the physician. He feared that his daughter must die if she had no medicine. {2SM 446.4}

The second case was again presented before me. The patient had appeared better under the influence of nux vomica. She was sitting up, folding a shawl closely around her, and complaining of chilliness. The air in the room was impure. It was heated and had lost its vitality. Almost every crevice where the pure air could enter was guarded to protect the patient from a sense of painful chilliness, which was especially felt in the back of the neck and down the spinal column. If the door was left ajar, she seemed nervous and distressed, and entreated that it should be closed, for she was cold. She could not bear the least draught of air from the door or windows. A gentleman of intelligence stood looking pityingly upon her, and said to those present,-- {2SM 446.5}

"This is the second result of nux vomica. It is especially felt upon the nerves, and it affects the whole nervous system. There will be, for a time, increased forced action upon the nerves. But as the strength of this drug is spent, there will be chilliness, and prostration. Just to that degree that it excites and enlivens, will be the deadening, benumbing results following." {2SM 447.1}

The third case was again presented before me. It was that of the young man to whom was administered calomel. He was a great sufferer. His lips were dark and swollen. His gums were inflamed. His tongue was thick and swollen, and the saliva was running from his mouth in large quantities. The intelligent gentleman before mentioned looked sadly upon the sufferer, and said,-- {2SM 447.2}

"This is the influence of mercurial preparations. This young man had remaining, sufficient nervous energy, to commence a warfare upon this intruder, this drug-poison to attempt to expel it from the system. Many have not sufficient life-forces left to arouse to action, and nature is overpowered and ceases her efforts, and the victim dies." {2SM 447.3}

The fourth case, the person to whom was given opium, was again presented before me. She had awakened from her sleep much prostrated. Her mind was distracted. She was impatient and irritable, finding fault with her best friends, and imagining that they did not try to relieve her sufferings. She became frantic, and raved like a maniac. The gentleman before mentioned looked sadly upon the sufferer, and said to those present,-- {2SM 447.4}

"This is the second result from taking opium." Her physician was called. He gave her an increased dose of opium which quieted her ravings, yet made her very talkative and cheerful. She was at peace with all around her, and expressed much affection for acquaintances, as well as her relatives. She soon grew drowsy and fell into a stupefied condition. The gentleman mentioned above, solemnly said,-- {2SM 447.5}

"Her conditions of health are no better now than when she was in her frantic ravings. She is decidedly worse. This drug-poison, opium, gives temporary relief from pain, but does not remove the cause of pain. It only stupefies the brain, rendering it incapable of receiving impressions from the nerves. While the brain is thus insensible, the hearing, the taste, and sight are affected. When the influence of opium wears off, and the brain arouses from its state of paralysis, the nerves, which had been cut off from communication with the brain, shriek out louder than ever the pains in the system, because of the additional outrage the system has sustained in receiving this poison. Every additional drug given to the patient, whether it be opium, or some other poison, will complicate the case, and make the patient's recovery more hopeless. The drugs given to stupefy, whatever they may be, derange the nervous system. An evil, simple in the beginning, which nature aroused herself to overcome, and which she would have done had she been left to herself, has been made ten-fold worse by drug-poisons being introduced into

the system, which is a destructive disease of itself, forcing into extraordinary action the remaining life-forces to war against and overcome the drug-intruder." {2SM 447.6}

I was brought again into the sick room of the first case, that of the father and his daughter. The daughter was sitting by the side of her father, cheerful and happy, with the glow of health upon her countenance. The father was looking upon her with happy satisfaction, his countenance speaking the gratitude of his heart, that his only child was spared to him. Her physician entered, and after conversing with the father and child for a short time, arose to leave. He addressed the father, thus,-- {2SM 448.1}

"I present to you your daughter restored to health. I gave her no medicine that I might leave her with an unbroken constitution. Medicine never could have accomplished this. Medicine deranges nature's fine machinery, and breaks down the constitution, and kills, but never cures. Nature alone possesses the restorative powers. She alone can build up her exhausted energies, and repair the injuries she has received by inattention to her fixed laws." {2SM 448.2}

He then asked the father if he was satisfied with his manner of treatment. The happy father expressed his heartfelt gratitude, and perfect satisfaction, saying,-- {2SM 448.3}

"I have learned a lesson I shall never forget. It was painful, yet it is of priceless value. I am now convinced that my wife and children need not have died. Their lives were sacrificed while in the hands of physicians by their poisonous drugs." {2SM 448.4}

I was then shown the second case, the patient to whom nux vomica had been administered. She was being supported by two attendants, from her chair to her bed. She had nearly lost the use of her limbs. The spinal nerves were partially paralyzed, and the limbs had lost their power to bear the weight of the person. She coughed distressingly, and breathed with difficulty. She was laid upon the bed, and soon lost her hearing, and seeing, and thus she lingered awhile, and died. The gentleman before mentioned looked sorrowfully upon the lifeless body, and said to those present,-- {2SM 448.5}

"Witness the mildest and protracted influence of nux vomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug-poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves. This drug does not have the same effect upon all. Some who have powerful constitutions can recover from abuses to which they may subject the system. While others, whose hold of life is not as strong, who possess enfeebled constitutions, have never recovered from receiving into the system even one dose, and many die from no other cause than the effects of one portion of this poison. Its effects are always tending to death. The condition the system is in, at the time these poisons are received into it, determine the life of the patient. Nux vomica can cripple, paralyze, destroy health forever, but it never cures." {2SM 449.1}

The third case was again presented before me, that of the young man to whom had been administered calomel. He was a pitiful sufferer. His limbs were crippled, and he was greatly deformed. He stated that his sufferings were beyond description, and life was to him a great burden. The gentleman whom I have repeatedly mentioned, looked upon the sufferer with sadness and pity, and said,-- {2SM 449.2}

"This is the effect of calomel. It torments the system as long as there is a particle left in it. It ever lives, not losing its properties by its long stay in the living system. It inflames the joints, and often sends rottenness into the bones. It frequently manifests itself in tumors, ulcers, and cancers, years after it has been introduced into the system." {2SM 449.3}

The fourth case was again presented before me--the patient to whom opium had been administered. Her countenance was sallow, and her eyes were restless and glassy. Her hands shook as if palsied, and she seemed to be greatly excited, imagining that all present were leagued against her. Her mind was a complete wreck, and she raved in a pitiful manner. The physician was summoned, and seemed to be unmoved at these terrible exhibitions. He gave the patient a more powerful portion of opium, which he said would set her all right. Her ravings did not cease until she became thoroughly intoxicated. She then passed into a deathlike stupor. The gentleman mentioned, looked upon the patient and said sadly,-- {2SM 449.4}

"Her days are numbered. The efforts nature has made have been so many times overpowered by this poison, that the vital forces are exhausted by being repeatedly induced to unnatural action to rid the system of this poisonous drug. Nature's efforts are about to cease, and then the patient's suffering life will end." {2SM 450.1}

More deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves. {2SM 450.2}

Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities, and, could she have been left to herself, aided by the common blessings of Heaven, such as pure air and pure water, a speedy and safe cure would have been effected. {2SM 450.3}

The sufferers, in such cases, can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities. But generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger. Neither are they willing to wait the slow process of nature to build up the overtaxed energies of the system. But they are determined to obtain relief at once, and take powerful drugs, prescribed by physicians. Nature was doing her work well, and would have triumphed, but while accomplishing her task, a foreign substance of a poisonous nature was introduced. What a mistake! Abused nature has now two evils to war against instead of one. She leaves the work in which she was engaged, and resolutely takes hold to expel the intruder newly introduced into the system. Nature feels this double draft upon her resources, and she becomes enfeebled. {2SM 450.4}

Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task, and the patient lives, the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dispensation of Providence. If the patient had taken a course to relieve overburdened nature in season, and understandingly used pure soft water, this dispensation of drug-mortality might have been wholly averted. The use of water can accomplish but little, if the patient does not feel the necessity of also strictly attending to his diet. {2SM 451.1}

Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working, sustain to their health. They will not arouse to their true condition, until nature protests against the abuses she is suffering, by aches and pains in the system. If, even then, the sufferers would only commence the work right, and would resort to the simple means they have neglected--the use of water and proper diet, nature would have just the help she requires, and which she ought to have had long before. If this course is pursued, the patient will generally recover without being debilitated. {2SM 451.2}

When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart, and brain, are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. Oh, how much that poisonous drug cost! If it did not cost the life, it cost quite too much. Nature has been crippled in all her efforts. The whole machinery is out of order, and at a future period in life, when these fine works which have been injured, are to be relied upon to act a more important part in union with all the fine works of nature's machinery, they cannot readily and strongly perform their labor, and the whole system feels the lack. These organs, which should be in a healthy condition, are enfeebled, the blood becomes impure. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows. There are more who die from the use of drugs, than all who would have died of disease had nature been left to do her own work. {2SM 451.3}

Very many lives have been sacrificed by physicians' administering drugs for unknown diseases. They have no real knowledge of the exact disease which afflicts the patient. But physicians are expected to know in a moment what to do, and unless they act at once as though they understood the disease perfectly, they are considered by impatient friends, and by the sick, as incompetent physicians. Therefore, to gratify erroneous opinions of the sick and their friends, medicine must be administered, experiments and tests tried, to cure the patient of the disease of which they have no real knowledge. Nature is loaded with poisonous drugs which she cannot expel from the system. The physicians themselves are often convinced that they have used powerful medicines for a disease which did not exist, and death was the consequence. {2SM 452.1}

Physicians are censurable, but they are not the only ones at fault. The sick themselves, if they would be patient, diet and suffer a little, and give nature time to rally, would recover much sooner without the use of any medicine. Nature alone possesses curative powers. Medicines have no power to cure, but will most generally hinder nature in her efforts. She, after all, must do the work of restoring. The sick are in a hurry to get well, and the friends of the sick are impatient. They will have medicine, and if they do not feel that powerful influence upon their systems their erroneous views lead them to think they should feel, they impatiently change for another physician. The change often increases the evil. They go through a course of medicine equally as dangerous as the first, and more fatal, because the two treatments do not agree, and the system is poisoned beyond remedy. {2SM 452.2}

But many have never experienced the beneficial effects of water, and are afraid to use one of Heaven's greatest blessings. Water has been refused persons suffering with burning fevers, through fear that it would injure them. If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burnt up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals. {2SM 453.1}

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 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. Those who are thus dealt with, are constantly sick, and constantly dosing. And yet, if you listen to their conversation, you will often hear them praising the drugs they have been using, and recommending their use to others, because they have been benefited by their use. It would seem that to such as can reason from cause to effect, the sallow countenance, the continual complaints of ailments, and general prostration of those who claim to be benefited, would be sufficient proofs of the health-destroying influence of drugs. And yet many are so blinded they do not see that all the drugs they have taken have not cured them, but made them worse. The drug invalid numbers one in the world, but is generally peevish, irritable, always sick, lingering out a miserable existence, and seems to live only to call into constant exercise the patience of others. Poisonous drugs have not killed them outright, for nature is loth to give up her hold on life. She is unwilling to cease her struggles. Yet these drug-takers are never well. {2SM 453.2}

The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which, as they say, do wonderful cures, kill hundreds where they benefit one. Those who are sick are not patient. They will take the various medicines, some of which are very powerful, although they know nothing of the nature of the mixtures. All the medicines they take only make their recovery more hopeless. Yet they keep dosing, and continue to grow worse until they die. Some will have medicine at all events. Then let them take these hurtful mixtures, and the various deadly poisons, upon their own responsibility. God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering.--How to Live, no. 3, pp. 49-64.

QUESTIONS #3

1. The human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied how to live_____.

and their _____ of the laws of their being has _____ a
_____ state of things.

2. Physicians, by _____ their _____, have done very
much to _____ the _____ of the race, physically, mentally, and morally.

3. More _____ have been caused by _____ than from all other
_____. If there was in the land one _____ in the place of _____, a vast
amount of _____ mortality
would be _____.

4. Drugs _____ cure _____. They only _____ the _____ and _____.

5. Physicians are _____, but they are not the only _____ are _____. The _____, if they
would be _____, diet and _____ a little, and give _____ time to _____, would _____ much sooner
_____ the use of any _____.

CHAPTER 4

When severe sickness enters a family, there is great need of each member giving strict attention to personal cleanliness, and diet, to preserve themselves in a healthful condition, and by thus doing, fortify themselves against disease. It is also of the greatest importance that the sick-room, from the first, be properly ventilated. This will be beneficial to the afflicted, and highly necessary to keep those well who are compelled to remain a length of time in the sick-room. {2SM 455.1}

It is of great value to the sick to have an even temperature in the room. This cannot always be correctly determined, if left to the judgment of attendants, for they may not be the best judges of a right temperature. And some persons require more heat than others, and would be only comfortable in a room which to another would be uncomfortably warm. And if each of these are at liberty to arrange the fires, to suit their ideas of proper heat, the atmosphere in the sick-room will be anything but regular. Sometimes it will be distressingly warm for the patient; at another time too cold, which will have a most injurious effect upon the sick. The friends of the sick, or attendants, who through anxiety, and watching, are deprived of sleep, and who are suddenly awakened in the night from sleep to attend in the sick-room, are liable to chilliness. Such are not correct thermometers of the healthful temperature of a sick-room. These things may appear of small account, but they have very much to do with the recovery of the sick. In many instances life has been periled by extreme changes of the temperature of the sick-room. {2SM 455.2}

In pleasant weather the sick in no case should be deprived of a full supply of fresh air. Their rooms may not always be so constructed as to allow the windows or doors open in their rooms, without the draught coming directly upon them, and exposing them to take cold. In such cases windows and doors should be opened in an adjoining room, and thus let the fresh air enter the room occupied by the sick. Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. They will do better, and recover sooner, deprived of food, than of fresh air. {2SM 455.3}

Many invalids have been confined weeks and months in close rooms, shutting out the light, and pure, invigorating air of heaven, as though air was a deadly enemy, when it was just the medicine the sick needed to make them well. The whole system was debilitated and diseased for want of air, and nature was sinking under her load of accumulating impurities, in addition to the fashionable poisons administered by physicians, until she was overpowered, and broke down in her efforts, and the sick died. They might have lived. Heaven willed not their death. They died victims to their own ignorance, and that of their friends, and the ignorance and deception of physicians, who gave them fashionable poisons, and would not allow them pure water to drink, and fresh air to breathe, to invigorate the vital organs, purify the blood, and help nature in her task in overcoming the bad conditions of the system. These valuable remedies which Heaven has provided, without money and without price, were cast aside, and considered not only as worthless, but even as dangerous enemies, while poisons, prescribed by physicians, were in blind confidence taken. {2SM 456.1}

Thousands have died for want of pure water, and pure air, who might have lived. And thousands of living invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors.

They are continually guarding themselves against the air, and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence. {2SM 456.2}

It is the duty of attendants and nurses in the sick-room to have a special care of their own health, especially in critical cases of fever and consumption. One person should not be kept closely confined to the sick-room. It is safer to have two or three to depend upon, who are careful and understanding nurses, and these changing and sharing the care and confinement of the sick-room. Each should have exercise in the open air, as often as possible. This is important to sick-bed attendants, especially if the friends of the sick are among that class who continue to regard air, if admitted into the sick-room, as an enemy, and will not allow the windows raised, or the doors opened. The sick, and the attendants, are in this case compelled to breathe the poisonous atmosphere from day to day, because of the inexcusable ignorance of the friends of the sick. {2SM 456.3}

In very many cases the attendants are ignorant of the wants of the system, and the relation which the breathing of fresh air sustains to health, and the life-destroying influence of inhaling the diseased air of a sick-room. In this case the life of the sick is endangered, and the attendants themselves are liable to take on diseases, and lose health, and perhaps life. {2SM 457.1}

If fevers enter a family, often more than one have the same fever. This need not be, if the habits of the family are correct. If their diet is as it should be, and they observe habits of cleanliness, and realize the necessity of ventilation, the fever need not extend to another member of the family. The reason of fevers prevailing in families, and exposing the attendants, is because the sick-room is not kept free from poisonous infection, by cleanliness and proper ventilation. {2SM 457.2}

If attendants are awake to the subject of health, and realize the necessity of ventilation for their own benefit, as well as that of the patient, and the relatives, as well as the sick, oppose the admission of air and light into the sick-room, the attendants should have no scruples of conscience in leaving the sick-room. They should feel themselves released from their obligations to the sick. It is not the duty of one or more to risk the liability of incurring disease, and endangering their lives by breathing a poisonous atmosphere. If the sick will fall a victim to their own erroneous ideas, and will shut out of the room the most essential of Heaven's blessings, let them do so, but not at the peril of those who ought to live. {2SM 457.3}

The mother, from a sense of duty, has left her family to administer in the sick room, where pure air was not allowed to enter, and has become sick by inhaling the diseased atmosphere, which affected her whole system. After a period of much suffering, she has died leaving her children motherless. The sick, who shared the sympathy and unselfish care of this mother, recovered, but neither the sick, nor the friends of the sick, understood that precious life was sacrificed because of their ignorance of the relation which pure air sustains to health. Neither did they feel responsibility in regard to the stricken flock, left without the tender mother's care. {2SM 457.4}

Mothers sometimes permit their daughters to take care of the sick in illy ventilated rooms, and, as a result, have had to nurse them through a period of sickness. And because of the mother's anxiety and care for her child, she has been made sick, and frequently one or both have died, or been left with broken constitutions, or made suffering invalids for life. There is a lamentable catalogue of evils which have their origin in the sick room, from which the pure air of heaven is excluded. All who breathe this poisonous atmosphere violate the laws of their being, and must suffer the penalty. {2SM 458.1}

The sick, as a general thing, are taxed with too many visitors and callers, who chat with them, and weary them by introducing different topics of conversation, when they need quiet, and undisturbed rest. Many have made themselves sick by overtaxing their strength. Their exhausted energies compel them to cease labor, and they are brought to a bed of suffering. Rest, freedom from care, light, pure air, pure water, and spare diet, are all that they need to make them well. It is mistaken kindness that leads so many, out of courtesy, to visit the sick. Often have they spent a sleepless, suffering night, after receiving visitors. They have been more or less excited, and the reaction has been too great for their already debilitated energies, and, as the result of these fashionable calls, they have been brought into very dangerous conditions, and lives have been sacrificed for the want of thoughtful prudence. {2SM 458.2}

It is sometimes gratifying to the sick to be visited, and to know that friends have not forgotten them in their affliction. But, although these visits may have been gratifying, in very many instances these fashionable calls have turned the scale when the invalid was recovering, and the balance has borne down to death. Those who cannot make themselves useful should be cautious in regard to visiting the sick. If they can do no good, they may do harm. But the sick should not be neglected. They should have the best of care, and the sympathy of friends and relatives. {2SM 458.3}

Much harm has resulted to the sick from the universal custom of having watchers, nights. In critical cases this may be necessary; but it is often the case that more harm is done the sick by this practice than good. It has been the custom to shut out the air from the sick room. The atmosphere of such rooms, to say the least, is very impure, which greatly aggravates the condition of the sick. In addition to this, to have one or two watchers to use up the little vital air which may find its way to the sick room through the crevices of doors and windows, is taking from them this vitality, and leaving them more debilitated than they would have been had they been left to themselves. The evil does not end here. Even one watcher will make more or less stir, which disturbs the sick. But where there are two watchers, they often converse together, sometimes aloud, but more frequently in whispered tones, which is far more trying and exciting to the nerves of the sick than talking aloud. {2SM 459.1}

Many suffering wakeful nights are endured by the sick because of watchers. If they were left alone without a light, knowing that all were at rest, they could much better compose themselves to sleep, and in the morning they would awake refreshed. Every breath of vital air in the sick room is of the greatest value, although many of the sick are very ignorant on this point. They feel very much depressed, and do not know what the matter is. A draught of pure air through their room would have a happy invigorating influence upon them. {2SM 459.2}

But if they are afraid of air, and shut themselves away from this blessing, the little that is allowed to reach them should not be consumed by watchers, or lamp-light. Attendants upon the sick should if possible leave them to quiet and rest through the night, while they occupy a room adjoining. {2SM 459.3}

All unnecessary noise and excitement should be avoided in the sick room, and the whole house should be kept as quiet as possible. Ignorance, forgetfulness, and recklessness, have caused the death of many who might have lived, had they received proper care from judicious, thoughtful attendants. The doors should be opened and shut with great care, and the attendants should be unhurried, calm, and self-possessed. {2SM 459.4}

The sick room, if possible, should have a draught of air through it, day and night. The draught should not come directly upon the invalid. While burning fevers are raging, there is but little danger of taking cold. But especial care is needful when the crisis comes, and fever is passing away. Then constant watching may be necessary to keep vitality in the system. The sick must have pure, invigorating air. If no other way can be devised, the sick, if possible, should be removed to another room, and another bed, while the sick room, the bed and bedding are being purified by ventilation. If those who are well need the blessings of light and air, and need to observe habits of cleanliness in order to remain well, the sick are in still greater need of them in proportion to their debilitated condition. {2SM 460.1}

A great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health. Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers, and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there. {2SM 460.2}

If every family realized the beneficial results of thorough cleanliness, they would make special efforts to remove every impurity from their persons, and from their houses, and would extend their efforts to their premises. Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances an effluvia that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be cause by inhaling the atmosphere affected by these decaying substances. {2SM 460.3}

Families have been afflicted with fevers, some have died, and the remaining portion of the family circle have almost murmured against their Maker because of their distressing bereavements, when the sole cause of all their sickness and death has been the result of their own carelessness. The impurities about their own premises have brought upon them contagious diseases, and the sad afflictions which they charge upon God. Every family that prizes health should cleanse their houses and their premises of all decaying substances. {2SM 461.1}

God commanded that the children of Israel should in no case allow impurities of their persons, or of their clothing. Those who had any personal uncleanness were shut out of the camp until evening, and then were required to cleanse themselves and their clothing before they could enter the camp. Also they were commanded of God to have no impurities upon their premises within a great distance of the encampment, lest the Lord should pass by and see their uncleanness. {2SM 461.2}

In regard to cleanliness, God requires no less of his people now, than he did of ancient Israel. A neglect of cleanliness will induce disease. Sickness and premature death, do not come without a cause. Stubborn fevers and violent diseases have prevailed in neighborhoods, and towns, that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. In many instances their own yards contained the agent of destruction, which sent forth deadly poison into the atmosphere, to be inhaled by the family, and the neighborhood. The slackness and recklessness sometimes witnessed, is beastly, and the ignorance of the results of such things upon health is astonishing. Such places should be purified, especially in summer, by lime, or ashes, or by a daily burial with earth. {2SM 461.3}

Some houses are furnished expensively, more to gratify pride, and to receive visitors, than for the comfort, convenience and health of the family. The best rooms are kept dark. The light and air are shut out, lest the light of heaven may injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold, because of the cellar-like atmosphere pervading them. Parlor chambers and bedrooms are kept closed in the same manner and for the same reasons. And whoever occupies these beds which have not been freely exposed to the light and air, do so at the expense of health, and often even of life itself. {2SM 462.1}

Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable health-destroying apartments. Every family that prizes health above the empty applause of fashionable visitors, will have a circulation of air, and an abundance of light through every apartment of their houses for several hours each day. But many will follow fashion so closely, they become slaves to it, and would suffer sickness, and even death, rather than be out of fashion. They will reap that which they have sown. They will live fashionably, and suffer with diseases as the result, be doctored with fashionable poisons, and die fashionable deaths. {2SM 462.2}

Sleeping rooms especially should be well ventilated, and the atmosphere made healthy by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired. Nothing should remain, even for a short time, which would destroy the purity of the atmosphere. {2SM 462.3}

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping rooms are small, unfit to sleep in for one night, but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice open to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs. Those who thus abuse their health, must suffer

with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies. {2SM 462.4}

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night. Those who have excluded the air from their sleeping rooms, should commence to change their course immediately. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air. {2SM 463.1}

Those who have not had a free circulation of air in their rooms through the night, generally awake feeling exhausted, feverish, and know not the cause. It was air, vital air, that the whole system required, but which it could not obtain. Upon rising in the morning, most persons would be benefited by taking a sponge-bath, or, if more agreeable, a hand-bath, with merely a wash-bowl of water. This will remove impurities from the skin. Then the clothing should be removed piece by piece from the bed, and exposed to the air. The windows should be opened, and the blinds fastened back, and the air left to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room. {2SM 463.2}

Shade trees and shrubbery too close and dense around a house are unhealthy; for they prevent a free circulation of air, and prevent the rays of the sun from shining sufficiently through. In consequence of this, a dampness gathers in the house. Especially in wet seasons the sleeping rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard beautified with scattering trees, and some shrubbery, at a proper distance from the house, has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result. {2SM 463.3}

Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.-- How to Live, No. 4, pp. 54-64.

QUESTIONS #4

True or False

1. When mild sickness enters a family, there is great need of each member giving strict attention to personal cleanliness, and diet, to preserve themselves in a unhealthful condition, and by thus doing, fortify themselves against disease. _____
2. In pleasant weather the sick in no case should be deprived of a full supply of fresh air. Their rooms may not always be constructed as to allow the windows or doors open in their rooms, without the draught coming directly upon them, and exposing them to take cold. _____
3. In very many cases the attendants are knowledgeable of the wants of the system, and the relation which the breathing of fresh air sustains to health, and the life-destroying influence of inhaling the diseases air of a sickroom. _____
4. The mother, from a sense of duty, has left her family to administer in the sick room, where pure air was not allowed to enter, and has become sick by inhaling the diseased atmosphere, which affected her whole system. _____
5. If the clothing worn is often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. _____

6. Some houses are furnished expensively, more to gratify pride, and to receive visitors, than for the comfort, convenience and health of the family. _____
7. Shade trees and shrubbery too close and dense around a house are unhealthy; for they prevent a free circulation of air, and prevent the rays of the sun from shining sufficiently through. _____
8. Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers, because their faith was not made perfect by works. _____

CHAPTER 5

In this age of degeneracy, children are born with enfeebled constitutions. Parents are amazed at the great mortality among infants and youth, and say, "it did not use to be so." Children were then more healthy and vigorous, with far less care than is now bestowed upon them. Yet with all the care they now receive, they grow feeble, wither and die. As the result of wrong habits in parents, disease and imbecility have been transmitted to their offspring. {2SM465.1}

After their birth, they are made very much worse by careless inattention to the laws of their being. Proper management would greatly improve their physical health. But parents seldom pursue a right course toward their infant children, considering the miserable inheritance already received from them. Their wrong course toward their children results in lessening their hold of life, and prepares them for premature death. These parents had no lack of love for their children, but this love was misapplied. One great error with the mother in the treatment of her infant is, she deprives it very much of fresh air, that which it ought to have to make it strong. It is a practice of many mothers to cover their infant's heads while sleeping, and this, too, in a warm room, which is seldom ventilated as it should be. This alone is sufficient to greatly enfeeble the action of the heart and lungs, thereby affecting the whole system. While care may be needful to protect the infant from a draught of air, or from any sudden and too great change, especial care should be taken to have the child breathe a pure invigorating atmosphere. No disagreeable odor should remain in the nursery, or about the child. Such things are more dangerous to the feeble infant than to grown persons. {2SM 465.2}

Mothers have been in the practice of dressing their infants in reference to fashion instead of health. The infant wardrobe is generally prepared to look prettily, more for show than for convenience and comfort. Much time is spent in embroidering, and in unnecessary fancy work, to make the garments of the little stranger beautiful. The mother often performs this work at the expense of her own health, and that of her offspring. When she should be enjoying pleasant exercise, she is often bent over work which severely taxes eyes and nerves. And it is often difficult to arouse the mother to her solemn obligations to cherish her own strength, for her own good, as well as that of the child. {2SM 465.3}

Show and fashion are the demon altar upon which many American women sacrifice their children. The mother places upon the little morsel of humanity the fashionable dresses which she had spent weeks in making, which are wholly unfit for its use, if health is to be regarded of any account. The garments are made extravagantly long, and in order to keep them upon the infant, its body is girted with tight bands, or waists, which hinder the free action of the heart and lungs. Infants are also compelled to bear a needless weight because of the length of their garments, and thus clothed, they do not have free use of their muscles and limbs. {2SM 466.1}

Mothers have thought it necessary to compress the bodies of their infant children to keep them in shape, as though fearful that without tight bandages, they would fall in pieces, or become deformed. Do the animal creation become deformed because nature is left to do her own work? Do the little lambs become deformed because they are not girted about with bands to give them shape? They are delicately and beautifully formed. Human infants are the most perfect, and yet the most helpless, of all the Creator's handiwork, and, therefore, their mothers should be instructed in regard to physical laws, so as to be capable of rearing them with physical, mental, and moral health. Mothers, nature has given your infants forms which need no girts or bands to perfect them. God has supplied them with bones and muscles sufficient for their support, and to guard nature's fine machinery within, before committing it to your care. {2SM 466.2}

The dress of the infant should be so arranged that its body will not be the least compressed after taking a full meal. Dressing infants in a fashionable manner, to be introduced into company for visitors to admire, is very injurious to them. Their clothing is ingeniously arranged to make the child miserably uncomfortable, and it is frequently made still more uneasy by passing from one to the other, being fondled by all. But there is an evil greater than those already named. The infant is exposed to a vitiated air, caused by many breaths, some of which are very offensive and injurious to the strong lungs of older people. The infant lungs suffer, and become diseased by inhaling the atmosphere of a room poisoned by the tobacco-user's tainted breath. Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. By inhaling the poisonous tobacco effluvia, which is thrown from the lungs and pores of the skin, the system of the infant is filled with the poison. While it acts upon some as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others it has a more direct influence, causing spasms, fits, paralysis, palsy, and sudden death. The bereaved parents mourn the loss of their loved ones, and wonder at the mysterious providence of God, which has so cruelly afflicted them, when Providence designed not the death of these infants. They died martyrs to the filthy lust of tobacco. Their parents ignorantly, but none the less surely, kill their infant children by the disgusting poison. Every exhalation of the lungs of the tobacco slave, poisons the air about him. Infants should be kept free from every thing which would have an influence to excite the nervous system, and should, whether waking or sleeping, day and night, breathe a pure, cleanly, healthy atmosphere, free from every taint of poison. {2SM 466.3}

Another great cause of mortality among infants and youth, is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the life of thousands. The air, bathing the arms and limbs, and circulating about the armpits, chills these sensitive portions of the body, so near the vitals, and hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain. Those who regard the health of their children of more value than the foolish flattery of visitors, or the admiration of strangers, will ever clothe the shoulders and arms of their tender infants. The mother's attention has been frequently called to the purple arms and hands of her child, and she has been cautioned in regard to this health and the life-destroying practice; and the answer has often been, "I always dress my children in this manner. They get used to it. I cannot endure to see the arms of infants covered. It looks old-fashioned." These mothers dress their delicate infants as they would not venture to dress themselves. They know that if their own arms were exposed without a covering, they would shiver with chilliness. Can infants of a tender age endure this process of hardening without receiving injury? Some children may have at birth so strong constitutions that they can endure such abuse without its costing them life; yet thousands are sacrificed, and tens of thousands have the foundation laid for a short, invalid life, by the custom of bandaging and surfeiting the body with much clothing, while the arms--which are at such distance from the seat of life, and for that cause need even more clothing than the chest and lungs--are left naked. Can mothers expect to have quiet and healthy infants, who thus treat them? {2SM 467.1}

When the limbs and arms are chilled, the blood is driven from these parts to the lungs and head. The circulation is impeded, and nature's fine machinery does not move harmoniously. The system of the infant is deranged, and it cries and mourns because of the abuse it is compelled to suffer. The mother feeds it, thinking it must be hungry, when food only increases its suffering. Tight bands and an overloaded stomach do not agree. It has no room to breathe. It may scream, struggle and pant for breath, and yet the mother not mistrust the cause. She could relieve the sufferer at once, at least of tight bandages, if she understood the nature of the case. She at length becomes alarmed, and thinks her child really ill, and summons a doctor, who looks gravely upon the infant a few moments and then deals out poisonous medicines, or something called a soothing cordial, which the mother, faithful to directions, pours down the throat of the abused infant. If it was not diseased in reality before, it is after this process. It suffers now from drug-disease, the most stubborn and incurable of all diseases. If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy on the brain, or consumption. Some infants are not strong enough to bear even a trifle of drug-poisons, and as nature rallies to meet the intruder, the vital forces of the tender infant are too severely taxed, and death ends the scene. It is no strange sight in this age of the world, to view the mother lingering around the cradle of her suffering, dying infant, her heart torn with anguish, as she listens to its feeble wail, and witnesses its expiring struggles. It seems mysterious to her, that God should thus afflict her innocent child. She does not think that her wrong course has brought about the sad result. She just as surely destroyed her infant's hold on life as though she had given it poison. Disease never comes without a cause. The way is first prepared, and disease

invited by disregarding the laws of health. God does not take pleasure in the sufferings and death of little children. He commits them to parents, for them to educate physically, mentally and morally, and train them for usefulness here, and for Heaven at last. {2SM 468.2}

If the mother remains in ignorance in regard to the physical wants of her child, and, as the result, her child sickens, she need not expect that God will work a miracle to counteract her agency in making it sick. Thousands of infants have died who might have lived. They are martyrs to their parent's ignorance of the relation which food, dress and the air they breathe, sustain to health and life. Mothers in past ages, should have been physicians to their own children. The time she devoted to the extra beautifying of her infant's wardrobe, she should have spent in a nobler purpose--in educating her mind with regard to her own physical wants, and that of her offspring. She should have been storing her mind with useful knowledge, in regard to the best course she could pursue in rearing her children healthfully, with the view that generations would be injured or benefited, by her course of action. {2SM 469.1}

Mothers who have troublesome, fretful infants, should study into the cause of their uneasiness. By so doing, they will often see that something is wrong in their management. It is often the case, that the mother becomes alarmed by the symptoms of illness manifested by her child, and hurriedly summons a physician, when the infant's sufferings would have been relieved by taking off its tight clothing, and putting upon it garments properly loose and short, that it may use its feet and limbs. Mothers should study from cause to effect. If the child has taken cold, it is generally owing to the wrong management of the mother. If she covers its head, as well as its body while sleeping, in a short time it will be in a perspiration, caused by labored breathing, because of the lack of pure, vital air. When she takes it from beneath the covering, it is almost sure to take cold. The arms being naked, exposes the infant to constant cold, and congestion of lungs or brain. These exposures prepare the way for the infant to become sickly and dwarfed. {2SM 469.2}

Parents are accountable in a great degree, for the physical health of their children. Those children who survive the abuses of their infancy, are not out of danger in their childhood. Their parents still pursue a wrong course toward them. Their limbs, as well as their arms, are left almost naked. Those who value fashion above health, place hoops upon their children. Hoops are not convenient, modest or healthful. They prevent the clothing from falling close about the body. Mothers then dress the upper part of their limbs with muslin pantalettes, which reach about to the knee, while the lower part of their limbs are covered with only one thickness of flannel or cotton, while their feet are dressed with thin-soled gaiter boots. Their garments being kept from the body by hoops, it is impossible for them to receive sufficient warmth from their clothing, and their limbs are continually bathed in cold air. The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities, and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous warm current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor, and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result. {2SM 469.3}

God holds mothers accountable for the diseases their children are compelled to suffer. Mothers bow at the shrine of fashion, and sacrifice the health and lives of their children. Many mothers are ignorant of the result of their course in thus clothing their children. But should they not inform themselves, where so much is at stake? Is ignorance a sufficient excuse for you who possess reasoning powers? You can inform yourselves if you will, and dress your children healthfully. Parents may give up the expectation of their children's having health while they dress them in cloaks and furs, and load down those portions of the body with clothing where there is no call for such an amount, and then leave the extremities, that should have especial protection, almost naked. The portions of the body, close by the life springs, need less covering than the limbs which are remote from the vital organs. If the limbs and feet could have the extra coverings usually put upon the shoulders, lungs, and heart, and healthy circulation be induced to the extremities, the vital organs would act their part healthfully, with only their share of clothing. {2SM 470.2}

I appeal to you mothers, do you not feel alarmed, and heart-sick, in seeing your children pale and dwarfed, suffering with catarrh, influenza, croup, scrofula swellings appearing upon the face and neck, inflammation and congestion of lungs and brain? Have you studied from cause to effect? Have you provided for them a simple nutritious diet, free from grease and spices? Have you not been dictated by fashion in clothing your children? Leaving their arms and limbs insufficiently protected has been the cause of a vast amount of disease and premature deaths. There is no reason why the feet and limbs of your girls, should not be in every way as warmly clad as those of your boys. Boys, accustomed to exercise out of doors, become inured to cold and exposure, and are actually less

liable to colds when thinly clad, than the girls, because the open air seems to be their natural element. Delicate girls, accustom themselves to live in-doors, and in a heated atmosphere, and yet they go from the heated room out of doors with their limbs and feet seldom better protected from the cold than while remaining in a close warm room. The air soon chills their limbs and feet, and prepares the way for disease. {2SM 471.1}

Your girls should wear the waists of their dresses perfectly loose, and they should have a style of dress convenient, comfortable and modest. In cold weather they should wear warm flannel or cotton drawers, which can be placed inside the stockings. Over these should be warm lined pants, which may be full, gathered into a band, and neatly button around the ankle, or taper at the bottom and meet the shoe. Their dress should reach below the knee. With this style of dress, one light skirt, or at most two, is all that is necessary, and these should be buttoned to a waist. The shoes should be thick-soled, and perfectly comfortable. With this style of dress your girls will be no more in danger in the open air than your boys. And their health would be much better, were they to live more out of doors, even in winter, than to be confined to the close air of a room heated by a stove. {2SM 471.2}

It is a sin in the sight of Heaven for parents to dress their children as they do. The only excuse that they can make is, it is fashion. They cannot plead modesty to thus expose the limbs of their children with only one covering drawn tight over them. They cannot plead that it is healthful, or really attractive. Because others will continue to follow this health and life-destroying practice, it is no excuse for those who style themselves reformers. Because everybody around you follow a fashion which is injurious to health, it will not make your sin a whit the less, or be any guarantee for the health and life of your children.--How to Live, No. 5, pp. 66-74.

QUESTIONS #5

1. In this age of degeneracy, children are born with enfeebled constitutions. Parents are amazed at the great mortality among infants and youth, and say, "it did not use to be so." Children were then more healthy and vigorous, with far less care than is now bestowed upon them. Yet with all the care they now receive, they grow feeble, wither and die. Why? _____

2. Mothers have been in the _____ of _____ their infants in reference to _____ instead of _____.

3. _____ and _____ are the demon altar upon which _____ American women _____ their _____.

4. The dress of the infant should be so arranged that its body will not be the least compressed after taking a full meal. True or False _____

5. Another great cause of _____ among _____ and youth, is the custom of _____ their _____ and _____ naked.

6. When the _____ and _____ are chilled, the blood is driven from these _____ to the _____ and _____.

7. Tight bands and an overloaded stomach do not agree. It has no room to breathe. It may scream, struggle and pant for breath, and yet the mother not mistrust the cause. She could relieve the sufferer at once, at least of tight bandages, if she understood the nature of the case. True or False _____

CHAPTER 6

My sisters, there is need of a dress reform among us. There are many errors in the present style of female dress. It is injurious to health, and, therefore, sin for females to wear tight corsets, or whalebones, or to compress the waist. These have a depressing influence upon the heart, liver, and lungs. The health of the entire system depends upon the healthy action of the respiratory organs. Thousands of females have ruined their constitutions, and brought upon themselves various diseases, in their efforts to make a healthy and natural form unhealthy and unnatural. They are dissatisfied with nature's arrangements, and in their earnest efforts to correct nature, and bring her to their ideas of gentility, they break down her work, and leave her a mere wreck. {2SM 473.1}

Many females drag down the bowels and hips by hanging heavy skirts upon them. These were not formed to sustain weights. In the first place, heavy quilted skirts should never be worn. They are unnecessary, and a great evil. The female dress should be suspended from the shoulders. It would be pleasing to God if there was greater uniformity in dress among believers. The style of dress formerly adopted by the Friends, is the least objectionable. Many of them have backslidden, and although they may preserve the uniformity of color, yet they have indulged in pride and extravagance, and their dress has been of the most expensive material. Still their selection of plain colors, and the modest and neat arrangement of their clothing, is worthy of imitation by Christians. {2SM 473.2}

The children of Israel, after they were brought out of Egypt, were commanded to have a simple ribbon of blue in the border of their garments, to distinguish them from the nations around them, and to signify that they were God's peculiar people. The people of God are not now required to have a special mark placed upon their garments. But in the New Testament we are often referred to ancient Israel as examples. If God gave such definite directions to his ancient people in regard to their dress, will not the dress of his people in this age come under his notice? Should there not be in their dress a distinction from that of the world? Should not the people of God, who are his peculiar treasure, seek even in their dress to glorify God? And should they not be examples in point of dress, and by their simple style rebuke the pride, vanity and extravagance of worldly, pleasure-loving professors? God requires this of his people. Pride is rebuked in his word. {2SM 473.3}

But there is a class who are continually harping upon pride, and dress, who are careless of their own apparel, and who think it a virtue to be dirty, and dress without order and taste; and their clothing often looks as though it flew and lit upon their persons. Their garments are filthy, and yet such ones will ever be talking against pride. They class decency and neatness with pride. Had they been among that number who gathered around the mount to hear the law spoken from Sinai, they would have been chased from the congregation of Israel, because they had not obeyed the command of God --"And let them wash their clothes,"-- preparatory to listening to his law given in awful grandeur. {2SM 474.1}

The ten commandments spoken by Jehovah from Sinai cannot live in the hearts of persons of disorderly, filthy habits. If ancient Israel could not so much as listen to the proclamation of that holy law, unless they had obeyed the injunction of Jehovah, and had cleansed their clothing, how can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible. Their profession may be as high as Heaven, yet it is not worth a straw. Their influence disgusts unbelievers. Better if they had ever remained outside the ranks of God's loyal people. The house of God is dishonored by such professors. All who meet upon the Sabbath to worship God should, if possible, have a neat, well-fitting, comely suit to wear in the house of worship. It is a dishonor to the Sabbath, and to God and his house, for those who profess that the Sabbath is the holy of the Lord, and honorable, to wear the same clothing upon the Sabbath that they have worn through the week while laboring upon their farms, when they can obtain other. If there are worthy persons who, with their whole heart would honor the Lord of the Sabbath, and the worship of God, and who cannot obtain a change of clothing, let those who are able, donate to such a Sabbath suit, that they may appear in the house of God with cleanly, fitting apparel. A greater uniformity in dress would be pleasing to God. Those who expend means on costly apparel and extra fixings, can by a little self-denial exemplify pure religion, by simplicity of clothing, and then use the means they have usually expended needlessly in aiding some poor brother or sister, whom God loves, to obtain neat and modest apparel. {2SM 474.2}

Some receive the idea that in order to carry out that separation from the world which the word of God requires, they must be neglectful of their apparel. There is a class of sisters who think that they are carrying out the principle of non-conformity to the world by wearing an ordinary sunbonnet, and the same dress worn by them through the week, upon the Sabbath, to appear in the assembly of the saints to engage in the worship of God. And some men who profess to be Christians view the matter of dress in the same light. They assemble with God's people upon the Sabbath, with their clothing dusty, and soiled, and even with gaping rents in them, and placed upon their persons in a slovenly manner. This class, if they had an engagement to meet a friend honored by the world, and they wished to be especially favored by him, would exert themselves to appear in his presence with the best apparel that could be obtained; for this friend would feel insulted were they to come into his presence with hair uncombed, and garments uncleanly, and in disorder. Yet these persons think that it is no matter in what dress they appear, or what is the condition of their persons, when they meet upon the Sabbath to worship the great God. They assemble in his house, which is as the audience-chamber of the Most High, where heavenly angels are in attendance, with but little respect, or reverence, as their persons and clothing indicate. Their whole appearance typifies the character of such men and women. {2SM 475.1}

The favorite theme of this class is pride of dress. Decency, taste, and order, they regard as pride. And according to the dress of these mistaken souls will be their conversation, their acts, and their deal. They are careless, and often low in their conversation at their homes, among their brethren, and before the world. The dress, and its arrangement upon the person, is generally found to be the index of the man or the woman. Those who are careless and untidy in dress are seldom elevated in their conversation, and possess but little refinement of feelings. They sometimes consider oddity and coarseness, humility. {2SM 475.2}

The followers of Christ are represented by him as the salt of the earth, and the light of the world. Without the saving influence of Christians, the world would perish in its own corruption. Look upon the class of professed Christians described, who are careless of their dress and persons, and loose in their business transactions, as their dress represents, coarse, uncourteous and rough in their manners, low in their conversation; and at the same time they regard these miserable traits as marks of true humility and Christian life. Think you if our Saviour was upon earth, he would point to them as being the salt of the earth, and the light of the world? No, never! Christians are elevated in their conversation, and although they believe it to be a sin to condescend to foolish flattery, they are courteous, kind, and benevolent. Their words are those of sincerity and truth. They are faithful in their deal with their brethren, and with the world. In their dress they avoid superfluity and display; but their clothing will be neat, not gaudy, modest, and arranged upon the person with order and taste. Especial care will be taken to dress in a manner that will show a sacred regard for the holy Sabbath, and the worship of God. The line of demarkation between such a class and the world will be too plain to be mistaken. The influence of believers would be ten-fold greater if men and women who embrace the truth, who have been formerly careless and slack in their habits, would be so elevated, and sanctified through the truth, as to observe habits of neatness, order, and good taste in their dress. Our God is a God of order, and he is not in any degree pleased with distraction, with filthiness, or with sin. {2SM 476.1}

Christians should not take pains to make themselves gazing-stocks by dressing differently from the world. But if, in accordance with their faith and duty in respect to their dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world. But they should manifest a noble independence, and moral courage to be right, if all the world differ from them. If the world introduce a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God, or to the world to adopt such a style of dress. Christians should follow Christ, and conform their dress to God's word. They should shun extremes. They should humbly pursue a straightforward course, irrespective of applause or of censure, and should cling to the right, because of its own merits. {2SM 476.2}

Women should clothe their limbs with regard to health and comfort. They need to have their limbs and feet clad as warmly as men. The length of the fashionable female dress is objectionable for several reasons. {2SM 477.1}

1. It is extravagant and unnecessary to have the dress of that length that it will sweep the sidewalks and streets. {2SM 477.2}
2. A dress thus long gathers dew from the grass, and mud from the streets, which makes it uncleanly. {2SM 477.3}
3. In its bedrabbled condition it comes in contact with the sensitive ankles, which are not sufficiently protected, quickly chilling them, and is one of the greatest causes of catarrh, and of scrofula swellings, and endangers health and life. {2SM 477.4}
4. The unnecessary length is an additional weight upon the hips and bowels. {2SM 477.5}
5. It hinders the walking, and is also often in other people's way. {2SM 477.6}

There is still another style of dress which will be adopted by a class of so-called dress reformers. They will imitate the opposite sex, as nearly as possible. They will wear the cap, pants, vest, coat, and boots, the last of which is the most sensible part of the costume. Those who adopt and advocate this style of dress, are carrying the so-called dress reform to very objectionable lengths. Confusion will be the result. Some who adopt this costume may be correct in their views in general upon the health question, and they could be instrumental in accomplishing vastly more good if they did not carry the matter of dress to such extremes. {2SM 477.7}

In this style of dress God's order has been reversed, and his special directions disregarded. Deut. xxii, 5. "The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment for all that do so are abomination unto the Lord thy God." This style of dress, God would not have his people adopt. It is not modest apparel, and is not at all fitting for modest, humble females who profess to be Christ's followers. God's

prohibitions are lightly regarded by all who would advocate the doing away of the distinction of dress between males and females. The extreme positions taken by some dress-reformers upon this subject cripple their influence. {2SM 477.8}

God designed there should be a plain distinction between male and female dress, and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion, and great increase of crime. St. Paul would utter a rebuke, were he alive, and should behold females professing Godliness with this style of dress. "In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; but (which becometh women professing Godliness) with good works." The mass of professed Christians utterly disregard the teachings of the Apostles, and wear gold, pearls and costly array. {2SM 478.1}

God's loyal people are the light of the world, and the salt of the earth. And they should ever remember that their influence is of value. Were they to exchange the extreme long, for the extreme short dress, they would, to a great extent, destroy their influence. Unbelievers, whom it is their duty to benefit, and seek to bring to the Lamb of God, would be disgusted. Many improvements can be made in the dress of females in reference to health, without making so great a change as to disgust the beholder. {2SM 478.2}

The female form should not be compressed in the least with corsets and whale bones. The dress should be perfectly easy that the lungs and heart may have healthy action. The dress should reach somewhat below the top of the boot; but should be short enough to clear the filth of the sidewalk and street, without being raised by the hand. A still shorter dress than this would be proper, convenient, and healthful for females, when doing their housework, and especially, for those women who are obliged to perform more or less out-of-door labor. With this style of dress, one light skirt, or, at most two, are all that is necessary, and these should be buttoned on to a waist, or suspended with straps. The hips were not formed to bear heavy weights. The heavy skirts worn by females, their weight dragging down upon the hips, have been the cause of various diseases, which are not easily cured, because the sufferers seem to be ignorant of the cause which has produced them, and they continue to violate the laws of their being by girding the waists and wearing heavy skirts, until they are made life-long invalids. Many will immediately exclaim, "Why such a style of dress would be old-fashioned!" What if it is? I wish we could be old-fashioned in many respects. If we could have the old-fashioned strength that characterized the old-fashioned women of past generations it would be very desirable. I do not speak unadvisedly when I say that the way in which women clothe themselves, together with their indulgence of appetite, is the greatest causes of their present feeble diseased condition. There is but one woman in a thousand who clothes her limbs as she should. Whatever may be the length of the dress, females should clothe their limbs as thoroughly as the males. This may be done by wearing lined pants gathered into a band and fastened about the ankle, or made full and tapering at the bottom; and these should come down long enough to meet the shoe. The limbs and ankles thus clothed are protected against a current of air. If the limbs and feet are kept comfortable with warm clothing, the circulation will be equalized, and the blood will remain healthy and pure, because it is not chilled or hindered in its natural passage through the system.--How to Live, No. 6, pp. 57-64. {2SM 478.3}

QUESTIONS #6

1. My sisters, there is need of a _____reform among us. There are_____ errors in the _____style of _____dress. It is _____to _____, and, therefore,____for femalesto_____tight corsets,or _____, or to _____the waist.
2. The female dress should be suspended from the shoulders. True or False_____
3. Should there not be in their dress a _____from that of the____? Should not the people of God, who are his_____treasure, seek even in their _____to_____God?
4. A greater _____in dress would be _____to God. Those who _____means on _____apparel and extra fixings, can by a_____self-denial exemplify _____religion, by simplicity of _____, and then use the _____they have usually_____needlessly in aiding some poor brother or sister, whom _____loves, to obtain _____and _____apparel.
5. The influence of believers would be two-fold greater if men and women who embrace the truth, who have been formerly careless and slack in their habits, would be so elevated, and unsanctified through the truth, as to observe habits of neatness, order, and good taste in their dress.

6. Christians should not take _____ to make _____ gazing-stocks by _____ differently from the _____. But if, in _____ with their _____ and duty in _____ to their dressing _____ and _____, they find themselves out of _____, they should not _____ their _____ in order to be like the _____.

7. There is but one woman in a hundred who clothes her limbs as she should. Whatever may be the length of the dress, females should clothe their limbs as thoroughly as the youth. True or False _____

THE PLACE OF HERBS IN RATIONAL THERAPY

Statements Written By Mrs. E. G. White With Notations and Supplement. {PH144 4.1}

Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. . . . God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of co-operating with Him, and asking His blessing on the means which He Himself has provided. {CC 240.5}

PRAYER, FAITH AND REMEDIES

"In regard to the matter of prayer for the sick, many confusing ideas are advanced. One says, He who has been prayed for must walk out in faith, giving God the glory, and making use of no remedies. If he is at a health institute, he should leave it at once. I know that these ideas are wrong, and that if accepted, they would lead to many evils. {PH144 4.2}

"On the other hand, I do not wish to say anything that might be interpreted to mean a lack of belief in the efficacy of prayer. The path of faith lies close beside the path of presumption. {PH144 4.3}

"It is no denial of faith to use rational remedies judiciously. Water, air, and sunshine, these are God's healing agencies. {PH144 4.4}

"The use of certain herbs that the Lord has made to grow for the good of man, is in harmony with the exercise of faith." -MS 31, 1911 (written June 3, 1888).

LEARN TO (DO FOR YOURSELF)

"Now in regard to that which we can do for ourselves: There is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. {PH144 5.1}

"I must have wisdom to be a faithful guardian of my body. I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draught, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. {PH144 5.2}

"I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. {PH144 5.3}

"And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided, --pure air, pure water, and the healing, precious sunlight. Water can be used in many ways to relieve suffering. Draughts of clear, hot water taken before eating (half a quart more or less), will never do any harm, but will rather be productive of good. A cup of tea made from catnip herb will quiet the nerves." {PH144 6.1}

USEFUL REMEDIES

"Hop tea will induce sleep. Hop poultices over the stomach will relieve pain." {PH144 6.2}

"If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly." {PH144 6.3}

"When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." {PH144 6.4}

"There are many more simple remedies, which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves; but man's extremities are God's opportunities." PH144 6.5}

"If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain, when we are too indolent to make use of these remedies within our power, it is simply presumption. The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. Then God sends the rain and the sunshine and the clouds to cause vegetation to flourish. God works, and man cooperates with God. Then there is seed time and harvest." {PH144 7.1}

"God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today." {PH144 7.2}

"I believe in calling upon the Great Physician when we have used the remedies I have mentioned. In regard to manner of labor we certainly need to be wise as serpents and harmless as doves. We might be very zealous, but it might be an unwise zeal, and serve to hedge up our way. Then there is danger of being so circumscribed in our work as to do very little good."--Letter 35, (Feb. 6, 1890) {PH144 7.3}

"The simpler remedies are less harmful (than drug poisons) in proportion to their simplicity, but in very many cases these are used when not at all necessary." {PH144 8.1}

EVERY FAMILY TO USE HERBS

"There are simple herbs and roots that every family may use for themselves, and need not call in a physician any sooner than they would call a lawyer." {PH144 8.2}

"I do not think that I can give you any definite line of medicines compounded and dealt out by doctors that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject. The practitioners are very much in earnest in using their dangerous concoctions; and I am decidedly opposed to resorting to such things. They never cure; they may change the difficulty to create a worse one. Many of those who practice the prescribing of drugs, would not take the same, or give them to their children. If they have an intelligent knowledge of the human body . . . they must know that we are fearfully and wonderfully made, and that not a particle of these strong drugs should be introduced into this human living organism." {PH144 8.3}

"As the matter was laid open before me, and the sad burden of the result of drug medication, the light was given me that Seventh-day Adventists should establish health institutions, discarding all these health-destroying inventions, and physicians should treat the sick upon hygienic principles."--Letter 17a, 1893 (written Oct. 2, 1893) {PH144 8.4}

"The intricate names given the medicines are used to cover up the matter, so that none will know what is given them as remedies unless they obtain a dictionary to find out the meaning of these names." {PH144 9.1}
"The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick, who have died under drug medication." --Letter 82, 1897 (written Feb. 10, 1897) {PH144 9.2}

HERBS HARMLESS, DRUGS HARMFUL

"Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners. I would not touch their nostrums to which they give Latin names. I am determined to know, in straight English, the name of everything that I introduce into my system." {PH144 9.3}

"Those who make a practice of taking drugs, sin against their intelligence and endanger their whole after life." {PH144 10.1}

"There are herbs that are harmless, the use of which will tide over many apparently serious difficulties." {PH144 10.2}

"But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure."
--MS 86, 1897 (written Aug. 25, 1897) {PH144 10.3}

"Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender, and true, and clean. The inclination to use poisonous drugs, which kill, if they do not cure, needs to be guarded against. Matters have been laid open before me in reference to the use of drugs. Many have been treated with drugs, and the result has been death. Our physicians, by practicing drug medication, have lost many cases that need not have died if they had left their drugs out of the sick-room." {PH144 10.4}

DRUGS KILL

"Fever cases have been lost, when had the physicians left off entirely their drug treatment, had they put their wits to work, and wisely and persistently used the Lord's own remedies, plenty of air and water, the patients would have recovered. The reckless use of these things that should be discarded has decided the case of the sick." {PH144 10.5}

"Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly with unwearied, unrelaxed diligence, with hot and cold water, hot compresses, packs and dripping sheets, they would be alive today." {PH144 11.1}

LEARN GOD'S METHODS

"Nothing should be put into the human system that will leave a baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, is the reason which has been given me for establishing sanitariums in various localities." {PH144 11.2}

"We must become enlightened on these subjects. The intricate names given medicine are used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary "As to drugs being used in our institutions, it is contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why institutions should be established, that is sanitariums were to reform the medical practices of physicians." {PH144 12.1}

"This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick." {PH144 12.2}

"It is a delusion and a farce, and the Lord has revealed to me that this practice would not preserve life, but would introduce into the system those things which should never be there, for they would do a deleterious work on the human organism." --Letter 59, 1898 (written Aug. 29, 1898) {PH144 12.3}

"The drug science has been exalted, but if every bottle that comes from every such institution were done away with, there would be fewer invalids in the world today. Drug medication should never have been introduced into our institutions. There was no need of this being so, and for this very reason the Lord would have us establish an institution where He can come in and where His grace and power can be revealed. 'I am the Resurrection and the Life,' He declares. {PH144 12.4}

LEARN TO TREAT YOURSELF

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary." {PH144 13.1}

"To educate the human family that the doctor alone knows all the ills of infants and persons of every age is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work. There is a work to be done in treating the sick with water and teaching them to make the most of the sunshine and physical exercise. Thus in simple language, we may teach the people how to preserve health, how to avoid sickness. This is the work of our sanitariums are called upon to do. This is true science."--M.S. 105, (written Aug. 26, 1898) {PH144 13.2}

DISCARD HUMAN CONCOCTIONS

(9) "Shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest." {PH144 14.1}

"Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life, and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past. The Lord has provided antidotes for disease in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. We can use water and sunshine and the herbs which He has caused to grow for healing maladies brought on by indiscretion or accident." --MS 65, 1899 (written April 25, 1899) {PH144 14.2}

"It would have been better if from the first all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science, and they would leave no injurious effects in the system." {PH144 15.1}

"Thousands who are afflicted might recover their health if, instead of depending upon the drug store for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach, and leave it weak, unable to digest even simple food without stimulation." --MS 115, 1903 (written Sept. 4, 1902) {PH144 15.2}

"We have been instructed that in our treatment of the sick we should discard the use of drugs." {PH144 15.3}

"There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life." MS 73, 1908.

"I have been shown that we should have many more women who can deal especially with the diseases of women, many more lady nurses who will treat the sick in a simple way and without the use of drugs." {PH144 16.1}

NURSES LEARN TO USE HERBS

"There are many simple herbs which, if our nurses would learn the value of, they could use in the place of drugs, and find very effective."
--Letter 90, 1908. {PH144 16.2}

"By His own working agencies He has created material which will restore the sick to health. If men would use aright the wisdom God has given them, this world would be a place resembling heaven."--MS 63, 1899. {PH144 16.3}

"We should make decided efforts to heed the directions the Lord has given in regard to the care of the sick. They should be given every advantage

possible. All the restorative agencies that the Lord has provided should be made use of in our sanitarium work."-- MS 19, 1911. {PH144 16.4}

FIGS USED ON MALIGNANT SORE

"When the Lord told Hezekiah that He would spare his life for fifteen years, and as a sign that He would fulfill His promise, caused the sun to go back ten degrees, why did He not put His direct, restoring power upon the King? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him. The God of nature directs the human agent to use natural remedies now." --Letter 182, 1899. {PH144 16.5}

CONTINUE HEALTH REFORM

"Special instruction should be given in the art of treating the sick, without the use of poisonous drugs, and in harmony with the light that God has given. Students should come forth from the school without having sacrificed the principles of health reform."-- Letter 90, 1908. {PH144 17.1}

PHYSICIANS TO TEACH LAITY

"Those who desire to become missionaries are to hear instruction from competent physicians, who will teach them how to care for the sick, without the use of drugs. Such lessons will be of the highest value to those who go out to labor in foreign countries. And the simple remedies used will save many lives." --MS 83, 1908. {PH144 17.2}

"The Lord will be the Helper of every physician who will work together with Him in the effort to restore suffering humanity to health, not with drugs, but with nature's remedies. Christ is the great physician, the wonderful Healer. He gives success to those who work in partnership with Him."--Letter 142, 1902. {PH144 17.3}

"While the physician uses nature's remedies for physical disease, he should point his patients to Him who can relieve the maladies of both the soul and the body."--"Ministry of Healing," p. 111. {PH144 18.1}

"In case of sickness, the cause should be ascertained, unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system." --"Ministry of Healing," p. 127

OTHER SIMPLE REMEDIES

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,--these are the true remedies." --"Ministry of Healing," p. 127. {PH144 18.3}

"There are many ways of practising the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying. . . Fresh air, exercise, pure water, and clean sweet premises, are within the reach of all."--5 T 443. {PH144 18.4}

"The physician needs more than human wisdom and power that he may know how to minister to the many perplexing cases of disease of the mind and heart with which he is called to deal. If he is ignorant of the power of divine grace, he cannot help the afflicted one, but will aggravate the difficulty; but if he has a firm hold upon God, he will be able to help the diseased, distracted mind." --5 T 444. {PH144 19.1}

RATIONAL TREATMENT FOR PNEUMONIA

"In the winter of 1864, my Willie was suddenly and violently brought down with lung fever. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he, too, might die. We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the Lord in behalf of the child. We called in a few, who had faith to unite their prayers with ours. We had a sweet assurance of God's presence and blessing. {PH144 19.2}

"The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed as rational as

ever. He suffered severe pain in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm." {PH144 20.1}

"We expected the crisis would come the seventh day. We had but little rest during his sickness, and were obliged to give him up into other's care the fourth and fifth nights. My husband and myself the fifth day felt very anxious. The child raised fresh blood and coughed considerably. My husband spent much time in prayer. We left our child in careful hands that night. Before retiring my husband prayed long and earnestly. Suddenly his burden of prayer left him, and it seemed as though a voice spoke to him, and said, Go lie down, I will take care of the child. {PH144 20.2}

"I had retired sick, and could not sleep for anxiety for several hours. I felt pressed for breath, Although sleeping in a large chamber, I arose and opened the door into a large hall, and was at once relieved, and soon slept. I dreamed that an experienced physician was standing by my child, watching every breath, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, 'The crisis has passed. He has seen his worst night. He will now come up speedily, for he has not the injurious influence of drugs to recover from. Nature has nobly done her work to rid the system of impurities.' I related to him my worn-out condition, my pressure for breath, and the relief obtained by opening the door. {PH144 21.1}

FRESH AIR

"Said he, 'That which gave you relief will also receive your child. He needs air. You have kept him too warm. The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous and destroy life. (Sic.) Stove heat destroys the vitality of the air, and weakens the lungs. The child's lungs have been weakened by the room being kept too warm.'" Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease. And yet in most cases, air and light are excluded from the sick room at the very time when most needed, as though dangerous enemies." {PH144 21.2}

"This dream and my husband's experience were a consolation to us both. We found in the morning that our boy had passed a restless night. He seemed to be in a high fever until noon. Then the fever left him, and he appeared quite well, except weak. He had eaten but one small cracker through his five days sickness. He came up rapidly, and has had better health than he has had for several days before. This experience is valuable to us."--"Facts of Faith." pages 151-153. {PH144 22.1}

EXPERIENCE WITH CHARCOAL

"A brother was taken sick, with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away his brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large spring wagon on spring mattresses". {PH144 22.2}

"But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord, to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bows and stomach. We were about one mile from the city of Dennison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used."--Letter 182, 1899.

CHARCOAL AND SMARTWEED

"One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed, boiled, it is still better. I have ordered this in cases where the sick were

suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient has slept, the turning point came, and recovery was the result. To students, when injured with bruised hands, and suffering with inflammation, I have prescribed this simple remedy with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The more severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case. This works, like a charm. {PH144 24.1}

"I expect you will laugh at this; but if I could give this remedy some outlandish name, that no one knew but myself, it would have greater influence."--Letter 82, 1897

CHARCOAL AND OLIVE OIL

"I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred, tends to cleanse and heal. I find it is excellent. . . . {PH144 24.3}

"Always study and teach the use of the simplest remedies, and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people."--Letter 100, 1903. {PH144 25.1}

PINE, CEDAR, AND FIR

"Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health programming."--Letter 95, 1902 (Written June 26, 1902) {PH144 25.2}

THE USE OF CHARCOAL FOR INFLAMMATION

INSECT BITES, ETC.

"On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground and was taken to our school-building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, 'Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.' I replied, 'Send to a blacksmith's shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.' The doctor hastened away to follow out my instructions. Soon he returned, saying, 'Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.' {PH144 25.3}

"I have ordered the same treatment for others who were suffering great pain, and it has brought relief, and been the means of saving life. My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstances; for his help was needed in clearing the land. I said to him, 'Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, and pulverize it, and I will dress your hand.' This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work. {PH144 26.1}

"I write these things that you may know that the Lord has not left us without the use of simple remedies which when used will not leave the system in the weakened condition in which the use of drugs so often leave it. We need well trained nurses who can understand how to use the simple remedies that nature provides for restoration to health, and who can teach those who are ignorant of the laws of health how to use these simple but effective cures."--Letter 90, 1908. {PH144 27.1}

"Soon there will be no work done in ministerial lines except medical missionary work." C. H. 533.

Drugs Not Recommended: "You are not justified in advocating one school above the others as if it were the only one worthy of respect. Those who vindicate one school of medicine and bitterly condemn another, are actuated by a zeal that is not according to knowledge. With Pharisaic pride some men look down upon others who have received a diploma from the so-called standard school. ... The use of drugs has resulted in far more harm than good, and should our physicians who claim to believe the truth, almost entirely dispense with medicine, and faithfully practice along the line of hygiene, using nature's remedies, far greater success would attend their efforts. There is no need whatever to exalt the method whereby drugs are administered. I know whereof I speak. Brethren of the medical profession, I entreat you to think candidly and put away childish things. . . . They resort to drugs when greater skill and knowledge would teach them the more excellent way." Extracts on Medical Work, pages 19-23. Also Loma Linda Messages, page 62, it says: {PH144 29.1}

"The truth for this time, the third angel's message, is to be proclaimed with a loud voice as we approach the great final test. This test must come to the churches in connection with true medical missionary work." We are told that in time of trouble "there will be sick ones, plenty of them, that will need help" so because of the need, but also "for their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention and cure, and those who will do this will find a field of labor anywhere." C. H. 506. {PH144 29.2}

THE USE OF REMEDIES E.G.W.

To Alleviate Pain and Restore Health:

Employ Every Faculty. – It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is not denial of faith (for the sick who request prayer for healing) to cooperate with God, and place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. Ministry of Healing pp. 231, 232 (1905)

Use The Means Within Our Reach. – The idea which you hold, that no remedies should be used for the sick, is an error. God does not heal the sick without the aid of the means of healing which lie within the reach of man; or when men refuse to be benefited by the simple remedies that God has provided in pure air and water. There were physicians in Christ's day and in the days of the apostles. Luke is called the beloved physician. He trusted in the Lord to make him skillful in the application of remedies. Then the Lord told Hezekiah that he would spare his life for fifteen years, and as a sign that he would fulfill His promise, caused the sun to go back 10 degrees. Why did he not put His direct, restoring power upon the king? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him.

MYSTERY OF DISEASE UNRAVELED

Sherman T. Moreland

Many must begin an extensive study of causes and effects to discover what produces disease and what contributes to health and long life as God designed.

Disease is an effort of the body to rid itself of the poisonous products which were produced by the process of normal metabolism and those which were ingested through a fatty diet, or those which were administered through poisonous drugs and serums. The calling of disease by various names merely indicates which part of the body is most effected by the toxic condition or by which method the body is endeavoring to rid itself of pathogenic substances.

When the regular organs of elimination are capable of adequately disposing of the body wastes, toxemia does not exist. Should there be such an overload of toxic substances present that the regular organs of elimination cannot adequately expel them, then the body, in an effort to save itself from death, resorts to vicarious elimination. Vicarious elimination is an effort of the body to expel waste through other than the ordinary channels of elimination; for example, in the event of a cold, the body expels its overload of toxins through the mucous membranes. in the event of measles, and overload of toxins are eliminated through the skin, et cetera. When the obstructive wastes are removed, normal conditions are restored.

There are three different types of diseases: acute, chronic and destructive. These three types of diseases manifest themselves during three different levels of the body's vital power. During early life before the body has become weakened through refined diet and poison drug abuse, the vital force is strong enough to react in an acute or violent manner to rid itself of toxic substances.

These acute diseases are known by such names as measles, smallpox, and many others. As the body's vital force declines, it is less able to expel its waste in so violent a manner as is manifest in acute reactions. As a consequence, the toxic substances are retained in the body and cause another type of disease known as chronic disease such as sinusitis, rheumatism, heart trouble, high blood pressure, et cetera. Then as the patient continues to live in violation of natural laws, the vital force falls to a still lower level and the pathogenic substances retained in the body result in the third type of disease which manifests itself in destructive changes such as take place in tuberculosis, bright's disease, cancer, et cetera.

In the foregoing, we have learned that disease is the result of toxemia, and that as the body's vital power is progressively weakened, so do disease manifestation change in type from acute, as in measles, to chronic, as in rheumatism, to destructive, as in cancer. Now the causes of impaired functional integrity which result in disease shall be explained.

All sickness is the result of transgression. There are inexorable laws established by the great Creator which govern the care and function of the physical mechanism. The body is built of cells which seem to have an innate knowledge of the part they are destined to play, and form themselves into societies, such as tissues and organs for some specific physiological function. These cells are built of the minerals found in foods. There are sixteen primary elements and about forty or more trace elements which enter into the composition of the body. Should there be an insufficient supply of minerals in the diet, or should their vital integrity be destroyed through some harmful cooking process, the result will be cell starvation, and a tissue so favorable to pathogenic development ensues.

In many cases cell starvation begins before birth. The foods we eat is grown from various qualities of soil. Good soil produces plants of high quality which when consumed by the human, reproduce themselves in healthy tissues and seeds. By the terms seeds, reference is made to the sperm of male and ovum of female regenerative organs. When conception takes place by union of the male and female seeds, the physical and mental integrity of the new life is determined.

If the male sperm and female ovum were produced by foods on chemically-deficient oils, or by foods demineralized by refining, then certain parts of the body in the embryo grow correspondingly weak. This is known as congenital or inherited weaknesses.

After birth, the main causes of disease are firstly, impurities taken into the system from without, and secondly, waste matters retained. In either case, the result is obstruction and these extraneous particles are the causes of disease. We learned earlier in the lesson that disease was the body's effort to remove obstructions and repair damages. Disease is nature's remedial action. It is vital to remove the poisonous wastes from the body.

REMEDIES IN THE NATURAL WORLD

Water Treatments and Simple Herbs – The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick, we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life. Manuscript 73, 1908

Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man; that His followers may have life and that they may have it more abundantly. We can with safety, discard the concoctions which man has used in the past.

The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided

by God for our benefit we are cooperating with Him. We can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

The body is to be carefully cared for, and in this the Lord demands the cooperation of the human agent. Man must become intelligent in regard to the treatment and use of brain, bone, and muscle. The very best experience we can gain is to know ourselves. Manuscript 65, 1899 (General Manuscript)

SAFE SIMPLE REMEDIES

In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself, I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best.

I must have wisdom to be a faithful guardian of my body. I should do a very unwise thing to enter a cool room when in perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to set with cold feet and limbs, and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather.

I should eat regularly of the most healthful foods, which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided – pure air, pure water, and the healing, precious sunlight.

Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart more or less), will never do any harm, but will rather be productive of good. A cup of tea made from Catnip herb will quiet the nerves. Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly.

When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained. There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves, but man's extremities are God's opportunities. If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption.

The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. Then God sends the rain and the sunshine and the clouds to cause vegetation to flourish. God works and man cooperates with God. Then there is seed time and harvest.

OTHER EXPERIENCES WITH CHARCOAL

A Rapid Recovery - A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malaria fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for.

Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. Fears were entertained that mortification had set in. Then the thought came to me like a communication for the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to the blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with simple means used. Letter 182, 1899 (To a worker in an overseas field. See p. 287)

CHARCOAL AND FLAXSEED

We need a hospital so much. On Thursday, Sister Sara McEnterfer was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple thing within our reach to alleviate pain, and successfully revoke its cause. Manuscript 68, 1899 (General Manuscript).

A Poultice of Figs For Hezekiah – When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him and sent the promise that fifteen years should be added to his life. One word from God, one touch of the Divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this prescription which the Lord ordered to be used more than we do. Manuscript 29,1911 (General Manuscript).

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 the cure, try it again. The best time to take it is before retiring. (Letter 348, 1908.)

I have already told you the remedy I used 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 a 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.

Again, take warm foot baths into which have been put the leaves of 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 casts you nothing. Letter 20, 1909 (To the worker addressed in the preceding item).

TREES WITH MEDICINAL PROPERTIES

The Lord has been giving me light in regard to many things. He has shown me that our sanitariums should be erected on as high an elevation as is necessary to secure the best results, and that they are to be surrounded by extensive tracts of land, beautified by flowers and ornamental trees.

In certain place, preparations were being made to clear the land for the erection of a sanitarium. Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting. Let not such trees be ruthlessly cut down...Let them live. Letter 95, 1902 (To workers in the South).

(A very good tree is the Pacific Yew tree. A cancer fighting drug called Taxol extracted from the bark can cure 35 percent of cancer.)

“My herb drink.” - We need not go to China for our tea, or to Java for our coffee. Some have said: “Sister White uses tea, she keeps it in her house and that she has placed it before them to drink.” They have not told the truth because I do not use, neither do I keep it in my house. Once when crossing the waters, I was sick and could retain nothing on my stomach. I did take a little weak tea as a medicine, but I don’t want any of you again to make the remark that “Sister White uses tea.” If you will come to my house I will show you the bag that contains my herb drink. I send to Michigan, across the mountains, and get the red clover top. In regard to coffee, I never could drink it, so those who reported the Sister White drinks coffee made a mistake. Manuscript 3, 1888 (Sermon, Oakland, California).

CLOVER BLOSSOMS (FIRST CROP)

I have a request to make. Will these children please gather me as much clover or even more than they did last year? If they can do this, they will do me a great favor. I cannot do it here. We have no clover on our ground. The first crop had better be secured. Letter 1, 1872 (To a family in Michigan).

TEA USED AS A MEDICINE, BUT NOT AS A BEVERAGE

I do not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side, I took it as a medicine when I was sick and vomiting. In such circumstances, it may prove a present relief. I did not use tea when you were with us. I have always used red clover top, as I stated to you. I offered you this, and told you it was a good, simple wholesome drink...I have not

brought a penny's worth of tea for years. Knowing its influence, I would not dare to use it except in cases of severe vomiting when I take it as a medicine, but not as a beverage. I do not preach one thing and practice another. I do not present to my hearers rules of life for them to follow while I make an exception in my own case...I am not guilty of drinking any tea except red clover top tea, and if I loved wine, tea, and coffee, I would not use these health-destroying narcotics, for I prize health and I prize a healthful example in all these things. I want to be a pattern of temperance and of good works to others. Letter 12 1888 (To a minister on the West Coast).

COFFEE AS MEDICINE

I have not knowingly drunk a cup of genuine coffee for twenty years, only, as I stated, during my sickness - for a medicine - I drank a cup of coffee, very strong, with a raw egg broken in it. Letter 20, 1882 (To friends).

GRAPE JUICE AND EGGS

I have received light that you are injuring your body by a poverty stricken diet...It is the lack of suitable food that has caused you to suffer so keenly. You have not taken the food essential to nourish your frail physical strength. You must not deny yourself of good, wholesome food... Get eggs of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary to your system... Eggs contain properties which are remedial agencies in counteracting poisons. Counsels on Diet and Foods, p. 203, 204 (To Dr. D. H. Kress, 1901).

QUESTIONS #7

1. What rational treatment was used to treat Hezekiah sore? _____

2. What rational treatment was used to treat pneumonia? _____

3. A child was sick, all he needed was? _____

4. Charcoal and smartweed is a good poultice, for what? _____

Name three other herbs that can be used in place of smartweed. _____

5. "Light was given that there is health in the fragrance of the _____, the _____, and the _____. And there are several other kinds of trees that have medicinal properties.

6. "A brother was taken sick, with inflammation of the bowels and bloody dysentery. What treatment was used for him? _____

_____.

7. 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. Make up this cough syrup.

8. I have a request to make. Will these children please gather me as much clover or even more than they did last year? If they can do this, they will do me a great favor. I cannot do it here. We have no clover on our ground. The first crop had better be secured. Why did Red Clover tea make E. G. White feel better? _____

9. I have not knowingly drunk a cup of genuine coffee for twenty years, only, as I stated, during my sickness - for a medicine I drank a cup of coffee, very strong, with a raw egg broken in it. How did coffee as medicine help E G White? _____

10. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Name the Eight doctors. _____

THE USE OF REMEDIES

ADDISON'S DISEASE AND HYPOGLYCEMIA

Licorice Root Mix 1 Tbsp. with 4 ounces water twice daily

Bowels take Psyllium Powder Mix 1 Tbsp. with 5 ounces of water or juice three times daily, and Senna 2 capsules every other day.

Have a mild food diet.

Vitamins and Minerals

B-complex 100 mg. three times daily
B-12 1000 mcg. three times daily
Pantothenic acid 500 mg. twice daily
Calcium 1000 mg. twice daily
Niacin 50 mg. twice daily
Folic Acid 400mcg. daily

ARTHRITIS

Herbs:

Alfalfa	4 capsules	3 times daily
Comfrey	3 capsules	3 times daily
Yarrow	2 capsules	3 times daily
Lobelia	2 capsules	2 times daily
Yucca	4 capsules	2 times daily

Directions:

Hot vinegar soak (Use 10 oz. of vinegar to a bath nightly.)

Hot Epsom salt soak (Use 5 lb. of salt to a bath.)

Colon cleansing (Take No Enema Cleanser, order from Centurion Bible School of Health.)

Juice diet (Drink 3 to 6 days.)

Drink liquefied cranberry juice 4 oz. 3 times daily or eat 8 oz. cranberries daily.

Drink 6 oz. grapefruit juice and 1Tbs. olive oil, 4 times daily.

Drink 1 glass of cranberry juice and 1 Tbs. of pectin 3 times daily.

Hot charcoal and flaxseed poultice daily.

Drink 4 oz. of beet juice daily.

Mild food diet (Vegetable diet.)

Drink approximately 1quart carrot juice and 1 quart celery juice daily.

Drink raw juice daily for 2 weeks, then 1 pint daily, then ½ pint carrot juice and ½ pint celery juice until arthritis is gone.

When adrenal is the cause, licorice 5 capsules 2 times daily.

ARTHRITIS IN KNEE

Garlic poultice on knee- Blend 3 to 4 garlic bulbs and apply as a poultice for 5 to 6 hours. (Note: Diabetic should not do this treatment. This is a very radical remedy, but I consider it more efficacious than all the pain remedy put together. Soon after applying garlic poultice a number of small surface boils will appear. These should be opened with a sterilized needle and let the pus run out.) Call if not sure.

Apply honey or aloe until healed.

ASTHMA

Herbs:

Skullcap 3 capsules 3 times daily
Black Cohosh 1 capsule 2 times daily
Yarrow 3 capsules 2 times daily
Blessed Thistle 2 capsules 2 times daily
Peppermint tea 1 cup 2 times daily
Vitamin E 500 IU 2 times daily
Vitamin C 5,000 mg. 3 times daily

Take NO ENEMA CLEANSER Bowel Cleanser three times daily.

HARD BREATHING

Golden Seal - ½ tsp. 2 times daily
Angelica - 3 cups daily (removes phlegm)
Comfrey - 2 Tbs. 2 times daily
Mullein - 2 Tbs. 2 times daily (mix in 8 oz. tea in 12 oz. water to make tea - drink 3 cups daily)
Vitamin C - 1000 to 2000 mg. every hour
Garlic enema 3 times daily
Drastic case: Empty stomach using up to 1 tsp. Lobelia tincture in water.
Drink 3 ounce of garlic 2 times daily (Blend 3 cloves of garlic in 3 ounces of water, strain)
Take steambath 3 times weekly
Mild food diet
Vitamin B-12 - 1000 mcg. 1 time daily
Beta Carotene - 25,000 mg. 2 times daily
Hot Epsom salt bath - using 5 lbs. salt, daily

To Remove Cause:

Avoid upsets, cats, smog, and overeating when upset.

BABY ASTHMA

Cayenne and water (weak solution) in eye dropper on tongue.
Approximately 1000 mg. Vitamin C (see cold formula)
Approximately ½ oz. laxative tea (weak) or give prune juice to drink
Enema where fever is present.

Herbs that are relaxing and calming to baby:
Hops tea and honey, or Catnip tea and honey (if baby is under- 1½ years, do not give him/her honey).

To Induce Sleep:
Chamomile tea and honey.
No milk - only fruit juice or Alfalfa mint tea or Peppermint tea while in state of attack.

ADULT COUGH MEDICINE:

Garlic	2 bulbs, chopped
Honey	1 cup
Ginger	1/3 teaspoon
Horse Radish	4 Tbs.
Peppermint Tincture	½ teaspoon
Cayenne	½ teaspoon
Onion	2 whole, chopped
Clove Tincture	1/3 teaspoon

Mix and take 1 tsp. as needed.

ABSCESSSED TOOTH POULTICE

Golden Seal	1 Tbsp.
Myrrh	1 Tbsp.
Cayenne pepper	½ tsp.
Peppermint oil	a few drops
Clove oil	a few drops

Mix together and make a poultice and hold on the abscessed area.

TOOTH PAIN

Baking yeast, Slippery Elm poultice: Mix 3 Tbsp. of yeast, 5 Tbsp. of slippery elm, ½ tsp. honey, and add water to thicken. Let sit in warm place. Apply over abscess.

ADDICTION TEA

Vervain	1 Tbsp.
Skullcap	1 Tbsp.
Catnip	1 Tbsp.
Valerian	1 Tbsp.

Mix all together. Take 1 Tbsp. of this mixture to 1 cup of water and steep for 30 minutes. Drink 3 cups per day.

AIDS HERB MIX

Gentian	2 Tbsp.
Golden Seal	2 Tbsp.
Cayenne Pepper	1 tsp.
Chickweed	2 Tbsp.
Fenugreek	2 Tbsp.
Mandrake	1 Tbsp.
St. John's Wort	2 Tbsp.
Burdock Root	2 Tbsp.
Violet	4 Tbsp.
Buckthorn	2 Tbsp.
Bloodroot	1 Tbsp.

Echinacea	4 Tbsp.
Pau D'Arco	4 Tbsp.
Black Walnut	1 Tbsp.
Milk Thistle	1 Tbsp.

Mix all together with 3 quarts of water to make a tea. Drink 4 ounces 3 times daily. See AIDS Program.

ALCOHOL ADDICTION TEA

Vervain	1 Tbsp.
Skullcap	1 Tbsp.
Hops	3 Tbsp.
Valerian	1 Tbsp.
Cayenne pepper	½ tsp.
Peppermint	3 Tbsp.

Mix together and use 2 Tbs. per cup of water.
See Alcohol Program.

ALFALFA TEA RECIPE

Cook, do not boil, in an enamel or glass pan. Mix 1 ounce of untreated alfalfa seed (such as for sprouting) with 1 ¼ pints of water. Keep water moving but not boiling for ½ hour. Strain and squeeze seeds for more fluid. Cool and refrigerate, but do not keep for more than one day. Mix the strong base with equal amounts of water. Drink 6-7 cups daily at least 2 weeks.

ANGINA SHAKE DRINK

Lecithin	1 tsp.
Vitamin E	400 IU
Pumpkin Seeds	4 Tbsp.
Banana	1
Soy Milk	8 oz.

Mix all together in blender and drink one time daily.
Take ½ tsp. cayenne pepper in one oz. of warm water 3 times daily.

IRREGULAR HEART BEATING

(Can be too fast or too slow)
Avoid dairy products that unbalances Calcium /Magnesium.
Magnesium 400 mg 2 times daily
Potassium 99 mg. 3 times daily
Cayenne Pepper one capsule 3 times daily
South American Cactus Grandiflora or queen of the night this is very good for this problem. Apply ice over the heart.

ANTISPASMODIC TINCTURE

Lobelia tincture	1 oz.
Skullcap tincture	1 oz.
Skull Cabbage tincture	1 oz.
Myrrh tincture	1 oz.
Black Cohosh tincture	1 oz.
Cayenne Pepper	1 tsp.

Mix together and give 8-15 drops in ½ glass of water. If patient cannot drink, put a few drops on the tongue. This will check the seizure at once.

BED WETTING

Herbs:

Uva Ursi 3 capsules 3 times daily
Suma 3 capsules 3 times daily
Parsley 2 capsules 2 times daily
Vitamin C 200 mg. 2 times daily
Drink water during the first half of the day.

BAKING SODA BATH

For itching skin:

3 cups baking soda in a hot bath daily.

Baking soda plaster

Mix 2 ounces of soda in cold water, mix until a cream, apply over burns, and hot fever in the body.

Mix ½ cup of baking soda in water

BEET KIDNEY TEA

Wash six to eight medium sized beets. Slice them, and cook in 1 quart of water until tender. (Do not use aluminum cookware.) Strain the beets and refrigerate the juice. Drink three glasses of this tea daily. Usually this procedure needs to be done only once, however, it may be repeated if necessary

BEET TOP & BEET ROOTS for KIDNEYS

Mix one cup of beet tops in one quart of water boil for 5 minutes, let cool drink 3 ounces 3 times daily. And drink some beet juice daily.

BIG FIVE LINIMENT

Made from tincture of:

Alcohol	1 pint	
Clove		½ tsp.
Cayenne 100,000 heat units	6 tsp.	
Peppermint		1 tsp.
Rue		½ tsp.
Wintergreen		1 tsp.

Mix and let set for 7 days.

BLACK MOTOR OIL-SKIN

Apply old black motor oil over skin disease or Gangrene area and sponge some on the body. This very good for all skin infection.

BLACKSTRAP MOLASSES ENEMA

Blackstrap Molasses - 3 Tbs. in 1 quart water, 2 times daily.

BOILS - SKIN POULTICE

Blue violet	1 Tbs.
Flaxseed	1 Tbs.
Cayenne	1/4 Tbs.

Mix together with water or oil and apply hot.

Fig poultice – apply over boils. (Heat in oven, then apply.)

BRAIN BOOSTER

1 large tart apple
 1 cup cashew nuts
 2 Tbs. olive oil
 4 Tbs. Gotu Kola
 Juice apple (place in blender and blend until smooth). Chill.
 Serve on whole wheat bread or crackers

BIRTH CONTROL

For women only.

Herbs:

Wild Yam		5 Tbs.
False Unicorn	2 Tbs.	
Saw Palmetto	3 Tbs.	
Sarsaparilla		4 Tbs.
Ginseng		2 Tbs.
Black Cohosh	1 Tbs.	

Mix and use 3 Tbs. in 1 cup of water to make a tea. Drink 4 times daily.
 Wild Yam is high in testosterone. Take 5 capsules of Wild Yam for 30 days. During this 30 days period, have no unprotected sex. After 30 days continue to take 5 capsules three times daily. This will protect you.

BLADDER IRRITATION

Herbs:

Drink cranberry juice daily.
 Corn Silk: Use ½ cup of Corn Silk to 1 pint of water to make a tea.
 Drink 2-3 cups daily.
 Golden Seal: 1 teaspoon 2 times daily
 Eat 1 cup of cranberries daily.

BLADDER INFECTION

Juniper Berries	15 berries	3 times daily
Buchu tea	1 cups	2 times daily
Cranberry	1 cup	4 times daily
Cranactin	3 capsules	2 times daily
Golden Seal tea	1 cup	2 times daily
(½ tsp. per cup of water)		

BLEEDING, STOMACH BLEEDING

Mix ½ pound of Witch Hazel bark, 1 tsp of cayenne pepper, 1 tbsp of powder Alum Root boil for 3 minutes let cool drink ½ cup 3 times daily.

BOILS

Herbs:

Slippery Elm	1 Tbs.
Baking yeast	1 Tbs.
Let set and apply over pain.	

BOWEL CLEANSING

Soak slices of cucumber in sea water or salt water and refrigerate for 3 days. Drink 6 ounces in the morning before breakfast.

Mix 1 teaspoon of sea water in 6 ounces of cabbage juice. Drink in the morning before breakfast.

Mix ½ pound of salt in 1 pound of chopped cabbage and let stand for 1 hour, then squeeze the juice out. Drink ½ glass daily.

Mix prunes (soaked overnight) with 1 part lemon juice, 1 part honey and 1 teaspoon of sea water. Take 4-5 ounces before breakfast.

Mix Psyllium 1 lb., Slippery Elm ½ lb., Bran 1/3 lb., Aloe powder 4 Tbs. Take 1 Tbs. in 6 oz. of juice 3 times daily.

No Enema Bowel Cleanser

Psyllium	1 lb.
Alfalfa	1/3 lb.
Slippery Elm	1/3 lb.
Apple Pectin	1/3 lb.
Mandrake	3 Tbsp.
Agar Agar	1/3 lb.

Mix together and take one Tbsp. in 4 oz. of juice. Use a jar with a lid shake five times and drink down.

BURNS

Cool water until pain stops and the area is cooled.

Vitamin E oil or Vitamin A over burn.

Comfrey - raw, bruised, and added to small amount of water in blender, made into a poultice or

Aloe Vera - bruise and put directly on burn, or

Powdered Comfrey, or Golden Seal.

Bentonite over burn.

Clay over burn.

Honey over burn.

BURN- RELIEVED UNSPEAKABLE PAIN

Here is an old remedy that relieved unspeakable suffering from burns where the flesh hung in strips from fingers and arms. In trying to find a way to relieve the patient so he could die quietly, the white of egg, linseed oil, sour cream were mixed into a paste and applied on damp linen cloths, covered with a dry cloth and plastic to keep in the moisture and exclude the air. The first application relieved the unbearable pain. Complete healing was almost accomplished after 14 days.

BURN FROM X –RAY

Mix 4 tbsp. of Alum Root and 4 tbsp of Lecithin and enough water to make a paste apply over pain and burn.

CANKER SORE

Take 4 tablets of Acidophilus 3 times daily.

Blend up some acidophilus mix enough water to make a paste apply over canker sore.

Mix 4 tbsp of Acidophilus in ½ cup of yogurt, eat daily.

Take 100 mg of vitamin B complex 3 times daily, vitamin B12 1000 mcg 2 times daily, folic acid 400 mcg 2 times daily.

Stop eating fudge, peanuts, chocolate, all nuts, cereal, grains, and flesh meats. All of these foods are high in Arginine which can cause a outbreak.

Take 1000 mg of Lysine daily well healed painful canker sores.

CATARACTS

Drink 1-2 quarts of carrot juice.

Beta Carotene - 75, 000 IU daily

Hot and Cold Pack

(Equal parts Golden Seal, Bayberry, Eye Bright- approximately 3 times daily with an eye cup. Use warm water, make a strong solution, strain through paper towel.)

Vitamin B-2 - 150 mg. once daily

Multiple Vitamins daily.

One drop lemon in eye, in morning

One drop honey in eye, at night

NO ENEMA CLEANSER 3 times daily

Enema 2 times daily for 7 days only.

CALCIUM FORMULA

Comfrey Root	4 Tbsp.	
Horsetail Grass	6 Tbsp.	
Oat Straw		3 Tbsp.
Lobelia	1 Tbsp.	
Nettles	3 Tbsp.	

Mix together, take one tbsp. in a cup of hot water.

Take 4 cups 3 times daily. It will also relieve pain.

This is an excellent calcium formula to rebuild weak bones.

CATARACT EGG WHITE POULTICE

The white of an egg on a paper towel, folded over, with the face covered with a face towel for relieving inflammation and for lowering pressure in the eyes.

CHARCOAL POULTICE

Slurry water: One Tbs. pulverized charcoal mixed in four cups of water. Allow to settle. Pour off the clear water (slurry water) at the top. May be drunk freely (good also for infants and children.)

Charcoal and Flaxseed: 3 Tbsp. flaxseed (grind in a mill). 1 Tbsp. charcoal, 1 cup water. Mix and bring to a boil to thicken. Use for a poultice.

Charcoal and Smartweed: Put a small handful of Smartweed leaves in the blender with 1/4 to 1/2 cup water. Chop coarsely. Pour into a cup containing 1 Tbsp. charcoal. Mix and use for a poultice.

The more severe inflammation of the eyes or cysts will be relieved by a poultice of charcoal and flaxseed. Mix 1Tbsp. of flaxseed, which has been ground in a mill or blender, and one Tbs. charcoal with 1/3 cup of water and mix thoroughly. Bring to a boil and use the thick material to spread on a linen piece of folded paper towel. Then place on cyst. For best results, use while resting or at bedtime.

CHARCOAL - CASTOR OIL FOMENTATION

3 Tbsp. Charcoal

2 Tbsp. Flaxseed

1/2 Tbs. Castor oil

Mix all together, apply on cloth make sure it is warm.

CHARCOAL – POULTICE

Charcoal and Slippery Elm poultices applied (cold) to the eyes will relieve inflammation.

CHIA PACK

Chia - soak in warm water until thick, place on affected area, stops the pain.

CHLOROPHYLL COCKTAIL

4 beet tops
Handful of parsley
Handful of spinach
6 carrots
½ tomato
Drink once daily.

CHLOROPHYLL ENEMAS

Use chlorophyll enemas, three times weekly.
Use one pint and retain for fifteen minutes.

COLD ARM SPRAY

Supplies:

A rubber hose, or a hand-spray (with the spray-head removed) attached to the bathtub faucet. A bath towel, and follow this procedure: Remove pajama top. Wrap a large bath towel around the chest, under the armpits and bend over the bathtub. With the coldest water possible, start to spray the right hand and proceed slowly to shoulder, holding the hose about three inches away from the arm in such a way that the water would cover the whole arm like a sheet (never running in trickles). Wait at shoulder for a few moments and then return to hand. Repeat the same routine up to five times. Start to spray the left hand and proceed, the same as for the right arm to shoulder, and back again to hand also five times. Without drying, place the bath towel over the shoulders like a cape and go to bed until you feel warm and dry.

CONSTIPATION REMOVAL DRINK

½ glass warm Orange juice
½ glass warm water
Drink every morning. Take bran with every meal.

COOL TOWEL RUB

First thing in the morning take a cold shower, cool bath or a cold towel rub. Follow this with a thorough rubbing with a dry coarse towel. This will help with poor circulation.

CORNSTARCH ENEMA

Use kitchen cornstarch - 1 Tbs. Prepare a thin paste in one or two oz. of cool water. Pour into one pint of hot water. Allow to cool and inject into rectum with a bulb syringe.

COUGH SYRUP

1 cup of boiled honey
½ tsp. Peppermint oil
½ tsp. Eucalyptus oil
1/3 tsp. Clove oil
1 Tbs. Licorice root powder
3 radish bulbs, chopped up
2 garlic bulbs, chopped up
Add cayenne to taste (sprinkle lightly) Blend together and take 1 tsp. as needed.

CAYENNE AND SOME OF ITS USES

Enema and Laxative Herbs
Golden Seal will stop the bleeding of the bladder with one application. And ½ tsp. Cayenne 3 times daily.
Take NO ENEMA CLEANSER daily.

If person passes out, ½ tsp. of Cayenne under the tongue is sufficient.
 Sore throat - Cayenne and water.
 Toothache - Cayenne and garlic.
 Wounds - Cayenne.
 Pleurisy - approximately 1 Tbsp. each hour of Cayenne and garlic tea.
 Lockjaw - combine with Lobelia and Cayenne.
 High or low blood pressure, 1 capsule of cayenne pepper 3 times daily.
 Asthma - Peppermint oil, honey, cayenne, and lemon juice.
 Diphtheria - Cayenne.
 Arouses all secretive organs - cayenne pepper can be used as liniment.
 Rapid heart beat - Cayenne pepper.
 Apoplexy - Cayenne pepper.
 Arrests gangrene - Cayenne pepper.
 Scarlet fever - Cayenne pepper, Peach leaf tea, enema, sponge bath of apple cider vinegar.
 Typhoid & Yellow fever - Yarrow, Peach leaf tea, vinegar sponge, cool enema and cayenne pepper.
 Hemorrhage - Cayenne pepper.
 Eyes - Eye bright, cayenne pepper.
 Colds - Cayenne pepper, lemon juice.
 Cold Feet - Cayenne pepper in shoes or on feet.

CAYENNE SALVE

6 tsp. of Cayenne Pepper (100,000 H.U.)
 2 Tbsp. Peppermint oil
 2 Tbsp. Camphor oil
 4 oz. Coconut Butter
 Mix together and apply over pain.

COUGH REMEDY

Take 2 dry figs to a glass of soy milk and bring to a boil. Allow to stand for an hour, then warm up and drink all at once twice a day.

COUGH SYRUP – HORSERADISH

Horseradish	½ cup
Fructose	1 cup
Ginger	½ tsp.
Honey	1 cup
Clove Tincture	½ tsp.
Cayenne	½ tsp.

Blend and take 1 tsp. as needed.

COLIC

Bayberry tea.
 Alfalfa mint tea.
 Ginger tea (with a little stevia or fructose, if an infant).
 No milk until attack subsides.
 Hot water bottle on stomach.
 To relax, Hops tea, Catnip tea or Chamomile tea.
 Give small Catnip enema.

COLD

Enema or laxative.
 Vitamin C - 1000 mg each hour.
 No food, but fruit and juice.

Tonic Teas:

Comfrey 1 Tbsp.
Red Clover 3 Tbsp.
Alfalfa Mint 2 Tbsp.
Horsetail 1 Tbsp.
Mix all together, use 2 Tbsp. in 1 pint of water.
Make tea and drink 1 cup 3 times daily.
Use NO ENEMA CLEANSER, 3 times daily.

CHEST COLD

Lung herb - Mullein, Comfrey, etc.
Vapor - Peppermint, etc.

Cough syrup:

1 cup of honey; ½ tsp. peppermint oil; ½ tsp. clove oil; ½ tsp. cayenne; juice of 4 lemons.

Mix all together and take ½ tsp. as needed.

Mustard powder mix with water, heat it up, apply plaster over chest.
Mix 1 cup olive oil, 6 Tbs. cayenne pepper and ½ tsp. peppermint oil. Add mustard powder and cornstarch until thick. Apply hot over chest, cover with hot pack.

CHICKENPOX & CLAY

Give garlic enema 2 times daily, give Epsom bath daily, do clay bath or poultice there will be no skin eruption if treated by the first symptoms.

CHOLERA

To Kill Parasites:

Pumpkin Seeds
Prickly Ash Berries - 4 capsules 3 times daily.
Cayenne - 1 capsule 3 times daily
Garlic - 5 capsules 4 times daily or 1 Tbs. 3 times daily.
Mandrake - 1 capsule time every other day.
Black Walnut Hull - 4 capsules 2 times daily.
Garlic Enema - 3 times daily.

COLITIS (ULCERATED COLON)

Slippery Elm - Up to 4 capsules daily.
Psyllium powder - Up to 1 Tbsp. in 5 ounces of juice at bedtime.
Chia Seed- Up to 1 Tbsp., ground.
Aloe Vera Gel - ½ cup once daily
Hot steambath 3 times weekly.
Hot charcoal pack nightly.
Acidophilus - 1 tsp. 2 times daily.

CYSTS – EASTER LILY

Easter Lily tincture, inner bulb. Taken 7-10 days before menses may remove 75 % of soft, moveable cysts of the breasts, and swellings, cervix, uterus, fibroids, and ovaries cysts, of the breasts.

CUSHING'S DISEASE (ATCH HORMONE)

Alfalfa - up to 20 tablets daily, or
Chlorophyll - 4 Tbs. in water, or
Fresh Alfalfa Powder - 1 tsp., 3 times daily.
Licorice - 5 capsules, 2 times daily.
Wild Yam - 2 capsules 2 times daily.
Garlic enema - 2 times weekly.

Vitamins & Minerals:

Multiple Vitamin
Calcium - 1000 mg. once daily.
Vitamin E - 1000 IU. 2 times daily.
B- complex - 100 mg. 3 times daily.
Vitamin C - 5000 mg. once daily.
NO ENEMA CLEANSER 3 times daily.

CROUP

NO ENEMA CLEANSER 3 times daily.
Peppermint oil - 1-1/3 tsp. in 1 cup honey and lemon juice, 1/2 tsp. cayenne.
Mix and take 1/2 tsp. as needed.
Lemon and honey (straight), one spoonful at a time every 15 minutes.
Cold wash cloth or ice pack around neck, with a dry towel on top; keep neck cold until swelling goes down.

DERMATITIS PACK

Mix one part Golden Seal with one part Vitamin E oil in honey.
Add enough until paste is made. Apply to the infected area by spreading on a cloth.

DIABETES

Goldenseal - up to 3 capsules or more 3 times daily if needed, OR
Juniper Berries, chewed - up to 6-8 berries 2 times daily.
Mild food diet.
For parasites, formula or pumpkin seeds for small children.
Vitamin B- complex - 100 mg., 3 times daily.
Calcium - 1000 mg., 2 times daily.
Vitamin E - 500 IU., 4 times daily.
Multiple Vitamins.
90% raw diet.
Walking in sun daily.
Licorice Root - 5 capsules 2 times daily.
NO ENEMA CLEANSER 3 times daily.
See Diabetes Program. (Back to Adam book)

DIABETIC WOUNDS

Powdered Golden Seal
Sugar poultice over wound - put a little iodine on sugar.
Vitamin E - 1000 IU. 2 times daily.
Hot and Cold baths.

DIARRHEA # 1

Carrot juice.
Carob tea - 1 cup 2 times daily.

Rice water enema once a day.
Give enemas until diarrhea stops.
Charcoal - 1 tsp. in water as needed, depending on age.

DIPHTHERIA

Antispasmodic Tincture:

Lobelia	1 oz.
Skullcap	1 oz.
Skunk Cabbage	1 oz.
Myrrh	1 oz.
Black Cohosh	1 oz.
Cayenne Powder	½ oz.
Juice of 5 lemons	
2 garlic bulb (blend in a little water, then strain)	

Drink 3 oz. 3 times daily.

DYSPEPSIA

Dyspepsia (excessive acid, gas, lack of tone in digestive track)

Choose any three and take.

Bayberry	3 capsules twice daily
Lemon water	1 cup 3 times daily
Golden Seal	1 capsule twice daily
Sage	1 Tbs. in 1 cup water make tea, drink twice daily
Yarrow	1 capsule 3 times daily
Ginger	½ tsp. in hot water twice daily
Chamomile	1 Tbsp. in hot water 3 x daily
Spearmint	1 Tbsp. in hot water 3 x daily
Blood Root	½ tsp. twice daily
Cayenne	1 capsule twice daily
Thyme	1 tsp. in hot water twice daily

Related Causes:

Cardiac - during heart attack take ½ to 1 tsp. cayenne.

Fermentation - gas - take Sage tea..

Gastric - faulty stomach - take Ginger tea.

Hepatic - Liver - take 1 capsule of Mandrake.

DIARRHEA #2

Charcoal	1 tsp. 2 times daily.
Cool garlic enema	3 times daily.
Psyllium powder	1 Tbsp. in warm water. OR
Chia seed, ground	1 Tbsp. in warm water.
Pain - Slippery Elm	1 Tbsp. 2 times daily.
Charcoal	1 tsp. in 6 oz. water once daily.
Carrot juice 8 oz.	2 times daily.
Carob	1 cup daily.

DRUGS (LSD, etc.)

Morning Glory is very close to LSD. If you use 350 seeds it will work like Passion Flower and LSD. They have similar chemicals, will calm tension.

Mild diet.

High nutrition.

Raw juice.

High Vitamin B factor.
Sunshine, fresh air, rest.
Steambath 3 times a week.
High Vitamin C - 4000 to 6000 mg. once daily.

Mix the following herbs together in 12 oz. of hot water:

Vervain 1 Tbsp.
Skullcap 1 Tbsp.
Hops 1 Tbsp.
Valerian 1 Tbsp.

Drink 2 times daily.

Cayenne – 1/3 tsp in cup of water
Charcoal - 1 tsp. in cup of water daily for 5 days.

DROPSY

Mix 1 tsp. sea water to 1 glass of water. Drink once a day.
Take 1 capsule of Mandrake every 4 days if needed.
Mix 4 Tbsp. of flaxseed to 1 quart of water and boil for 10 to 15 minutes, take ½ glass every 2 hours.
Corn Silk tea - use ½ cup of tea to 1 quart of water, drink 1 cup 3 times daily.
Take Steambath 3 times weekly.

ESTROGEN (FEMALE HORMONE)

Vaginal Inflammation – Estrogen

Black Cohosh	1capsules, 2 or 3 times daily.
Ginseng - Estrogen	½ tsp. 2 times daily.
Sarsaparilla	8 capsules, 2 times daily.
Soy Bean	High Estrogen
Vitamin E	500 IU., 3 times daily
Wild Yam	3 capsules 2 times daily.
Calcium	1000 mg. 2 times daily.
Vitamin D	500 IU. once daily

EARACHE

One drop of garlic oil in ear
Slice onion heat in the oven, wrap over ear
Ice bag on ear
Feet in hot water with mustard powder or cayenne water.
Garlic rub over feet, rub olive oil on feet first.
Garlic enema (Blend 3 cloves of garlic in 8 ounces of water,
strain then use.)
Stop eating, only fruit and juice.
Vitamin C - 1000 mg. each hour.
Laxative teas draw mucus from the ear.
Mandrake - 1 capsule every 3 days
Horsetail
Juniper for kidneys
Alfalfa
NO ENEMA CLEANSER 3 times daily.

EAR WAX AND HEARING PROBLEM

Glycerol is one of the few substances that can soften earwax without causing it to swell. Mix ½ ounce of glycerol and 4 drops of garlic oil. Drop ½ tsp in your ear then apply a hot compress over the ear daily.

ECZEMA

Lecithin - 3 times daily.

Chia - soak in warm water until thick, place on affected area. Stops pain. As pain returns change poultice.

Clean blood – take Red Clover, Echinacea

Clean kidneys- drink Cornsilk, Uva Ursi

Clean bowels - NO ENEMA CLEANSER, 3 times daily.

Enema (garlic) - 2 times daily for one week.

EGG POULTICE

Spread the white of a egg on a paper towel, apply over burn skin, inflamed skin, and red burning eyes.

EGG PLANT TEA

FOR HIGH BLOOD PRESSURE:

Cut up one whole egg plant and place in 1 ½ quarts of spring water, cut up 3 Garlic bulbs 3 tbsp of Mistletoe, let it set over night, then place in the refrigerator for 3 days, drink 2 ounces 2 times daily.

EMETIC

Cayenne, Ginger, or Bayberry and Ginkgo

Lobelia - 1 tsp. in hot water.

Equal parts in a tea

Enema (any of)

Bayberry

Catnip

Chickweed

Raspberry

Strawberry

Hot baths - 4 Tbsp. Mustard & 3 Tbsp. Cayenne,
or Epsom Salt (3 lb.)

EMPHYSEMA

Anise oil - one drop in 1 Tbs. of fructose, eat 2 times daily

Marshmallow - 2 capsules, 2 times daily.

Mullein 2 capsules, 2 times daily.

Mild food diet, raw juice.

Vitamin C - 1000 mg. 2 times daily.

Multiple Vitamin

NO ENEMA CLEANSER 3 times daily.

Steam bath - Breathe in hot vapor steam daily.

One drop of peppermint oil in 1 Tbsp. of fructose 2 times daily.

ENEMAS

There are several types of enemas, including coffee, blackstrap and lemon. The reason why we use these types of enemas is to detoxify the body there is not any disease that can live in a clean body. Many ailments can be attributed to an unhealthy colon such as poor eyesight, hay fever, spine problems, swollen tonsils and headaches.

A coffee enema helps clean the colon as it works as a solvent for encrusted wastes on the colon walls. You see, the caffeine stimulates peristaltic muscle to contract an loosen deposits.

A blackstrap molasses enema is good also. Blackstrap is very high in potassium. A healthy bowel contains sodium, potassium, and magnesium for proper functioning. Put five Tbs. in one quart of water.

A lemon enema is also beneficial. It disinfects and increases the production of gall bladder bile which stimulates the movement of the colon. Use one lemon to one quart of water.

EPSOM SALT PACK

For hot Epsom salt pack, use a pan of hot water and add Epsom salt until water becomes thick. Place a face towel in hot Epsom salt and water. Wring face towel and place over nose, putting a dry towel (small face cloth) over it to hold in heat. Leave on until it cools down and then, if necessary, repeat again.

EYE COMPRESS

Hot or cold compresses to the eye may be made easily by putting some cotton in the bowl of a long handled wooden spoon, wrapping it with gauze or cotton, and taping in place.

Dip into hot water. The excess water can be pressed between the layers of a folded towel, and the compress applied to the eye.

EPILEPSY

Honey	1 cup
Cayenne	½ tsp.
Horseradish	½ cup, chopped
Yarrow	1 Tbsp.
Clove Tincture	1/3 tsp.
Myrrh	1 tsp.
Golden Seal	1 Tbsp.
Garlic	½ , chopped
Ginger	1/3 tsp.

Blend and take 1 tsp. 4 times daily.

Vitamin B-6 - 500 mg., 3 times daily.

Juice diet

No sweets

Colon cleansing

No salt

Antispasmodic tonic (see how to make)

FATIGUE

Causes:

Overeating

Clogged system - NO ENEMA CLEANSER

3 times daily.

Lack of oxygen.

Lack of nutrition.

Lack of exercise.

Lack of proper elimination.

Helpful Aids:

Clean system

Correct breathing
 Proper foods
 Exercise- Walk outside early morning
 Proper attitude - Proverbs 17:22
 2 meal-a-day plan
 Vegetable juice for 2 weeks
 Juice diet for a few days.
 NO ENEMA CLEANSER 3 times daily.
 Vitamin E - 1200 IU daily
 Green drink (85% raw)
 Proper elimination - 3 enemas daily for 7 days only.

FEVER

Enema (cold catnip tea or garlic tea).
 Same as for cold.
 Sponge baths with cool apple cider vinegar
 when temperature gets too high (104 degrees).
 Yarrow tea - 3 cups.

FEMALE FORMULA

To be taken orally for female problems:

Squawvine	1 Tbsp.
Marshmallow	1 Tbsp.
Parsley	1 ½ Tbp.
Ginger	½ Tbsp.
Licorice	1 Tbsp.
Stillingia	1 Tbsp.
Lobelia	½ Tbsp.
Black Cohosh	1 Tbsp.
Sarsaparilla	2 Tbsp.

Mix all together and take 3 capsules 2 times daily.

Vaginal Suppository:

Squawvine	1 Tbsp.
Slippery Elm	2 Tbsp.
Yellow Dock	1 Tbsp.
Golden Seal	1 Tbsp.

Use melted cocoa butter, add Herbs. Form into a suppository and put on waxed paper in refrigerator. Insert for 3 nights and douche (see Vaginal discharge) each of the 3 mornings. Use for fibroid tumors intermittent bleeding.

Use between periods of hemorrhage:

Hot enema daily.
 Hot douche 3 times weekly
 Vitamin K - 400 mcg. Two times daily.

FROST BITE

Cayenne - 1/3 tsp. in ounce of warm water every 2 hours

FEVER – BABY

Rub apple cider vinegar over the baby's body.
 Give cool enema.

Fever, Apple Cider Bath:

Remove the person's clothes and put in bed. Begin sponging off with tepid apple cider vinegar (feet, back, etc.) If person becomes chilly, stop sponging and place hot water bottle or hot fomentation's over the stomach.

FOMENTATIONS

Neck wrap: For sore throat

Cold Cotton towel
Dry towel on top of the cotton towel
Place dry woolen covering on top of the dry towel.
Now cover all the towels with plastic.
Cover plastic with dry cloth and pin.
Leave on overnight

GALLSTONES

Laxative - Mandrake - 1 capsule every other day.
No meals after noon.
Lemon juice - ½ cup 3 times daily.
Olive Oil, cold pressed, ½ cup 3 times daily.
Bedtime:
Hot castor oil pack over affected area.

Morning:
Enema, gall-stones removal will show up in stool.

GANGRENE (BLOOD POISONING)

Afflicted Area:

Marshmallow Root tea packs, OR
Soaking in tea is faster - add small amount of Lobelia for pain.
Clean system - NO ENEMA CLEANSER 3 times daily.
Fruit only.
Vitamin C - 5,000 mg. 3 to 4 times daily.
Charcoal & Garlic pack over gangrene.
Vitamin E - 500 IU 4 times daily.
Sugar Poultice.

GANGRENE POULTICE

Pour boiling water over 1/4 pound of charcoal and one ounce of Cayenne pepper or Smart Weed. Let steep 20 minutes, then mix 2 Tbs. of whole wheat flour and enough dry charcoal to make a poultice. Spread on a piece of gauze a little larger than the affected part, so that it will be covered well. Apply it and lay another piece of gauze over it, then bandage it on.

GARLIC POULTICE

One Tbs. garlic, one Tbs. onion steamed in a frying pan with a little oil, thickened with flaxseed or cornstarch. Can be applied to the chest in a pillow case and covered with a heating pad for pneumonia.

GARLIC TEAS

Onion and Garlic Tea - Cut 3 large onions and/or 2 large bulbs of garlic crosswise into 1 ½ quarts of water. Cook until tender, strain and drink a cup of tea every 30 minutes. Cayenne makes it more effective, and tomato juice may be used.

Garlic and Grapefruit Tea - Remove the yellow peel of 2 grapefruit with a potato peeler. Cut the fruit thinly with 2 large bulbs of garlic, into 1 ½ quarts of water. Cook until very bitter, about 20 minutes. Drink a cup of this tea every 20 minutes and by the time the 1 ½ quarts of tea is gone, the infection is usually gone. This can be used along with enemas.

Combine 1 handful of Peach leaves and ½ of a handful of Yarrow. Mix with grapefruit, 3 lemons, 1 large garlic bulb, cut up with peeling and cook until very bitter. Drink ½ cup 3 times daily.

One onion and 1 garlic bulb with 10,000 mg. of Vitamin C, mixed in 1 pint of water. Make tea and drink 1 cup 3 times daily. Makes an excellent antibiotic.

GAS IN STOMACH

Mix 1 Tbsp. of anise seed with an equal amount of honey, then mix in 1 glass of water. Boil for 10 minutes, let cool and strain. Take 1- 2 Tbsp. daily.

GASTRITIS – STOMACH

Take 1 mustard seed the first day and increase by 1 seed each morning for 20 days. Decrease the dose by 1 seed each day for 20 days. DO NOT TAKE TREATMENT AT NIGHT. DO NOT EAT ANY GAS PRODUCING FOOD.

GINGER - Helpful In:

Only Take These Remedies When Needed.

Boils - 1/3 Tbsp. ginger powder - 3 Tbsp. Charcoal. Add enough water to make a poultice, heat it up, apply on the area.

Bronchitis - 1 cup honey, 1/3 tsp. Ginger, 1/3 tsp. cayenne. Mix and use take one tsp as needed.

Cholera - Slippery Elm - 2 Tbsp., Bran - 1 Tbs., Psyllium - 1 Tbsp., and Ginger powder - 1/4 Tbsp. Mix altogether in 5 ounces of water.

Colds - ½ tsp. Peppermint oil, 1 cup honey, 1/3 Tbs. Ginger powder, and lemon juice. Mix and take one tsp as needed.

Colic - Lemon juice, water, Ginger, Cayenne.

Congestion - 1/3 Tbsp. cayenne, 1/4 Tbsp. Ginger, Peppermint oil, and 1 cup honey. Mix together and take one tsp as needed.

Diarrhea - 1/4 tsp. Ginger, 1 cup carob, 1 Tbs. Slippery Elm – Mix and take 2 times daily.

Gas - ½ tsp. Ginger in Lemon juice.

Flu - garlic juice, onion juice

Headache -Hemorrhage -Lungs - ½ tsp. Peppermint oil, 1 Tbsp. garlic, 1 cup honey. Mix and take ½ tsp. as often as needed.

Menstrual cramps - Vitamin E - 1000 IU and Ginger.

Nausea - ½ tsp. Peppermint, Cayenne, Ginger, Rheumatism - Ginger and Cayenne.

Sore throat - Lemon juice, Ginger, Cayenne.

GLAUCOMA

Ginkgo 1 Tbs. 3 times daily

Vitamin A 15,000 IU 3 times daily

Vitamin C 5,000 mg. 3 times daily

One drop of lemon juice in each eye in the morning. One drop of honey in each eye in the evening.
Hot and cold compress over eyes.
Colon cleansing.
Clay pack over eyes.
Onion poultice over eyes.
Lobelia and flaxseed poultice over eyes.

GONORRHEA

Better nutrition.
Mild food diet.
Clean blood.
Burdock
Cleaver
Golden Seal
Hops
Parsley
Juniper Berries
Squaw Vine -

2 Tbsp.
2 Tbsp.
1 Tbsp.
2 Tbsp.
2 Tbsp.
2 Tbsp.
1 Tbsp.

Mix all together in 1 qt. of hot water, let cool. Drink 4 ounces, 3 times daily. Use only the powdered form of the herbs in water.

GOUT (Excess Uric Acid)

Tincture of Lobelia with apple cider vinegar and honey.
Vinegar bath.

Laxative Herbs:

3 days of orange, grapefruit and lemon juice.

After 3 days:

Treat as arthritis, drink pure cranberry - 1 cup 3 times daily.

HEART - HOW TO SLOW DOWN

Motherwort powder 1 Tbsp.
Hawthorn powder 1 Tbsp.
Cayenne 1 Tbsp.

Mix all together these powdered herbs and make capsules. Take 2 capsules 3 times daily.

HERBAL COUGH SYRUP

Mix 1 cup of boiled honey and ½ tsp. Peppermint oil, ½ tsp. Eucalyptus oil, 1/3 tsp. Clove oil, 1 Tbs. Licorice Root powder, and add Cayenne to taste. Mix take one tsp as needed. Take one tsp 3 times daily.

HICCUP REMEDY

Fill a glass with water and place in it a metal object such as a spoon, for, or knife. Then slowly sip water, while holding the upper part of the handle against the temple. Bottom part remains in the water. The hiccups should cease within the minute.

Take 1 tsp. of fructose. Result-- immediate cessation of hiccups in 19 out of 20 patients.

Breathing into a paper bag is an old standby.

HIGH BLOOD PRESSURE

Garlic Enema - 3 times daily.
Colon Cleansing - NO ENEMA CLEANSER 3 times daily.
Juice Diet - for 3 to 6 days.
Eat some garlic daily.

HOT EPSOM SALT BATH

Add 2 ½ lb. Epsom Salt to the bath water, should be taken nightly for the first week just before going to bed. Remain immersed in this bath for 15 minutes, massaging every part of the body. This promotes circulation and perspiration (thus assisting nature in the work of ridding the body of waste matter through the pores of the skin) and also relaxes the nerves.

Take a hot Epsom Salt bath 5 times weekly, using 4 pounds of salt per bath. Stay in hot Epsom Salt water 2 to 3 hours or more daily.

HOT PACK, CHEST

Hot pack over the chest. Rub Peppermint oil over the chest. Use as needed.

Oral I.V.

Apple Cider	½ cup
Cayenne	1 tsp.
Honey	1 cup

Mix and take 1 Tbsp. by mouth every hour.

Iron Drink:

Grape juice	1 gallon
Apricot	1/3 cup
Figs	1/3 cup
Blackstrap molasses	1 cup
Raisins	1/3 cup

Let sit for 24 hours. Then refrigerate and drink 4 ounces three times daily.

Take 10 Kelp capsules daily.
Drink 8 ounces of green drink 2 times daily.
Drink 4 ounces of Beet juice daily.
Yellow dock 3 capsules 3 times daily.
Eat 6 almonds daily.

IRRITABLE BOWEL

The use of peppermint oil for reducing colonic spasm irritable bowel syndrome was noted in Lancet, after two doctors found a previous reference to the oil in a 1979 British Medical Journal. After injecting peppermint oil directly into the colon, spasms were relieved within 30 seconds, You can also drink peppermint tea, or take a peppermint capsule 3 times daily.

KELP - SKIN PROBLEM

Make a poultice of Kelp and Vitamin E and apply to skin.

KIDNEY FAILURE HORSERADISH

A good traditional preparation consists of one ounce of fresh, chopped horseradish root, one-half ounce of bruised mustard seed and a pint of boiling water. Let the herbs soak in water in a covered vessel for four hours, then strain, and take three tablespoons three times daily.

KIDNEY AND LIVER FAILURE

Drink 4 ounces of beet juice 3 times daily. Kidney, liver and gallbladder will usually respond in 24 hours. Other than beet juice, drink nothing but water. Take a coffee enema. Mix ½ glass of lemon juice with ½ glass of olive oil and take 1 hour after enema. To avoid vomiting, lie down on your right side and suck a lemon. Give enema at the end of the day and take a herbal laxative.

KIDNEY PROBLEM FAILURE

Flaxseed tea: Use 2 tsp. of flaxseed to a glass of water, boil for 5 minutes, let cool and this will become thick. Dilute with warm water. Take ½ glass every 2 hours for 2 days.

KIDNEY, BLADDER AND URINARY PROBLEM

Large stones, caused by excessive uric acid, found in the urinary tract can be dissolved through the simple ingestion of lemon juice, says, Dr. Bertrand Bibus, urologist, Kaiser Franz Joseph Hospital, Vienna. Such stones have been dissolved by having patients drink the juice of 5 lemons, and 2 ounce of olive oil the first day, and every other day up to five days add 5 lemons each day, and keep drinking 2 ounces of olive oil each day. Also apply hot castor oil over your liver.

LARYNGITIS

Mix 1 pound of bran with ½ cup of fructose. Add to 2 quarts of boiling water. Drink 1 cup 3 or more times daily.

LECITHIN PACK

Use thick cream from unpasteurized milk, and add ½ cup of cider vinegar. Also add 5000 IU of Vitamin A with 4 Tbs. of Lecithin mixed in 10 ounces of the unpasteurized milk. Apply at night and wash off in the morning.

LECITHIN FOR BEDSORES

Just dress the sore with liquid lecithin until it heals up.

LEMON DETOXIFICATION

Take 8-10 lemons. Squeeze the juice from them, but also use the rest of the lemons. Place them, with the juice, into 1 ½ quarts of water (no more).

THE MIRACLE OF THE LEMON

WHAT IS THE LEMON?

Each year new discoveries are being made about the miracle fruit, the Lemon, Vitamin - P - has been added to the valuable vitamin C found in the fresh appetizer of the kitchen, the diet laboratory.

THE LEMON HAS MANY TRICKS

Like turning water into wine, the lemon with its citric acid quickly changes an acid constitution into an alkaline one. With its heavy fruit calcium, it supplies bones, teeth and nervous system with basic nourishment. It contains phosphorous also, and one of its grandest properties is its ability to help "digest" proteins.

THE LEMON A HEALER, AN ANTISEPTIC

Dr. Geraid Stalh reports innumerable cases of cataract which have been eradicated by using drops of half lemon juice and half distilled water in the eye three times daily. Athlete's foot needs no high-priced ointments for its taming. Lemon juice combined with papaya juice is a soiled "digestant in this condition. Several prominent dentists prescribe the juice of lemon and salt for stubborn pyrohea. The lemon is one of the speediest acting enemies against germs. Industrial surgeons have used the lemon in cases of infection due to Injury, with marked success. Harley Street specialists in London give the children of royalty lemon and honey for sore throat. Many people who have spent what amounts to fortunes on stubborn forms of eczema have been led to the homely lemon when all their money was gone, to find that the condition soon leaves them, and stays away too.

LEMON CHASES AWAY HALITOSIS

Not only is the lemon a local antiseptic for offensive breath, but an internal alkalizer it protects the would-be fastidious mouth from giving offense. Screen and dramatic stars drink lemon juice drinks sweetened with a little honey, two to three times daily to guarantee sweetness of breath.

WHY HAVE ASTHMA, WHEN LEMONS ARE PLENTIFUL?

Dr. Joseph H. Greer has no fear of asthma remaining with his patients. In addition to a general detoxifying diet, he gives them 2 tablespoons of lemon juice before each meal, and before retiring.

COUGHS AND COLDS

Roasted Lemons - roast until they crack open - are given to cough and cold sufferers of all ages, and with marked success. When the lemon cracks open, the juice and fresh pineapple juice (equal parts) with honey, is given the patient, who feels immediate benefit. The pineapple juice adds its powerful "digestive enzymes" to those of the lemon, for disintegrating the mucous in the throat.

CHINESE USE OF THE LEMON FOR MEDICINE

When Chinese doctors reveal their remedies there is always something worthwhile to read. The clever cure of the hang nail is effected by them with this method: the top of the lemon is cut off, the finger is inserted in the lemon, and bound on. In the morning the felon is ready to be cleansed.

BILIOUSNESS AND THE LEMON

There are physicians who forbid all other medication in bilious cases, instructing their patients to avoid everything but lemon juice for at least a day; a condition associated with a sickish feeling, lack of appetite, indigestion. Had taste in the mouth, commonly thought to be due to a "sluggish liver."

THE LEMON IS A FORMIDABLE ENEMY

How many people are terrified by the sight of infectious erysipelas! Poultices made from lemon juice have been producers of magic relief after the powerful drugs had proved useless.

SCARLET FEVER

DR. George V. Wood makes this statement about Scarlet Fever:

"I can cure 49 out of every 50 cases of scarlet fever with lemon and gum arabic. At the beginning of attack place the child in bed, giving it to drink some lemonade with gum Arabic - one half teaspoon of the gum to a glass of lemonade. Cover the abdomen with dry flannel; then wrap child in a white woolen blanket wrung out of hot water, put a dry blanket on top; then add sufficient covering to cause perspiration. In some cases this is quickly induced by placing hot water bags outside outer blanket. After one hour of perspiration, during which time lemonade and gum Arabic has been given freely to drink, the child should be wiped dry and made comfortable as to amount of clothing. Lemon juice tends to remove deposits which form in the inner part of the mouth.

DIPHThERIA

In Diphtheria also, the lemon juice treatment, still proves the power of the strong antiseptic and digestive qualities of the fruit. The throat should be gargled, says Dr. Wood, with the juice every hour or two, and at the same time, from a half to a full teaspoonful swallowed. This cuts loose the false

membrane in the throat and permits it to come out.

DROPSY

“Remove skin from a lemon, cut the substance of the fruit into small slices, and cover with honey. To begin with, take juice of one lemon a day; increase gradually until juice of 8 or 10 lemons is taken daily.”

CHILLS AND FEVER

Chills and fever may be due to a variety of causes; nevertheless, the lemon is always a helpful remedy. Spanish physicians regard it an infallible friend.

Here is the Spanish method reported by Dr. Wood: “The juice of one lemon is to be added to a teacup of clover or alfalfa tea, and drunk at one draught without milk or sugar twice a day.”

RHEUMATISM

Take juice of half a lemon before each meal, and before retiring each night. It may be diluted with distilled water before taking, or used in the form of a strong lemonade, and at the same time apply the juice twice daily externally. Most physicians who use this remedy state that after three days the sure but slow power of the lemon shows its cleansing and pain relieving qualities.

SCURVY

The world knows today that the lemon juice cure for scurvy is effective. There are many cases bordering on scurvy, however, showing a lack of the powerful lemon vitamins which gives quick improvement in better bowel action, healing of mouth conditions, and a greater immunity to infection when a diet very rich in Vitamin C which abounds in lemons is followed.

HEADACHE

Headache- Lemon juice with a few teaspoons of hot tea (clover or alfalfa tea is best) added is the treatment of a sophisticated New York bartender, for those who suffer with many other causes. He converts his customers to this regime, and weans them away from drug remedies completely.

TARTER REMOVER

Tatar remover- Lemon juice makes a delightful dentifrice all by itself. To keep the tooth brushes immersed in diluted lemon juice, helps to keep them clean, as well as the teeth.

THE LEMON AN ENDURANCE- MAKER

The Lemon an endurance Maker: Many women, men and children who lack endurance are low in calcium supply. It is then that the lemon cocktail taken twice daily for 30 days changes the body chemistry, giving greater strength, improvement of memory and endurance, as well as complexion. The lemon cocktail consists of lemon juice, powdered soy milk and honey shaken in a cocktail shaker.

LEMON AS A COOP SEASONING

My appetite left me some time before I went to the East. But now it has returned; and I am very hungry when mealtime comes. My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing. CDF p. 324

LEMON AND MOTH PREVENTATIVES

A charming French custom to keep closets free from moths is to take ripe lemons and stick them with cloves all over the skin. The heavily studded lemons slowly dry with their cloves, leaving a marvelous odor through closets and rooms.

LEMON AND FATIGUE

Lemons and Fatigue: Long distance walkers and would travelers as well as explorers look upon the lemon as a Godsend. When fatigue begins, a lemon is sucked through a hole in the top. Quick-acting medicine it is, giving almost unbelievable refreshment. Explorers use lemon for protection against many infections of the tropics. A small amount of lemon juice will quench thirst more effectively than many times the amount of water. Experienced travelers declare that when they add lemon juice to ordinary drinking water, in various localities, it acts as an antiseptic and prevents illness due to allergy towards different water supplies.

THE SOPHISTICATED LEMON

The Sophisticated Lemon: This trick was learned from important men of business and professional life, when they had to be on their toes in the morning after a night of feasting and celebration. A lemon is quartered. It is then sprinkled with salt, and all eaten except the rind, before breakfast. Public speakers say this trick is an important stimulant to them before going on the platform.

VAGINAL HYGIENE

Diluted lemon juice makes a safe and sane method of vaginal hygiene. Though it is a powerful antiseptic it is nevertheless free from irritating drugs in douches and suppositories.

LEMON, A CURE FOR TOBACCO HABIT

If one really wishes to stop the tobacco habit in any form, it has been found that when the urge to either smoke or chew arises, then a mouthful of straight lemon juice take away that desire. In approximately thirty days of this treatment, all desire for using tobacco will have disappeared. A convenient way of using the lemon is to carry one, with a hole in its top, wrapped in wax paper, then suck a mouthful each time the craving occurs.

LEMON HELPS IN OVERCOMING ALCOHOLISM

“The patients should be shown the evil of intoxicating liquor, and the blessing of total abstinence. They should be asked to discard the things that have ruined their health, and the place of these things should be supplied with an abundance of fruit. Oranges, lemons, prunes, peaches, and many other varieties can be obtained; for the Lord’s world is productive, if painstaking effort is put forth.” Counsel on Diet and Foods , p. 311

LEMON AND BOWEL STIMULATION

Juice from one lemon in glass of warm water is very effective to stimulate bowel movements, Constipation may be alleviated by drinking two to four cups of lemon water in the morning.

BLOOD THINNER AND CLEANSER

Squeeze one lemon in glass of water and drink one half hour before breakfast to cleanse the toxins, and thin the blood.

LINIMENTS

Combine:

2 oz. powdered Myrrh
1 oz. powdered Golden Seal
½ oz. Cayenne Pepper
1 tsp. Peppermint oil
1 tsp. Wintergreen

Mix together with 70% alcohol, let stand seven (7) days. Shake well every day. Apply repeatedly and boil should soon disappear.

Rub daily:

1 Tbs. Bittersweet
1 Tbs. Chamomile
1/3 Tbs. Myrrh

1/3 Tbs. Golden Seal
1 pint 70% Alcohol
1/3 part Cayenne Pepper
Mix altogether.

LIVER - GALL BLADDER FLUSH

One of the most important procedures for persons over fifteen years of age is the Liver- Gall Bladder Flush. If there is a problem with the liver and the person is about fifteen years of age, this program should be done for a week, and repeated every two months.

For five days prior to the "Flush", drink as much apple juice as possible, in addition to regular meals. Try to make this freshly juiced organic apples, or at least unsweetened pure apple juice, without additives. For the hypoglycemic or diabetic, do not take this. At noon on the sixth day, eat a normal lunch.

Two hours after lunch, one or two Tbs. of Epsom Salt should be taken, dissolved in three ounces of distilled water. The taste may be objectionable to some. If so, the mixture can be followed by a little citrus juice if desired, freshly squeezed if possible.

Four hours after lunch, take a one quart coffee enema with 1/4 cup of Epsom Salt dissolved in it. This should be retained for 15 minutes and expelled. The coffee should be made as strong as one can tolerate but no stronger than four Tbs. of ground coffee per quart of water.

Five hours after lunch, take one Tbs. Epsom Salt, dissolved as the previous dose. Six or seven hours after lunch, one may fast if desired. However, it is preferable to have a fresh fruit salad, using as many fresh fruits in season as possible. Frozen berries may also be used.

At bedtime take one of the following:

Take ½ cup of unrefined olive oil followed by a small amount of orange, grapefruit or diluted lemon juice.

½ cup of olive oil blended with ½ cup of orange, grapefruit or diluted lemon juice.

4 Tbs. of unrefined olive oil followed by one Tbs. of citrus juice every 30 minutes until 8 ounces of oil is consumed. This choice is preferable for those who have had gall bladder problems in the past.

Immediately upon finishing the oil and juice, or while taking it, one should go to bed and lie on the right side with the right knee drawn up toward the chin for thirty minutes before going to sleep. This encourages the oil to drain from the stomach, helping the contents of the gall bladder and liver to move into the small intestines.

If the person feels ill during the night, another strong coffee enema with the Epsom Salt may be taken. If there is a strong feeling of nausea the following morning, try to remain in bed until it subsides somewhat. Vomiting should not be forced. If nausea continues, or there is a sore feeling in the upper abdomen even after the enema, a light diet of sprouts, fruit (raw or steamed) and freshly extracted vegetable juices (especially with beet greens in them) should be maintained for several days until the nausea subsides. Then the normal diet should be resumed.

Do not be concerned by the references to nausea or soreness as this happens only rarely. Many complete this procedure with minimal discomfort, and nearly everyone feels much better after completion of it. Flushing the liver and gall bladder stimulates and cleans these organs, as no other process does.

LIVER PACK

Place a Hot Liver Pack over the liver area. To make a pack, blend well two grapefruit with 1 ½ cups of Epsom Salt. Pour this mixture on a large cotton towel, wrap towel tight to prevent substance from coming out of towel. Rub area over the liver with Olive Oil. Then place the pack. Put hot water bottle over the pack for 30 minutes. Leave the pack on over night.

LOW BLOOD SUGAR

You can use one or more of these teas for your problem.

Dandelion coffee
Blueberry leaf tea
Chickpea (roasted) coffee
Lecithin - 2 Tbs. daily
Huckleberry tea

MENSTRUAL CRAMP PAIN

Vitamin E	1000 IU. 2 times daily
Calcium	1000 mg. 2 times daily
Blackstrap Molasses	1 Tbsp. 3 times daily
Kelp	7 capsules 2 times daily
Wild Yam	5 capsules 2 times daily
Enema	2 times daily
Flaxseed oil	1 Tbps. 3 times daily

MENSTRUATION – PROFUSE

Take 400 mcg. of Vitamin K twice daily; take ½ tsp. of Cayenne Pepper in water twice daily; drink one cup of tea 3 times daily using 3 Tbsp. Red Raspberry, 3 Tbsp. of Yarrow, and ½ tsp. of Cinnamon. Place in one quart of water, boil for 3 minutes and let cool. Drink daily.

Insert a cotton bolus, wet with alum root tea. Use about 4 tbsp of alum root in a pint of water. And rest is very important.

MARSHMALLOW ROOT PACK

Marshmallow root tea packs are very good to place over foot with Gangrene.

HEART FLUTTERING

Valerian Root	1 Tbsp.
Caraway seeds	1 Tbsp.
Motherwort	2 Tbsp.

Mix and take 2 Tbsp. to 6 ounces of boiling water to make a tea. Drink 2 times daily.

Mix 1 pound pine needles with 1 pound of pine cones to 1 gallon of water. Boil for 1 hour and let cool for 12 hours, then strain. Use 1 gallon per bath –extraordinarily effective. Good for Nerves, Rheumatism, Muscular system, Multiple Sclerosis, Parkinson's, etc.

NERVOUS DISORDERS

Valerian Root	1 Tbsp.
Chamomile	1 Tbsp.
Basil	1 Tbsp.
Mint leaves	1 Tbsp.
Caraway seeds	1 Tbsp.

Mix and use 1 Tbsp. to a cup of boiling water to make a tea. Drink 2 times daily.

NATURAL BEAUTY AIDS

ORANGE BLOSSOM SKIN FRESHENER

Borax	1 teaspoon
Tincture of Benzoin	1 teaspoon
Water	3/4 cup
Oil of Orange	1 teaspoon

Dissolve the borax and the oil in the tincture. Add the water.

ROSE SKIN FRESHENER

Borax	1 teaspoon
Camphor	1/4 teaspoon
Tincture of Benzoin	1 1/2 teaspoons
Rosewater	1 cup
Water	1 cup

Dissolve the borax and camphor in the tincture. Add the rosewater and the water.

WITCH HAZEL SKIN FRESHENER

Alcohol	3/4 cup
Glycerin	2 teaspoons
Oil of jasmine	5 drops
Witch hazel	2 teaspoons

Combine all the ingredients, and shake well to mix.

ORANGE-FLOWER WATER FRICTION LOTION

Boric Acid powder	1/2 teaspoon
Witch Hazel	1 Tablespoon
Rosewater	1 Tablespoon
Alcohol	2 teaspoons
Orange-Flower water	1/4 cup

Dissolve the boric acid in the alcohol. Add the other ingredients. Let set for a week before using.

BATH PREPARATIONS

CLOVE BATH OIL

Oil of Lemon	1 Tablespoon
Oil of sandalwood	1 Tablespoon
Oil of Cedarwood	1 Tablespoon
Oil of Cloves	1 1/2 Tablespoons
Castor Oil	1 cup

Combine the ingredients-

EUCALYPTUS BATH OIL

Eucalyptus	1/2 cup plus 1 teaspoon
Castor oil	1 1/2 cup plus 1 Tablespoon
Peppermint Oil	3 drops

Combine the ingredients.

PINE BATH OIL #1

Olive oil	1/2 cups
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Alcohol 4 Tablespoons
Oil of Pine 2 Tablespoons

Mix the olive oil and the oil of pine. Add the alcohol.

PINE BATH OIL #2

Oil of Pine 1 Tablespoon
Castor oil $\frac{1}{4}$ cup
Pine-needle resin $\frac{1}{4}$ cup

Dissolve the oil of pine and the resin in the alcohol. Add the castor oil and olive oil. Tincture of Benzoin

PINE – EUCALYPTUS BATH MILK

Alcohol 1 $\frac{1}{2}$ tablespoons
Water 1 $\frac{1}{2}$ cup
Oil of eucalyptus 10 drops
Oil of lemon 1 $\frac{1}{2}$ teaspoon
Oil of pine $\frac{1}{4}$ teaspoon

Dissolve the oils in the alcohol. Combine with the tincture and water. Use $\frac{1}{2}$ cup per bath.

PINE BATH MILK

Soap Flakes 1 Tablespoon
Alcohol $\frac{3}{4}$ cup
Tragacanth 2 Tablespoons
Oil of Pine 3 Tablespoons
Water, hot 4 $\frac{1}{2}$ cups

Dissolve the soap in the water. Add the tragacanth and mix to a smooth paste. Dissolve the oil in the alcohol and add to the water mixture. Use about 1 cup for each bath, adding directly under the running water.

MILK BATH

Powdered Milk 1 cup
Gelatin 2 Tablespoons
Epsom Salts 1 cup
Powdered Hops 1 cup
Elder Flowers 1 cup

PINE BATH OIL

Peppermint Oil 4 drops
Oil of Pine 1 Tablespoon
Castor Oil $\frac{1}{4}$ cup
Pine needle resin $\frac{1}{4}$ cup
Alcohol 2 Tablespoons
Olive oil 1 $\frac{1}{4}$ cups

Dissolve the Oil of Pine and the resin in the alcohol. Add the castor and Olive oil.

PINE-EUCALYPTUS BATH MILK

Tincture of Benzoin 1 $\frac{1}{2}$ Tablespoons
Alcohol 1 $\frac{1}{2}$ cups
Water 1 $\frac{1}{2}$ cups
Oil of Eucalyptus 10 drops
Oil Lemon $\frac{1}{2}$ teaspoon
Oil Pine $\frac{1}{2}$ teaspoon

Dissolve the oils in the alcohol. Combine with the tincture and water. Use $\frac{1}{2}$ cup per bath.

OATMEAL BATH

Use one pound of cooked oatmeal (cooked for three minutes). Place in a large piece of gauze or cloth and hang under the bathtub spigot in such a way that the water runs through the oatmeal. After the tub has been filled, use the bag to sponge the surface of the body. Let the patient remain in the tub for 20 minutes or longer.

OATMEAL BATH BAG

Oatmeal	3 ½ cup
Bran	1 cup
Orrisroot powder	4 Tablespoons
Soap Flakes	3 Tablespoons
Orange Sachet Powder	1 ½ teaspoons

Grind the oatmeal and the bran in a blender until fine. Add to the other ingredients. Tie up in cheesecloth bags in ¼ cup portions. Then tie the bag on the faucet and let it hang down so the running water will flow through it.

BATH SALTS

Soap Flakes	¼ cup
Borax	¼ cup
Extract of Jasmine	1 ½ Tablespoons

Combine the soap and borax. Add the Jasmine extract, and stir until the alcohol evaporates. Use a heaping tablespoon per bath.

LAVENDER – AMMONIA BATH WATER

Ammonia Water	1 cup
Water	¼ cup plus 2 Tbsp.
Alcohol	2 Tbsp.
Oil of Lavender	¼ teaspoon

Dissolve the oil in the alcohol. Mix with the water and the ammonia water. Use ½ cup per bath.

ANTISEPTIC DUSTING POWDER

Talc	2 Tablespoons
Boric Acid Powder	1 Tablespoon
Rice Flour	½ cup

Combine the ingredients.

HONEY SUCKLE DUSTING POWDER

Rice Flour	1 cup
Cornstarch	1 ¼ cup
Magnesium Carbonate	¼ cup
Honeysuckle Cologne	2 tablespoons

Combine the dry ingredients and stir in the cologne.

ROSE BABY POWDER

Arrow root	2 cups
Cornstarch	½ cup
Fuller's earth or white clay	¼ cup
Oil of rose	10 drops

Combine the powder all together, then add oil of rose.

CLEANSING LOTIONS

Tincture of benzoin	2 tablespoons
Alcohol	¼ cup
Glycerin	¼ cup
Water	1 ½ cups

Combine ingredients.

CLEANSING JELLIES

Agar- agar	1 teaspoon
Glycerin	¼ cup
Water	¾ cup
Peppermint oil	3 drops

Soak the agar – agar in the water until softened. Bring to a boil over low heat, and stir until the solution becomes clear. Add the glycerin.

LAVENDER – GLYCERIN JELLY

Glycerin	½ cup
Honey	1 tablespoon
Water	1 cup
Gelatin	2 teaspoons
Oil of lavender	¼ teaspoon

Soak the gelatin in the honey and water. Dissolve over low heat and add the glycerin. Cool to lukewarm, and add the oil of lavender.

COLD CREAMS

Beeswax	1 tablespoon
Almond oil	½ cup
Water	¼ cup
Borax	1 teaspoon

Melt the beeswax over low heat. Add the almond oil and the borax. pour into the water in a steady stream, stirring constantly. Continue stirring until the nixture become cold.

ROSE ALMOND COLD CREAM

Vegetable fat	½ cup
Beeswax	½ cup
Almond	½ cup
Borax	1 teaspoon
Rosewater	¼ cup
Oil of rose	10 drops

Melt the vegetable fat and beeswax over low heat. Stir in the almond oil and borax. Add the rosewater in a steady stream, stirring constantly. Stir in the oil of rose, and continue stirring until the mixture becomes cold.

COLOGNE WATER

Alcohol	2 cup
Lemon oil	1 ½ teaspoons
Rosemary oil	10 drops
Lavender oil	¼ teaspoon
Water	1/3 cup

Dissolve the oils in the alcohol. Add the water.

FLORIDA WATER

Alcohol 60 percent	2 cup
Oil of lavender	1 teaspoon
Oil of bergamot	1 ½ teaspoons
Oil of lemon oil of cloves	½ teaspoon

Dissolve the in alcohol, then add the water.

COLOGNES

Flowers cologne	½ teaspoon
Tincture of vanilla	¼ cup
Extract of rose	1 ½ cups

LAVENDER COLOGNE

Alcohol 60 percent	½ cup
Spirit of bergamot	¼ cup
Spirit lemon	2 tablespoons
Extract of lavender	¼ cup plus 1 tablespoon
Spirit of cloves	½ cup
Extract of rose	1/8 teaspoon

Dissolve the spirits in the alcohol. Add the extract.

WHITE ROSE COLOGNE

Extract of rose	½ cup
Extract of orris	¼ cup
Spirit of jasmine	¼ cup plus 1 tablespoon
Alcohol 60 percent	¼ cup plus 1 tablespoon

Dissolve the oil in the alcohol. Add the, spirits.

PERFUMES

DAMASK ROSE PERFUMES

Vanilla
Extract of rose

ROSE GERANIUM PERFUMES

Alcohol 1 ¾ cups plus 2 tablespoons
Oil of rose geranium 2 tablespoon

WHITE ROSE PERFUMES

Oil of rose	½ teaspoon
Extract of rose	½ teaspoon
Extract of jasmine	¾ cup
Extract of cassie	¼ cup plus 2 tablespoons

HAIR COLORING - BLONDE

Rhubarb bark 1 cup

Alcohol 2 cups
Soak the bark in the alcohol overnight, then strain.

BLONDE HAIR COLOR

Honey ½ cup
Molasses ½ cup
Gum Arabic 1 tablespoon

Cook the ingredients in a double boiler for half an hour.

HENNA HAIR DYE – RED

Henna leaves crushed 2 tablespoons
Water 1 cup
Alcohol 1 tablespoon

Crush the henna leaves and add to the warmed water. Let set overnight. Strain, and add the alcohol.

INDIGO HAIR DYE LIGHT BROWN

Indigo ½ cup plus 1 tablespoon
Henna ¼ cup
Water 1 cup

Crush the indigo and the Henna together. Add to the water and let set overnight strain.

INDIAN HAIR DYE BLACK

Gum Arabic 2 teaspoons
India ink 2 tablespoons
Orange flower water 3 cups

Add the gum Arabic and the India ink to the orange flower water, and let set overnight.

HAIR DRESSINGS

COCOA BUTTER HAIR DRESSING

Cocoa butter
Almond oil
Glycerin
Alcohol

Melt the cocoa butter over low heat. Stir in the almond oil and glycerin. Add the alcohol.

ROSEMARY HAIR DRESSING

Coconut oil
Mineral oil
Alcohol
Oil of rosemary
Oil of lemon

Liquefy the coconut oil over low heat and add the mineral oil. Dissolve the oils of rosemary and lemon in the alcohol, and add to the coconut oil.

SHAMPOO

Borax 4 tablespoons
Glycerin 3 tablespoons
Egg whites 2
Alcohol 1 cup

Water oil of bay ¼ teaspoon

Dissolve the oil in the alcohol, and the borax in the water. Beat the egg whites to a froth. Combine the water mixture with the alcohol and egg whites. Stir in the glycerin.

RICH EGG SHAMPOO

Egg white 1
Water ½ cup plus 2 tablespoons
Cologne water 2 tablespoons
Alcohol ½ cup

Beat the egg white to a froth. Combine the other ingredients and add to the egg white.

WAVING LOTION

Benzoin waving lotion
Tincture of benzoin 3 tablespoons
Alcohol ¾ cup plus 2 tablespoons
Oil lemon ¼ teaspoon

Dissolve the oil in the alcohol. Add to the tincture of benzoin.

ORANGE FLOWER HAIR CURLING WASH

Gum Arabic 1 tablespoon
Boric acid powder 1 ½ tablespoons
Water, hot ¼ cup
Orange flower water ¾ cup
sugar 2 tablespoons

Combine the water and gum, stirring until the mixture is smooth, mix in the boric acid and the sugar and add the orange flower water.

LOTIONS, CREAMS, CONDITIONERS

ALMOND LOTIONS

Almond, sliced
Soap flakes
Oil of bitter almond
Oil of of bergamot
Alcohol rosewater

Dissolve the oils in alcohol. Combine the rosewater and almonds in a blender, and add the alcohol mixture. Stir in the soap.

FLORAL LOTION

Glycerin ½ cup
Alcohol oil of jasmine 3 tablespoons
Oil of lemon 8 drops
Water 7 drops
Borax 1 ½ cup
Orange – flower water ¼ cup

Dissolve the oils in the alcohol. Add the glycerin and the orange flower. Dissolve the borax in the water. An add to the first mixture.

ALMOND HAND LOTION

Alcohol	½ cup
Camphor	2 teaspoons
Glycerin	2 tablespoons
Water	1 cup
Oil of lavender	½ teaspoon

Dissolve the camphor and the oil in the alcohol. Add the water and glycerin.

CREAMS

ALMOND HAND CREAM

White beeswax	½ cup
Quince seeds	½ teaspoon
Water, hot	½ cup
Stearic acid	¾ cup
Glycerin	1 tablespoon
Alcohol	1 tablespoon
Oil of sweet almond	¼ teaspoon

Soak the quince seeds in the water to form a mucilage. Melt the beeswax, stearic acid, and borax together over low heat. Stir the mucilage into the melted wax mixture. Dissolve the oil in the alcohol, and add the glycerin.

GLYCERIN HONEY SKIN CREAM

Liquid soap	1 ½ teaspoons
Water	2 tablespoons
Glycerin	¾ cup
Honey	2 tablespoons

Combine the ingredients.

CONDITIONERS

Glycerin almond hand conditioner	
Boric acid powder	1 teaspoon
Lanolin	1 ½ tablespoons
Vegetable fat	4 tablespoons

Dissolve the boric acid, lanolin, and vegetable fat over heat. Stir the glycerin.

MASSAGE CREAMS

CAMPHOR MASSAGE CREAM

Camphor	½ teaspoon
Vitamin E oil	¼ cup
Alcohol	2 tablespoons plus 2 teaspoon
Water, warm	2 tablespoons

Dissolve the camphor in the alcohol. Stir in the water. Add the mineral.

WITCH HAZEL MASSAGE CREAM

Lanolin	¼ cup
Vegetable fat	4 tablespoons
Witch hazel	2 teaspoons

Warm the witch hazel over a water bath. Add the lanolin and the vegetable fat and heat gently until melted.

SHAVING PREPARATIONS

ALMOND SHAVING MILK

Almond oil	1 ½ tablespoon
Glycerin	¼ cup
Gum Arabic	1 tablespoon
Tincture of benzoin	1/3 cup

Combine the almond oil, glycerin, gum Arabic, and rosewater in a blender to form an emulsion, then add the tincture of benzoin.

CITRUS SHAVING MILK

LANOLIN

Lanolin	1 teaspoon
Borax	¼ teaspoon
Glycerin	1 tablespoon
Orange flower water	2 ½ tablespoons
Rosewater	2 ½ tablespoons
Tincture of benzoin	

Melt the lanolin and the borax over low heat. Stir in the other ingredients.

AFTER SHAVE

Astringent after shave	
Alum	1 teaspoon
Menthol	¼ teaspoon
Camphor	¼ teaspoon
Boric acid powder	½ teaspoon
Glycerin	1½ tablespoons
Alcohol	4 tablespoons
Water	3 tablespoons

Dissolve the first four ingredients in the alcohol. Add the glycerin and the water. Let set several days until it clears.

SOAP

LIQUID SOAP

Soap flakes	3 tablespoons
Alcohol	¼ cup
Water, hot	½ cup
Oil of peppermint	4 drops

Dissolve the soap in the water, and dissolve the oil in the alcohol. Combine the two mixtures.

TOOTHPASTES, MOUTH WASHES

TOOTH POWDERS, MOUTH WASHES

CARDAMON TOOTH POWDER

Chalk

Soap flakes

Camphor

Oil of peppermint

Grind the camphor together with the flakes, add the chalk, and stir in the oil.

CEDAR TOOTH POWDER

Chalk	2/3 cup
Orrisroot powder	2 tablespoons
Oil of mint	5 drops
Oil of cedarwood	1/2 teaspoon

Combine the dry ingredients and then add the oils.

CHARCOAL TOOTH POWDER

Powder charcoal	1/4 cup
Oil of cloves	1 tablespoon
Oil of orange	4 drops
Borax	1/2 teaspoon

Mix the ingredients.

LIME TOOTH POWDER

Chalk	1 cup
Oil of peppermint	2 teaspoons
Oil of lime	1/4 teaspoon

Mix all the ingredients.

VIKING TOOTH POWDER

Chalk	1 cup
Soap flakes	1/4 cup
Baking soda	1/2 cup
Oil of peppermint	1 teaspoon

Combine the chalk, soap, and baking soda. Stir in the oils.

TOOTHPASTES **CHERRY TOOTHPASTE**

Chalk	1 cup
Arrowroot	1/4 cup
Orrisroot powder	1/4 cup
Oil cinnamon	1/4 cup
Cherry juice	3 tablespoons
Glycerin fructose	3 teaspoons

Combine the chalk and the orrisroot. Combine the oil of cinnamon, cherry juice, glycerin, and fructose, arrowroot keep adding warm water until thick like a paste.

TOOTHPASTE MINT

Soap flakes	1 cup
Chalk	1/4 cup
Fructose	1/4 cup
Glycerin	1/4 cup
Oil of peppermint	1/2 teaspoon
Oil of clove	1/2 teaspoon

Combine the chalk, and sugar. Mix in the glycerin and oil to a smooth paste.

TOOTHPASTE ORRISROOT

Chalk	1 ½ cups
Orrisroot powder	¼ cup
Glycerin	¼ cup
Oil of peppermint	¼ teaspoon
Oil of cinnamon	½ teaspoon
Water	1 teaspoon

Combine the chalk and orrisroot. Add the glycerin, water, and oils, and stir until mixture become clear.

CINNAMON MOUTHWASH

Anise	½ teaspoon
Ground cloves	¼ teaspoon
Water	1 ½ cups
Oil of orange	½ teaspoon
Oil of cinnamon	½ teaspoon
Alcohol	½ cup

Add the spices to the alcohol. Let set for three days, then strain. Add the oils and water.

PAIN(ICE)

Mix 3 ounces of water, 3 ounces of DMSO 99% , 2 tsp of peppermint oil, 4Tbsp of cayenne pepper , freeze altogether in a paper cup, cut off about one inch of the paper cup, then rub over pain for as long as possible.

PAIN RELIEF WITHOUT DRUGS

Wild yam never fails to relieve pain in gallbladder or gall stones kidney stones, or any pain I have ever used it for. It is one of the best pain remedies in pregnancy. An infusion of the root of the herb is a sure cure for bilious colic, or appendicitis, Mix 4 tbsp of the root in 8 ounces of water, make an infusion drink half cup every hour until pain stop.

PAIN DOGWOOD SUPERIOR TO OPIUM

Jamaica dogwood bark and root, is superior substitute for opium, commencing dose, thirty drops of the fluid extract , until pain stops and this will produce sleep without the effects of opium, it soothes bronchial cough, asthma and nervous cough, just like codeine, morphine.

PAIN – CHLOROPHYLL

Chlorophyll is an effective remedy for most pain. Ten chlorophyll capsules may be taken every hour until relieved.

Pain – Burn Oil of peppermint oil

Mix ½ teaspoon of peppermint oil, in one cup of honey, apply over pain.

Pain –Burn Bentonite Clay

Apply a clay plaster over pain.

Pain – Burn Alum

Mix 4 tbsp of powder Alum in one cup of honey, apply over pain and burn.

PINK EYE

Onion poultice

Vitamin C - 2000 to 10,000 mg. daily

White potato poultice, conjunctivitis.

Pink-eye

Pink eye is contagious epidemic conjunctivitis. Apply hot packs of Lipton's tea over the eyes, and drops of Lipton's tea in the eyes, will relieve the inflammation.

PEACH LEAF POULTICE

Nursing mothers can get caked breasts from getting chilled or wet. The breasts should be pumped, and a poultice applied. Peach leaves, cooked and thickened with flour, flaxseed, or cornmeal make a wonderful soothing and healing poultice, and will bring quick relief.

PEACH LEAF TEA

This is used for all types of pain.

Use six tsps. of broken leaves to a quart of water. Drink four cups daily.

PLANTAR PASTE

Break one capsule open of Vitamin E and spread the oil over the plantar warts every night at bedtime. Immediately it eases the pain. For plantar warts on heels, use 500 mg. of Vitamin C in water to make a paste. Each night apply this paste to the warts. Within a few weeks it will begin to change in appearance and respond to pressure on the heel. It may take about two months to complete the treatment.

POKE ROOT BATH

Make a strong tea out of the Poke Root, using three or more gallons to the bath.

SUGAR POULTICE

Mix one pound of white sugar ½ ounce of iodine, apply on wound. Also you can mix one part sugar and one part honey apply on wound as needed.

PROTEIN DRINK (LUPUS)

JUICE THERAPY:

Vegetable Juice:

Carrot juice	8 oz.
Celery juice	4 oz.
Beet juice	4 oz
Alfalfa sprouts	1 cup
Kelp	1 tsp.
Drink fresh daily	16 oz.

Fruit Juice:

Grape juice (with seed) - 16 oz. daily
Pineapple juice (unsweetened) - 16 oz daily
Sunflower seeds - ½ cup

Protein Drink:

Handful of sprouts
1 tsp. Kelp
2-3 oz. water, blend in blender to liquefy.
Drink once daily.

PROUD FLESH

Powdered alum sprinkled on proud flesh will cause it to slough off, and healthy tissue will form.

PROUD FLESH CAYENNE

A plaster of capsicum was applied, covered with plastic to keep in the moisture, and the toe was bandaged. After two or three days the proud flesh was gone and toe healed.

POTATOE SUPPOSITORY

Cut a white potato suppository, and insert in to your rectum, keep in over night.

POTATO POULTICE

Grade up some raw potato , and apply over pain.

POTATO JUICE FOR STOMACH PROBLEM

Juice some white potato, drink, about 3 to4 ounces, 3 times daily, this is very good for peptic ulcer.

SLEEPY TIME TEA

2 Tbs. each of Valerian, Catnip, and Hops in one quart of water.

SKIN YOGURT POULTICE

Yogurt 1 cup, Acidophilus 4 tbsp, Chlorella add until you make a thick cream, apply over skin, this is very good for chemotherapy stops all odor from cancer sores, bed sore, any type of sore that will not heal.

SKIN PROBLEM (FRECKLES)

Freckles come from deposit from the blood of Iron oxide; dissolve with Iodine tincture topically; and Acorbyl Palmitate

Also you apply Alum 1 ounce, Lemon juice 3 ounces, and Rose water 2 ounces, mix all together and apply over skin nightly.

SKIN PROBLEM INFECTION AND INFLAMMATION

Mix one ounce of Myrrh extract, one ounce of Lobelia extract, 1½ ounces of Black Walnut extract, 1 ½ of Pau D' Arco extract, ½ of Tea Tree oil and one ounce of Witch Hazel. Mix all together and apply over skin problem daily.

SKIN PROBLEM LOOSE SKIN

Apply well- beaten raw egg white over your face leave on for about a hour wash off with cold water.

SKIN REMOVE MOLES

Use a magnifying lens, do not burn your skin, apply on your skin for about 5 to 10 minutes for 3—4 weeks until the mole scales off and new skin forms.

SKIN PROBLEM COLLAGEN FOR SMOOTH SKIN

Mix 2 egg whites, one ounce of Almond oil, and 2 tbsp of Alum powder, mix all together and apply over your skin nightly. For 3 days out of the week, mix ½ pound of white sugar, 1 ounce of Gum of Benzoin , 7 ounces of distilled Rose water, and 1 ounce of glycerine, mix all of this together apply over the skin 3 times weekly.

SINUS PACK

First, make a weak Golden Seal tea and sniff up some of the liquid into your nostrils.

Peppermint oil	1 tsp.	
Epsom salt		5 cups
Clove oil		½ tsp.
Water		1 quart

Mix and boil. Dip face in hot mix and apply over sinus area 3 times daily.

SORE THROAT - LARYNGITIS

Mix 1 glass of water with ½ glass of anise seed and boil for 15 minutes, then strain. Add 1/4 glass of honey, 4 Tbs. of apple cider vinegar, ½ tsp. cayenne, and 1/3 tsp. ginger. Dose: 1 Tbsp. as needed and this will restore your voice within a few hours.

STOMACH PAIN

Charcoal		1 Tbs.
Olive oil	1 Tbs.	

Mix and take 1 to 2 times daily.

URINE RETENTION

Horsetail grass	1/3 cup
Elderberries	1/3 cup

Mix with 1 pint of water to make a tea. Drink 4 ounces 3 times daily.

URINARY INCONTINENCE

Fresh cranberries ground up in a blender and mixed into yogurt and acidophilus, this can bring good result.

One cup of cranberry blended up
½ cup of yogurt
4 tbsp of acidophilus

mix all together and eat 2 ounces 3 times daily.

SMOKERS TEA

Smoke Herbal Cigarettes:

Vervain	1 Tbs.	
Skullcap		1 Tbs.
Catnip	1 Tbs.	
Valerian	1 Tbs.	

Mix together and let steep 30 minutes. Take 1 Tbs. of this mixture to one cup of tea. Drink 3 cups of this tea per day.

SMELLING SALT

Mix peppermint oil ½ tsp
Eucalyptus oil ½ tsp
Ammonia 1 tsp
3 ounces of powder salt, blend up the salt first.

VAPOR SALT RUB

Mix ½ pound of salt, 2 tbsp of peppermint oil

SOY-DANDELION COFFEE

A good coffee substitute is Soy-Dandelion coffee. It is beneficial to the pancreatic gland. Roasted soy bean and Dandelion coffee makes a delicious hot drink.

SOY MILK PEPTO BISMOL

Mix 8 ounces of soy milk, one Tbsp of slippery elm, 4 drops of peppermint oil, one Tsp of ginger, one Tbsp of honey, or 2 Tbsp fructose 2 Tbsp of fennel seeds, bold for 3 minutes, let cool drink one ounce 3 times daily.

(ULCERATION) SUPPOSITORY

Make a suppository for the ulceration using:

Melted cocoa butter
Add 2 Tbs. White Oak Bark
2 Tbs. Acidophilus
1 tsp. Whey
1 tsp. Myrrh

Form into two or more small suppositories. Put on waxed paper in refrigerator. Insert at least five nights.

SPASTIC PARALYSIS

Twenty –two months old Jimmy had no control over his limbs. His lower limbs were straight and stiff, his hands were drawn into fists, his head turned from side to side, and feeding him was very difficult. At the age of four month, he had a fever of 106 degrees.

SUPPOSITORY (HEMORRHOIDS)

Make a suppository of the following:

Glycerin or cocoa butter
2 Tbs. Golden Seal
2 Tbs. Bayberry
2 Tbs. Chickweed
1/4 Tbs. Witch Hazel Bark
1/4 Tbs. Catnip

Form and place in refrigerator to harden. Then insert daily.

STOMACH ULCER

Cabbage juice 1 pint daily
White potato juice ½ pint daily
Goldenseal 1 tsp. 2 times daily

Mix 1 glass of aloe Vera gel with ½ glass of honey with an equal amount of pure olive oil and put in bottle. Boil the bottle slowly for 3 hours and let cool. Dose: 1 Tbs. in the morning before eating. Keep cool.

How to remove fluid:

From the lungs and stomach, drink one ounce of Poke root tea 2 times daily.

Mix one ounce of horseradish root in 4 ounces of lemon juice, 2 ounces of water, drink one ounce 3 times daily.

Take Steambath daily.

HERBAL SURGERY

(*NOTE: PLEASE CALL FOR ASSISTANCE BEFORE THIS TREATMENT IS APPLIED.)

Garlic, blended 3 TBSP
Bloodroot 3 TBSP
Red root 1 TBSP
Zinc chloride 6 TBSP

Mix herbs first, then mix garlic and then add zinc chloride. Let sit for 24 hours. Apply over lump or cancer.

Goldenseal 2 TBSP
Golden Thread 2 TBSP
Elecampane 4 TBSP
White of 4 eggs

Mix together and hold in mouth over cancer or over sores. Also use on face.

POLYPS IN NOSE

Tincture of Lobelia 1 oz.
Bloodroot 1 TBSP
Ginger 1/2 tsp.
Cloves 1/2 tsp.
Cayenne 1/2 tsp.

Mix together and apply in nose over polyps.

POLYPS - CANCER SORES

Cranesbill 2 TBSP
Black cohosh 1 TBSP
Bloodroot 3 TBSP
Cayenne 1/2 tsp.

Use powdered herbs. Add 1/2 tsp. of tea tree oil and castor oil until a paste. Apply over polyps or sores.

SKIN CANCER

Blend 2 cups of fresh green Sheep Sorrel in a little water to make a paste. Apply over skin cancer. Let paste sit until dark or black in sun.

FOR REMOVING TUMOR FROM UTERUS

Cranesbill 2 TBSP
Red root 2 TBSP
Black salve 2 TBSP
Figs 7 hot mash up

Mix in vegetable glycerin and Slippery Elm to make paste.

Golden seal 2 TBSP
Poke Root 2 TBSP

Add enough Slippery Elm to make paste.

For either, shape into suppositories and insert into vagina.
Also a hot fig suppositories is very helpful, insert into the vagina 3 times weekly.

LUMP TUMOR AND CANCER

Garlic, blended	2 bulbs
Mustard seed, ground	3 TBSP
Bloodroot	4 TBSP
Poke root	5 TBSP
Peppermint oil	2 tsp.
Tea tree oil	3 tsp.

Blend and apply to draw cancer out.

Clay	1/2 lb.
Poke Root	1/2 lb.
Flaxseed	6 TBSP
Chaparral	1 cup

Make tea first with Chaparral and flaxseed, then add the dry herbs to the tea to make a paste.

Poke Root powder	1 cup
Goldenseal	3 TBSP
Sulphur	6 TBSP

Mix all herbs and add talcum powder and warm water until a thick paste.

Sulphur	4 TBSP
Sheep Sorrel	1/2 cup
Bloodroot	5 TBSP
Garlic, blended	2 bulbs

Mix together and add talcum powder and warm water until a thick paste.

Garlic, blended	2 bulbs
Poke Root	1 cup
Baked onion	

Cut open top of onion, core out, and add Poke root powder in onion. Apply over tumor.

Violet leaves	1 cup
Sheep Sorrel	1 cup
Garlic, blended	3 bulbs
Mustard seed	6 TBSP

Blend fresh Sheep sorrel and add to the other herbs. Apply over cancer.

Bee's Wax	1/3 cup
Vegetable fats	1/2 cup
Sheep Sorrel	1 cup
Olive oil	1/3 cup

Use all powdered herbs and add olive oil until thick, with a ounce of water; then blend all ingredients altogether.

Clay	1/2 lb.
Slippery Elm	6 TBSP
Flaxseed	6 TBSP
Chaparral	1 cup
Poke Root	1/2 lb.

Make tea out of Flaxseed first, adding 1 pint of water. Add rest of herbs until thick.

Bloodroot	1 part
Red Root	1 part

Poke Root 1 part

Mix together. Use enough to cover cancer or tumor.

Castor oil 1 cup
Willow bark 1/2 cup
Garlic 3 bulbs, blended

Boil Willow bark in castor oil. Let garlic bulb soak in oil and bark mixture for 24 hours. Apply over tumor or cancer.

Celandine 3 TBSP
Bloodroot 2 TBSP
Birch bark 2 TBSP
Zinc chloride 3 TBSP
Slippery Elm 4 TBSP

Mix together. Let sit for 24 hours. Apply over tumor or cancer.

Red clover tar 1/2 cup
Dandelion 6 TBSP
Poke root 1/2 cup

Mix together and apply over tumor.

REMOVE SOMETHING OUT OF THE EYE

To pull something out of the eye, place 1 flax seed in the eye.

TO REMOVE SPLINTER

To remove a piece of wood from the flesh (body), apply axle grease over the splinter or wood. This will pull it out.

WART OR SEED TUMOR

Apply warm castor oil over wart or seed tumor.

Plantar's Wart or Fatty Tumor

Cut a square piece of pineapple peeling. Tape next to the skin. Apply the inner side of pineapple tape over a plantar's wart or fatty tumor.

Apply fresh inner bark of the Willow to wart or fatty tumor for 3 to 5 days.

Use banana peeling on warts. Scrape the inner white part of a banana peeling and rub into wart three to five times daily for 5 days.

Basil oil and Yellow cedar oil applied warm over warts.

Green Papaya over warts

Yellow cedar oil 2 oz.
Willow Bark powder 2 oz.
Bloodroot 3 TBSP
Garlic, blended 1 bulb

Bake garlic in oven until warm. Blend with other ingredients. Apply on wart, tumor, or fatty tumor.

REMOVING BOILS

FATTY TUMORS

Soap wort 1 part
Green papaya 1 part

This will remove warts, and fatty tumors.

White Pond Lily 3 parts
Slippery Elm 2 parts
Flaxseed 2 parts
Blend up in some water until thick paste. Will remove boils, tumors.

BREAD YEAST POULTICE

Slippery elm 2 parts
Baking yeast 2 parts
Warm water

Mix until thick. Apply to boils, and abscesses. This will bring it to a head.

SUGAR POULTICE

Sugar poultice will stop infection.

BREAD AND MILK POULTICE

Soaked bread in milk poultice, will remove boils.

HONEY POULTICE

Honey is very healing and will kill infection.

TO DISSOLVE TUMORS

Origanum 1 part
Nettle 1 part
Fenugreek 1 part

Add enough warm water to make paste. Apply over tumor.

STOP DISCHARGE

ULCERS AND SORES

Witch Hazel 2 parts
Wild Cherry Bark 2 parts
Lobelia 2 parts
Myrrh 2 parts
Goldenseal 2 parts
Cayenne 2 parts
Sugar 5 parts

Mix and apply dry(powder) four times daily.

BEN OIL (MORINGA OLEIFERA)

The bark is very acid.
A hot decoction of the bark is used to break open an inflamed boil or blister.
A few drops in ear will stop earaches.

Put a few drops in cavity of tooth to give relief of pain.
The juice of the leaves mixed with honey is used for all eye problems.
Fresh root tea is good for enlargement of the liver.
The root blended up in honey will remove inflammation.

BLOCKED HEART VALVE

DMSO will reduce incidence of heart attacks, and stop angina pain. It has been credited with preventing damage to the heart muscle, and unblock heart valves. Use pharmaceutical grade DMSO 25% use:

DMSO One ounce
½ tsp Cayenne pepper (90,000 heat units)

Mix altogether. Take ½ tsp 3 times daily.

BRAIN TUMOR

DMSO 2 oz.
Ginkgo biloba 2 oz.
Lecithin 2 TBSP
Cayenne (90,000 heat units) 1/3 oz.
St. John's Wort 3 oz.
Vitamin C, liquid 10,000 mg.

Mix and take 1/2 tsp. four times daily.

DMSO-GUM DISEASE

Periodontists in Poland have cleared up gum disease and reduced tooth decay and tooth pain by painting DMSO on the involved areas, or placing a few drops of DMSO in empty tooth sockets.

DMSO 99% Used As Pain Killer

DMSO AND VITAMIN E

A doctor reported a woman had so great pain that she fainted when the gynecologist inserted his instrument on examination. He tried to relax her cervix by injecting a local anesthesia, but had to remove the instrument because none of his attempts to relieve the problem worked. Surgical removal of the uterus was the next procedure of choice. She was asked to wait a week before having the hysterectomy, and her doctor was persuaded to combine Vitamin E and DMSO. This stopped the cervical pain, and he was able to insert the instrument with no pain.

BURSITIS PAIN DMSO

DMSO 4 oz.
Peppermint oil 1 tsp.
Olive oil 1/2 cup
Cayenne (90,000 heat units) 6 tsp.

Mix together and apply over pain.

PHANTOM LIMB PAIN

DMSO 3 oz.
Kava kava 2 tsp.
Cayenne 6 tsp.
Vitamin E 1/2 cup
Comfrey 5 TBSP

Mix together and apply.

Podiatrists are using DMSO to remove corns, calluses, ingrown toenails, bunions, hammertoes, heel spurs, and even the inflammation of gouty big toes. It appears to control gout pain.

GOUT PAIN

DMSO	4 oz.	
Cayenne		4 TBSP
Peppermint oil	1 TBSP	
Valerian	3 oz.	
Vitamin E oil	2 oz.	
Vegetable fat	1/2 cup	

Mix and apply over pain.

BLADDER CYSTITIS, CANCER OF BLADDER

DMSO	4 oz.	
Golden seal		3 oz.
Myrrh		2 oz.
Cayenne		1 oz.

Mix and take one dropper full four times daily, and rub some DMSO over stomach twice daily. Also, put in 8 oz. of water and inject in bladder. Hold as long as possible.

OPEN SORES AND BURNS

DMSO	4 oz.	
Honey	1/2 cup	
Sugar		1/2 cup

Mix together and apply over sores or burns.
Injection in Tumor or Infected Organ

Use only pharmaceutical grade DMSO. Can be ordered from: American Pharmaceutical Enterprises, Inc., P.O. Box 12543, Scottsdale, Arizona 85267; ph. 602-998-4142 or 1-800-345-3391.

HERBAL ORAL SURGERY

DMSO	2 oz.	
Bloodroot		2 oz. tincture
Chaparral		2 oz. tincture
Poke root		2 oz. tincture

Mix and take 2 oz. four times daily.

FROZEN HAND OR ARM

DMSO injected in the muscles three times daily. In about five days, you will be able to open and close your hand with no pain.

PROSTATE CANCER CREAM

DMSO	3 oz.	
Wild yam		5 TBSP
Vitamin E oil	1 oz.	
Black cohosh	1 oz.	
Peppermint oil	1 TBSP	
Cayenne		1 oz.

Mix and apply over lower stomach three times daily.

REMOVE KELOIDS

DMSO	3 oz.	
Eucalyptus		1 TBSP
Cayenne		1 oz.

Mix and apply three times daily.

HOW TO REMOVE KELOIDS

Use a magnifying lens, do not burn skin. Apply a Blood Root paste over the skin first then hold your Keloid skin under the magnifying len for 5 to 10 minutes at a time. Do this until the Keloid dries up and fall off.

SHINGLES DMSO

DMSO	3 oz.	
Vitamin E		1 oz.
Vitamin A		1 oz.

Mix and apply over pain daily.

SPINAL CORD INJURIES

DMSO	6 oz.	
Cayenne		6 tsp.
Peppermint oil	1 TBSP	
Vegetable fat (or Vitamin E oil)	1 cup	

Mix and apply daily.

MUSCULOSKELETAL INJURIES

Apply DMSO topically over injuries.

BRAIN DAMAGE

Brain damaged children are given oral DMSO in 50% strength. It is especially advantageous for impaired babies.

SKIN DISEASES

Use DMSO spray on skin problems. Mix a little tea tree oil in it.

DRAWING SALVES

Red Clover blossoms	4 oz.	
Mullein powder	4 TBSP	
Plantain powder	4 TBSP	
Chaparral		4 TBSP
Turpentine		5 TBSP
Pine tar	5 oz.	
Poke Root		1 cup
Bloodroot		1/2 cup

This is a powerful drawing salve that will draw tumors from deep in the body.

MUSTARD DRAWING SALVE

Flour		3 TBSP
Olive oil	2 TBSP	

Castor oil	2 TBSP
Mustard seed	3 TBSP
Turpentine	8 oz.

Use to disinfect old infected sores
Mix and apply over problem area.

CHICKWEED DRAWING SALVE

Chickweed	1 cup
Red clover tar	1/3 cup
Bee's wax	1 ounce
Mustard powder	3 TBSP
Water	1 ounce

Blend to a paste than apply.

MULLEIN DRAWING SALVE

Yarrow	3 parts
Mullein	2 parts
Poke Root	1 part
Bloodroot	1 part
Bee's wax	add until thick

Apply over tumor or boils.

ELDER DRAWING SALVE

Elderberry flour	1/2 cup
Red Clover tar	1/3 cup
Wood Sanicle	1/3 cup
Sarsaparilla	1/2 cup

Make Red clover tar first. Then add other ingredients until thick and apply. Very good for swollen glands.

MANDRAKE JUICE

Mandrake juice will remove genital warts.

TEA TREE DRAWING SALVE

Vegetable fat	1 cup
Bloodroot	1/3 cup
Yellow dock	1/4 cup
Tea tree oil	4 oz.
Olive oil	add until thick

GOLDENSEAL DRAWING SALVE

Bloodroot	1 tsp
Red Root	2 TBSP
Goldenseal	3 TBSP
Poke Root	3 TBSP
Bee's wax	add until thick

Roll into a long tampon. Place in a cold place overnight. Insert in the female organ before bed. Do this for 2-3 weeks.

CLAY DRAWING SALVE

Clay 1 lb.
Flaxseed 1/2 cup
Chaparral 1 cup
Mustard powder 4 TBSP

Mix together and add hot water until thick. Apply until tumor is removed. This could take up to three months, but it will remove the tumor. Once the tumor is on the outside of the body, apply Herbal Surgery. (call for assistance)

FACIAL BEAUTY MASK

Vitamin C 10,000 mg.
One Raw egg
Honey 1 cup

Mix together and apply over face before bed.

SUNBURN

Use 3 yolks of raw eggs. Smear over inflamed part and allow to dry. After 30 minutes remove with water. The results are amazing.

ALOE LEAVES - CUTS AND WOUNDS

Apply Aloe leaf over cuts and wounds.

ECZEMA AND HERPES

Blended garlic 1/3 cup
Honey 1 cup
Vitamin C 10,000 mg.

Mix and apply over skin.

REMOVE WARTS, BIRTHMARKS, BLEMISHES

Apply a slice of raw onion soaked in vinegar for two hours and apply to warts. Bandage tightly. In a few days the warts should come out along with the roots.

FOOD POISONING

Cinnamon is used as soon as first symptoms of poisoning appears. It takes about 3 sticks of dry cinnamon boiled in one pint of water, strained and taken hot. Take 2 to 3 cups and repeat until all symptoms stop.

PAIN CONTROL

Kava Kava 3 parts
Wild Lettuce 1 part
Mistletoe 3 parts
Ginger 1/2 part
White Willow 4 parts
Valerian 4 parts

Mix together in two quarts of water to make tea. Drink three or more cups daily.

FEMALE MONTHLY PAIN

Black Cohosh 1 part
Ginger 1/2 part

Mix and take one tsp. twice daily.

Take enema 2 times daily for 5 days.

PAIN PATCH

Cayenne	6 TBSP (90,000 heat unit or higher)
Vegetable Fat	1 1/2 cup
Peppermint oil	2 TBSP
Witch hazel oil	1 TBSP
Eucalyptus oil	1 TBSP
DMSO	5 oz.

Mix together and apply over pain.

FRECKLES

Avoid direct sunlight. Reduce free fat.

Use 6 oz. of cold water. Mix 3 oz. of 3% peroxide. Let this sit for three hours. Then add 5 oz. of 3% peroxide. Rub twice daily for 30 minutes.

PAPAYA REMOVE ALL TYPE TUMORS

Papaya leaves are used as a medicinal dressing for wounds and can be wrapped over pain and swelling.

Use inner bark for toothache.

The fresh milky sap (latex) is applied directly on large boils and wounds.

Papaya is used to make a drug called papyotin, papain, or papoid, and is used to treat dyspepsia and gastric catarrh.

In powdered form, papaya is applied to skin disease, warts, tubercle swellings.

It removes excess protein from the blood.

It is used by neurosurgeons to dissolve herniated (slipped) intervertebral discs in patients complaining of back pain. It is good for cardiac depressant activity when given orally. It is a cardiogenic for valve prolapse in the heart.

For removing tumor on the back, calcium spurs from back, and dissolving herniated disc.

Use dry papaya leaves grind into powder.

Papaya	1/2 cup
DMSO	6 oz.
Cayenne	1 tsp.
Vitamin E	1 oz.

Mix together and rub over back problems.

HERBS USED IN HERBAL SURGERY

Cabbage: Ulcers, hemorrhoids, pain

Chayote: Leaves are used in stews as digestive aid. Raw pulp of fruit is used for skin rashes. Roasted leaves remove boils.

Cucumber: Good for all skin problems.

WARTS, FATTY TUMORS, SKIN CANCER

Warts are benign skin tumors that are caused by at least 35 different members of one family of viruses called papillomavirus.

HOW TO REMOVE WARTS AND TUMORS

Birch bark has been used to treat warts in China, Scandinavia and the United States. It contains two compounds, betulin and betulinic acid, that have antiviral activity. Birch bark also contains salicylates, which are approved by the FDA for treatment of warts.

Birch Bark, powdered	1/2 cup
DMSO	4 oz.
Bloodroot	5 TBSP

Mix and apply.

HERBAL KHEMO

Licorice root	3 TBSP
Red clover	3 TBSP
Burdock	2 TBSP
Stillingia root	2 TBSP
Berberis root	2 TBSP
Poke root	3 TBSP
Cascara sagrada	2 TBSP
Prickly ash bark	2 TBSP
Buckthorn bark	2 TBSP
Astragalus	3 TBSP
Reishi	3 TBSP
Chaparral	5 TBSP
Blood root	2 TBSP
Blackstrap molasses	one quart

Mix all powdered herbs, pour water above herbs, boil for 8 minutes, then add 64 ounces of blackstrap molasses. Boil for 5 minutes, Then strain.

Take one ounce 3 times daily.

TOFU PLASTER FOR PRESSURE ON THE BRAIN

GOOD FOR HEAD WOUNDS, CONCUSSION, HEADACHE AND EARACHE.

Because it is very cooling, it should only be applied to the head and neck areas and left on until the fever drops or the ache goes away. 100% effectiveness for cerebral hemorrhage with tofu plaster if applied within 48 hours of the injury.

Wrap one pound of cold tofu in cheesecloth and squeeze out any remaining liquid. Mix the tofu with 1/3 lb. Ginger powder and add enough flour to make a plaster. Apply over the area and secure.

SALT PLASTER – MUSCLES PAIN

GOOD FOR SORE MUSCLES, SORE JOINTS, KNEE PAIN, ARTHRITIS, TENNIS ELBOW.

Heat salt in a bag and apply directly.

Relax Muscles and Remove Toxins

Pour Epsom salt water over body every two hours for three days. Use about 1 lb. of salt.

MASTOIDITIS

FOR MOVING ROTTENNESS CANCER TISSUE INSIDE THE BRAIN.

Boil 1 pint of milk and 3 TBSP of Flaxseed together for 20 to 30 minutes on a slow fire. Stir until it is thick. To apply, spread over a thick cloth. Keep as warm as skin can tolerate. Change poultice at night and in the morning. About 4 or 5 applications are enough to draw the pus and cancer tissue out. At the same time lower the pressure.

FOR X-RAY BURNS

FOR PROTECTION FROM X-RAY

Use:

Aloe leaves, Clay, Bentonite, Honey

Cabbage and other vegetable juice. Drink 1 pint. Gives up to 50% protection.

BLOODROOT

These herbs contains protein enzymes that irritate the skin (chelerythrine and sanguinarine), plus proteolytic enzyme substances that help dissolve proteins. When you mix Bloodroot with other proteolytic herbs high in enzymes to break down protein, a powerful reaction takes place that acts on dead flesh, cancer cells, and at the same time, it will not act on healthy tissue.

Red Clover, Poke Root, Celandine, Sheep Sorrel, Yellow Cedar, Basil, Papaya, Willow, Pineapple, Milkweed, Calendula, Comfrey, Dragon Blood, Ginkgo Biloba, Tea tree oil, Stinging Nettle, and Ginger have proteolytic enzymes that break down protein. Mustard seed, Zinc Chloride, Goldenseal, Myrrh, Poison Ivy, Lemons and Grapefruit are also useful.

These are only some of the herbs, along with vegetables and minerals, that I have used in my investigation of how to use herbs to perform surgery. People like Hoxsey and others had, for years, used herbs and minerals to kill and remove skin cancer. This process, however, is another area, Herbal

Surgery, not only removing skin cancer, but reaching deep into the body and killing cancer cells, tumors and removing scar tissue.

The Herbal Salve will kill the cancer tissue, and the drawing salves will pull the tumor our of the body. To accomplish this, I had to find and use the most powerful proteolytic herbs and combine them with other herbs and minerals to destroy and remove cancer out of the body. In order to penetrate deep in the body organs and bone, I had to add DMSO at the right strength. DMSO has a wide range of pharmacological actions including membrane penetration and anti-inflammatory and local analgesic effects. It inhibits the growth of bacteria. As DMSO penetrates, it releases the herbs in the tissue. If you want to pull the tumor out of the body, you simply have to apply a drawing salve. If the tumor has attached itself to an organ and it is too dangerous to remove the tumor because of it's location and attachment, you can use a syringe with liquid Herbal Oral Surgery. By injecting the fluid into the tumor mass slowly, as the cancer dies, the body will dislodge the tissue out of the body.

You can inject Herbal Oral Surgery in tumors over the eye, polyps in the rectum, and also in tumors in the mouth. For cancer that has metastasized in the bloodstream or lymph gland, take Herbal Oral Surgery to track down the cancer and kill it. Herbal Surgery is one of the best diagnostic remedies available. Just apply some over the area. If it burns, you have cancer or dead tissue. Herbal Surgery will burn and at times it is very painful, but rubbing DMSO over it will stop the pain. With Herbal Surgery, you do not need any antibiotics, blood transfusion, stitches, or anesthesia. In most cases it takes 5 to 10 days to kill cancer tumors and remove them.

CASE HISTORIES IN HERBAL SURGERY

Mamon and DyerRonda Wilson

I first applied Herbal Surgery to raw chicken meat to test how it works. By doing this, I learned how to use the salve, when and how to make it work.

A 65 year old woman had a marble sized tumor in her breast. I applied the salve twice in five days, covering the salve each time. In three days, I took off the bandage and the tumor came out with the bandage. There was not any bleeding, swelling or infection, and the breast healed over in about two weeks.

John, a 72 year old man, had a tumor on his head. I applied the Herbal Salve over the tumor for five days and the tumor was completely removed.

G.W., a 51 year old female with colon cancer and cancer of the rectum, was given an Herbal Surgery suppository in the rectum for weeks, and the cancerous tumor was expelled.

A 35 year old female with colon cancer was injected with Herbal Oral Surgery with a retention enema three times daily. Also, she was given an herbal colon cleanser. This completely removed the cancer.

A 55 year old man had a large tumor on the side of his lung. I applied Herbal Surgery to the lump over a two week period. The salve drew the tumor out and release the pressure from the growth.

A 34 year old female had a tumor about the size of a chicken egg. We applied Herbal Surgery over a 10 day period, and the salve took off over half of the breast with the tumor.

Brother L., a 34 year old man, had a piece of wood stuck in his finger. Old, dead tissue formed around the wood. After two **applications** of the salve, this removed the dead flesh.

A 60 year old man with a tumor on his back had Herbal Surgery applied three times. This completely removed the tumor.

I have removed many warts, polyps, tumors etc. over the last 15 years.

L.M., a 45 year old female with breast cancer, had her cancerous breast removed, but the cancer had spread to the lymph glands under her arm. Her husband applied a drawing salve over her lymph gland. This drew the tumor out and it grew very fast, to about 3 to 4 lbs. in weight. A friend contacted me about the case. I suggested that she apply Herbal Surgery. In five days the cancerous tumor fell off. However, the tumor grew back, so they called and asked me to come and remove the tumor. I applied the salve about twice. The tumor was removed for 30 days and because of infection it grew back again. Her friend applied the salve once more. Sister L.M. is doing very well and as long as she keeps the infection away, the tumor will never come back.

TOOTH EXTRACTION

by Leslie Woods

Here is what my father had done when he had eighteen teeth pulled. He had no pain except for the first night and took only two pain killers. All eighteen teeth were pulled in one 2 1/2 hour appointment!

Before: For two days before the day the teeth were pulled, he took (or was advised to take) 5 doses of Aconite 30x (for fear), 5 doses of Arnica 30x (for trauma). These were not taken together. He probably only took two doses, and I think he took 30c potency. After: After each extraction, the dentist put homeopathic drops in each socket. He used "Traumel" by Heal. The dentist also put Aloe gel on his gums after the surgery and gave some gel to my father to take home and use. He was told to take Arnica and Hypericum after the surgery, three pellets (the size of BB's) each, taken together every 30 minutes until the small vials were empty. These were to be taken from a spoon, and not to touch the body until placed under the tongue. Also, he was told to rinse the mouth three to five times a day with salt water. He healed up nicely with very little bleeding or swelling.

VEGETARIAN PENICILLIN

Garlic	2 bulbs chopped
Vitamin C	15,000 mg.
Lemon juice	6 lemons
Cayenne	1 tsp.
Onion	2 whole chopped
Echinacea	½ cup
Yarrow	1/3 cup

Make in 3 quarts of water to make a tea. Take ½ cup 5 times daily.

TOBACCO ADDICTION TEA

Vervain	1 Tbs.	
Skullcap		1 Tbs.
Catnip	1 Tbs.	

Valerian

1 Tbs.

Mix together and let steep 30 minutes. Take 1 Tbs. of this mixture to one cup of tea. Drink 3 cups of this tea daily.

VAGINAL VINEGAR DOUCHE

2 Tbs. of vinegar in water.

Use this douche in the morning after using the yogurt-candida mix. See Candida Yeast Infection Program.

VAPOR STEAM BATH

Take vapor steam bath daily. Add 1tsp. Eucalyptus oil to vaporizer water. Sit in chair and place vaporizer under chair and cover up with a blanket. Or, take a hot bath and put one tsp. Eucalyptus oil in the water. Take nightly.

WART PLANTAR PASTE

Use garlic and warm castor oil on gauze. Apply on wart 3 times daily. OR

Use dandelion milk or milkweed milk on wart 3 times daily. Fig milk will remove warts fast.

YOGURT - CANDIDA MIX

2 Tbs. lactobacillus Acidophilus powder.

1 cup of plain yogurt.

Mix and refrigerate. The mixture should be inserted into the vagina. The applicator may be either a syringe or a tampon to introduce the mixture into the vagina. Approximately 2 tsp. will suffice. It should be put into the vagina for 5 nights in a row. In the morning, vaginal vinegar douche should be used.

The Wonders of
Water

HOT COMPRESS

DEFINITION:

The application of heat to a small area with hot gauze or hot compress cloth.

EFFECTS:

1. Increases circulation locally.
2. Relieves pain.
3. Relieves congestion.

INDICATIONS:

1. Infected wounds.
2. Boils and abscesses.
3. Swollen areas in sensitive parts like eyes, ears, etc.
4. Sprains, contusions and strains after 24 hours of injury.
5. Painful areas: any muscular area.

THINGS NEEDED:

1. A basin of hot water, (104°F) or as hot as can be tolerated.
2. Gauze or compress cloth (face towel) or any clean piece of cloth.
3. Solution as per order May use boiled guava, or peach
SUGAR IS VERY GOOD FOR INFECTION)
4. Old newspaper for used dressings.
5. Baby oil or cream (use only for eye compress).

leaves in case of infected wound.(HOT

PROCEDURE:

1. Boil water with guava or peach leaves if compress is for infected wound.
2. Apply baby oil on the forehead and eyelids if compress is to be applied on the eyes.
3. Wring compress from hot water or hot solution. Partially twist the compress cloth holding it on both ends. Dip the compress into the hot water or solution and twist it tightly, pulling the two ends apart, thus squeezing the water out.
4. Apply compress directly on the area to be treated with out pressure.
5. Compress must be changed frequently at least every 3 minutes. In case of infected wound, discard the used compress cloth or gauze. Use it only once. Do not dip the used compress the second time.
6. Continue compress for 15-20 minutes, renewing it hot at all times during the every 3 minutes. Keep the water or solution treatment.
7. At the end of treatment, remove hot compress and dry treated area.
8. Apply poultice or ointment in cases of infected wound, boils and ulcers.
9. Apply sterile dressing and keep dry.

PRECAUTION:

Do not apply hot compress when there is tendency to bleed.

HEATING COMPRESS

DEFINITION:

A mild, prolonged application of moist heat of several hours duration.

EFFECTS:

1. Relaxes muscles.
2. Relieves pain of throat rheumatic joints.
- 3.. Relieves abdominal discomfort
4. Reduces joint inflammation.
5. A mild heating effect.

INDICATIONS:

1. Pharyngitis and laryngitis.
2. Tonsillitis.
3. Whooping cough,
4. Rheumatic joint pains.
5. Constipation

THINGS NEEDED:

1. A piece of cotton cloth. moderate thickness, about two inches wide an long enough to wrap around the neck or joint twice.
2. A piece of flannel cloth, about four inches wide and long enough to wrap about the joint or neck A baby's flannel blanket or diaper, folded lengthwise will be just right for

the knees.

3. Two safety pins.

PROCEDURE:

Soak cloth with tap water. Wring and put around the neck

HOT AND COLD BATH FOR ARM OR LEG

DEFINITION

The immersion of the arm or leg alternately in hot and cold water.

EFFECTS:

1. Increases blood flow locally and distally.
2. Hastens healing for unhealed ulcers.
3. Hastens removal of waste products.
4. Relieves congestions and edema after traumatic conditions.
5. Increases oxidation and elimination of bacterial toxins.
6. Increases calcification of callus in healing fractures.

INDICATIONS:

1. Sprains, strains and trauma, 48 hours after the injury.
2. Congestive headache.
3. Poor or impaired venous circulation, 'cold feet'.
4. Infected wounds with swelling.
5. After cast is removed in fracture with joint stiffness and edema.
6. Swelling due to trauma or contusions

THINGS NEEDED:

1. Two large pails or 2 kerosene cans.
2. One small can to draw water from the pail.
3. One towel or clean piece of cloth to wipe feet.
4. One kettle of boiling water.
5. Ice or cold water.
6. Boiled guava leaves solution in cases of infected wound.
(Use salt water solution if guava leaves are not available.
Proportion: 1/2 cup of salt to 3 gallons of water.)

PROCEDURE:

1. Boil water
2. Remove bandages and dressing.
3. Fill up one pail or kerosene can 1/4 (one-fourth) full of hot water, as hot as can be tolerated. Fill up the other pail or kerosene can with cold water and ice cubes, if available.
Water should be deep enough to submerge the affected area but not too deep to overflow during the treatment.
4. Seat the patient on a chair and place the affected leg or arm into the hot water for 3 minutes.
5. Remove the affected leg or arm from the hot water and immerse into the cold water for one minute.
6. Continue alternating for 25 minutes, making 6 immersions each into hot and cold water. End the bath in cold water.
7. Dry thoroughly, specially between the toes and fingers.
8. Wrap the joint with bandage in case of a sprained ankle.
Apply dressing and ointment in case of open wound. Apply medication prescribed by the physician.
9. Repeat 3-4 times a day until condition is improved.

CONTRAST LOCAL APPLICATIONS

DEFINITION:

The alternate application of hot and cold fomentation to a local area.

EFFECTS:

1. Relieves pain through acceleration of local circulation.
2. Stimulates healing in local injuries with contusions.
3. Relieves muscle stiffness and pain due to trauma and strain.
4. Stimulates healing in wound infections.

INDICATIONS:

1. Infected wound.
2. Local injuries due to trauma and muscular contusions.
3. Muscle stiffness.

THINGS NEEDED:

1. Three towels wrung from hot water.
2. Two towels wrung from ice water.
3. Plastic to cover dressings in infected wound.
4. Basin of water with ice cubes.
5. One dry towel.
6. Old newspaper.

PROCEDURE:

1. Have three fomentations ready (towels wrung from hotwater).
2. Assemble all things needed and assist the patient into acomfortable position.
3. Cover area to be treated with a dry towel. Use a piece of plastic over the dressing in infected wounds.
4. Apply the fomentation as hot as can be tolerated for 3 minutes.
5. Wring a towel from the ice water and apply directly to the area for one minute after removing the fomentation and towel.
6. Alternately apply the hot fomentation for 3 minutes and the cold compress for one minute. Complete the three hot and cold applications. The last application should be the cold compress.
7. Observe the condition of the area or wound. In infected wounds the dressings may have to be changed. If medication is prescribed on the wound, apply medications and put dressings.
8. Burn soiled dressings.
The compresses should not be applied directly over the wound. A towel or a piece of cloth should insulate the area.

Sometimes, cold application is not well tolerated, specially in painful and swollen areas. In this case, the temperature should be adjusted to patient's

tolerance.

Dressings or bandage should be applied after the treatment, specially on swollen areas.

ENEMA

DEFINITION:

The introduction of water into the colon to stimulate bowel and to cleanse the bowels.

EFFECTS:

1. Stimulates peristalsis or bowel activities
2. Cleanses the colon usually done before tests and x- ray of the colon or any of the abdominal organs

3. Relieves gas pain

INDICATIONS:

1. Fecal impaction.
2. Constipation,
3. Before x-ray of the abdominal organs

THINGS NEEDED:

1. Enema can with tubing and rectal tip.
2. Lubricant (oil or mild soap).
- 3 Toilet paper.
4. Plastic sheet or old newspaper
- 5 Salt—1 tablespoon in 4 cups of water.
6. Towel
7. Bed pan if patient is unable to go the toilet.
8. Bedside commode

PROCEDURE:

1. Enema can be given in bed or on the floor
2. Give privacy to the patient.
3. Place the plastic sheet under the patient's buttocks.
4. Turn the patient on the left side with the knees flexed. Cover the patient, exposing only the rectal area.
5. Fill up the enema can with warm water and spoon of salt. Allow the solution to flow through the tubing to remove the air before inserting the rectal tip.
6. Lubricate the rectal tip with oil or mild soap to make it easy to insert.
7. Insert the lubricated rectal tip into the rectum allowing the water to flow slowly into the colon. The height of the can should be only about 1 1/2 feet or 18 inches (45 cm.) from the patient's rectum.
8. Control the rate and pressure of the solution going into the rectum by raising and lowering the enema can slowly. If the patient complains of a desire to expel the fluid, stop the flow for a few seconds by pinching the tubing and let the patient open his mouth. Let him breathe through the mouth and relax.
9. As much as possible let him hold all the solution in as long as he can before expelling the water.
10. Remove the enema tip slowly and wrap it with tissue paper. Assist patient into the toilet or give bedpan if unable to go to the toilet bowl.
11. Observe the return flow for the effect of the enema.
12. Repeat procedure until all solution is gone or until the return flow is clear
13. Wash and dry patient and make him comfortable. Observe patient's condition and reaction.
14. Clean up the area, wash and boil the enema can, tubing and the tip before putting it away. Be sure the rubber tubing is dry before keeping it.

PRECAUTION:

Enemas should not be given freely. Unless indicated and ordered by the physician, it will do more harm than good.

Proper enema procedure is necessary for effective results.

FEVER SPONGE BATH

Hot Sponge Bath is given to patients with very high fever but whose skin of legs and arms are cold. Water sponge bath is as hot as can be tolerated. The

sponge bath should be done fast and with friction to encourage blood to the surface. Sponge may be repeated after 1 or 2 hours if fever persists

EFFECTS:

1. Reduces fever or lowers body temperature.
2. Sedative effects.
 1. Basin of water—temperature as indicated,
 2. Sheet or blanket to cover patient.
 3. Two bath towels.
 4. One face towel or washcloth.
 5. Ice cubes as indicated.
 6. Alcohol.

PROCEDURE:

1. Make the patient comfortable,
2. Remove clothing and cover with a sheet or blanket.
3. Protect the bed with the towels as each part is being sponged.
4. Put one bath towel across the chest and sponge the face, ears, and neck.
5. Dry the areas that had been sponged with the towel across the chest.
6. Sponge one part at a time in the following order: arms chest, abdomen. legs, feet and back. For the arm or leg, spread the towel under the whole length

of the arm or leg while it is being sponged. Rub skin briefly with the face towel to draw blood on the surface.

Dry each part after the sponge to avoid chilling. Be sure the patient is dry before replacing clothing and covers. Hot drinks with a little cayenne pepper in

it, may be offered to encourage perspiration.

Cold Sponge Bath

Cold Sponge Bath is used in cases where the skin is dry and hot. Cold water is used for sponge bath but in case where skin is burning hot, ice cubes may be

put in the water. Avoid chilling the patient. A cold compress on the forehead or armpits may be placed while the sponge is being done. Chilling with

shivering will cause the temperature to rise. Sponge may be repeated or prolonged until the desired effects are obtained, or until the fever goes down.

PROCEDURE

1. Remove clothing and cover patient with sheet or blanket. Place cold compress on the forehead and armpits. Renew compress as often as you can.
2. Sponge one part at a time, in the same order as the hot sponge bath. Friction is used to bring blood to the surface and to increase the rate of circulation

to hasten the cooling process. The skin may be left slightly moist, fan lightly with the towel till skin is dry. Evaporation lowers body temperature. Hot

lemonade may be given.

Tepid Sponge Bath is given to restless and very tensed patient with fever, It has a sedative effect, relaxing the patient. Water temperature is 94-98°F. or

comfortably warm if tested with the elbow. This time there should be no friction or rubbing on the skin. Sponge and dry skin very gently with very little

rubbing. Prolong the treatment for relaxing effect and to allow more evaporation.

Remove clothing and cover patient with sheet or blanket. Room should be quiet and dim. No glaring lights. Sponge one part at a time. in the same manner as

the hot sponge bath. Dry patient well with very gentle rub. A gentle alcohol rub on the back may be given after the sponge.

Saline Sponge Bath is given to patient who is inactive and sleeps most of the time. Saline or salt bath has a mild tonic or stimulating effect. It makes the

patient active. Water temperature should be 96-100°F or a little bit warmer than the tepid sponge. One half (1/2) cup of salt is added to a basin of water.

Sponge with friction and repeat until desired effect is obtained.

FOMENTATION

DEFINITION:

A local application of moist heat by means of cloth wrung from boiling water or from steam tank.

EFFECTS:

1. increases blood flow to the area.
2. Relaxes muscles.
3. Sedative effect, if applied on the spine.
4. Relieves pain.
5. Relaxes spasm or cramps.
6. Relieves congestions.
7. Produces sweating.

INDICATIONS:

1. Chest cold with congestion and coughing.
2. Flu, bronchitis and pneumonia.
3. Painful joints.
4. Sprain and contusions. 24 hours after the injury.
5. Muscle spasms due to bursitis and stroke.
6. Neuralgic pain or pain on the nerves.
7. Fever and cough.
8. Asthma and upper respiratory infections.
9. Muscular cramps and rheumatic joint pains.

THINGS NEEDED:

1. At least five bath towels.
2. A small basin of ice water.
3. One washcloth or face towel for compress.
4. One blanket or sheet to cover the patient.
5. One kettle for boiling water.

PROCEDURE:

1. Remove patient's clothing and cover with sheet or blanket.
2. Have basin of ice water and compress at bedside of the patient
3. Close windows near patient's bed to avoid drafts.
4. Cover area to be treated with one bath towel.

5. Wring out one bath towel from boiling water.
6. Spread the dry towel on the table and wrap the hot towel
7. Apply the hot towel to the body area to be treated, over the towel.
8. Apply cold compress to the patient's head. Change it three times during the application of each fomentation.
9. Give three changes of hot fomentation, drying the treated area quickly between applications. Change fomentation every 5 minutes or till it gets warm or cool. Don't wait till towel gets cold before removing it.
10. Have hot towel ready before used hot towel is removed from the treated area.
11. After the last fomentation, rub the area quickly with cold compress wrung from the ice water.
12. Dry thoroughly and give sponge or warm bath if desired.
13. Let patient rest after the treatment.

PRECAUTIONS:

1. Protect sensitive parts of the body like bony areas, and also recent scars. Very thin patients have more bony areas, only warm fomentation is

recommended. In cases of severe pain, have fomentations as hot as could be tolerated without burning patient.

If fomentation is unbearably hot, rub areas with the hand under the hot towel or double the towel insulator.

Avoid chilling patient, if patient's feet are cold wrap the feet with hot fomentations taking precautions not to burn the heels and toes.

Take precautions with diabetic and unconscious patients, children and elderly patients are sensitive to heat. They have poor sensation and are easily burned. Give only warm fomentations.

HOT FOOT BATH

DEFINITION:

A local immersion bath covering the feet, ankles and legs.

EFFECTS:

1. Relieves head, chest and pelvic congestions by the drawing of blood from those areas to the legs and feet.
2. Stops nosebleed.
3. Relieves pain and spasms of the feet and legs.
4. Induces sweating in case of fever—lowers body temperature.
5. Relieves menstrual cramps by relaxing the uterine spasm.
6. Relieves headache.
7. Relaxes the whole body.

INDICATIONS:

1. Sprains and contusions 24 hours after the injury.
2. Chills and fevers.
3. Head and chest colds.
4. Menstrual cramps.

5. Muscle spasm, especially on the feet and legs.
6. Swollen leg or feet due to injury or contusions.

THINGS NEEDED:

1. One kerosene can or plastic pail.
2. One small basin.
3. One large kaserola" or kettle of boiling water.
4. Chair or stool.
5. Compress cloth or face towel.
6. Pitcher or dipper (tabo').
7. Old newspaper, if done in bed.
8. Bath towel.
9. One blanket.

PRODECURES

1. Close windows and doors. If done in the bathroom, the patient should be seated on a chair. If the patient is too weak to sit, patient may lie down and be treated in bed.
2. Remove clothing of patient, and drape with blanket.
3. Assist patient's feet into the pail or basin of water. Water is ankle deep to start with. Temperature should be as hot as can be tolerated.
4. Apply cold compress to the forehead or on the nape if compress is small.
5. Add hot water. In adding hot water to the foot tub, push the patient's feet to one side and place your hand between the feet and the stream of water. Increase the water temperature to patient's heat tolerance.
6. Continue adding hot water for 20-30 minutes, renewing cold compress every 2-3 minutes. Don't let the water cool off.
7. At the end of the treatment lift feet from the water and pour cold water over them.
8. Give hot and cold shower if patient is strong. Give warm sponge bath if done in bed.
9. Dry patient and keep him comfortable. Let patient rest till he stops perspiring.

HOT SITZ BATH

EFFECTS:

1. Relieves pain after rectal operation.
2. Hastens healing and cleaning of the operated area.
3. Relieves cramps and spasms in pelvic region and urinary bladder
4. Stimulates pelvic circulation
5. Relaxes urinary bladder

INDICATIONS:

1. Dysmenorrhea or painful menstruation

2. Cystitis or painful urination
3. Inability to urinate due to spastic bladder.
4. Chronic pelvic inflammation,
5. Postpartum (after delivery) infection.
6. Post rectal operative cases, like hemorrhoidectomy, fistulectomy. etc.

Boils and abscesses around the anal region.

THINGS NEEDED:

1. One large basin—deep enough for a person to sit in.
2. One smaller basin for the foot bath
3. One small basin with ice or cold water and compress.
4. One towel, long enough to go around the head.
5. A sheet or blanket for wrapping around the body,
6. One bath towel
7. One large kettle of boiling water.
8. One chair or stool.

PROCEDURES

1. Boil water in large kettle.
2. Put the large basin on the chair or on the floor, with small amount of hot water, hot enough for patient to sit in it.
3. Remove clothing, underwears and dressings if there are any. Drape with sheet or blanket.
4. Assist the patient to sit in the basin, placing the feet in the smaller basin of hot water.
5. Apply cold compress on the forehead and gradually add hot water to the sitz basin and the foot basin. Increasing the water temperature to patients

tolerance. Stir the water with the hand as you add the hot water. Be careful not to pour hot water on patient's buttocks and feet.

Renew cold compress to the head as often as you can. Continue adding hot water for from 20 to 30 minutes.

At the end of the treatment, pour cold water to the sitz bath basin. Raise the feet and pour cold water to the feet and dry well. Assist the patient out of

the basin and give warm shower or sponge bath.
Let patient rest and keep warm after treatment.

Hot sitz bath is best done in the bathroom for the floor is likely to get wet.

HOT WATER BAG

DEFINITION:

A rubber bag or container used to hold hot water for venous heat applications.

EFFECTS:

1. induces perspiration and relieves muscle spasm.
2. Raises body temperature and makes chilling patient comfortable.
3. Stimulates circulation in the internal organs and relaxes tense muscles.

INDICATIONS:

1. Chilling patient due to exposure to cold.
2. A person who is in shock (poor circulation: hot water should not be too hot to burn the skin).
3. Muscle spasm and muscular pain.
4. Abdominal colic or cramps.
5. Painful menstruation.
6. Painful joints due to rheumatic pains.

THINGS NEEDED:

1. Hot water bag Glass jar with cover or plastic bag may be

- used if no hot water bag is available.
2. A pitcher or one kettle of hot water.
 3. Flannel bag or towel,

PROCEDURE:

1. Test bag for leakage by filling it with cold water
2. Empty the cold water and fill it with hot water, about one half to two thirds full. Water temperature should be hot but not steaming hot. **DO NOT PUT BOILING WATER INTO THE BAG.**
3. Expel air by resting bag on the table. Hold the neck of the bag upright. Flatten bag against table until the water reaches the neck. Keep level up into the neck of bag while screwing in the stopper.
4. Wipe and dry the bag or jar of water.
5. Turn it upside down and examine for leakage. Fasten stopper securely.
6. Cover hot water bag with towel and apply designated area with neck of bag away from patients body.
7. Maintain temperature of hot water bag. When water gets warm, refill bag with hot water. Apply until desired effects are obtained.
8. To discontinue, wash and dry bag. Allow enough air to enter to separate sides and screw stopper with air inside.

PRECAUTIONS:

1. Never apply hot water bag with leakage.
2. Don't apply hot water bag directly over the skin. Cover bag with towel. Avoid use of pins on the cover or towel. Pins are heated on contact with heat.
3. Watch for reddening of skin; check often for reddening and blisters.
4. Water should not be very hot in cases of children, elderly persons, unconscious patient, a diabetic individual, a critically ill patient, a very thin

person, and one whose sensation and circulation is impaired. (Also if hot waterbag is applied on bony areas.) These people cannot tolerate heat and the skin

will be easily burned if hot water bag applied is too hot. Water temperature should be only comfortably hot.

5. Do not apply hot water bag to an unexplained abdominal pain. It might be pain due to appendicitis, which might rupture if heat is applied. Be sure pain is

due to colic or spasm and not otherwise.

6. Parts that are sensitive to heat are the eyelids, neck, elbows, heels, toes and finger tips. ankles, the sacral area, the scapular area and any bony area.

7. Some people are allergic to heat, so watch for those people. The signs for allergy are redness and itchiness.

Those who have cold extremities or cold feet may have a circulation impairment. It is safer to apply the hot water bag outside the blanket and not directly

on the feet.

ICE BAG

DEFINITION:

A flat oval rubber container to hold ice chips, used for cold application to a body part.

EFFECTS:

1. Constricts blood vessels and slows blood circulation.
2. Reduces swelling in contusions and stops bleeding.
3. Relieves headache due to congestions and fever.

4. Lowers body temperature if applied on the forehead and/or nape.
5. Slows down the activity of bacteria in infections.
6. Slows intestinal activity in abdominal inflammation and appendicitis.
7. Relieves pain in engorged breasts
8. Depresses milk production.
9. Prevents swelling and bleeding in injured tissues.
10. Slows down heartbeat.

INDICATIONS:

1. Headache due to congestion. (Do not apply ice bag for sinusitis headache.)
2. Throat operations. as after a tonsillectomy or thyroidectomy.
3. Tooth extractions to check and prevent bleeding and swelling .
4. Engorged breasts and fever.
5. Acute swelling in injured tissues and for some heart condition
6. Nosebleed.
7. Sprain and contusions.

THINGS NEEDED:

1. Ice bag or ice cap or plastic bag.
2. Ice cubes or crushed ice.
3. Towel or piece of flannel cloth for bag cover.

PROCEDURE:

1. Test ice bag for leakage by filling it with water.
2. Empty water and fill it with crushed ice about 1/2 to 2/3 full.
3. Expel air by compressing empty portion of the bag and screw the cover while compressing the empty portion.
4. Wipe and dry the outside and place it inside the bag cover or wrap it with towel or flannel cloth.
5. Apply it to affected area with neck of bag away from patient's body.
6. Observe patient's skin frequently for unfavorable signs, such as bluish discoloration and spot of redness, extreme paleness and numbness.
7. If these signs are observed, double the cover or discontinue the ice bag application.
8. Change cover if it gets wet.

- Expel air by compressing empty portion of the bag and screw the cover while compressing the empty portion
9. Refill ice bag as necessary to keep it cold. Don't wait till ice chips are all melted before refilling.

10. Remove when application time is over—usually after 1 hour or when desired effect is obtained.
11. To discontinue, remove and wash ice bag with soap and water. Rinse and dry well. Allow enough air to enter to separate the rubber from touching each other. Screw on top with air inside and return to storage.

PRECAUTIONS:

1. Ice bag should never be applied directly on the skin. It should not be applied continuously for hours. Prolonged application of cold has some damaging effects on body tissue. Ice or cold applications constrict blood vessels, thus there is less blood supply to the area affected. It should be discontinued at regular intervals to prevent tissue damage.
2. Cold treatments are usually applied for from one-half to one hour and discontinued for approximately one hour. It may be reapplied if necessary.
3. Remove cold application if skin is white and spotty, feels numb and there is a burning sensation.

ICE PACK

DEFINITION:

A local application of ice over a body segment.

EFFECTS:

1. Relieves pain.
2. Prevents or lessens black and blue discoloration due to capillary bleeding.
3. Stops bleeding specially if applied with pressure.
4. Prevents and reduces swelling.
5. Decreases blood flow to the area.
6. Constricts blood vessels, therefore decreases tendency to bleeding.

INDICATIONS:

1. Treatment of sprains, contusions, soft tissue injuries during the first 24 hours after injury.
2. Acute bursitis.
3. Acute joint inflammation of rheumatoid arthritis.
4. Immediate treatment of burns locally in small area.

THINGS NEEDED:

1. Two bath towels.
2. Two safety pins.
3. Fine crushed ice—amount depends on the size of area treated.
4. A piece of flannel cloth or a baby's blanket
5. A piece of plastic.

PROCEDURE:

1. Spread the finely crushed ice on the bath towel forming a layer about one inch thick. Adjust the surface area as needed for the affected part.
 2. Wrap the ice and secure it with safety pins.
 3. Wrap the area or joint with the flannel cloth or towel and place the ice pack, following the contour of the area.
 4. Never apply an ice pack directly on the skin. Cover the packed ice with plastic and secure carefully to prevent the bed from getting wet.
 5. Treatment time: 30 minutes to one hour. If there is a burning sensation during the ice pack application, the ice pack is not well insulated. Add insulator
or add towel or flannel cloth.
 6. To end treatment, remove the pack, dry the area and observe reaction. Treatment may be repeated after two hours in acute injuries to relieve pain and swelling.
 7. Cover or bandage area to avoid chilling, specially in acute sprain ankles.
- Never apply ice pack directly on the skin, insulate with towel or flannel cloth.

ICE PACK

(1) Spread the finely crushed ice on the bath towel, forming a layer one inch thick, (2-4) Fold the towel and (5) secure it with safety pins

STEAM INHALATION

DEFINITION:

Inhalation of warm, moist air into the mucus membranes and respiratory tract.

EFFECTS:

1. Relieves inflammation and congestions of the mucous membranes of the upper respiratory tract.
2. Relieves irritation (throat tickle) by moistening the air.
3. Loosens secretions and stimulates expectoration.
4. Relieves spasmodic breathing.
5. Relaxes muscles and thus relieves coughing.
6. Prevents excessive dryness of the mucous membranes.

INDICATIONS:

1. Head colds with feeling of stuffiness and excessive nose drainage.
2. Bronchitis or chest cold with harsh, dry cough.
3. Spasmodic breathing and coughing; croup tent is indicated.

4. Dry mucous membranes.
5. Throat irritation (throat tickle).
6. Congested and inflamed mucous membranes of the respiratory tract.

THINGS NEEDED:

1. Boiling water in a kettle with a spout.
2. Hot plate or gas stove or local stove using charcoal
3. Vicks Vaporub ointment or tincture of Benzoin or Camphor oil for good smelling sensation.
4. Old newspaper.
5. Umbrella if tent is to be used.
6. Sheets.
7. Paper bag.

PROCEDURE:

1. Fill up kettle with water just below the level of the spout, and bring the water to boiling point. Add 1 tsp. of medication (Vicks or Benzoin) into the boiling water.
2. Carry the stove and the kettle with caution near the bedside of the patient, if the patient is unable to stand or sit on the chair.
3. If a croup tent is indicated, open an umbrella over the head of the patient and cover it with a sheet to form a tent.
4. With the newspaper make a cylindrical tube to direct the steam into the tent away from the patient's face.
5. If the patient is able to sit on the chair, he may sit near the stove in the kitchen. With the cylindrical tube of paper the steam is directed into the patient's face for inhalation.
6. Treatment time: 30 minutes to one hour, morning and evening, as tolerated.

A croup tent is made with an opened umbrella over the head of the patient covered with a sheet

Extra care must be observed when giving steam inhalation to babies and children. Avoid scalding.

PRECAUTIONS:

1. Avoid all risks of burning.
2. Avoid drafts during time of treatment. Close windows near the patient.
3. Extra care must be observed when giving treatment to children and restless patients to avoid scalding.

DOUCHE

DEFINITION:

The introduction of a solution at low pressure into the vaginal cavity, for the purpose of cleaning the vaginal canal.

EFFECTS:

1. Cleanses the vaginal canal in acute and chronic pelvic conditions.
2. Destroys offensive odor caused by the vaginal discharge.
3. Relieves itchiness caused by the vaginal discharge.
4. Prevents infections if antiseptic solution is used.
5. Stimulates circulation.

THINGS NEEDED:

1. Irrigating can, with tubing, clamped and douche tip.
2. Paper for soiled tip.
3. Toilet paper.
4. Cotton balls.
- Bedpan.
6. Small rubber sheet or newspaper and oil for lubricant.
7. Solution prescribed by physician.

Common Solutions Used:

Normal saline solution for cleaning purposes

2 teaspoons salt (salt) to 4-5 glasses of warm water.

Soda Bicarbonate solution for acidic secretion 2 rounded teaspoons of Soda Bicarbonate to 4-5 glasses of warm water.

Vinegar solution for itchiness and discomfort. 2 tablespoons of vinegar (white vinegar) to 4-5 glasses of warm water. Water temperature as tolerated or

98-104° F.

PROCEDURE

1. Wash hands very well with soap and water.
2. Have patient void or urinate before beginning the treatment
3. Screen and drape patient, or give privacy
4. Let patient lie down with hips slightly elevated on folded sheet or towel, knees flexed
5. Line the bed under the buttocks with newspaper or rubber sheet and place the bedpan under the buttocks.
6. Adjust the irrigating can at 12-~8 inches eve! above the patient's hips so that the solution flows slowly.
- 7 Clean the vulva by separating the labia with the cotton balls and allow the solution to flow over the area. If this does not seem sufficient. wash it with

soap and water.

8. Insert the douche tip gently into the vaginal canal while directing the tip downward and backward.

MISCELLANEOUS TIDBITS

Sugar poultices for sores and wounds.

Sugar poultices on gangrenous areas.

Cayenne is for the heart.

Cayenne is for bleeding inside of the body and outside also.

Lemon is for hemorrhoids.

Lemon is for cataracts of the eye. (Honey is also used).

Lemon is for the skin.

Lemon water will balance you body's pH. Use juice of 5 lemons to 1 ½ quart of water.

Lemon is a wart remover.

White potatoes are for hemorrhoids.

Grapefruit and Epsom salt pack cuts swelling and pain.

Honey is for burns.

Peach leaf tea is for menstrual pain, abdominal pain, fever, and stomach ulcers.

EPILEPSY

Video Tape Transcript

Personal testimony from Brother Mamon Wilson and DyerRonda Wilson, medical missionary physician from Centurion Ministry Bible School of Health.

"And straightway all the people, when they beheld Him, were greatly amazed, and running to Him saluted (greeted) Him. And he asked the scribes, What

question ye with them? And one of the multitude answered and said, Master, I have brought unto Thee my son, which hath a dumb spirit; And where so ever he

taketh him, he teareth him; and he foameth and gnasheth with his teeth, and pineth away. And I spake unto Thy disciples that they should cast him out, and

they could not. He (Jesus) answered him, and said, O faithless generation, how long shall I be with you? How long shall I suffer (put up with you? Bring

him unto Me.” Mark 9:15.

“Is there no balm in Gilead; is there no physician there? Why then is not the health of the daughter of my people recovered? Jeremiah 8:22.

“In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit

every month; and the leaves of the tree for the healing of the nations.” Revelation 22:2

Today, we’re going to talk about what causes epilepsy, some of the symptom. We’re going to tell you what herbs you can use, vitamins, and hydrotherapy, and

what diet to use. “The main cause is wrong diet which has caused a stoppage of the bowels and affected the sympathetic nerves. This condition calls blood

away from the head which at times slows down the heart and causes the face to become very pale.”

The symptoms for epilepsy are: unconsciousness, gnashing the teeth, eyes rolling, foaming at the mouth, dizziness, twitching of the muscles.

What you can do is to take the NO ENEMA INTESTINAL CLEANSER three to five times daily and take an enema three times weekly for two weeks. You should have

some anti-spasmodic tincture on hand and put eight to fifteen drops in one half of a glass of water. If it is difficult or impossible to drink this, put a

few drops on the tongue, this will check the fit at once. How to make the anti-spasmodic tincture:

1 oz. Lobelia

1 oz. Skullcap

1 oz. Skunk cabbage

1 oz. Myrrh

1 oz. Black Cohosh

½ oz. Cayenne powder

Mix all together. Then put 4 drops on tongue 4 times daily.

Q. “Brother Wilson, where can someone get the No Enema Intestinal Cleanser?”

Brother Wilson: “Actually, this cleanser is a very effective product that the Lord has blessed us in putting together. There are other intestinal cleansers

on the market that can probably do an effective job. if someone wants to contact us about this, we’ll be happy to make it available to them.

“Cleansing is very important when you’re dealing with an epileptic because these folks suffer with large accumulation of mucus and toxins in the system. The

NO ENEMA INTESTINAL CLEANSER has special properties that seem to remove the mucus better, I believe, than any other product I have had a chance to work with.

Getting that mucus cleaned out is probably the most valuable thing you can do.”

“There are several ways a person can have epilepsy. Some people get it in infancy as a result of a fall or some other kind of trauma. Others can acquire the

condition from a faulty diet, by irregular health habits, or bowel habits. The accumulation of toxins in the system can throw off the central nervous system

and make it hyperactive. When this happens we need to check the family diet, we need to regulate the entire metabolism and we need to incorporate herbs that

can soothe the hyperactive system.”

Q. “Regarding the enema, exactly what type of enema should be administered?”

Brother Wilson: Yes, there’s a number of good enema formulas that can be used. We don’t make a habit of depending on enemas, but I will say in an emergency

situation, enemas are very valuable. The kind we advocate are small volume enemas, not one-quart enemas. We’re talking about ten to twelve ounce in volume.

In particular, the Catnip enema is very relaxing to the system. Garlic is another valuable enema that can be used. Another one is blackstrap molasses. I

would think that possibly the Catnip and the garlic would especially be for someone who is suffering from epileptic fits.

Q. “How much should be used? In what volume?”

Brother Wilson: “Put three tablespoons of Catnip in a quart of water and steep it. For the garlic enema, cut off one bulb of garlic and put it in a quart

and one-half of water. Bring it to a boil and let it steep. When it cools down, take some of that for a small enema (ten to twelve ounces).”

Q “You mentioned the anti-spasmodic tincture. What does the Lobelia and Skullcap do for the person?”

Brother Wilson: “Actually, the combination of these herbs helps relax the central nervous system and often this system becomes hyperactive and it needs the

added ingredients of these herbs which high in potassium, seems to be very effective in relaxing the muscle spasms that could be associated with someone

having a seizure. All of these herbs have that element in them. For some reason, our body functions better—our nervous system functions very well—when we

have a diet that is high in potassium.”

Q. “Also effective is combining equal parts of Ginseng Root, Skullcap, Woods Bethany, Peppermint, Spearmint, Skunk Cabbage, an a half part of Cayenne.

If you don’t use the anti-spasmodic tincture, you can use this formula and it should be effective also. Is that correct, Brother Wilson?”

Brother Wilson: “Yes. Some years ago when I began working with people, who were suffering with epilepsy, I studied in the book, Back To Eden. That book

really has been an inspiration to me. Jethro Kloss was a master when it came to herbs and I value his information and the knowledge I have gained from

studying this book. This formula I have used for many years was made from what I learned in this book. It was very effective for him and it’s been very

effective for our program too.”

“Also, fasting is very good for epilepsy. During a fast, drink one or more quarts of carrot juice, three ounces of celery juice, and all the spinach,

cabbage, and turnip juice you can drink for one or two days. Avoid sweet fruits or dry fruits. Stop eating all starchy food such as bread, potatoes, and go

on a low salt diet. Make sure you eat plenty of fruits, vegetables and grains.”

“Brother Wilson, will you tell us the reasons for avoiding the sweet and dried fruits, and the starchy foods?”

Brother Wilson: “Sweet fruits and starches are basically the same thing. The body converts the starches you consume into sugar, so even though a person is

not eating sweets, but they eat starchy food, they’re eating sugar. Sugar damages the B-vitamins in the system and makes the system hyperactive, and

overstimulates the central nervous system which can cause a lot of problems for someone who is epileptic. What we want to do is to try to keep that blood

sugar down. One of the main problems an epileptic has is that they are prone to overeating. If you overeat, you’ll raise your blood sugar too high which

can cause major difficulty. Furthermore, if an epileptic overeats and takes the medication Dilantin which raises the blood sugar even more, they will really

have problems. If you have this condition, you really need to practice eating small meals. I have found that most epileptics eat too much at each meal and

eat too frequently.”

“A daily Epsom salt bath can be taken daily consisting of three to four pounds of Epsom salt in the bath and use no soap. A vapor Epsom salt bath can be

given in which the body remains submerged up to the head for 15 to 20 minutes, massaging every part of the body, then dry off and go directly to bed.”

Q. “Brother Wilson will you elaborate on what effect the Epsom salt has on the body and the procedures for administering an Epsom salt bath?”

Brother Wilson: “The main cause of this condition is a body full of toxins in need of being neutralized. Steam and fever baths help neutralize the toxins

but on the same token, along with neutralizing the toxins we also need to relax the central nervous system. When a vapor bath is combined with a steam bath,

it has a relaxing effect.”

“Give them a good salt bath and induce sweating, and then rub the body down with some good coarse Epsom salt which opens up the pores in the skin to release

the toxins. We call this the ‘Epsom salt glow’. Then cool the body down with some cool water in either a shower or a sponge bath and pat the body dry.

Then, for the vapor rub, take one part Peppermint, one part Eucalyptus, and one third of a part of Clove oil and mix in about three parts Olive oil. Rub the

body down with this mixture and put them to bed with about two or three quilts. This has a relaxing effect on the central nervous system and they soon will

go right off to sleep. The body will begin heating back up and they will become very relaxed. The body is going through some type of rebellion due to some

type of hyperactive condition and the nerves are irritated.”

Q. “Exactly which of these treatments should be used or should they be combined, and all be used?”

Brother Wilson: “Yes, combined, it’s possible to take a salt bath instead of a steam bath which will be effective in heating the body.”

“Also necessary is applications of hot and cold compresses to the base of the brain, at the back of the neck where the head joins the neck.. Put the feet in

a container of hot water.”

Q. “Does the hot water bring the blood from the head and relieve congestion?”

Brother Wilson: “Yes it does. Sometimes there is congestion and stagnated blood in the area, so by giving a hot foot bath and applying the hot and cold

compresses to the neck, this will neutralize the congestion. There are some conditions with some epileptics that you have to apply a little heat to the

head. You have to study the person to see what’s the best method to follow.”

“Daily vitamin supplements are also required. Vitamin C - 5,000 mg. 3 times daily, Vitamin B-complex- 100 mg. three times daily, Calcium with Magnesium- 500

mg., 2 times daily, and Vitamin E- 600 IU., 2 times daily.”

Q. “As Brother Wilson mentioned, do not overeat and do not eat late in the day. I’m aware that some people have a problem with taking high dosages of

vitamins. Will you address this, Brother Wilson?”

Brother Wilson: “There’s never a problem with over dosage with the water soluble vitamins because the body will expel whatever is not used via the kidneys.

Some of the other vitamins such as Vitamin A and Vitamin E, you only want to take high dosages for a short period of time.”

Q. “What effect does the B Vitamins and the Calcium and Magnesium have on the body?”

Brother Wilson: “The B Vitamins in particular are for the nerves and there is much nerve damage in the case of an epileptic. Every time a seizure is

suffered, brain cells are destroyed, resulting in damage for life to motor and accessory nerves. B Vitamins are needed to aid in rebuilding some to these

cells.”

“Magnesium is definitely needed any time you’re trying to rebuild, or clean out the whole system. Calcium is needed for good bones and muscles. The body

needs a balanced supply of Vitamins and Minerals. We don’t make a specialty of taking a lot of Vitamin supplements, but with a condition as serious as

epilepsy, a person will need them along with plenty of juices and a good balanced diet.”

Q. “What effect does Vitamin E have on the body?”

Brother Wilson: “It is a fatty acid and helps build cells and strengthen the tissue. It also helps kill some of the free radicals that are in the system and

is an antioxidant so it actually take oxygen to the tissues. In the case of epilepsy, there may be some damaged tissue, and Vitamin E can transport oxygen

to these tissues and help repair them.”

“Jesus often came upon people afflicted with this condition. We’ve talked about the man who had a son who they thought was possessed with a devil

because of the way he would throw himself on the ground and hurt himself. Actually this person was suffering with an epileptic fit. When we see a person in

this condition, the best thing we can do is to try to help the person from injuring themselves, but there is very little you can do during the seizure. I

would say to work with this person, pray with the person, make sure they get plenty of exercise, make sure the regulate their diet, make sure that they keep

their system cleaned out and make sure that they watch the kind of food they eat—that they read the labels on food containers. Remember that fruit is a good

food, but for an epileptic, sweet fruit and dried fruit is sugar in disguise and can be deadly poison to them. If they can master their appetite, and clean

their system out and it could be that they could return to eating some of those foods that currently cause the problems.”

EDUCATE IN THE LAWS OF HEALTH

“God’s blessing will rest upon every effort made to awaken an interest in health reform for it is needed everywhere. There must be a revival on this

subject for God purposes to accomplish much through this agency. Present temperance with its advantages in reference to health. Educate people in the law

of life so that they may know how to preserve health. The efforts actually put forth at present are not meeting the mind of God. Drug medication is a curse

to this enlightened age. Educate away from drugs. Use them less and less. Depend upon hygienic agencies than wait the response to God’s physicians; pure

air, pure water, proper exercise, and clear conscience. Many might recover without one grain of medicine if they would live out the laws of health. Drugs

need seldom be used. It will require earnest, patient, protracted effort to establish the work and to carry it forth upon hygienic principles. But let

fervent prayer and faith be combined with your efforts and you will succeed. By this work you will be teaching the patients and others also how to take care

of themselves when sick without resorting to the use of drugs.”

Q. “Brother Wilson, this doesn’t mean to say that persons who are on drugs should cease taking them abruptly, does it?”

Brother Wilson: “It can be a gradual withdrawal. It could be harmful, in some cases, to come off some drugs all at once.”

“And let me add something about salt. It is just as deadly as sugar. A person suffering from epilepsy should go on a no-salt diet. Eliminate sugar and salt

from the diet and they find they’ll do much better. If they are on any type of medication, do not stop taking it suddenly. Build up the system, clean it