

Ellen G. White

What Did She Mean?

Part 1

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 Revised 1/2010

OBJECTIVE OF THIS PRESENTATION (CONTINUED)

The writings of Ellen White were given to the church for spiritual and practical guidance. It is our responsibility to:



Study them
prayerfully



Interpret
them
faithfully and
accurately



Understand
their
application
for us in our
time

OBJECTIVE OF THIS PRESENTATION (CONTINUED)

The writings of Ellen White were given to the church for spiritual and practical guidance. It is our responsibility to:



Impart them
attractively



Share them
accurately



Use them as
A guide

PURPOSE OF COMPILATIONS (CONTINUED)

Counsels on Diet and Foods (CDF) is one of a compilations of statements of Ellen White and arranged topically by the compilers.



Compilations are made for convenience to save time.



CDF the original version was made for medical students as a study guide.



PURPOSE OF COMPILATIONS

Compilations are made to provide easy access to the EGW writings for individuals and for people in countries who have limited means to purchase more than a few of the books and compilations of Ellen White.

While these reasons for compilation are valid they also provide easy means of misinterpretation and misuse.

CHALLENGE OF COMMUNICATION (CONTINUED)



We must recognize the challenge of an author writing so as to be understood by people of different countries with various languages and customs as well as educational level. There are often many words as well as concepts in one language that does not translate exactly into another language.

According to Ellen White only the concepts of the Bible and Spirit of Prophecy are inspired, not the words. We do not believe in verbal inspiration of the Bible or the writings of EGW. Intro to Great Controversy.

CHALLENGE OF COMMUNICATION



Even in English the original tongue of Ellen White the meanings of some words have changed in these last 100 -150 years.

All who read the writings bring with them presuppositions, established thought patterns and cultural biases that can place a slightly or completely different meaning to the writing than the author intended.

Ellen White understood this very clearly.



“There are many who interpret that which I write in the light of their own preconceived opinions. You know what this means. A division in understanding and diverse opinions is the sure result.” Letter 96

ELLEN WHITE UNDERSTOOD THIS PROBLEM

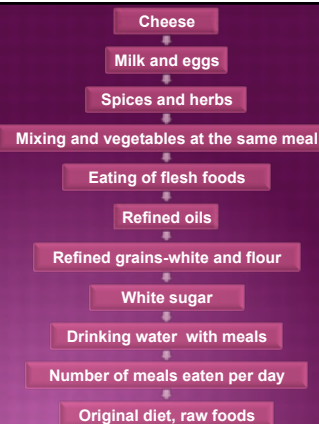
We must understand that the best wordsmiths have difficulty speaking or writing so as to be understood by everyone even the messengers of God who must explain their messages (concepts) in their own words.
(Introduction to G.C.)



ELLEN WHITE UNDERSTOOD THIS PROBLEM

“How to write in a way to be understood by those to whom I address important matters, is a problem I cannot solve. But I will endeavor to write much less. Owing to the influence of mind upon mind, those who misunderstand can lead others to misunderstand, by the inspiration they place upon the subjects from my pen. One understands them as he thinks they should be, in accordance with his ideas. Another puts his construction upon the written matter, and confusion is the sure result.” Letter 96, 1899 3SM 79, 80

Dietary topics in Ellen Whites writings that has been subjected to the most confusion
Topics current and past



WHY THESE ISSUES??



Perhaps there are many reasons, but one is the certainty that these topics were extreme and controversial issues during Ellen Whites time as they are controversial and popular issues of today.



The other reason may be that scientific research is not always entirely clear on these topics.

WHY THESE ISSUES??




It may be helpful to ascertain whether the writings were intended for the public or whether they were written to individuals or if they have dual purposes.



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MEANING AND UNDERSTANDING

Basic principles of interpretation or guidelines may help us understand the meaning of EGW writings and their application for us.




1. We believe it is important first to try to understand what she was saying to the individuals or audiences to which they were primarily written.

CONTINUED ...

MEANING AND UNDERSTANDING



2. Do these writings have a literal application for us or devotional application for us.



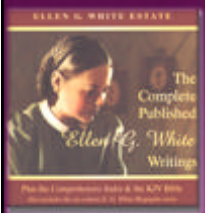
3. Ascertain if the writing is time sensitive.

4. It may be helpful to try to determine if we are reading Ellen White's counsel to the public in a public edition like MH or words to an individual in a letter for example

- Dr. Kress or Kellogg

Helpful Tools of Interpretation



1. Using the three volume index or the (two) CD ROM system which catalogs most all the written words of Ellen White will help one find most any statement that will help discover her intended meaning by reading the actual reference.

One CD Rom of her published writings is available to the public, the other of her unpublished writings may be used at the White Estate Libraries.

Continued ...

OTHER IMPORTANT TOOLS

2. Dictionary of the 19th century One Ellen White and her Helpers may have used.

3. Contemporary books by authors concurrent with Ellen White (Non-Adventist) (Adventist)

Ex. Dictionary of the English Language (1877)

Ex. Graham and Trull, (Adventists- Kellogg and Kress) The Review and Herald at Battle Creek sold many of these books.

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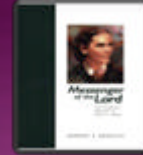
OTHER IMPORTANT TOOLS



4. Relevant letters to individuals, articles written in church journals, or the testimonies or writings of Ellen's contemporaries.

Guidelines Needed to Understand Ellen Whites Writings

I was first introduced to these guidelines in a class at the Seminary taught by the grandson of Ellen White, who was the Executive Secretary of the EGW Estate.



Currently the text by Herbert Douglass, Messenger of the Lord, is the best available resource on this topic, 1998.

PROCEDURE UNDERSTAND THE GENERAL PRINCIPLES (GUIDELINES) INVOLVED

On the controversial topics

First	Choose a topic
Second	Compile all relevant statements on the topic. Some topics will amount to a few while others will amount to hundreds. Use the 2 CD ROMs
Third	Arrange all related statements in chronological order.

GUIDELINES CONSIDERED

1 Conceptual Inspiration not Verbal Inspiration

2. Revelation is progressive

3. Take the middle ground – avoid extreme positions

4. Consider Time, Place, Circumstances

5. Weight of Evidence

6. Consult Professionals--Brethren of Experience

7. What is the General Principle-Guideline

7. Weight of evidence

GUIDELINE # 1 CONCEPTUAL NOT VERBAL



Ellen G. White was conceptually inspired, NOT VERBALLY INSPIRED. In a similar way the Bible was inspired. "The Bible points to God as its author; yet it was written by human hands; and in the varied style of its different books it presents the characteristics of the several writers. The truths revealed are all given by inspiration of God (2 Timothy 3:16); yet they are expressed in the words of men."

Intro. to Great Controversy

Continued . . .

CONCEPTUAL NOT VERBAL

IN THE WRITINGS ONE WILL FIND MANY EXPRESSIONS. The writings are expressed in language that harmonizes with the experiences, the perceptions, and appreciations of the author.

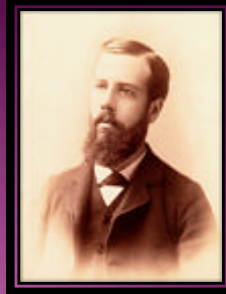
Great Controversy: Introduction

Human language is not always precise so it would serve us better to look at the big picture, the principles and the concept.



Willie White on EGW Verbal Inspiration

"Mother has never laid claim to verbal inspiration, and I do not find that my father, or Elder Bates, Andrews, Smith, or Waggoner, put forth this claim. If there were verbal inspiration in writing her manuscripts, why should there be on her part the work of addition or adaptation."
3SM 437



PERIL OF TAKING A PART FOR THE WHOLE

"An isolated statement should not be used by itself, lest the part be taken for the whole."

CDF 1976
Paperback
Intro.

"...Ellen White does not in a given statement enumerate all the elements of an adequate diet."

"Care must be exercised to get her complete thought on each subject."

Ms. 27, 1906, CDF 310, 1905 - "In grains, fruits, vegetables and nuts are to be found all the food elements that we need." See CDF Paperback Ed. 1976

Some take this statement alone and say we do not need to supplement the diet with dairy products and eggs or dietary supplements such as vitamin B12 and D, minerals such as calcium.

APPLICATION

Do plant foods contain all necessary nutrients?

NO VEGETABLES OR NUTS

1869--2T352--CDF
314

(no vegetables or nuts or milk)

"Grains and fruits prepared free from grease, and in as natural a condition as possible should be the food for the tables of all who claim to be preparing for translation to heaven."

1890 "Fruits, grains, and vegetables, prepared in a simple way. Free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.



Rules of interpretation state that the later statement may be closer to the matured thinking of the author.

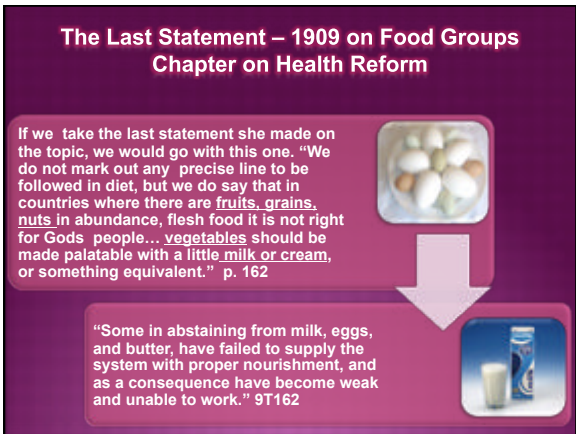
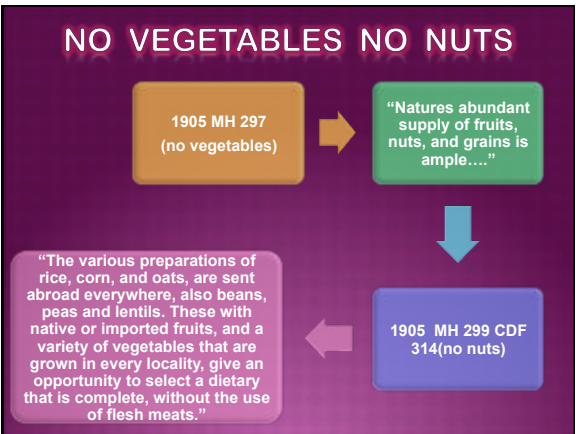
(Meat) CTBH 47 (1890)

**1890--CTBH 47 CDF 314
(complete food Groups)**

1905—No Milk or Eggs

1905 MH 316 CDF 314
"The grains, with fruits, nuts, and vegetables contain all the nutritive properties necessary to make good blood"
MH 316-1905





EGG ON FRUITS, GRAINS, NUTS AND VEGETABLES

- 1864 - 4SG130 – Fruits, Plain bread and vegetables -NO NUTS, MILK OR EGGS
- 1869 - 2T 352 – Grains and Fruits -- -No vegetables, nuts, milk or eggs
- 1890 - CTBH 47 – Fruits, Grains, Vegetables and Milk -no nuts, or eggs
- 1896 - Letter 103 – CDF 310 – Fruits ONLY
- 1905 - M.H. 296 – Grains, Fruits, Nuts and Vegetables –No milk or eggs
- 1905 - NH 297 Grains, fruits, nuts-- No vegetables
- 1905 - M.H.316 – Grains, Vegetables, and Fruits-no nuts, milk or eggs
- 1905 - MH 299 ;Grains, fruits, vegetable--o nuts, milk or eggs—
- 1909- 9T 159-163 Grains, vegetables, fruits, nuts, milk and eggs

To interpret that one statement without considering all other similar statements, I believe is giving a different meaning than Ellen White intended. Otherwise, she would appear to contradict herself.

And if she did mean that in fruits and vegetables, grains and nuts, we could get all the nutrients necessary for good health is to also place her in a position to be proven wrong by experience and International Nutrition Experts.

The following nutrients are needed by humans and are not found in fruits vegetables, nuts, legumes, and seeds.

Vitamin B 12	And sometimes:
Vitamin D	Iodine?
Vitamin A	Selenium?
Ferric iron	Sodium?

Vitamin B 12 is never found in plant foods unless contaminated with fecal matter, Vitamin D cannot be converted from sunshine in the winter time in northern climates, Vitamin A can be converted from Beta- carotene and some studies show a little Vitamin A may be good for us.

Ferric iron is found mostly in red meats and is better assimilated than ferrous iron found in plant and Iodine, Selenium and Sodium are not always found in all soils in sufficient amounts to be taken up by the plant. So either she was misinformed or else we are misinterpreting her statement. I believe the latter.

→

These nutrients we are aware of, how many more will be found in milk and eggs are yet unknown.




WHAT'S THE GUIDELINE?

Plant foods-grains, fruits, vegetables, nuts supplemented with milk and eggs contain all the nutrients the body needs according to the best knowledge available at this time. This is the lacto-ovo-vegetarian diet.

We do not need flesh foods or fish or fowl to supply all the nutrients.

This was the practice of Ellen White, and Drs. John Harvey Kellogg and D.H. Kress, Willie White (son) and grandson (Arthur White) and Ellen and James White

A FEW COUNTRIES






In the last quarter of the 20th century and until now we have in the U.S.A. supplements that are available and affordable. This allows most any one to get a balanced diet from plant foods when supplemented with Vitamin B 12, D, calcium, zinc .

However in most countries of the world supplements are not available or affordable.

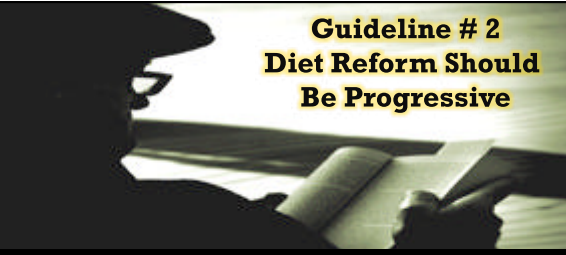
And a plant exclusive diet is not an option.

VEGETARIANISM IS A GUIDELINE



"I have never felt that it was my duty to say no one should taste meat under any circumstances. To say this when people have been educated to live on flesh to so great an extent, would be carrying matters to extreme. I have never felt it was my duty to make sweeping assertions." CDF 462,463 Letter 76, 1895

Guideline # 2 Diet Reform Should Be Progressive



- Diet Reform should be progressive in terms of the individual receiver and at times may be progressive in terms of the understanding of the author. M.H. 320
- As more light is received, understanding increases.

REVELATION IS PROGRESSIVE



"In our knowledge of truth, there is first a beginning in our understanding of it, then a progression, then completion... Much has been lost because our ministers and people have concluded that we have had all the truth essential for us as a people, but such a conclusion is erroneous and in harmony with the deceptions of Satan; for truth will be constantly unfolding. S. of T. 5-26-90

TRUTH IS PROGRESSIVE



"The earnest seeker will be constantly receiving light from Heaven. What is truth? should ever be our inquiry." (ST 5-26-81)
Example: Ellen White and meat eating.



A reading of the following statements demonstrates Ellen White understanding and practice of meat eating progressed from eating pork, beef, eggs, fish, milk, fruits, vegetables, grains, and nuts; to first eliminating pork, then red meat, and at last fish. She never eliminated milk and eggs, excepts for a few short periods of time throughout her life.

APPLICATION ELLEN WHITE AND SWINE'S FLESH

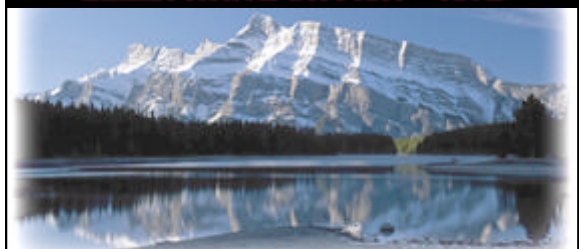


Pork - Oct.21 1858 "I saw your views concerning swine's flesh would prove no injury if you have them to yourselves, but in your judgment and opinion you made this question a test, and your actions have plainly shown your faith in this matter. If God requires His people to abstain from swine's flesh, He will convict them on this matter." 1T 206



1865 By 1865 - Ellen was teaching the flesh of swine was unhealthy! 4SG 124
"But God never designed the swine to be eaten under any circumstances."

ELLEN WHITE ON FISH - 1872



"Mr. Walling is very earnest that we should go with him across the Snowy Mountain Range to what is called the Park, on the other side of the Snowy Range. There are ponds from which trout are taken and these we should enjoy to live upon." Letter 12, 1872

Trout - 1873

"We are enjoying the trout from the lake, which have the preference to any other fish in Colorado waters." Letter 13, 1873



Fish -1873

"We passed on, for we could not have our dinner, until we should come to the horses by Frasier (River). The flour and some potatoes were hidden there for our use as we returned. We set up our little stove, cooked white gems in our gem pans, and cooked our fish and had a very good dinner." MS. 12, 1873

Fish - 1874



"We took our dinner on the boat. Brother Chittenden cooked cried corn and fish and made chocolate. We had a very pleasant time." Letter 16, 1874

Salmon-1876



"We have not had a particle of meat in the house since you left and long after you left. We have had salmon a few times." Letter 13, 1876

ELLEN WHITE AND MEAT EATING


1884

"When I came to the retreat, I determined not to taste meat, but I could get scarcely anything else to eat, and therefore ate a little meat." 3T245

1890 - In Australia


"The cooking in this country is in every way deficient. Take out the meat, which we seldom use..." CDF 488





Trout-1891

"I wish you could sit down to our good baked trout today. We had a fish last week, nicely stuffed. It was the nicest that I have ever eaten. Letter 71, 1891



Herring -1892

"If you could get a good box of herrings fresh, please do so. If you can get a few cans of good oysters, get them." Letter 16 1882

ABOUT ELLEN WHITE IN AUSTRALIA



1895 "She consulted physicians in Melbourne, who prescribed for her to eat largely of eggs. She says she must have meat and oysters and such things in order to build up."




"She is in no condition to go on the long sea voyage to America, but will remain until she has better health." {MR 926 61.5}

1896 – Letter 128

"Two years ago (1894) I came to the conclusion that there was danger in using the flesh of dead animals, and since then I have not used meat at all. It is never placed on my table."


"I use fish when I can get it. We get beautiful fish from the saltwater lake near here." Letter 128-1896



Evidently, Ellen Whites understood meat to mean flesh meats, like beef and chicken or wild game.

Even in the 21st century some individuals think food from the sea and fish are not in the same category as flesh meat.

Practically many vegetarians think it is too.





Fish 1905

The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh.

Thus when used for food they bring disease and death on those who do not suspect the danger." Quoted from Letter 76- 1995


"In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case when the fish come on contact with the sewage of the large cities.





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EGW'S USE OF CHICKEN

- There are 16 recorded statements on the topic of chicken.
- Only Seven of the 16 are about her use of chicken and chicken soup. An Example:
- In 1905, she was asked about serving chicken soup to a patient at the Sanitarium.
- She cautioned, "I would be careful" bad example for the Sanitarium.




EGW'S USE OF CHICKEN (CONTINUED)



- In 1900, she was asked if she ate chicken when she was in Australia about ten years before.
- "The sisters send me a bowl of chicken soup. I took a few spoonfuls, but had no appetite for it. And sent it back to the one who had sent it to me. Saying I did not wish any flesh meats prepared for me. When the second dish was brought to me, I returned it instead." 1MR; 2MR Letters to Drs. Kress Nov. 5, 1907
- She considered chicken flesh meat.


DEFINITION OF MEAT




The definition of meat according to the American Dictionary of the English 1877:

- (Contemporary) - "Animal muscle, the flesh of animals used as food, as, the meat of carnivorous animals is tough, and ill flavored, the meat of herbivorous animals is generally palatable." P. 823
- (Modern) - Webster's Dictionary defines meat as the flesh of animals used for food especially the flesh of mammals and sometime fowl.
- Fresh or salt water fish or sea food is not included in the definition of meat.

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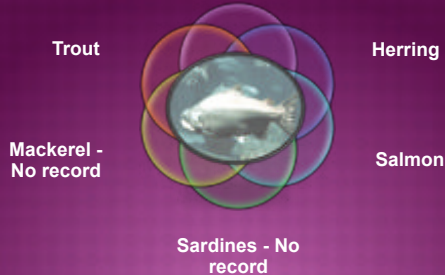
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"Two years ago (1894) I came to the conclusion that there was danger in using the flesh of dead animals, and since then I have not used meat at all. It is never placed on my table."



Ellen White Ate the Best

It is very interesting that several of fish that have the highest amounts of Omega 3 fats were the very fish Ellen White identified and ate according to the records.



This is certainly true today where heavy metals such as lead and mercury are found in dangerous levels in the fish, even DDT which has been banned for years is also still found in fish far from the soil and waters where it was used.



“Among those who are waiting for the coming of the Lord, meat eating will eventually be done away with; flesh will cease to form a part of their diet.” CTBH 119

“Those who are in a position where it is possible to secure a vegetarian diet, but who choose to follow their own preferences in this matter, eating and drinking as they please, will gradually grow careless of the instruction the Lord has given regarding other phases of the present truth, and will lose their perception of truth; they will surely reap as they have sown.” 9T 156-160

EATING MEAT NOT A SIN



“You ask in regard to canvassers who travel and have to eat bread with swine’s flesh on it. I see serious difficulty, but there is a remedy. Learn to make good, hygienic rolls and keep them with you. You can generally obtain hot milk, or at least a cup of hot water with milk, and this with fruit or without fruit, will nourish the system.” p. 400 “I advise every Sabbath keeping canvasser to avoid meat eating, not because it is regarded as a sin to eat meat. But because it is not healthful.” 5MR 401

DEFINITION OF MEAT

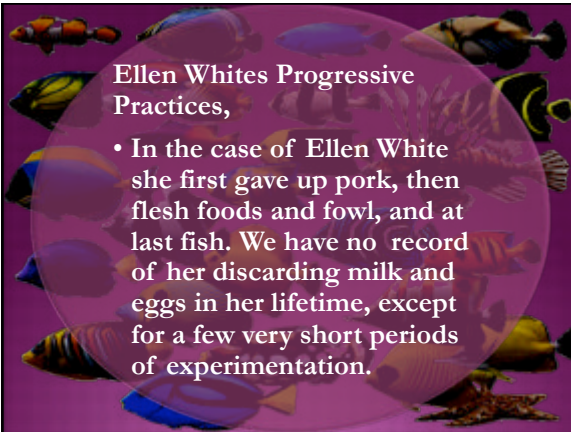


The definition of meat according to the American Dictionary of the English Language 1877

1. “Animal muscle, the flesh of animals used as food, as, the meat of carnivorous animals is tough, and ill flavored, the meat of herbivorous animals is generally palatable. P. 823
2. Modern Dictionaries define meat as the flesh of animals used for food, especially the flesh of mammals and sometime fowl.
3. Fresh or salt water fish or sea food is not included the definition of meat.


When Ellen White said: “she had not eaten meat but had some salmon or oysters,” she spoke correctly.






Ellen Whites Progressive Practices,

- In the case of Ellen White she first gave up pork, then flesh foods and fowl, and at last fish. We have no record of her discarding milk and eggs in her lifetime, except for a few very short periods of experimentation.




According to Ellen White's writings she followed a plant based diet consisting of whole grains, fruits, vegetables, beans, and nuts supplemented with milk and cream and sometimes butter.

← Continued . . . →




Between 1863 the time of her first health message until her death she follow a lacto-ovo-vegetarian on a few occasion she experimented with a total plant diet and on occasion ate fish, but seldom beef, chicken or wild game. There is two exception which we have noted. Where she was experimenting with foods and did not use animal products, such as milk, cream, eggs and butter or a few weeks or because of necessity she ate meat or wild games.

← →



Revelation was progressive for Ellen White and most individuals. But reading all relevant statements on a topic is also necessary for a more accurate understanding of the statement.


EGW'S COUNCIL
(CONTINUED)



"We are to be brought into connection with the masses. Should health reform be taught them in its most extreme form, harm would be done. We ask them to leave off eating meat and drinking tea and coffee. This is well. But some say that milk also should be given up. This is a subject that needs to be carefully handled. There are poor families whose diet consists of bread and milk, and if they can get it, a little fruit.

EGW'S COUNCIL (CONTINUED)

All flesh food should be discarded, but vegetables should be made palatable with a little milk or cream or something equivalent. The poor say, when health reform is presented to them, "What shall we eat? We cannot say to them, "You must not eat eggs or milk or cream." CDF 358



?

What shall we eat?

EGW'S COUNCIL (CONTINUED)

- “Do not remove milk from the table or forbid its being used in the cooking of food. The milk should be procured from healthy cows and should be sterilized.” CDF 358 1901



“If you search the Scriptures to vindicate your own opinions, you will never reach the truth. Search in order to learn what the Lord says. If conviction comes as you search, if you will see that your cherished opinions are not in harmony with the truth do not interpret the truth in order to suit your own belief, but accept the light given” COL 112

COMPREHENSIVE SEARCH



“Do not catch hold of isolated ideas and make them a test, criticizing others whose practice may not agree with your opinion; but study the subject broadly and deeply, and seek to bring your own ideas and practices into perfect harmony with the principles of true Christian temperance.” CTBH 119

3 GUIDELINE TAKE THE MIDDLE PATH

CDF 211,
Letter 57,
1886

“If you err, let it not be in getting as far from the people as possible, for then you cut the thread of your influence and you can do them no good.”

You need not go into the water, or into the fire, but take the middle path, avoiding all extremes.

EXTREME IDEAS (CONTINUED)



“The great backsliding upon health reform is because unwise minds have handled it and carried it to such extremes, that it has disgusted in place of converting people to it. I have been where these radical ideas have been carried out. Vegetables prepared with only water, and everything else in like manner. This kind of cookery is health deform...” CDF 212 Letter 37, 1886

INCLUSIVE DIET

Palatable Food

“We should not consider it a violation of health to use eggs from hens that are well cared for and suitably fed.” 1909 9T 161-163

“The food should be made appetizing.”

Vegetables should be made palatable, with a little milk or cream or something equivalent.



**NO EXTREMES –
DEFINITION- TAKING A
POSITION A GREAT DISTANCE
FROM THE NORM OR MIDDLE.**

“The carrying of things to extremes is a matter to be dreaded. It always results in my being compelled to speak to prevent matters from being misunderstood, so that the world will not have cause to think that Seventh-day Adventists are a body of extremists. When we seek to pull people out of the fire on the one hand, the very words which then have to be spoken to correct evils are used to justify indulgence on the other hand. May the Lord keep us from human tests and extremes.”
{CD 210.1}

NO EXTREMES

“Let no one advance extreme views in regard to what we shall eat and what we shall drink.. {CD 210.2}



AVOID EXTREMES (CONTINUED)



▪ The time may come when it will not be safe to use milk. But if the cows are healthy and the milk thoroughly cooked, there is no necessity of creating a time of trouble beforehand. Let no one feel that he must bear a message as to what our people shall place on their tables in every particular.

AVOID EXTREMES (CONTINUED)



▪ Those who take an extreme position will in the end see that the results are not what they thought they would be. The Lord will lead us by His own right hand, if we will be led. Love and purity--these are the fruits borne upon a good tree. Every one that loveth is born of God and knoweth God. {CD 210.3}

AVOID EXTREMES



I was instructed to say to those in the ----- Conference who had been so strenuous upon the subject of health reform, urging their ideas and views upon others, that God had not given them their message. I told them that if they would soften and subdue their inherited and cultivated tendencies, in which there is a large amount of stubbornness, they would see that they need to be converted” CDF 210, 211

AVOID EXTREMES (CONTINUED)



▪ Extreme positions according to Ellen White are diets without salt, sugar, white flour, oil, milk and eggs.
▪ “Those who understand the laws of health and who are governed by principle, will shun the extremes,, both of indulgence and restriction.” MH 319

Continued ...

Omega 3 fatty acids found in fish and a few plants are promising to be helpful in reducing heart disease and certain cancer as well as Alzheimer's, etc.

Fatty fish are also high in Vitamin D which along with adequate calcium makes strong bones.



Ellen White Ate the Best


One may choose not to use dairy products for a number of reasons, lactose sensitivity, ethical, personal beliefs, but certainly testing dairy cows for disease, modern handling practices, refrigeration has certainly improved the safety of dairy products.




Continued ...

GUIDELINE # 4

Time-- Place- Circumstances -Sensitive “Regarding the testimonies, nothing is ignored, nothing is cast aside, but time and place must be considered.” 1SM57





“God wants us all to have common sense, and He wants us to reason from common sense. Circumstances alter conditions. Circumstances change the relation of things.” 3SM 217



“That which can be said of men under certain circumstances cannot be said of them under other” circumstances.” 3T 468-471


PREVALENCE OF MILK-RELATED DISEASES






DISEASE FROM UNPASTEURIZED MILK

In 1912, M.J. Rosenau, Chairman, Department of Public Health, John Hopkins University, published the results of his extensive research under the title, “The Milk Question” and on p. 89 stated:



“The diseases known to be conveyed by unpasteurized milk were tuberculosis, typhoid fever, scarlet fever, diphtheria, sore throat, foot-and-mouth disease, Malta fever, Q fever, milk sickness, and occasionally others.”



“Pasteurization is the simplest, cheapest, most effective, and least objectionable method of destroying dangerous germs in milk.” P. 185.






Do not remove milk from the table or forbid its being table or forbid its being used in the cooking of food. The milk should be procured from healthy cows, and should be sterilized CDF 203 (1901) pasteurization in early 1900's was available only in large cities.



Milk-Related Diseases 1907-1911 (continued)

Dr. Rosenau reported that between 1907 and 1911 more than 4000 individuals in the U.S. contracted diphtheria, scarlet fever, typhoid fever, and other diseases related to raw milk.



The Milk Question, P. 90

THE TIME HAS NOT COME

1901 - Do not remove milk from the table or forbid it being used in the cooking of food.

In spite of the near epidemic proportions of diseases related to unpasteurized dairy products between 1868 and 1909.




1868 - Wait until the circumstances demand it.
CDF 355, 356

Ellen White was very clear the time to discard milk had not arrived:

THE TIME HAS NOT COME (CONTINUED)

1901 - "The time has not come to say the use of milk and eggs should be wholly discarded?" 7T 135

1901 - "The time may come when it is not safe to use milk. But if cows are healthy and the milk is thoroughly cooked, there is no necessity of creating a time of trouble before hand." L. 32, 39




1902 - "The time has not come to say that the use of milk and eggs should be wholly discarded. 7T 134,135

1910 - "I cannot say to them: "You must not eat eggs, or milk, or cream."

The Time Has Not Come (continued)

1905 - "MH 320 milk and eggs should not be discarded"

1909 - "The time will come when we may have to discard milk, cream, and eggs. Wait until the circumstances demand it and the Lord prepares the way for it." 9T 162



Advent Review and Herald" 9T 163

1910 - "I cannot say to them: "You must not eat eggs, or milk, or cream."

Has the Time Come Today?

What if our newspapers today carried reports of milk-related epidemics like those Ellen White said were not reason enough to discard milk?

Assignment:



Contact U.S. FDA and ask them how many cases of Cholera, Diphtheria, Tuberculosis, Undulant Fever, Typhoid Fever, and Mad Cow Disease were reported between 2000 and 2007 related to drinking pasteurized cows milk?

WHAT EVENTS WILL SIGNAL THE TIME?

1. Alternatives available worldwide

"In all parts of the world provision will be made to supply the place of milk and eggs.

CDF 359--Letter 151, 1901 Bro. Boeker

2. Expert Culinary Training worldwide

"Until we can teach then how to prepare health reform foods that are palatable, nourishing, and yet inexpensive, we are not at liberty to present the most advanced propositions regarding health reform diet". 7T 135, 1902


These conditions are still unfulfilled in most parts of the world.

CIRCUMSTANCES

- 3. Until supplements are available and affordable in a country no one should suggest avoiding foods which supply essential nutrients such as Vitamin B 12 and D.
- 4. Animal diseases transmitted to humans such as TB, Cholera, Diphtheria, Q Fever, Undulant fevare diseases far less today than in 1909 even in developing countries
- 5. Milk and egg replacements are not available in most parts of the world
- 5. Wait until the circumstances demand it. CDF 355

"The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs, but it is not necessary to bring upon ourselves perplexity by premature and extreme restrictions."

Wait until the circumstances demand it, and the Lord prepares the way for it." (CDF 208, 1902)



TIME – Contrast:



The production handling sale of milk between the 1890s and the 1990s.


HANDLING PRACTICES OF THIRD WORLD DAIRYMAN:

1. Milking and handling milk with unwashed hands
2. Milking in buckets rinsed with unclean water
3. Transporting milk in open containers
4. Leaving milk to set several hours in hot and humid temperatures
5. Exposing milk to contamination by flies and other disease-carrying insects
6. Thinning milk down with adulterated water

Place

Only in third world countries do we occasionally hear of epidemics of TB, cholera, typhoid, milk fever traced to drinking of milk. This was not so in 1909 when Ellen White stated to the General Conference, that the time had not come to discard the use of milk and eggs, even though thousands of individuals in the U.S. were sick and dying of these diseases traced not to boiled milk but to raw milk.

The times, the places, and circumstances must be considered.



Guideline # 5: Weight of Evidence

"God gives sufficient evidence for the candid mind to believe, but he who turns from the weight of evidence because there are a few things which he cannot make plain in his finite understanding, will be left in the cold, chilling atmosphere of unbelief, and questioning doubts." 4T232

He gives evidence, which must be carefully investigated with a humble mind and teachable spirit, and all should decide from the weight of evidence." 3T255

Continued ...

Weight of Evidence

“God designs that men should not decide from impulse,

but from weight of evidence, comparing scripture with scripture.”
DA 458

Weight of Evidence

What is the evidence from Inspiration?
Are we basing our practice and teaching on one or two isolated statements or all the statements on a topic to consistent position

What is the evidence from Science?
Most professionals demand evidence-based Nutrition. Gold standard studies

Look at the Bigger Picture




Compare how much has been written on meat and exercise in contrast with the number of pages on combining fruits and vegetables, or on baking powder or soda.

PROPHESIES CONDITIONAL OR CERTAIN

Most all prophecies related to people who have freedom of choice are conditional or when circumstance and conditions related to people can change when conditions change are seldom certain.

Continued ...


PROPHESIES CONDITIONAL OR CERTAIN

Ex. Jonah's prophecies of Ninevah

Diseases in humans and animals are surely still with us but pasteurization and antibiotics have drastically reduced the incidences of food related illness and deaths since the 1909, forecast was given by Ellen White. There are only rare cases of like-related disease with us today as compared to 1909.

Guideline # 6



New concepts should be presented to Professionals--leading brethren of experience before promulgation.



“God has not passed his people by and chosen one solitary man here and another there as the only ones worthy to be entrusted with His truth. He does not give one man new light contrary to the established faith of the body . . . Let none be self-confident, as though God had given them special light above their brethren.” (5T 291)

GCNC

1. The General Conference Nutrition Council has been set up and functions for this purpose.
2. It is composed of 25 experts in nutrition, dietitetics. PhD's in Biochemistry, Home Economists, Medical Doctors and trained Nutritionists.
3. This committee meets twice a year for two full days each time to discuss, research and develop White Papers.
4. This committee welcomes yours questions, comments and concerns.

Guideline # 7

General Principle Not minor details

Focus on broad guidelines not minor details

Continued . . .

Understand The General Principles Involved

“I thank God for the principles of health reform”
CDF 482
MS. 50, 1904

“I moved out from principle, not impulse”
2T 372

“Those who understand the laws of health and who are governed by principle, will shun the extremes,, both of indulgence and restriction.”

“There are a thousand temptations in disguise prepared for those who have the light of truth, and the only safety for any of us in receiving no new doctrine, no new interpretation of the Scripture, without first submitting it to brethren of experience.”

Lay it before them in a humble, teachable spirit, with earnest prayer; and if they see no light in it, yield to their judgment; for in a multitude of counselors, there is safety.” 5T293

Difference Between Principles and Guidelines

A principle is a comprehensive and fundamental law, doctrine, or rule of conduct that has universal application.

A guideline is a standard by which to make a judgment, determine a policy, or chart a course of action.

A principle does not change, a guideline can be adjusted to fit the needs and circumstances.

Messenger of the Lord, 399

Continued . . .

Difference Between Principles and Guidelines

Vegetarianism is not a principle it is a guideline.

Each person is free to apply the principle in making the best choices according to their convictions, their knowledge, affordability and availability of the food.

Messenger of the Lord 399,400.

Eating the most wholesome and nutritious food available to promote health is a principle.

ESSENTIAL FOOD


“Some of our people, while consciously abstaining from eating improper foods, neglect to supply themselves with the elements necessary for the sustenance of the body.” 9T 162



Continued ...

APPETIZING FOOD

“Foods should be prepared in such a way that it will be appetizing as well as nourishing. I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood. Vegetables should be made palatable with a little milk or cream, or something equivalent.” 9T 162 (Include milk and eggs)



NOURISHING FOOD

On the previous page 9T161 (1909) in the same chapter entitled “Teaching Health Principles”

Following on p, 162 she clearly states not using milk and eggs is an extreme in diet. And will bring health reform in disrepute.

“Cooking schools should be established, and house to house instruction should be given in the art of cooking wholesome food.

They are to be shown that a nourishing diet can be provided without the use of flesh foods.

PALATABLE FOOD

“...we should not consider it a violation of principle to use eggs from hens that are well cared for and suitable fed.”

“Let us never bear a testimony against health reform by failing to use wholesome, palatable food in 9T . 163

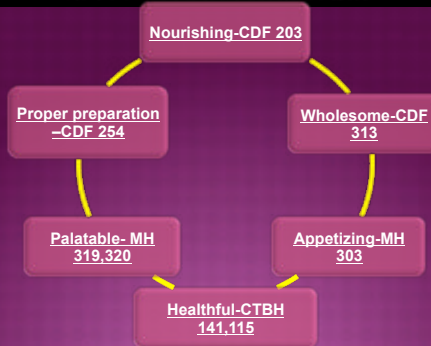
“Some, in abstaining FROM MILK, EGGS, AND BUTTER, HAVE FAILED TO SUPPLY THE SYSTEM WITH PROPER NOURISHMENT, AND AS A CONSEQUENCE HAVE BECOME WEAK AND UNABLE TO WORK.” 9T 162

WHOLESOME FOOD

Again the last statement she wrote regarding Cooking Schools was to teach the people how to cook wholesome food.

I would think it would be wise to demonstrate recipes with and without, but give far more attention to demonstrating recipes that are wholesome, palatable, nourishing and appetizing.

APPLICATION: MAJOR GUIDELINE-PREPARE AND SELECT FOODS WHICH ARE:



ELLEN WHITES PRINCIPLES FROM CDF APPENDIX 1

“...general principles were laid down, and detailed application of these broad general principles must sometimes be determined by experimentation, and by the best scientific conclusions available.”
 EGW Trustees Append, CDF 48, 19T 159
 Develop practical and achievable guidelines to follow.

CURRENT PROCESS:



- Modern milking machines
- Refrigerated holding tanks
- Bottles transported directly to your local supermarket
- Never exposed to the air or human hands
- Cannot be sold after expiration date
- All dairy cows tested for T.B. and Bangs diseases
- All products pasteurized

RESULTS:

1. Food products were adulterated.
2. Conditions were:

- unsanitary
- unacceptable
- revolting!



COOKING SCHOOLS

How often have I heard it said, “We should conduct cooking school without using milk or eggs” M.H. 320, 321 (1905)

“The people everywhere should be taught how to cook without milk and eggs, as far as possible, and yet have their food wholesome and palatable.” M.H. 320,321, (1905)

Is this the standard for all cooking schools???? What about other statements?? Especially a later statement.

WHOLESOME FOOD

In her last Testimony 9T112 (1909) and last public address to the General Conference Session she says

“Cooking schools are to be held. The people are to be taught how to prepare wholesome food.”

However in the same volume Vol. 9, p. 162 she says

No mention of egg-less and milk-free cooking schools in this statement.

Continued ...

Ellen G. White What Did She Mean?

Part 2

The End

COMPREHENSIVE NOT INCLUSIVE

•The EGW Estate says "... a single Ellen White statement on some phase of the subject of nutrition may come far short of expressing her full intent and understanding of the nutritional needs of the body."

"If one statement does not seem to accord with another, the student would do well to trace one or both, to the original setting. P. 7

We need to look at all or at least many of her related statements on the topic. Ellen White Trustee CDF 4, 5.

WHAT'S THE GUIDELINE?

- The dietary options we recognize at the General Conference Health Department are:
 - Carnivore-Omnivore (Eating clean meats)
 - Herbivore (Total vegetarian)
 - Lacto-ovo-vegetarian
- All these options are permissible in the SDA church
- We try to teach our members how to obtain the best nutrition within their conviction and within their choices, showing them the advantages and disadvantages of each type of diet.



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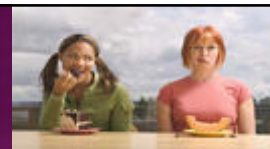
Guideline# 8

ALLOW FOR INDIVIDUAL DIFFERENCES.



Application: One man's food is another man's poison

- Ellen White, could not eat beans, others could thrive on them. Some, cannot use dairy foods, other find them wholesome and nutritious.
- And a review of the purchasing receipts from the Sanitarium Food Store signed by Ellen White, between 1911 and 1913, indicates many articles of food were purchased for the White household, and used by family members, which indicate she was not as rigid on certain issues as some today advocate. She was practical, flexible, and sensible, when it came to health reform. She was balanced, neither a fanatic extremist or indifferent devil may care.



NO ONE RULE FOR EVERYONE

- "It is impossible to make an unvarying rule to regulate every one's habits, and no one should think himself a criterion for all. Not all can eat the same things. Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another. Some cannot use milk, while others thrive on it. Some persons cannot digest peas and beans; other find them



wholesome. For some the coarser grain preparations are good food, while others cannot use them."

MH 319,320.CDF 198

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Ellen G. White What Did She Mean?

Part 2

Ellen G. White What Did She Mean?

Part 1

The End