

THE STORY OF THE SEVENTH-DAY ADVENTIST HEALTH MESSAGE

The book, *The Story of Our Health Message*, by D.E. Robinson, is the source of much information used in this chapter concerning the early history of the Seventh-day Adventist (SDA) church. Robinson was the personal secretary of E. G. White for the last fifteen years of her life. I was a student in a class he taught presenting the history that I am presenting to you. Additional information came from the book, *Historical Perspectives in Health*, by Ruben Hubbard, who was an instructor at the School of Health at Loma Linda, California. Both of these books were based on careful research. Much of the material in the last section of this chapter comes from my own knowledge accumulated through my years in medical work and in the Seventh-day Adventist Church.

In the 60 years that I have been associated in various capacities with medical work, I have seen a complete change in the way the scientific community views the principles involved in the Seventh-day Adventist health teachings. This same change of viewpoint has also occurred in the general public. The attitude has moved from disbelief and ridicule to esteem. We have not changed our teachings. Scientific studies have shown the value of these teachings and practices. This presentation will mention several of the SDA scientists whose research has been most responsible for this change in attitude.

BRIEF MEDICAL HISTORY OF PAST AGES

Medical historians have given to the world great insight into the beliefs, practices, and quality of medical knowledge over the past three thousand years. A large body of knowledge of past medical concepts and practices was recorded in Egypt, India, China, and the Mesopotamian valley. These writings have been found, translated and studied, revealing patterns and changes that occurred over time.

Early in medical history, there was a rational approach to the health of man. By the time of the exodus of the Israelites from Egypt near 1500 B.C., medical writings reveal that concepts and practices in medicine had become irrational and mystical in the Egyptian and Sumerian civilizations.¹ There appears to have been a parallel trend in religious beliefs with medical practices.

The history of Medieval Europe often referred to as the “dark ages,” shows this same change from the rational to irrational in religious dogma, health habits and medical concepts.² Advancements in the practice of medicine and the knowledge of physiology occurred within the early Christian church. Several of the early church bishops were physicians, and their writings are available.³ When the Christian church began to blend with pagan religions, a change took place in European medical practice—a change from rational to irrational and on to mystical.

Medieval Europe experienced the “midnight of the world” in the practice of health and healing, while the knowledge of medicine was preserved by Christian and Jewish physicians within the Arabian Empire.⁴ The Christian church at Rome banned the practice of medicine and surgery in the 13th century. Sickness was explained as being the result of possession by evil spirits. The practice of “casting out the spirits” became the method of treatment for disease. This ignorance existed for one thousand years.⁵ During the renaissance of the 16th century, this curtain of darkness began to slowly lift from the land. As knowledge of God revived, a change

began in the knowledge of health practices. This change was very slow however, and not until the middle of the 19th century did we see the beginning of what is now termed “scientific medicine.” The actual practice of medicine throughout America and Europe was similar. In some of the medical centers knowledge slowly increased, but it was a long time before this impacted the average physician’s practice.

During the mid 19th century, physicians had no knowledge of physics, chemistry, or physiology. A common treatment was to take one half to one liter of blood from the patient (bleeding), and sometimes more than once per day. If someone had a fever they were put in a hot, dark place without fresh air, fluids or water. The physician used a variety of toxic substances such as mercury, arsenic, antimony, nicotine, strychnine, opium, digitalis and others.⁶ He also used many herbs. He had no knowledge about how any of these substances acted on the system, also there no guide existed as to a safe dosage. It seemed that any truly helpful treatment had been discarded.

The most common cause of death was from infectious disease.⁷ There was no understanding about micro-organisms, or the relationship between dirt, filth and disease. Personal cleanliness was frequently lacking. The nutritional status often was poor, and the ability of the immune system to respond to disease was depressed.

Medical treatment during this era was, at best, worthless. Most of the time it was harmful, and frequently the cause of death.⁸ These conditions paved the way for the emergence of a variety of other new therapeutic approaches to health and healing. Frequently these methods appeared to be helpful because they did not use the harmful methods employed by the regular medical profession. Doing nothing was much safer than receiving standard medical care. This situation made it easy for alternative methods (which had no true value), to be accepted as being more effective.

The science of nutrition gradually was acknowledged by physicians to have a role in preventing disease by maintaining a strong immune system. Adequate calories, minerals, vitamins, and trace elements are all needed to allow proper functioning of the immune system. It was not known that some methods of food preservation were themselves the cause of various diseases, such as cancer of the stomach and esophagus, or that some minerals and vitamins are lost during certain types of food preparation. Only in the past 40-50 years have we realized the problems caused by the use of too much salt, and the danger of eating pickled and smoked foods. The large amount of salt used in preserving meats and some vegetables produce “nitrosamines,” which are carcinogenic (cancer initiators).

Unhealthful personal habits also contributed to the incidence of illness and early death. Tobacco use started in America and spread throughout the world. Coffee and tea consumption were also wide-spread and alcohol use was well nigh universal. Working twelve or more hours per day, seven days a week was not uncommon. The heavy use of some condiments, vinegar, meats and cheeses laid the foundation for disease.

Occasionally, some reforms were seen in the way people lived and how they dealt with illnesses. However, even if the methods used produced good results and caused no harm, they did not easily gain acceptance. Change for the better was slow. Satan, it seemed, did all in his power to hinder improvement.

EARLY REFORMS IN MEDICAL CARE

In 1777, many sailors on a long voyage became ill with typhus. It was customary to put sick sailors in the bottom of the ship and deprive them of water or other fluids. They were given drugs that were not helpful and often worsened the disease. The sick sailors were denied fresh air and body cooling measures were avoided. So many sailors became ill on a particular voyage that there was no room for them in the bottom of the ship, the usual location for the sick bay. Therefore, those who were not expected to live were placed on deck. These sick men were so miserable they asked the crew to pour water over them. Since they were not expected to live, the ship's doctor granted their requests. Surprisingly, they recovered. This experience was passed on to other ships' physicians and, when duplicated, the same good result was seen. Due to the prejudice and disbelief of physicians this enlightenment did not prevail and the old methods continued.⁹

In 1812, once again the benefits of the use of water in treating the sick was accidentally discovered by Vincent Priessnitz, a lad of thirteen, living in Austria. He found that using cold water on a sprained wrist lessened the pain. Some time later, he was accidentally run over by a wagon and sustained bruises and broken ribs. He was seen by a physician who told him that he would die from his injuries. He again used cold water to treat his injuries. This uneducated lad subsequently began to apply his water treatment to others with good results. He established a "hydrotherapy" clinic in Grafenburg, Austria, and in a short time, his fame grew and people from all over Europe sought treatment. Eventually, doctors who went to his clinic to observe his methods of healing, took these treatments back to their countries. As a result, water treatment centers were opened in many countries of the world.¹⁰

Most physicians opposed this method of treatment. They tried to close Priessnitz's institution by appealing to the courts of law, but failed. Remember that in that day the results were outstanding when compared to conventional medical care.

By the mid 1850's, there was public demand, championed by Horace Mann a famous educator, for teaching physiology and hygiene in schools. Cleanliness was promoted. Sylvester Graham, an American, introduced the use of whole grains and a vegetarian diet. He produced "graham flour," (whole wheat flour) for bread making, and today, in America, "graham crackers" are still made. Also during this time, temperance societies were established to oppose the sale and consumption of alcohol.

This revived interest in a wholesome diet and lifestyle. Interest in and application of hydrotherapy therapy peaked in the 1840's and 1850's, then began to fade. The vast majority of physicians, however, continued with the old ways of practicing medicine. At that same time there also arose a religious revival world-wide, proclaiming the imminent second coming of Jesus. When Jesus did not appear as expected, this church revival faded also.

It was out of this revival that the Seventh-day Adventist Church had its beginnings. For eleven years after the Great Disappointment, a small group of people continued diligently to search their Bibles in an effort to understand why Jesus did not appear on the expected date. As they prayerfully studied the prophecies, they gained a fuller understanding not only of what the prophecies foretold, but also of the requirements of God's laws and commandments. This new knowledge ultimately led to their observance of the Biblical seventh-day Sabbath.

EARLY REFORMS IN SEVENTH-DAY ADVENTISTS' HEALTH

Ellen G. White was part of the small group of Seventh-day Adventists. Around the age of seventeen Ellen started receiving visions from God. In many of her visions she received instructions on how to live in a healthful manner. In 1848, a special message was given to her concerning tobacco, coffee and tea. It was pointed out that use of these substances was harmful to health, had a deleterious influence on the mind, and were to be done away with.¹¹

In response to a letter she replied "I have seen in vision that tobacco was a filthy weed, and that it must be laid aside or given up. Said my accompanying angel, 'If it is an idol it is high time it was given up, and unless it is given up the frown of God will be upon the one that uses it, and he cannot be sealed with the seal of the living God.'... I saw that Christ will have a church without spot or wrinkle or any such thing to present to His Father."¹² Tobacco use was common among the people. Getting the believers to give it up was a slow process which took fifteen years to accomplish.

During this time, through continuing Bible study, the prohibition against the use of swine's flesh was discovered, and there was a movement to abstain from its use. However, in vision, Ellen White was instructed that it was not then the time to promote such change. God would bring about this change at the proper time.¹³

In 1854, a second message on health was given through Ellen White. This message emphasized three points:

1. Cleanliness of both home and body;
2. Control of appetite, and
3. Use of whole grains in preference to refined flour, as well food free from animal fat.¹⁴

Ellen White commented, after the above message was received: "I saw that God was purifying unto Himself a peculiar people; He will have a clean and holy people, a people in whom He can delight. I saw that God would not acknowledge an untidy, unclean person as a Christian. His frown is upon such. Our souls, bodies and spirits are to be presented blameless by Jesus to His Father; and unless we are clean in person, and pure we cannot be presented blameless to God. I saw that the houses of the saints should be kept tidy and neat, free from dirt and filth and all uncleanness."¹⁵

The Seventh-day Adventist Church was first organized at a General Conference meeting in May 1863. In June 1863, God sent another message through E.G. White covering many aspects of health. The central theme was the relationship between health and spirituality, and that care for one's health is a religious duty. The first instructions were to herself and her husband concerning the need to change their habits. The responsibility for leading out in this work of promoting health reform was placed upon Ellen and her husband James White. The message was relevant to eating, working, drinking and the use of poisonous drugs in medical care. God directed them to use water both inside and outside of the body for the prevention and treatment of disease, and for the promotion of health and cleanliness.

It was made clear to James White that his gloomy and depressed mood was affecting his health. He was to exercise faith in God, and thereby rise above his depressed thoughts. He was to be cheerful, hopeful, and in a peaceful frame of mind because his health depended upon this. *He was to seek improvement in his health by following proper habits of life, rather than by seeking some magic cure, while continuing on with health destroying habits.*¹⁶

The health information Ellen White received in visions was given one hundred and fifty years ahead of its time, and medical science has substantiated almost everything about which God gave directions.

Ellen White was also instructed in vision to counsel the people to give up the use of flesh foods, as its use would promote disease and have an unfavorable influence upon the mind and the willingness to follow God's leading.

Many of the principles of reform given to E.G. White had been promoted by a few people in the years preceding her vision. However, those teachings and most of their good influence had disappeared. I believe God was the source of this prior reform, which had been advocated and supported by a person here, and one there. Now, however, He entrusted it to an organization of believers who were to take it to the world.

The 1863 message emphasized the connection between health reform and giving the message of salvation by faith in Jesus. Habits and diet affect our character and eternal destiny.¹⁷ Even the apparel of the Christian is to glorify God by modesty and appropriateness.

Mrs. White wrote:

"I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body."¹⁸

God's message to the church in 1863 was that disease prevention and treatment of illness were to be accomplished by following proper health habits, use of water internally and externally, and following a vegetarian diet, with limited use of eggs and milk. God directed that they were to start an institution for the treatment of the sick. They needed a place where their own members could go for care and be taught proper health habits.¹⁹ There were only thirty-five hundred members in the church at that time. They were to move out in faith as God would lead them. Little did they dream of where He would lead.

"He (God) designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate: for it is impossible for men and women with all their sinful health-destroying, brain enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory."²⁰

HEALTH REFORM INSTITUTE

Battle Creek, MI



"HE [GOD] DESIGNS THAT THE GREAT SUBJECT OF HEALTH REFORM SHALL BE AGITATED, AND THE PUBLIC MIND DEEPLY STIRRED TO INVESTIGATE: FOR IT IS IMPOSSIBLE FOR MEN AND WOMEN WITH ALL THEIR HEALTH DESTROYING BRAIN ENERVATING HABITS, TO DISCERN SACRED TRUTH, THROUGH WHICH THEY ARE TO BE SANCTIFIED, REFINED, ELEVATED, AND MADE FIT FOR THE SOCIETY OF HEAVENLY ANGELS IN THE KINGDOM OF GLORY." TEST. 3 P. 162

figure 5. Western Health Reform Institute

In 1866, the church began to publish a journal on health which soon gained wide circulation. A building was also purchased in Battle Creek, Michigan, to be used as a treatment center. The treatments consisted of physical exercise, hydrotherapy, and a diet free of meat, alcohol, coffee and tea. Tobacco was not to be used in any of its forms. The institution was called the Western Health Reform Institute.²¹

Basic instructions for a healthy lifestyle were taught at the Reform Institute. A diet of plant foods, whole grains, and an abundance of fruit, vegetables of all types, nuts and legumes was served. A small amount of eggs and milk was also a part of the menu. Regularity in hours of sleeping, working, eating, and resting was followed. Eating between meals was discouraged. Patients were directed to avoid the use of lard and tallow (grease) in their food. The heavy use of salt and foods preserved in salt or vinegar were to be avoided.

This pattern of lifestyle became the blueprint for many Seventh-day Adventists for the next one hundred and fifty years. Pure air, sunlight, temperance, rest, exercise, proper diet, the use of water, and trust in divine power are the true remedies for health. Trust in God will result in obedience to his physical and spiritual laws. Today, Seventh-day Adventists are recognized by the scientific community as among the longest lived people on earth.

Success of the Western Health Reform institution came by following God's directions.

...This institution is designed of God to be one of the greatest aids in preparing a people to be perfect before God....²² ...They should not depend upon their skill alone. If the blessing, instead of the frown, of God be upon the institution, angels will attend patients, helpers, and physicians, to assist in the work of restoration, so that in the end the glory will be given to God, and not to feeble, short sighted man.²³

The physicians at the institution were to be highly trained in the sciences, thereby able to command the respect of the patients and the doctors of that day. There were to be no "novices" acting as physicians. They were to be able to explain the treatment methods and to show that they were done on a *rational, scientific basis*; yet, they were to follow the plan God had directed in treatment, not the methods of the world.

The health institution grew rapidly, and subsequently it developed into a medical and surgical hospital as well as being a sanitarium. The medical staff consisted of well-trained physicians, and the institution gained fame through the success of its medical care, and the spiritual atmosphere. Gradually, respect from the medical profession developed,²⁴ as the institution became so well known that the wealthy and powerful came for care from across America, and also from Europe.

Early in the development of the health institute, a young physician, John Harvey Kellogg, was chosen to be its director. First, he was sent to Bellevue Hospital Medical College in New York City, for a three-year course in medicine to receive the best training possible. This training brought him up to the top level of understanding of the science of medicine that was known in his day. He learned surgery as well. The treatment approach of the hospital remained as God had directed in spite of Dr. Kellogg's exposure to the large hospitals of the day. God directed Dr. Kellogg in his efforts and blessed him in skills and understanding. In his book, *Rational Therapy* (1902), Dr. Kellogg mentions that he had a 3% death rate in surgery and the last 165 cases without a death. Most hospitals had a death rate of 20-30%.

In a letter to Dr. Kellogg, E.G. White wrote:

My dear brother, as I have before written to you, I know that the Lord had placed you in a very responsible position, standing as you do as the greatest physician in our world, a man to whom the Lord has given understanding and knowledge, that you may do justice and judgment, and reveal the true missionary spirit in the institution which is to represent truth in contrast with error.²⁵

Who has been by your side as you have performed these critical operations? Who has kept you calm and self-possessed in the crisis, giving you quick, sharp discernment, clear eyesight, steady nerves, and skillful precision? The Lord Jesus has sent His angel to your side to tell you what to do. A hand has been laid upon your hand. Jesus, and not you, has guided the movements of your instrument. At times you have realized this, and a wonderful calmness has come over you. You dared not hurry, and yet you worked rapidly, knowing that there was not a moment to lose.

The Lord has greatly blessed you. You have been under divine guidance²⁶

As you looked to God in your critical operations, angels of God were standing by your side, and their hands were seen as your hand performing the work with an accuracy that made the beholder surprised.²⁷

HEALTHFUL FOODS PRODUCED

Dr. Kellogg recognized that many people had poor diets and he desired to make available to them more whole grain cereals. Through experimentation he developed breakfast cereals and other wholesome foods. Thus began the great breakfast cereal industry and the beginning of the health food industry. Dr. Kellogg also put a great deal of effort into developing tasty meat substitutes consisting of grains, legumes and nuts in small proportions.

Ellen White wrote the following to the members of the church:

I must now give to my brethren the instruction that the Lord has given me in regard to the health food question. By many people the health foods are looked upon as of man's devising, but they are of God's origination, as a blessing to His people. The health food work is the property of God, and is not to be made a financial speculation for personal gain. The light that God has given and will continue to give on the food question is to be to His people today what the manna was to the children of Israel. The manna fell from heaven, and the people were told to gather it, and prepare it to be eaten. So in the different countries of the world, light will be given to the Lord's people, and health foods suited to these countries will be prepared.²⁸

Health foods are Gods productions, and He will teach His people in missionary fields to so combine the productions of the earth that simple, inexpensive, wholesome foods will be provided. If they will seek wisdom from God, He will teach them how to plan and devise to utilize these productions. I am instructed to say, forbid them not.²⁹

In 1895, Dr. Kellogg patented a machine for grinding nuts and making peanut butter. One of his employees, Joseph Lambert, in 1895, patented a home grinder for making peanut butter. Peanut butter had been made as far back as the days of the Incas but was not generally used.

As Battle Creek Sanitarium Health Food Company in the mid 1890s forged ahead in making wheat flakes, a coffee substitute, ‘caramel cereal’, and in developing of vegetable protein meat substitutes—beginning with peanut butter and soon more sophisticated products as “nuttose” and “nut cheese”—a serious interest along these lines began to emerge in Australia.”³⁰

By 1914, there were many companies in the United States making peanut butter. Many people, not members of the SDA church, also developed special health foods and now these health foods and stores are found around the globe. However, not every product found in a health food store is really health food.

Adventists also formed companies that produce healthful foods. The SDA Church’s breakfast cereal industry in Australia was started in 1898. Today, that company is a major producer of breakfast cereals and soy milk for Australia and New Zealand. The Sanitarium Health Food Co. listed on their web site, has sales of three hundred million dollars a year. It exports to more than thirty countries. The first Health Food store in Australia may well have been the Sanitarium’s café and food shop on Pitt Street in Sydney, opening in 1902; and another opened in 1907 on Auckland’s Victoria Street, New Zealand. Another large SDA food company, “Granix,” is in Argentina, and exports wholesome foods to fifteen nations.

Around the year 1900, Dr. Harry Miller, an Adventist doctor and prior student of Dr. Kellogg’s, went to China as a mission doctor. He saw babies dying from starvation because their mother’s milk was drying up. He improved on the soymilk which Dr. Kellogg had produced, and started its commercial production in China. He was thus able to provide milk for babies whose mothers were unable to feed them. He also established a health food industry in America and later gave it to the church. The company was known as Loma Linda Foods. When Dr. Miller died at age 95, he was still experimenting in food products.

This work by Dr. Kellogg and Dr. Miller in creating soy products has gained the attention of the medical world and food industries, and soy products are now produced and used around the world.

HEALTH REFORM INSTITUTE INITIATES MEDICAL EDUCATION

The Western Health Reform Institute, later called the Battle Creek Sanitarium and Hospital, started a School of Health in 1878 to train young people in physiology, hygiene, and nutrition. These students then returned to their churches to teach others a healthful lifestyle. This training produced many health educators. In 1883, the hospital was in desperate need of Adventist nurses, so the Sanitarium started a nursing school. The hospital continued to grow in size and fame. There was a need for more physicians who would practice in harmony with the principles of the hospital, and a medical school was therefore opened at the hospital in 1895, called the American Medical College.³¹

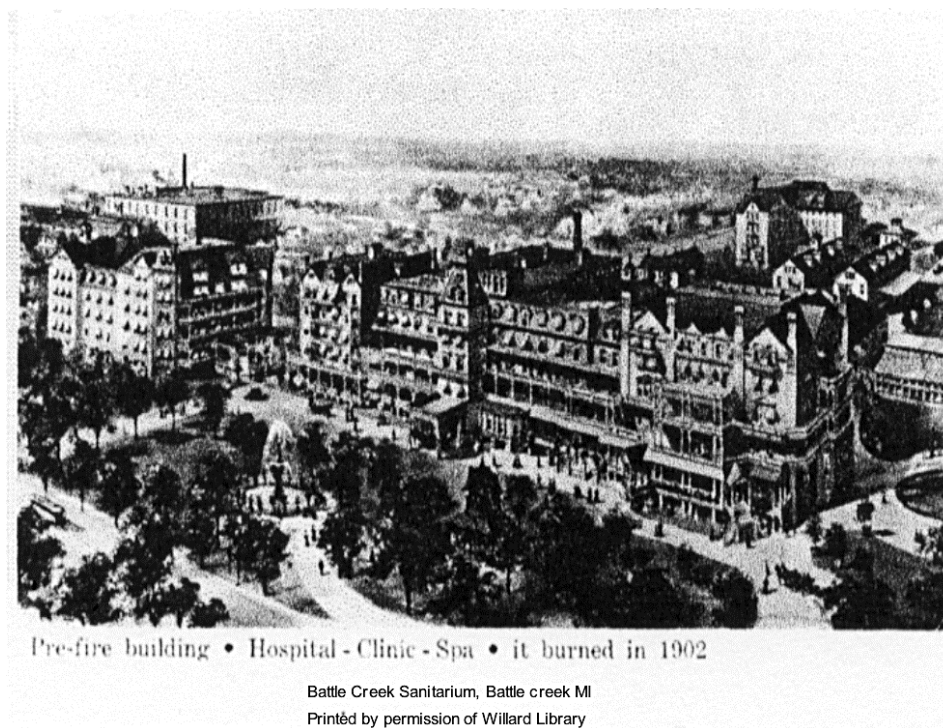


Figure 6. Battle Creek Sanitarium

Many of the graduates of this medical school spread across America, and others went abroad, often starting similar sanitariums. Most of these institutions also developed nursing schools.

SUBTLE TEACHINGS

We have been learning of the rapid growth and expansion of the health work. However, around 1898, a problem slowly and insidiously developed. It was a subtle belief and teaching of pantheism promoted by Dr. Kellogg, which spread to some workers and ministers. Dr. Kellogg had been influenced by a relative who was a Baptist minister. The idea was that the righteousness of God was in the air we breathe and the water we drink, and when we take of these substances we obtain the righteousness of God.³²

While Ellen White was in Australia, she was shown in vision this problem of pantheism, and wrote a letter to the General Conference at its 1899 meeting, warning of this hidden subtle teaching. She advised them to strongly deal with it. She wrote to Dr. Kellogg many times concerning his belief, warning him of his danger, but to no avail. The teachings continued to spread causing the fall of some leading ministers.³³

The Sanitarium was totally destroyed by fire in 1902. Dr. Kellogg immediately made plans to rebuild on a grand scale. Ellen White was directed in vision to counsel him that they should build small. However, Dr. Kellogg went ahead with plans for a 1000 bed institution.

To raise money to pay for a new sanitarium he wrote a home medical book called the "*The Living Temple*." Pantheism was subtly woven into the content of the book. The church's publishing house refused to publish it, so Dr. Kellogg had it published by another company. The refusal to publish this book was a further step in the separation of Dr. Kellogg and the Sanitarium, from the Seventh-day Adventist Church.

God had not yet withdrawn all of His blessings from the medical institution and after the Sanitarium was rebuilt, it continued for some years to be a center of influence and medical missionary activities.

The spread of pantheistic teachings continued to cause increasing division between the church leadership and Dr. Kellogg and the hospital. In 1906 it was recognized that there would be no turning back, and the church and the Sanitarium separated. The title of the hospital was not in the name of the church, and the property was lost by the church. The Sanitarium continued to function, but by 1910, no more medical students applied for admission and the school was closed. The hospital continued operating without association with the church but also eventually closed.³⁴

Be not deceived: many will depart from the faith, giving heed to seducing spirits and doctrines of devils. We have before us now the alpha of this danger. *The omega* will be of a most startling nature.³⁵

Dr. Kellogg was teaching the *theology* of pantheism. Today, the *practical* aspect of pantheism is in the therapeutic modalities of health and healing taught by Eastern religions and the New Age movement. Pantheistic heresy caused the loss of the Battle Creek Sanitarium and nearly split the church. Today, this same spiritistic influence could again deceive us. E.G. White wrote speaking of the subtle teachings of Dr. Kellogg:

I am instructed to speak plainly. ‘Meet it,’ is the word spoken to me. “Meet it firmly and without delay”... “In the book *The Living Temple* there is presented the alpha of deadly heresies. The omega will follow, and will be received by those who are not willing to heed the warning God has given.”³⁶

SANITARIUMS STARTED IN CALIFORNIA

While these changes between the church and the sanitarium were occurring, God was leading in movements occurring in southern California near the city of Los Angeles. The Conference in this area consisted of 1100 people.³⁷ In 1901, God had shown E.G. White that medical institutions were to be started in this area. In 1904, the Southern California Conference bought two properties, each with buildings and land so as to be able to start a sanitarium—one was called Paradise Valley Sanitarium, and the other Glendale Sanitarium. The Conference was young and poor. These institutions had been bought with a small down payment with the principal to be paid on time. Though this purchase caused the Conference to be heavily indebted, they moved out in faith.

In another vision in 1901, Mrs. White was shown a special property in southern California that was to develop a medical institution which would become a great educational center. Mrs. White visited the two sites that the Southern California Conference had purchased and said that neither of these institutions was the one that was to be a special educational center. In 1905, another property sixty miles east of Los Angeles which consisted of land, orchards, and buildings which were perfect for a sanitarium, was for sale at a very reduced price. A Pastor Burden who lived near the property carefully inspected it and realized its value, but there was no money available even for a down payment. The Conference officers were burdened with the two medical facilities they already had. Mrs. White told Pastor Burden that he was to borrow the money himself for the down payment. By the time he secured money the price had dropped even

further. The purchase was in May 1905, and in June 1905, Mrs. White visited the grounds; she looked about and recognized it as the property shown her in vision.³⁸

D.E. Robinson, in his book *The Story of Our Health Message*, chapters 28-31, tells the exciting, marvelous story of God's providence in securing the property and providing money for completing the payment.

The location was called Loma Linda, a Spanish term meaning "pretty hill." It was located in a rich agricultural valley with a deep well producing pure water in abundance. There was a single small hill rising up out of the valley with the future sanitarium building on top giving a wide view of the valley and nearby mountains. A train track running directly to Los Angeles went through the property.

In November 1905, the first class of nursing students started, and in September 1909, the first class of medical students began their study. The school took the name "College of Medical Evangelists." Mrs. White was shown that the Medical School at Loma Linda:

...is to be of the highest order, because those who are in that school have the privilege of maintaining a living connection with the wisest of all physicians, from whom there is communicated knowledge of a superior order.³⁹

Soon the school was graduating physicians and nurses who spread out across the United States and to many countries around the world. As the graduates of the American Medical College in Battle Creek had done, so now these Loma Linda graduates followed in starting sanitariums and hospitals in America and in other nations. Over time, the medical school added schools for medical technologies, dietetics, and developed teaching programs to train physicians in specialties.

In 1953, a dental school was opened, and in 1967 a School of Public Health. The name "College of Medical Evangelists" was changed to Loma Linda University when the school joined with nearby La Sierra College. About this same time, the church established a medical school in Montemorelos, Mexico, and in recent years a dental school was added in the Philippines. A third medical school is to be found in River Platte, Argentina, and the Church has established an "affiliation" with the Christian Medical College in India making it possible for Seventh-day Adventist students to attend. Loma Linda School of Public Health has and is offering postgraduate courses leading to a degree in public health in several countries.

WORLD INFLUENCE OF LOMA LINDA AND THE HEALTH MESSAGE

Let us look at what has occurred since 1848, when the first vision on health was given to E. G. White for the people that were preaching the soon return of Christ and the importance of keeping the commandments of God. A few hundred people have grown to near twenty million. The lifestyle initiated by God's directions in the early history of the church has brought blessings of improved health. Life span has increased and Seventh-day Adventists are recognized as a group of people among the longest lived in the world. The health food industry started by Dr. Kellogg has spread around the globe. Great companies are producing foods for breakfast from cereal grains. Most of these companies are not associated with the Church; still great blessings have come from the health food industry. Meat substitutes in many countries are being produced. Soymilk and soy products are presently the object of great study worldwide by nutritional scientists. Vegetarianism has been shown to be a safe way of life.

World influence from the SDA Church and its lifestyle and medical work is also seen through the work of the business professionals who operate our hospitals and medical institutions. This work has developed into a highly specialized occupation. A few years ago, Chinese governmental officials asked the Seventh-day Adventist Hospital Administration to come to China and teach up-to-date methods of hospital administration.⁴⁰

Battle Creek Sanitarium had been a world leader in teaching a healthful lifestyle. Its reputation in medical care had drawn the rich and famous from America and other countries. It was the pattern for many other institutions here in America as well as in foreign countries. The loss of Battle Creek Sanitarium and its schools was a tremendous blow to the Church but God again directed in establishing His health work through Loma Linda University, a medical institution that has, as well as several of its graduates, earned international respect.

Loma Linda Medical School heart surgery team, under the leadership of Drs. Ellsworth Wareham and Joan Coggin, initiated travels to foreign countries to teach physicians and surgeons of those countries the skills and techniques needed for performing heart surgery. Many children with heart defects were operated on during those visits. Some governments requested the visits of the surgical team so as to bring an elevated standard of medical care and to share knowledge with their surgeons. With Dr. Leonard Bailey's leadership, Loma Linda has become a center for heart replacement in children. Loma Linda is the place to go for proton treatment of various cancers by Dr. Slater and his team.

By far the greatest influence of the Seventh-day Adventists health message which God had directed to be shared with the world has come from studies of the life style and longevity of church members.

Mervyn Hardinge M.D., Dr. P.H., Ph.D. Professor Emeritus, School of Public Health, Loma Linda University, in the prologue to the book *Vegetarian Nutrition*, edited by Joan Sabate M.D., shares with us some extremely interesting information relative to the early studies of vegetarians. He enrolled in Harvard University in 1948 to pursue a doctoral degree in nutrition. He chose for his thesis a comparison of vegetarians versus non-vegetarians. Nutritional scientists did not believe one could get adequate nutrition without the use of animal flesh. His study showed that nutritionally, vegetarians are equal to non-vegetarians. His paper was published in *The Journal of Clinical Nutrition*, 1954.

Nutrition studies up to that time focused primarily on protein, minerals and vitamins and little to no attention was given to fats or carbohydrates. Due to the study's comparison of vegetarian to a non-vegetarian diet, Dr. Hardinge studied fats as well as protein, and he separated animal fat from plant fat. Blood analysis of the participants of the study included a blood cholesterol test (at that time in medicine almost all blood cholesterol tests were performed only to be compared with a basal metabolism test for thyroid function).

The study showed a direct relationship between the amount of animal fat and cholesterol consumed to the blood level of cholesterol. Little attention was given by the scientific community to the adequacy of the vegetarian diet as was reported, but there was great interest in the reports on the association of fat and cholesterol levels. It was the start of the world's scientific investigators' fascination with fats—animal fats, saturated fats, polyunsaturated fats—and cholesterol in relationship to the great epidemic of vascular disease in much of the world.

In 1958, Drs. Frank Lemon and Richard Walden of Loma Linda University initiated a scientific mortality study of 23,000 Seventh-day Adventists extending over 25 years, which revealed less heart disease, less cancer and an extended life in comparison to other Californians

of equal educational and financial status. These findings led to an additional study initiated in 1974 of 34,000 Adventists (Adventist Health Study # 1). This study was designed to discover what in the life style and diet made the difference between Adventists and the comparable Californian. The lifestyle and diet of the Adventists were identified as the reason for improved health and longevity of Adventists. Similar smaller studies of Adventists living in Australia, Norway, Japan, New Zealand, The Netherlands, and the Caribbean Islands have revealed the same trend. For those Seventh-day Adventists men who followed carefully the Adventists lifestyle and vegetarian diet from near age 35-40 onward could expect to live nearly 12 years longer than their counterparts.

A small study comparing 5000 SDA physicians to 2300 Southern Californian University physicians, showed a nearly 50% reduced risk of dying from heart disease for the Adventists physicians. Analysis of Adventist Health Study # 1 for the effect of nut consumption on heart disease revealed that eating nuts 5x's or more/wk. reduced the incidence of heart attack deaths by approximately 50%. At the time of this study doctors were advising patients to avoid nuts because of their high fat content. Later on, similar studies done by other university medical schools revealed similar benefits from nut consumption.

Adventist Health Study # 2 of 97,000 (25,000 black) Adventists, led by Gary Frazer M.D. of the School of Public Health of LLU, has been underway for 14 years. The U.S. government has funded the study with one objective being to discover why the black population in America has a higher rate of disease and reduced life span in comparison to the Caucasian. Since Dr. Hardinge's research article appeared in the prestigious *American Journal of Clinical Nutrition* (1954) another 300+ scientific peer reviewed articles have been published in numerous scientific journals.

Additional world recognition has been as a result of the Five Day Stop Smoking program initiated by Dr. J. Wayne McFarland and Pastor Elman Folkenberg. These programs have been presented around the world, helping many thousands to stop smoking, and at the same time have introduced the participants to a better lifestyle. The founding principle of the program is that the power of God can and will change habits and lives.

The late U.D. Register Ph.D., Professor of Nutrition at Loma Linda, by his scientific work, was able to change the attitude of the governing bodies in the American Dietitians Association and so brought Loma Linda's School of Dietetics into full accreditation. Due to the vegetarian proclivities of the school they had not received full recognition prior to this.

Dr. McFarland, Dr. Hardinge, and Dr. Register spent much of their lives teaching not only at the medical school, but also in camp meetings and special conferences around the United States and in many other places world-wide. They were loved and respected by the medical students for their humility and love of God. This I know personally as they were my teachers.

A special supplement of the *American Journal of Clinical Nutrition* Sept 1999, (a prestigious journal in nutrition) was dedicated to Dr. Hardinge and Dr. Register. This special issue of the Journal contained the reports given at the Third World Congress of Vegetarianism held at Loma Linda University. To God be the glory.

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