

Dissolve yeast, shortening, salt, sugar, and eggs in water. Add flour, and mix to a soft dough. Knead thoroughly and let rise in a moderately warm place until doubled in size. Mix down and let rise again until it puffs when punched with finger. Mix down the second time, and let rise again, then cut into three sections. Roll out each section $\frac{1}{4}$ inch thick. Brush with oil, spread over it the sugar and sprinkle with cinnamon. Roll tight as for a jelly roll. Cut into $\frac{1}{2}$ inch rolls and place about 2 inches apart on oiled trays. Set in warm room and let rise. Bake in oven at 300 degrees. When brown, remove from over and turn top side down until cool. (Will make $\frac{1}{2}$ dozen small rolls.)

it will forever pass into oblivion. Such a health-wasting and degenerating condition as the one which now prevails throughout so-called civilized lands, is doubtless due to the fact that heretofore all of us health reformers have been teaching only the theoretical side of right living. But now the long-looked-for, the *practical*, health companion (the only kind that can

In a natural world books on this subject would not be so essential to one's daily regimen, but in a world like the one we are now living in, the necessity for such a book as this becomes as serious as death and misery were about to conquer the last of us. That the world today is in just such a predicament is evident from the fact that it is now increasingly sick and dying from all manner of diseases, and unless there is something done quickly to save it,

sequently not reach his goal. The greater proportion of people realize that they are now living in a new, unnatural, and upset world, but unless they reform and line up their habits of life with the world that used to be, they, too, will gravitate deeper into the ocean of disease and misery, and thus into an untimely and, perhaps, hopeless grave.

because the world is now living a life that is contrary to its well-being. Consequently, unless one is equipped to proceed wisely through life's long journey, he can, of course, with certainty expect to break down somewhere in life's race track, and con-

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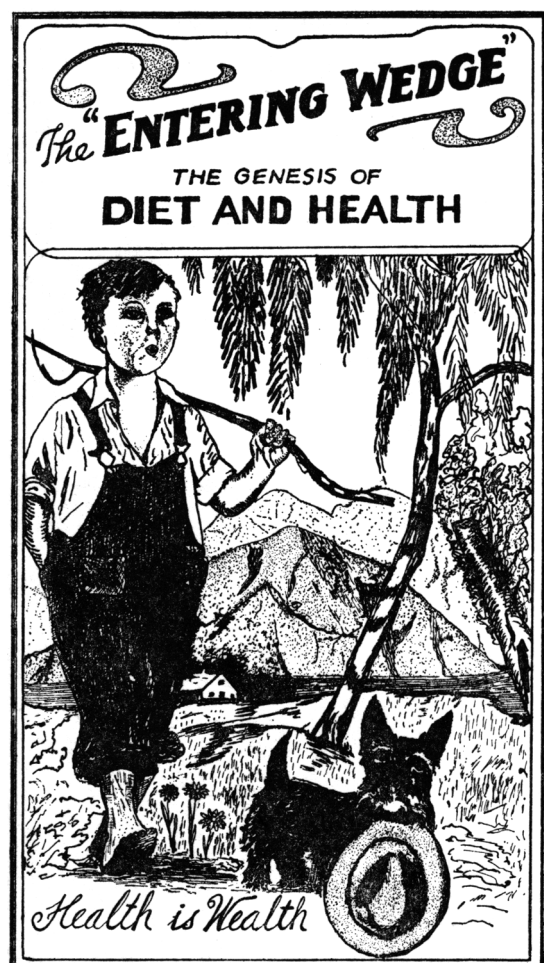
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IMPORTANT

You have now read me through and through, and have seen my mission and the prominence which, for your life's sake, you must give me in your home and in your life. Hereafter you may consult me daily, whether at home or abroad. O, yes, I am tailor-made to fit your pocket, and as I need only a corner of it, you will have no trouble taking me along on your journey, be it short or be it long.

Finally, let me remind you that the recipes in my pages are only a sample of recipes coming. To obtain them, and also extra copies of me, you need to fill out the coupon (page 98), and before mailing it, read the last two paragraphs of page 5.



The enlightenment herein contained is highly essential in maintaining good health,

And, moreover, that it be comprehensible to all classes of society, it is written in language which all can readily comprehend. And finally, to give it the usefulness of a pocket-companion, so that one can conveniently refer to it at all times—at home and away from home—only the most practical and essential health hints are given, the things which one needs to refer to daily, along with a few sample recipes.

The reader will well appreciate the fact that the importance of this health-bringing agent is in some respects similar to that of the gospel, because no home, be it Christian, Jewish, or heathen, can afford to be without a copy of it. And the gospel's first concern being one's health, this heaven-sent agent is, therefore, the "entering wedge" for Bible and colporteur work, and it will, if rightly used, not only open doors and hearts to the gospel of all time, but also to its "meat in due season" (Matt. 24:45), the message of the hour, "the everlasting gospel." Rev. 14:6. Hence, those wishing to engage in such a worthy cause, can more successfully labor with this appealing, friend-making, heart-changing, and body-building forerunner.

THIS BOOKLET'S MISSION

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The Entering Wedge Society of America

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2009 Reprint



Your health today is as good as you purposed it to be by the way you lived yesterday; and your health tomorrow will be as good as you purpose it to be by the way you live today.

Facts are facts whether believed or not.

“Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord. O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases: Who redeemeth thy life from destruction; Who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.”
Ps. 103:1-5.

Now that “ye know these things, happy are ye if ye do them.” John 13:17.

Happy, indeed, “is he that hath
the God of Jacob for his help.” Ps.
146:5.

for the only forbidden fruit in all God's creation, the fruit of the tree that was in the midst of the garden. Having eaten of it, they became subject to that experience which was to exhibit to them and to their descendants the results of both good and evil—joy and sadness, health and disease, redemption and damnation,—all these were henceforth to be the lot of humanity. Consequently, while going through these experiences, death passed upon all men and upon all else that was subject to Adam's rulership.

Thus, as descendants of father Adam, we naturally came into this world as first degree sinners, subject to all the good as well as to all the evil that is in it. And now if we choose to practice the good, we shall add no other sin, and eventually our sinful nature will be changed and, guided by Divine Light, we shall be brought to the Edenic sinless state. But if we continue to do otherwise, then as a result we shall acquire additional curses, curses which result from our own sinning. And if we never turn from pursuing such an evil course, we shall suffer even the "second death." Rev. 20:14.

Now the fact that early in the history of mankind, men were not subject to so much sickness, disease, and suffering as they are at the present time, and were capable of living nearly a thousand years, proves that the nations of today have not

not more than 1/3 full, and place in the kettle. Cook until rice is done. (If potatoes are peeled boil the peelings, strain, and pour the liquid on the vegetables in place of the water, or put them in bag and let them cook together with the vegetables.) Take out the rice, then gently remove the onion, the potatoes, the spinach, the carrots, and the okra, and place each in a separate dish. Pour the broth into a saucepan, leaving the peas in the kettle. Add the tomato puree to the broth and serve as soup.

To the peas add a little cream, and serve. The rice may be served with gravy, and the potatoes may be mashed, or sliced and browned in a little oil.

Add a little oil to the carrots

The okra may be rolled in bread crumbs and browned in the oven.

The spinach may be served plain.

Cream the onions.

(Each may be salted to taste.)

CRISP OKRA

Slice okra lengthwise, and sprinkle with salt. Then dip in egg batter, and roll thoroughly in bread crumbs. Moistens with oil, and bake in medium hot oven until brown and tender. Serve as is, or with cream or tomato sauce.

ESCALLOPED VEGETABLES

1 green pepper (cut in inch-

1 c. cooked vege- tables (any

help anybody correct his erroneous habits, that can enlighten his path, and rescue him from the current of destruction), having finally come, we, as Christian workers for the good of others, are hastening to reach all with it. Yes, *all*, because anyone can have it without money. "Ho," now Inspiration invites, "every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." Isa. 55: 1.

If it were to be sold on a strictly commercial basis, the price of this health service would be, we perceive, as inestimable as is the worth of one's health and happiness. Hence, the publishers, operating a strictly gospel press, have made it possible for the distributors to send this health booklet free of charge to all who care to have it. The regular advertising coupon, our forerunner, however, must accompany each order. The required 6¢ (see coupon on page 98) is to help cover cost of handling, advertising, and postage. *No coupon, no book.*

Moreover, for the nominal charge of 25¢ , the recipient of this free proffer will receive our coming publication of food recipes, Then too, we offer, free of charge, a question-and-answer service; that is, only within the scope of the subject matter herein brought to view. All such letters must carry return postage for the answers.

FLUFFY CORNBREAD

4 c. corn meal	pinch of salt
1 c. boiling water	1 pt. cold water
1 c. white flour	1 c. oil
3/4 c. brown sugar	6 eggs (separated)

Scald corn meal with the boiling water. Stir together the flour, sugar, and salt. Then beat in the cold water and the oil. Pour into the scalded corn meal, and mix through and through.

Separate the egg yolk and beat the whites; beat the yolks thick and stir into the whites. Then gently fold the batter into them. Bake in a medium hot oven. Serves 10.

WHEAT FLAKES

1 c. whole wheat flour	1/2 c. bran
1/4 c. soy flour	1/4 c. sugar
1 tsp. salt	4 tbsp. shortening
	1/4 c. molasses.

Mix dry ingredients thoroughly, then rub shortening into dry mixture, and stir in molasses. Add just enough water to hold the ingredients together. Stir as little as possible. Spread in pans, bake slowly till firm. Put through flaker and then toast in oven.

SWEET ROLLS

2 oz. baker's yeast	1 pt. water
1/4 lb. shortening	1 lb. white flour
1 tbsp. salt	1 1/2 lbs. whole wheat flour
1/2 lb. sugar	
3 eggs.	

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tempted, and being inexperienced, reached foodstuffs—every herb and every tree Although given an immense variety of meat.” Gen. 1:29.

tree yielding seed; to you it shall be for every tree, in the which is the fruit of a which is upon the face of all the earth, and have given you every herb bearing seed, man’s use. “Behold,” He instructed, “I only that which the Creator sanctified for good,” and to keep well, however, is to eat To eat understandingly “that which is lives, never to experience pain or death.

they both to live forever as He Himself He them. Yes, in God’s own image were His own image, male and female created that in the beginning God created man in Divine counsel one must first fully realize To appreciate the importance of this 55:2, 3.

you, even the sure mercies of David.” Isa. will make an everlasting covenant with Me: hear, and your soul shall live, and I fatness. Incline your ear, and come unto good, and let your soul delight itself in gently unto Me, and eat ye that which is that which satisfieth not? hearken dili- which is not bread? and your labour for “Wherefore do ye spend money for that

THE ENTERING WEDGE—

THE GENESIS OF DIET AND HEALTH

— 7 —

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top crust.) *Do not punch holes in top* edges of lower crust before covering with thickness and cover with pie crust. (Wet it a layer of the filler to about 1 inch bottom of a pie tin with pie crust. Put in braise the onion in the oil, and then com- Beat eggs, salt, and milk together.

2 eggs
1 tsp. salt
1 c. milk
2 tbsp. oil
1 good-sized onion, chopped
fine

CRUSTED BAKED GREENS

2 bunches fresh spinach (or other greens)
1 c. cooked rice

oven until brown. Serves 6.

with cracker crumbs, and bake in a hot mixture into an oiled baking dish, cover in a pan with one tbsp. oil). Finally, put (cut in quarter-inch cubes and browned ing. Then add vegetables, egg, and bread the milk, while stirring, and bring to boil- to the mixture. Next, gradually pour in Thoroughly blend flour and salt, and add cook five minutes, while stirring. Combine pepper, onion, and oil, and 1/2 c. milk
1 tsp. salt
2 tbsp. flour
5 tbsp. oil
1 egg
1/2 c. dried bread crumbs
2/3 c. oiled cracker crumbs

long strips)
1/2 onion, finely
chopped
5 tbsp. oil
2 tbsp. flour
1 tsp. salt
1/2 c. milk

kind but toma-
toes);
1 egg
1/2 c. dried bread cubes
2/3 c. oiled cracker crumbs

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crust, for you must retain all the steam possible. To begin baking, cover with another tin and let it bake in medium hot oven about twenty minutes. Then take cover off, punch the steam bubbles with a fork, and let bake until light brown. Serve hot. Serves 4-6.

Other greens, or even dried squash, may take the place of the spinach. Or you may substitute the whole with cooked rice, eggs, oil, parsley, and salt to taste. (Less cooking required with latter combination.)

WHOLE WHEAT BREAD

2 1/2 oz. baker's yeast
2 oz. shortening
6 oz. sugar or honey
2 oz. salt
7 c. water
5 lbs whole wheat flour

Thoroughly blend yeast, shortening, sugar (or honey), and salt in the water. Mix with flour and knead thoroughly. (Mixture should be only medium stiff.) Allow to rise in a moderately warm place until it doubles in bulk. Mix down and let rise again. Repeat kneading and let it rise the third time. Divide into 7 equal portions, and round each. Let rise the fourth time, and then shape into loaves, and let rise 1 inch above top of bread pan. Then place in oven at 325 degrees. When well browned, remove and thoroughly cool before putting away. Makes 7 one-pound loaves.

Gradually mix the 3 qts. of cold water into the flour until the mixture becomes a fine lump of dough. Knead it well, cover with cold water, and let stand half an hour. Then to wash out the starch, put the dough in lukewarm water and work with the hands. When the water becomes milky, pour it off, add fresh water, and continue the process until the starch is washed away—the water cleared. (It is important that all the starch be washed from the dough.) There then remains a lump of gluten. Stretch out the gluten fairly thin by holding it in both hands and then another on it from first one side and then another until it is as thin as pie crust. Next lay it on a floured board and spread half of it with one shredded carrot, then fold in several times and thoroughly work the carrot into the dough. Finally, shape the gluten into flat cutlets about ¼ inch

ENRICHED GLUTEN CUTLETS

5 lbs. white flour	6 tbsp. soy sauce
3 qts. water	1 onion
2 tbsp. B-plex	1 tbsp. salt

and keep in cool place.

until thick and coffee-colored. Put in jar

ingredients, and melt. Cook in heavy pan

Add this syrup to the remaining in-

syrup.

off the liquid and boil down to a thick

black. Boil until the water is dark. Strain

which have been burned and almost

the salt has been dissolved. Let steam in double boiler for 1¾ hours. It is important that an airtight lid be used, and that it *not be removed even once* during the 1¾ hours, or else the steam will escape and the rice will not be fluffy.

Just before rice is done, heat the oil in a skillet, then add the onions, celery, soy sauce, and a pinch of salt. Brown lightly. With a fork carefully work ¾ of this into the rice, being careful not to mash the rice into a paste. Shape into a mound on a platter, and top with the rest of braised onions and celery. Serves 6.

VEGETABLE MEAL-IN-ONE-POT

(Tomato soup, buttered carrots, baked okra, fresh peas, spinach or other greens, rice and gravy, mashed or browned potatoes, creamed onions,—all cooked in one pot!)

Directions

- | | |
|-------------------|------------------|
| 4 fresh carrots | 2 onions |
| ½ lb. fresh okra | 1 lb. spinach or |
| 2 c. fresh peas | other greens |
| 4 sm. potatoes | 1 c. raw rice |
| 1 c. tomato puree | |

Scrape the carrots and put them whole in a deep kettle. Lay the okra (whole) next to the carrots, then cover with the peas. Put the potatoes (whole) on top of these, also the onions cut into halves, and then a layer of spinach. Cover with slightly salted water and then add 3 more cups of water, also salt and oil. Slowly bring to boiling. Then put the rice in a muslin bag,

wound even though the whole army be un-

all of the soldiers receive the same kind of

army may pour fire upon another, but not

nations among themselves: One nation's

death are at war with each other as are the

It is now fully understood that life and

quickly test every case:

this, of that, and of the other disease, may

Those who wonder what is the cause of

SUMMARIZING THE CAUSES OF ALL DISEASES

sorrows!

actually do away with a multitude of

living and right doing, with faith in God,

one consider himself to know that right

by oneself. And now, how fortunate should

speaking, they are infectious, brought on

tagious are not in reality such. Strictly

sis a number of diseases so-called con-

a foothold in his body. So in the last analy-

he need not fear of the disease ever getting

Obviously, then, if one always lives right,

in its early stages, he begins to live right.

ease, he can effect a cure if, while it is yet

when one becomes infected with the dis-

culosis is not actually communicable, for

classed as contagious. For example, tuber-

Many diseases, of course, are wrongly

well, too.

any line if he expects to recover and stay

laws. Let him henceforth quit sinning in

though, he must be breaking all of God's

flicted with complications of diseases,

paying the penalty it imposes. If he is at-

chosen the good, but rather the evil course—the course which leads to destruction of both body and soul. Thus adding sin to sin, evil to evil, and pain to pain, they are running full speed to ruin in this life, and, except they repent, to final destruction in the life to come; to the second death, a death from which there is no resurrection.

THE CAUSES OF DISEASE

Disease has been identified in three different categories—hereditary, communicative, and self-created (acquired). This being so, then there must be three kinds of sin, three laws to transgress. Two of these laws are found in the Decalogue (Ex. 20: 3-17): The first prohibits sinning against God, and the second against our fellowmen. The Third, therefore, is the law of health, the law which forbids transgressing against our bodies (Lev. 11; Isa. 66:16, 17).

Plainly, then, sinning against God brings in its wake a hereditary curse, the kind that passes from father to son “unto the third and fourth generation of them that hate Me” (Ex. 20:5), saith the Lord. And sinning against our fellowmen brings communicative diseases, shown in the fact that when Miriam sinned against her brother, Moses, she was stricken with the contagious disease, leprosy (Num. 12). “Honour thy father and thy mother: that thy

cover, be it by dieting or by using drugs. He may, however, be able to control the disease or even to overcome it by being strictly obedient to the laws of God, knowing that nothing in the world will effect a cure for such illness but prayer, if God's wisdom so decrees.

On the other hand, if one is suffering from a disease which has been communicated to him or that is communicative, due to one's sinning against his fellowmen, then to remove the disease once and forever, he must repent of his sin, practice the golden rule: "All things whatsoever ye would that men should do to you, do ye even so to them." Matt. 7:12.

But if the disease be neither hereditary nor communicative, then it must be self-created, acquired by oneself, by violating the laws of health, by not living right in one respect or another.

The wise will, therefore, correct their habits of living—make sure that they do not sin against God or against their fellow-men, that they sleep, breathe, eat, drink, and work correctly and religiously, and if there is a cure at all, they will have it.

The cause of each type of disease having now been defined, the sufferer of any of the three kinds of diseases may without difficulty determine which one of the three laws he is transgressing and as a result

thick and 3 inches wide.

To 4 cups of water add B-plex, soy sauce, onion (ground), and salt. Drop the cutlets in and simmer for 2 hours, adding water if necessary. Put in glass container and store in cool place until ready to use. Makes 2 dozen cutlets.

Other choice and suitable vegetables may be used in place of carrots.

VEG PATIES

1 raw potato	2 onions (small)	1 c. bread crumbs	1/2 c. ground wal-	nuts	2 eggs (large)	1 tsp. chopped parsley	2 tbsp. soy sauce	or B-plex meal
1 tsp. salt	pinch of sage	4 tbsp. vegetable oil	1/2 c. cooked oat-					
1 tsp. salt	2 onions (small)	1 c. bread crumbs	1/2 c. ground wal-	nuts	2 eggs (large)	1 tsp. chopped parsley	2 tbsp. soy sauce	or B-plex meal

Grind potato and onion together, add salt and sage, and simmer in oil until brown. Then mix in oatmeal, crumbs, nuts, eggs, parsley, and soy sauce. Shape into patties and brown in a hot oven or fry in a skillet with a little oil.

It may be made into a loaf and sliced for sandwiches, or served hot with tomato sauce. Serves 6.

STUFFED PEPPERS

8 large peppers	1 1/2 c. uncooked rice	1/2 c. grated car-	rots	1/4 c. finely chop-	okra	2 tsp. sage	1/2 c eggplant
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days may *be long*. . . ." Ex. 20:12. So "whatsoever a man soweth, that shall he also reap." Gal. 6:7. Thus it was that when Haman built the gallows upon which to hang Mordecai, he himself was hanged on them (Esther 7:9, 10). And when Daniel was unjustly cast into the lions' den, his enemies were devoured by the hungry beasts, but Daniel was spared (Dan. 6:16, 22, 24). Moreover, when the three Hebrews were cast into the fiery furnace, those who carried them were consumed by the flames, but the Hebrews came out unharmed (Dan. 3:21-23). So also, "he that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword." Rev. 13:10.

It is therefore a never-failing fact that if one molests his neighbor, or intends to do so, the harm will fall on himself; and if he harms his neighbor's children, his own children will suffer as a result. The diseases, though, which are not inherited, the sinner himself creates by sinning against his own body. Sinning against a neighbor or against oneself, nevertheless, is indirectly sinning against God also.

WHAT SHOULD EVERYONE KNOW?

If one is suffering from a hereditary disease, for which his parents, grandparents, or great grandparents alone are guilty, he is, of course, helpless to do much of anything in the line of complete re-

salt to taste 3 tbsp. oil

1/2 c. chopped parsley

(1/2 c. ground corn may also be used if desired).

Put all ingredients in a bowl and mix thoroughly. Wash peppers, carefully cut off the seed end, and through it stuff the pepper with mixture; then to cap it place the top back on. Put layers of cabbage leaves, sauerkraut or some other vegetable on bottom of kettle (if desired) then put stuffed peppers tightly in the kettle and level with water. Cover with lid and steam slowly until rice is cooked.

The same dressing may be wrapped in cabbage or broccoli leaves, large beet or turnip leaves, or young spring grape vine leaves, and cooked as the stuffed peppers. (Wilt leaves in boiling water before using.)

For added zest, a tomato sauce or thick clabbered milk may be poured over peppers when served. Serves 8.

MODERNIZED TURKISH PILAF

2 c. rice	1 rounded tsp.
2 1/2 c. cold water	salt
1/2 c. oil	1 1/2 c. finely
1 1/2 c. finely	chopped celery
chopped onions	3 tbsp. soy sauce

Thoroughly wash loose starch from rice by rubbing it between the palms of the hands while in water, and rinsing. Repeat the process five or six times (or until water is clear). Put rice in top of double boiler, and add the cold water in which

When you are away from home, more-over, if there is no suitable restaurant nearby which you can conveniently patron-ize, you will in a fairly good grocery store find, almost as conveniently as in the home cupboard, a greater variety of things which you will enjoy for your meal. Such a meal

convenient, and time-saving. Anyone will find this to be systematic, dishes done for the noon or evening meal. job later in the day in order to get the having to stop in the middle of another having your peace disturbed, or perhaps of thinking about the dishes anymore, or of at all times, and there will be no need of in fact the whole house, will look orderly, wash easier, the kitchen and dining room, system very advantageous—the dishes will irritated. Housekeepers, too, will find this make the home unsightly or the family around to be pushed here and there to and kitchen orderly with nothing lying happier, as well as keep the dining room the family, and make yourself and others heavy burden of some other member of but a moment. Thus you will lighten the You will not have many, and it will take. You are thorough, wash your own dishes. Then to top this over, immediately after eyes come open.

just help yourself like a person who knows his business, rather than act like an in-valid, or like a bird while yet in its nest, or even like a newborn kitten before its

Mash the egg yokes and combine well with all other ingredients. This makes ⅓ c. dressing. The whites of the eggs may be cut into thin strips and used for garnishing salad.

ENRICHED VEGETARIAN SOUP

- | | |
|-----------------------|-----------------------|
| 1 medium-sized potato | 1 c. pea puree |
| ½ c. chopped celery | 2 eggs |
| 1 small onion | pinch of mint |
| ¼ c. rice | 1 tbsp. vegetable fat |
| 1 c. ground gluten | salt to taste |

Shred potato and celery, or put through grinder. Level with water, then add two extra cups of water; bring to boiling, and season with salt and mint. Stir in the rice slowly to keep it boiling, and cook for 30 minutes. Place the egg and gluten together, and beat with a fork. Heat the fat in a skillet, scramble the mixture in it, and add it and the puree to the boiling vegetables. Simmer 30 minutes and serve hot. Serves 8. (For gluten, see recipe below for “Enriched Gluten Cutlets”).

B-PLEX

(For use in gravies and other dishes.)

- | | |
|--------------------------|--------------------|
| 12 pieces toast (burned) | ¼ tsp. onion salt |
| ¼ lb. yeast | 4 tbsp. soy sauce |
| 2 tbsp. tomato juice | ¼ tsp. celery salt |

In 2 qts. water put 12 pieces of toast

If the sufferer's faulty diet is the cause of his ailment, and in most cases in our day it is, then no kind or amount of drug can cure him. Yet when something goes wrong with one's organism, he generally turns to a doctor, not to find and to remove the cause, but to be cured, while the cause remains and while it brings him closer and closer to the grave! And if he is not given drugs, he dislikes the doctor! Why not check up on your daily diet and habits of living? Why take drugs when you need to take water, fresh air, sunshine, the

So, just as plants cannot thrive on poor soil, men cannot thrive on poor diet. And if one is aware of the fact that almost immediately after the soil is enriched, the plant awakens with health and vigor, then he will have no difficulty realizing that as soon as he corrects his own diet, his health will likewise spring up. Is it not true, then, that one's health depends on the food he uses as does the plants on the soil in which it feeds?

kingdom can get along without the animal, but that the animal kingdom cannot get along without the plant. Thus it is that vegetation needs only Mother Earth, but man needs both the earth and plant. In other words, plant life is dependent on the soil for existence, while animal life is dependent on vegetation. Flesh diet is therefore, artificial, and thus deficient—incapable of maintaining life.

der the same fire. In like manner, the bodies of men are the soldiers and the cause of disease the Enemy's mighty weapon in the warfare between heaven and earth. Hence, though some suffer from headache, some from stomachache, some from diabetes, some from anemia, from heart disease gallstones, neuritis, or other ailments, yet all suffer for the same reason—simply because they have in one way or another moved away from their only fortress, the laws of God. This is the final diagnosis of all diseases. Stick close to Nature, and Nature will stick close to you.

LESSONS FROM THE MODERN MACHINE

One must realize that the human body is in some respects similar to a man-made machine. When the gas tank of an auto goes empty the engine immediately stops. This same law operates within the human body: When the body runs out of energy (starves, runs out of calories) it stops running, dies; and although man who made the auto can refill its tank with fuel and put it to running again, he cannot do so with the human body. Once the heart stops beating, at that very moment life ceases and the body lies down until the resurrection day—until the One Who created it starts it moving again.

When the crankcase of an engine becomes empty, but the engine continues run-

Since the well-being of the body is even more accurately taught by Mother Nature herself, no one who wishes to enjoy life dares overlook her counsel. Plants never do well in soil that is deficient, or depleted of its life-giving properties. Some plants do better in one soil or climate than others. Some thrive in higher altitudes and others in lower. The same law seems to operate in mankind: The darker races fare better in the torrid regions, and the lighter in the frigid regions.

While plant life subsists on inorganic matter, animal life subsists on organic. Moreover, as plant life was created before animal life, the truth is that the plant

LESSONS FROM NATURE

from his body.

more or less, when one removes an organ together useless. The same thing occurs, taken out, the machine will become al- if he cannot replace the part which he has find that the machine fails to perform, and for the time being, but at length he will machine and not affect its performance one may remove only a set screw from a may cause him to remove. For example, place the body organs which his patient designed and built, the surgeon cannot re- sing parts in the machine which he though the engineer can replace the mis- same is true with the human body. But

ning, then the machine breaks down, and its usefulness ends. And as the life of an auto is maintained by reducing friction through means of lubrication, the life of a human being is kept up by Nature's re- placing the worn out cells after the day's task is done, while he takes his rest in bed. Thus is he able to arise in the morning with renewed strength. But if he fails to provide the material which Nature needs in order to rebuild the worn out cells and tissues, he, of course, suffers the con- sequences as does the neglectful person who fails to replenish the oil in his auto's crankcase. And if one fails to drink enough water, too, during the day, his blood will, as a result, become impoverished, and his system stagnant and clogged with waste material, there to ferment and decay; and if Nature is deprived of energy by which to throw off the toxins through the pores, kidneys, and the bowels, or to raise fever and endure the burning process of the wastes, then there is nothing to do but to give up trying—decease.

It is therefore necessary that Nature be well supplied with all the essentials if one expects to maintain his usefulness unim- paired and to live his allotted life.

Moreover, no good engineer puts useless or needless parts into an engine, and if the user of it takes out any part, regardless how small and insignificant, the engine is made just that much less efficient. The

Bread or buns, cottage cheese, fresh or canned milk, buttermilk, dried or fresh fruits, besides a large assortment of canned goods which need not be warmed. Then, too, you will find all kinds of juices, and in season there are berries, melons, grapes, tomatoes, peppers, onions, parsley, lettuce, and many other good things which need not be cooked. With these you may sit down like a king having a picnic!

away-from-home meals:

which are nutritious and convenient for good grocery store the year round, and which can be found in almost every

Now to mention a few articles of food

At first it may seem inconvenient, but after you do this several times, you will never want to go back to your old way of trying to find something to eat in one restaurant, then in another. Your auto will make a good dining room if there is no other place to sit. Dishes you do not need to carry from home or worry about who is to wash them: You can buy fiber dishes in the store, and when you are through with them you can easily afford to toss them with the waste. Thus you can have the best of everything, as fancy as need be, as clean as you care to have it, and as cheap as at home.

you will find nutritious, palatable, more for your money, and more suitable for your body's need.

RECIPES

Abbreviations used:

c.- cup	pt. - pint
lb. - pound	qt. - quart
oz. - ounce	tbsp. - tablespoon
tsp. - teaspoon	

RADISH CABBAGE SALAD

1 c. radishes	½ c. flaked pea-
1 c. cabbage	nuts
⅓ c. chopped	salt to taste.
onions	

Slice radishes, and chop cabbage fine; then combine all ingredients, and serve on lettuce leaf with mayonnaise or some other dressing. Serves 4.

CARROT SALAD

2 c. grated carrots	1 tbsp. lemon
½ tsp. onion	juice
juice	1 finely chopped
3 eggs (hard	bell pepper
boiled)	½ tsp. salt
½ c. mayonnaise.	

To the grated carrots, add onion juice, chopped egg, lemon juice, pepper, and salt. (If desired, peas may be added.) Mix in the mayonnaise, saving a dash for top of salad. Garnish with parsley. Serves 6.

PROTEIN SALAD DRESSING

2 egg yolks (hard	1 tbsp. lemon
boiled)	juice
1 tbsp. vegetable	1 tbsp. peanut
oil	butter (raw
1 tbsp. honey	preferred)
a little salt	

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ticles, especially from the tops of your back teeth. Food particles between the teeth ferment in about four hours, and the fermentation dissolves the enamel of the teeth, resulting in tooth cavities and thus tooth-aches. Dentures are costly and no more satisfactory than wooden legs; better keep your own teeth. Tooth pastes soften the gums and subject the teeth to pyorrhea; powder is preferable. Salt water wash toughens the gums and kills bacteria, prolonging the life of the teeth. As tooth-brushes become contaminated with pyorrhea germs, they should therefore be kept in salt water or in the sunshine.

Make friends. Be cheerful and calm at all times. Remember that “a merry heart doeth good like a medicine; but a broken spirit drieth the bones.” Prov. 17:22. Fears, rages, great burdens and anxieties, increase the volume of gastric secretion, causing acid stomach and gastric ulcers.

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. . . . Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the

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And if the transgressor fails to awake and amend his ways on time, then even the most careful observance of the laws of health will fail to repair the damage done. Obviously, one should endeavor to live right, not because he is becoming sickly, but because he is determined ever to keep well. Moreover, a machine that has been broken down and repaired is never so good as the one that has never been damaged.

No one should overlook the fact that the human body is made up of certain minerals, all of which are found in foodstuffs, and by these Nature is well able to keep the body in perfect condition, provided that its master supplies the materials, and provided that no “monkey wrenches,” so to speak, are ever dropped in to its delicate but long-enduring mechanism. Plainly, then, if we fail by the food we eat to supply Nature with the proper building materials, Nature will consequently be unable to perform her work, and though the result of the deficiency may not be felt immediately, it will nevertheless be felt as life continues and the years go on.

A TIME FOR FOOD RATHER THAN FOR DRUGS

Nature’s own, full of vitality, and at prices as low as gravity? Ever remember that artificial nutratives are no better than artificial arms or legs.

to the full, become upset and will stay hungry for the rest of the day rather than look after their own food. For this there is no excuse if one is at home or near a grocery store.

Occasional meals, and good ones at that, can be instantly set on the table, ready to be enjoyed by any person who needs a meal. Every home practically every day of the year has in the cupboard staple articles of food such as bread, prepared cereals, dried fruits, and often even fresh fruits honey, eggs, milk, and especially canned goods that need only be opened and put on the table.

Yes, any member of the family, even the children in an emergency, can immediately make his or her selection of the food-stuffs that are already in the house, and can without inconveniencing himself or others, sit down to a meal that is both palatable and nutritious. A slice of bread or a dish of ready-to-use cereal, a little honey or jelly, and a glass of milk, an orange or an apple, a few raisins or dried prunes or the like, will make an excellent meal, and much more healthful than is found in the average American home, even in the homes that employ cooks. With the added advantage that it takes only about five minutes to get such a meal together, there should be no hardship.

When you find that for some reason your meal is not prepared as you expected,

right kinds of food; to exercise; or perhaps to clean up your home, your body, and your surroundings?

Let it be now understood that anyone living on a poor diet, or in unpleasant surroundings and unsanitary conditions, is subject to disease in one form or another, just as is a plant that is planted in poor soil and unconducive surroundings. Then, too, one must remember that unbalanced food, regardless of quality or quantity, is poor food; and as too much fertilizer kills the plant, so too much food kills the man. Too much of anything is as bad as is too little. Illness, therefore, is only a warning of one’s improper habits of living. But, alas, who can understand! and who is taking heed!

What else can the cause of diseases that are not hereditary or communicative, be but wrong living—malnutrition, “unclean” flesh food (Lev. 11), overeating, poor elimination, insufficient exercise, lack of sunshine and fresh air, living in filth, neglecting to drink enough water between meals, or perhaps smoking or chewing tobacco, habitually using coffee, tea, or some other stimulant that whips up the body to the last ounce of energy? To be sure, such diseases as cancer are the result of wrong living. If such is not the cause of the sufferer’s illness, then the last and final cause, as referred to before, is sin against the Decalogue.

body and strength to the soul.”—*Ministry of Healing*, p. 241.

“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and His righteousness, and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” Matt. 6:31-34.

Know that your health is your treasure; that without it all else is lost; and that you live, move, and have your being to get all your work done daily, efficiently, and on time. Work promotes health and brings happiness. If a tree quits bearing, the owner cuts it down, and if a human being does not produce when he should, then what is he good for? The Master did not care to keep a barren tree: “And when He saw a fig tree in the way, He came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away.” Matt. 21:19.

“He spake also this parable, A certain man had a fig tree planted in his vineyard; and he came and sought fruit thereon, and found none. Then said he unto the dresser of his vineyard, Behold, these three years

subject to constipation,—no, not any more than is a water main subject to plunging up if nothing but water is put through it, the only thing the manufacturer ever intended that should be put through it.

That commercially prepared foods, too, are among the many causes of constipation, a faculty member of a certain health institute writes: “Because of *our civilized foods* and the way they fill the bowel with toxic material and gas, it is absolutely necessary to give oneself a series of colonic irrigations at least twice a year in order to stay well. Headaches, colds, flu, intestinal pains, mucous, gas, and many disturbing disorders disappear after one or two colon treatments.”

We should not overlook the fact that Noah lived 900 years of good, happy life, and that we have no record of his having had to take colonic irrigations or to undergo an operation! Rather than resort to artificial means for cleansing now and then, why not eat the right kinds of food, the kinds that keep the bowels clean every day of the year? Moreover, a balanced diet will not only keep the bowels free from “toxic material and gas,” but will supply the entire system with the necessary minerals and vitamins, without which no one can keep well any considerable length of time. Then why spend your money on manufactured vitamins and devitalized foods at sky-high prices when you can have

I come seeking fruit on this fig tree, and find none: cut it down; why lumbereth it the ground? And he answering said unto him, Lord, let it alone this year also, till I shall dig about it, and dung it: and if it bear fruit, well: and if not, then after that thou shalt cut it down.” Luke 13:6-9.

“Six days [out of a week] shalt thou labour, and do *all* thy work.” Ex. 20:9. “In the sweat of thy face shalt thou eat bread.” Gen. 3:19.

Certainly everything in God’s creation makes its own living; the birds do even from the very day they leave the nest, yet they never take anxious thought. Only man has ever sought to enslave, to make a living from another man’s sweating—the most intelligent being has become the greatest brute! Let every able-bodied Christian produce enough to make his own living and to help the disabled, too.

It is doubtful, moreover, whether anyone who fails to get his work done well and on time will ever fit himself for the Kingdom and be on schedule when the fiery chariot takes off, and the saints shout, “Glory! Alleluia!”

NO NEED OF STAYING HUNGRY AND HELPLESS

There are many persons who, when the cook for even good reasons fails to prepare a meal for them to sit down and eat

Nature teaches that if a tree becomes sickly from within rather than from without, then to spray it with any kind of drug will only hasten its death, waste the drug, the time, and one’s energy. The human body is no exception. If the disease is from internal cause, then what good will it do to try to remove it by the use of drugs? In such a case drugs will not remove the cause but rather do greater harm and hasten the end.

If it is not possible to keep a water-cooled engine from overheating when the radiator is empty, and if nothing but to fill the radiator with water will cure the trouble, then why should it be possible to cure a diseased body without curing the cause? Stop and think.

True, many do suffer from hereditary and contagious diseases, but most persons suffer from diseases caused by erroneous habits of living. Alcoholic beverages and other stimulants, rich pastries, commercial sweets, overeating, wrong combinations, and too many grain products, any one or all of these collectively have more or less afflicted every human being of this age with one ailment or another.

Constipation is one of the commonest diseases that one brings upon himself by erroneous eating. And constipation in itself is a cause of a number of diseases, as is malassimilation. Man is not naturally

years; and rather than dying of disease, he died of good old age. In fact, even as late as Abram, so rare was the death of persons before the death of their parents that Inspiration takes occasion to record that “Haran died *before* his father Terah.” Gen. 11:28.

The ox, as we know, is able to maintain vigorous strength and perfect health on an average of 20% grain and 80% grass, without the use of flesh. The elephant on even less grain maintains good health, gains gigantic strength, and reaches great age. On the other hand, the dog, though carnivorous, cannot maintain good health on flesh alone. Merely by instinct he knows that he has to help himself to grain and to some grass, too, while the herbivorous animal never even tastes flesh,—facts which prove that a balanced vegetarian diet is complete in itself, but that flesh diet is never complete alone. The only animal that can get by fairly well on flesh, though not altogether, is the one which eats the whole—hide, hair, bones, hoofs, and all. (How painful the realization that through continued sin, man’s God-given intelligence concerning his body’s needs has degenerated lower than that of the dumb animals!)

Besides these considerations, looking in retrospect down through the ages we see that those who were given special work of great importance, were also given

produce. Back yards make good garden spots, and where there is no back yard, a well-dressed garden in the front yard with a few flowers here and there will bring more to the home than a fine lawn.

The necessity of special effort in preparing and utilizing the food value contained in fresh vegetables is widely recognized. Notice, for example, an excerpt from the *Reader’s Digest*, May, 1942: “As they come from the garden, vegetables contain everything needed to support human life in vigorous health. Thousand-*s* of people live on vegetables and nothing else. Whatever else you like in your diet, if you are an average person your health will benefit if you eat more vegetables.

“Many housewives buy and serve plenty of vegetables—and *still have undernourished families!* Millions of Americans are actually on a deficient diet and therefore constantly below par. Some wealthy homes provide a diet less satisfactory in terms of bodily vigor than that of a Chinese coolie. *Why?*

“Scientists say one reason is that in nearly every household the food is prepared and cooked in a way that removes 70 to 80 per cent of its essential minerals and vitamins.

“Take, for example, the sweet potato. The average housewife peels it, cuts it up, covers it with water, boils it, then mashes

There are diseases which attack even the healthiest and best-cared-for plants. For example, when a tree that is planted in the best of soils and is well cared for, becomes infested with insects or disease, then no matter what one does with the soil, he cannot thereby cause the pestilence to disappear: and if the tree is not sprayed with drugs that will exterminate the disease, the tree dies. In like manner, if one’s morals, diet, and hygiene, have been faultless and still are when he takes sick, and if his ail-

SPECIAL DON’T AND DO’S

By all means brush your teeth after each meal, making sure to remove all food par-

Since we have seen that in the beginning the diet created for man's needs was flesh-free, we may with certainty conclude that health can be adequately built and far better maintained without the use of flesh. History records that when man thus lived, he was able to attain super health and vigor and to endure almost a thousand

Being mindful of this light, Daniel refused to defile himself with the king's meat. He requested that he and his companions be given "pulse" (legumes) for their daily food. And a ten-day trial proved their simple vegetable meals to be superior to the king's meat (Dan. 1:8-20).

weakened condition, even more urgent. fleshless diet becomes to us, in our no longer operative, the use of the Edenic is altogether too short and the sacrifices ceremonial system. Now, though, that life possible for him to perform the typical creases sin, and also perhaps to make it miseries brought upon him through in-order to shorten man's life and thus the mark. Evidently flesh diet was permitted in immediately dropped under the 200-year (Lev. 11) the average length of life made use of only "clean" animal flesh red to use flesh food, and although he It was after the flood that he was permitted to use flesh food, and although he which grew in the open field (Gen. 3:18). which grew in Eden, of course, but that "meat" was still the herb," no longer that brought forth thorns and thistles, his

ment is not hereditary, then no matter what more he does with his diet, he will realize no healing virtues from it. Drugs are his best remedy if prayer fails.

Again, if a healthy and well-cared-for horse takes sick, drugs of some kind are obviously the only possible cure. Thus if the daily living of a human being is faultless, and yet he takes sick, then outside of prayer, what can he do but resort to drugs?

For example, is it not true that one starving for food cannot be spared by taking in water, air or something other than food? And is it not also true that one's broken and distorted arm cannot be set in place and healed right by dieting, poulticing, massaging, or by anything of the like? Nothing will do the trick, of course, but a competent physician to set the broken bones in place.

WHAT SHOULD A FLESH EATER KNOW?

No living being should overlook the fact that in the beginning God said to the man: "Behold I have given you *every herb* bearing seed which is upon the face of all the earth, and *every tree*, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1:29.

Yes, even after Adam fell in sin and was driven out of the garden, after the earth

Another set of samples was steamed. Still surface, others with twice as much water. some with just enough water to cover their vidual plants. Several portions were boiled, vegetable, to equalize variations in indigestible, to equalize variations in indigestible. These scientists mixed 30 pounds of each Hoppert at the University of Wisconsin. A. A. Peterson and C. A. few years ago by W. H. Peterson and C. A. mins is derived from experiments made a proper cooking destroys minerals and vitamins is derived from experiments made a "Much of our knowledge of how im- whatever you *do* provide.

to extract maximum nourishment from not be possible for every family always to provide an ideal menu, but it is possible family that 'doesn't like vegetables.' It may have less trouble with the member of your and vegetable sugars are retained. You will but more tasty, because the mineral salts cooked food is not only more nourishing loss of vitamins and minerals. And rightly "Food *can* be cooked without serious

well be served a dish of library paste. and boiling. The family might almost as of the vitamins not already lost by peeling pulp to the air, thus oxidizing a large part anemia. Mashing the potato exposes its building red blood and warding off third of its iron, which is essential in building sound bones and teeth, and a and phosphorus, which are necessary in moves nearly half of its usable calcium away most of its mineral salts. Boiling re-ing a below-ground vegetable throws it. Let us see what this process does. Peel-

another set was prepared in a pressure cooker. Then the scientists analyzed each result for chemical content and compared it with that of the raw vegetable.

"The greatest damage to nutritive elements, it was discovered, is caused by boiling. Most minerals useful to the human body are soluble in water, boiling water thus removes them. The longer the boiling, and the more water used, the worse the results. The same is largely true of vitamins; these chemicals are destroyed by heat. No wonder nutrition experts say that if you boil your vegetables you would do better to throw the vegetables away and drink the water they were cooked in!"

Do not chop, crush, or peel fresh vegetables or fruits before you are actually ready to serve or to cook them; oxygen destroys some nutritive elements. Frozen foods should be put on to cook while yet frozen. If used raw, they should be eaten immediately after thawing.

Leafy vegetables should be washed thoroughly in salt water before chopping, so as to wash away insects and to prevent loss of food value through bleeding. The fresher the produce, the richer in food value.

Whenever possible, cook fruits and vegetables with the skins on. If you must peel them do it *after* cooking. Never throw away the water in which vegetables or their skins are cooked. Make use of it in gravies,

celery powder	celery knobs
cherries	celery juice
cherry juice	celery
chicory	cauliflower
coffee substitutes	carrot juice
coconut	trates
coconut milk	carrot concen-
powder	carrots, raw
cocunut products	cantaloupe
cranberries	cabbage, white
cucumbers	cabbage, red
currants	buttermilk
currants, sun-dried	broth, vegetable
dandelions	broccoli
dates, sun-dried	beet leaves
eggplant	blackberries
endive	blackberry juice
figs	blueberries
figs, Smyrna	blueberry juice
figs, sun-dried	broccoli
garlic	broth, vegetable
garlic juice	buttermilk
garlic powder	cabbage, red
goat's milk	cabbage, white
goat's milk pro-	cantaloupe
ducts	carrots, raw
grapes	carrot concen-
grape juice	trates
grapefruit	carrot juice
grapefruit juice	cauliflower
honey, pure	celery
all varieties	celery juice
huckleberries	celery knobs
juices, fruit	
juices, vegetable	

FOOD AND COOKERY

In the preparation of meals one should bear in mind that many varieties of vegetables are now sprayed against insect infestation, and that therefore they should be carefully cleaned.

Always make use of the water in which vegetables and fruits are cooked it contains much of the valuable minerals. Bear in mind, too, that *withered* and *overcooked* vegetables lose their food value. The fresher they are, the better—a good reason why each family should grow its own garden

legumes, and grains, they adequately replace the deficiency, but instead unbalance the nutrients. Ever remember that flesh is composed of about 80% grass and 20% grain. Biological experiments unmistakably demonstrate that animals cannot thrive on whole grain proteins divorced from the associated *leafy* plants. The health seeker must bear in mind that often the immediate result of an unbalanced diet is constipation, followed by rheumatism or arthritis, if not by other even more dreadful and destructive diseases. Balance your diet, and Nature will take care of the rest.

The truth that the substances in superior quality flesh are derived from grain and grass, approximately 20% of the former and 80% of the latter plainly demonstrates that flesh is adequately substituted only by the *proportionate* use of both grain and leafy plants. Be not misled. Your body needs both grain and vegetable proteins *in exactly these* proportions. Indeed, they are all essential, and man's constitution demands that for health and longevity there be neither a missing link nor a weak one in the chain of nutrients.

There is also another important lesson in the fact that just as the All-wise Creator did not bless any particular locality with all the riches of creation, but scattered and scientifically proportioned them through-

special diet, diets equal to their task. For instance, John the Baptist, the Elijah of his day (Matt. 17: 11-13, 11: 14), being given the greatest task of all the prophets before him—not to predict, but to *prepare* the way of the Lord, to make the crooked straight, and the rough places plain (Isa. 40:3, 4)—was a strict vegetarian, living on locust fruit and honey (Matt. 3:4; Luke 1:15).

Is it not even more essential, then, that we who bear the Elijah message of today, the message just before the great and dreadful day of the Lord, should be strict vegetarians as was John?

Moreover, the diet of the Exodus Movement (the Movement which came into being to exemplify a second exodus—Isa. 11: 16—the one that is to come out of all the nations and to make up the Kingdom in the latter days—Mic. 4:1, 2), was strictly vegetarian to the very day it set foot in the promised land, forty years in all (Josh. 5:6). O, yes, they lusted after the flesh pots of Egypt, thinking that the restriction was due to adverse circumstances—that flesh, although very much essential, was not available in the desert. And it was then that to their surprise the great I AM brought the quails to them right in the camp, whereupon thousands of the people died even while the flesh of the fowl was yet between their teeth (Num. 11:33). What a rebuke! What an ensample to behold! Now, know-

With a reasonable variety of fresh vegetables legumes, grains, nuts, and fruits, also milk and eggs or their equivalents, the vegetarian can easily balance his diet to supply all his body's needs. He should therefore not neglect to include in his diet as wide as possible a *variety* of such foods both cooked and raw, remembering that the latter are even more essential and more complete.

“If we plan wisely,” asserts Inspiration, “that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh-meats.” — *Ministry of Healing*, p. 299.

Why is it, though, that some strict vegetarians rather than improving their health and building up resistance against disease, often suffer from malnutrition and become even more susceptible to various physical ailments than before they gave up flesh foods?—Because in most cases flesh food is discarded without supplementing the diet with a satisfactory substitute. Many have the mistaken idea that by merely increasing their intake of protein foods—nuts,

ing full well that the Movement is a type of the one that is arising at this time, and that the failures of the former should be the stepping stones of the latter (1 Cor. 10:11), should we not be thankful and happy for having been given a better diet than that which angry beasts are still subsisting on?

And should we not gladly comply with this exemplified Divine request to abstain from flesh food, so that our strength and character be equal to our task? Only by so doing shall we be fitting ourselves for the work and for the Kingdom, where “the wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together, and a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox. And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice’ den. They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea.” Isa 11:6-9.

Should we not now as intelligent human beings, Divinely enlightened candidates for the Kingdom, privileged to prepare the way for such a happy and perfect day, give up flesh food before the lions and the serpents do?

kale
persimmons
pineapple
pineapple juice
plums
potatoes, sweet
potatoes, white
prunes, sun-dried
pumpkins
radishes
raisins, sun-dried
raspberries
rice polishes
romaine
rhubarb
rutabagas
savory
sorrel
soy beans
soy bean milk
powder
soy bean oil
soy bean products, all varieties
spinach
spinach juice
spinach powder
sprouts
squash, Hubbard
squash, summer
strawberries
strawberry juice
strawberry leaves
swiss chard
tea substitutes

watercress
watercress powder
watermelons
wheat germ

tomatoes
tomato juice
turnips
turnip tops
vegetable juices

Acid-Forming Foods

barley
beans, white
cashew nuts
cereals
chestnuts
corn
corn meal
cornstarch
cottage cheese
crackers
cream of wheat
eggs
flour, rye
flour, whole
wheat
gluten flour
grape nuts
lentils
macaroni
maize

bread
candy
millet, rye
oatmeal
peanuts
peanut butter
pecans
peas, dried
rice, brown
rice, polished
rice, wild
sauerkraut
sauerkraut juice
spaghetti
sugar, raw
sugar, white
syrup
tapioca
walnuts
zweiback

BETTER LINE UP WITH ALL THE LAWS OF GOD

Everything in God’s creation is either right or left, east or west, north or south, positive or negative. Some foods are acids, others are alkaline. And hence, because

beans, green	lettuce
beans, lima	onions
beets	parsnips
brussels sprouts	pears
cantaloupe	pineapple
carrots	plums
	tangerines

Vitamin C is the anti-scorbutic vitamin, and is also called Cevitic Acid or Ascorbic Acid. It is found mainly in citrus fruits, and though it is soluble in water, it is weakened by oxygen or alkalis.

Deficiency of vitamin C causes scurvy, sore and bleeding gums, sore and swollen joints, and a tendency to hemorrhage. The average daily requirement is 300 units for infants and 1000 units for adults.

Its main sources are:

One ounce of

orange juice	contains about	250
lemon	"	250
grapefruit juice	"	200
raw cabbage	"	150
tomato juice	"	100
strawberry juice	"	100
cranberries	"	80
pineapple juice	"	40

Other sources of Vitamin C:

apples	endive
fresh asparagus	greens
avocados	kale
bananas	lettuce
beans, green	onions
beet greens	peaches

alfalfa
cabbage
tomatoes
soy bean oil
cereals

This vitamin prevents hemorrhage in new-born infants and in cases of jaundice and other diseases of the liver and intestines, though it has not been found helpful in hemophilia and menorrhagia.

Other vitamin-like substances which have been partially investigated and described include the following:

Vitamin K from blue grass juice, which seems to cause more rapid growth.

Vitamin P, or citrin, is helpful in purpura and some types of hemorrhage, and is obtained from lemon peel.

Vitamin F, from fatty acids, seemingly promotes growth.

ACID AND ALKALINE FOODS

If the tissues and fluids of the body become less alkaline, a greater quantity of alkaline foods is required.

Though cranberries, prunes, and plums produce an alkaline ash, they increase the acidity of urine. On the other hand, though lemons and oranges are acid, digestion changes them into alkali and rather than being acid-forming, they become alkalinizers.

Alkaline-Forming Foods

alfalfa, powder	alfalfa tablets
alfalfa mint tea	almonds

Canning of foodstuffs has become another health-destroying device, because the majority of people try to subsist on canned goods the year around. If you wish a prosperous and happy life, then break away

a dessert than a meal.

Fruit is a summer food, designed to keep the body cool. And moreover it is more of

does to a fish that goes after it.

In Solomon's time only a ruler could have used the numerous dainties made from white flour, refined sugar, and other commercial foods, but in modern machinery the ruler's "meat" to every body's table; and consequently the modernize world is feeding on "deceitful meat," meat that does not supply the body's needs, that does as much good to men as a fisherman's bait on a hook and line

meat." Prov. 23:1-3.

ground.

“In pre-engine transportation times only a ‘ruler’ could obtain out-of-season foodstuffs: strawberries, cherries, etc., when the snowflurries covered the trees and the icicles spanned from the roof to the

on in the winter, it would never have a chance again to try such an off-season idea.

out the earth. He has likewise carefully distributed the essential body-building and upkeeping materials throughout the food kingdom, has not placed them all in one plant.

To maintain perfect health, therefore, be sure to make use of all the thirteen types of foods grouped below, and give them the proper proportions in your diet. Approximately 80% of your diet should consist of the first eight classes of foods (Group 1), and 20% of the second three classes of foods (Group 2). The last two classes of foods (Group 3) are seasonings for all foods.

GROUP I—

EIGHTY PER CENT OF THE DIET

80% of one's diet must consist of the foods in this group:

1st—*Leaves* (watercress, beet tops, spinach, lettuce, parsley, cabbage, broccoli, cauliflower, chard, etc.)

2nd—*Stalks* (Celery, rhubarb, asparagus, etc.)

3rd—*Herbal Fruits* (pineapple, okra, eggplant, peppers, string beans, tomatoes, etc.)

4th—*Tubers* (carrots, potatoes, radishes, onions, yams, beets, turnips, etc.)

5th—*Cucurbits* (squash, melons, cucumbers, pumpkins, etc.)

6th—*Tree Fruits* (peaches, dates, bananas, oranges, pomegranates, olives, avocados etc.)

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shed its leaves in the summer, or put them deciduous tree should were it possible, body, can long survive through it all? If a wonder that a man thus tampering with his system full blast in the winter! Is it not a summer and running his house cooling firing his house furnace full blast in the foods. He who does otherwise is, as it were, preserved, concentrated, heat-producing cold climate needs to eat more of the dry, fresh foods, but a person who lives in a logically conclude that the person who lives from these considerations one can months, too.

produce naturally grows during the winter winter, unless he lives where the fresh summer, the dry is the best for him in the produce is the best for one's health in the not need. In other words, while the fresh and those which are not in season he does foods grown elsewhere become secondary, to it can produce. To him, therefore, all which his own locality or the one closest constituted him to thrive best on the things from one remote locality to another, He for man to import or to export foodstuffs beginning provide present-day transportation facilities, did not make it possible

Moreover, as the Lord did not from the foodstuffs when the fresh are out of season. he can fare splendidly on dry, winter, garden produce when in season, but that well if he neglects to make his diet of fresh

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September to June, and on all other days other vitamin "D" preparations from of the year, they may need vosterol or of the United States during many months always get enough sunshine in some parts day if possible. But since children cannot be exposed to the direct sunshine every every baby and every growing child should as health experts the world over, insist that Scientists and child specialists, as well infantile convulsions, and arthritis. malacia and non-union after a fracture, and other bone diseases, such as osteo- It is used in the prevention of rickets 1 ounce butter contains about 25 units 100 units 1 ounce egg yolk contains about 50-800 units 5 drops vosterol in oil contains about found mainly in:

Besides in sunshine, this vitamin is from 500 to 600 units for adults. for infants is from 500 to 1000 units, and weakness. The average daily requirements of this vitamin causes rickets, delayed den- and its chief source is sunshine. Deficiency *Vitamin D* is the anti-rachitic vitamin, brussels sprouts, green peas, green cantaloupe, potatoes, spinach, turnips dandelion greens cucumbers cauliflower

- 7th—*Vine Fruits* (berries, grapes, etc.)
8th—*Dairy Products*
- GROUP 2—
TWENTY PER CENT OF THE DIET
- Only about 20% of one's diet should be made up of the foods in this group:
- 1st—*Grains* (oats, rice, corn, rye, wheat, barley, etc.)
2nd—*Legumes* (beans, lentils, peas, etc.)
3rd—*Nuts* (pecans, coconuts, almonds, walnuts, chestnuts, etc.)
- GROUP 3—
SEASONING FOR ALL FOODS
- All foods may be seasoned with the foods of this group:
- 1st—*Oils* (olive oil, soy bean oil, sesame oil, nut oils, cottonseed oil, etc.)
2nd—*Sweets* (honey, raw sugar, maple sugar, sorghum, etc.)

THE SUMMER AND THE WINTER DIET

As God caused vegetation to grow in the summer and to be dormant in the winter, He consequently constituted man to thrive on fresh garden produce during the summer and on dry during the winter. The fact that no tree can survive the summer without its leaves, but that it does well without them during the winter, again points out that a human being cannot fare

when they are not given a sun-bath with most of their clothing removed.

Health records show that the number of baby sicknesses and baby deaths starts to climb at the beginning of winter season—due to colds, bronchitis, pneumonia, and influenza. This may be due to lack of sunshine or vitamin D.

Vitamin E is the anti-sterility vitamin. It is soluble in oil, and is not affected by heating or cooking. Deficiency of this vitamin causes habitual abortion and sterility.

An ordinary diet supplies all the vitamin E that is needed, but in case of habitual and repeated abortion, an additional supply of vitamin E may be necessary, though the average requirement is not known.

The best sources of vitamin E are:
cottonseed oil
wheat germ oil
rice germ oil
whole grain cereals
leafy vegetables.

Other sources of Vitamin E:
Milk egg yolk
vegetable oils corn
oats peas

Vitamin K, the coagulation vitamin, forms prothrombin. The necessary average daily amount is not known.

It is found in:
spinach and other leafy vegetables

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Fats have the greatest food value of all foods, nearly two and one-half times as great as that of carbohydrates.

FATS

lentils	
flours	
cereals	spaghetti, whole wheat
bread	rice
beans, dried	pumpkin
brown	prunes
barley, natural	potatoes
artichokes	peas

The principal *starchy* foods are:

All starchy foods require a greater amount of cooking than other foods, because the starch is surrounded by a covering which cannot be digested when raw.

The carbohydrate foods are non-nitrogenous foods. The carbohydrates contain carbon, hydrogen, and oxygen. Their energy is used by the body either in the form of work or heat. They include all vegetables and fruits containing either starch or sugar. Those which produce the most *energy* are:

cereals	honey
sugar	potatoes

CARBOHYDRATES

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“There is real common sense in health reform. People can not all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. Some can not use milk, while others can subsist upon it. For some, dried beans and peas are whole-some, while others can not digest them. Some stomachs have become so sensitive that they can not make use of the coarser kind of Graham flour. So it is impossible to make an unvarying rule by which to regulate everyone’s dietetic habits.” — *Counsels On Health*, pp. 154, 155.

USING COMMON SENSE

As uncooked food is much more nutritious than the cooked, it is urgent that all foodstuffs which can be eaten raw should not be eaten cooked, or at least not all of the time. Many articles of food are cooked only because of custom. Spinach, asparagus, okra, young green peas, turnips and carrots, to mention just a few examples, though as a rule cooked, are even more delicious when eaten raw. Persons who are not accustomed to using raw foods should start on small amounts, then gradually increase them. They should however, be very well masticated and should be taken along with cooked and bland articles of food, lest the lining of the stomach become irritated.

yielding heat and energy. Thus anemia lowers the energy. It is just as important to have an abundant supply of pure oxygen as it is to have an abundant supply of food elements.

CARBOHYDRATES

The carbohydrate foods are non-nitrogenous foods. The carbohydrates contain carbon, hydrogen, and oxygen. Their energy is used by the body either in the form of work or heat. They include all vegetables and fruits containing either starch or sugar. Those which produce the most *energy* are:

beans, soy	peanuts
cabbage	peas, fresh green
carrots	or dried
cereals, whole grain	prunes
cheese	spinach
eggs	tomato juice
flour, whole wheat	turnip greens
kale	wheat germ
mustard greens	brewer’s yeast

Vitamin B₁ or thiamin, is the anti-neuritis vitamin. It is mainly found in whole grain cereal and nuts. Alkalies and heat weaken it, and hence it is best obtained from raw foods.

The average daily requirements of vitamin B₁ for infants is about 50 units, and about 250 units for adults. Daily requirement for mothers during pregnancy is 600 units or more.

The best sources of this vitamin are:

One ounce of		units
wheat germ	contains about	200
prunes	”	20
peanuts	”	60
spinach	”	20
malted milk	”	50
canned corn	”	15
whole wheat bread	”	22
almonds	”	25

Other sources of Vitamin B₁ are:

apples	cauliflower
avocados	dates
bananas	grapefruit

RAW FOOD

As uncooked food is much more nutritious than the cooked, it is urgent that all foodstuffs which can be eaten raw should not be eaten cooked, or at least not all of the time. Many articles of food are cooked only because of custom. Spinach, asparagus, okra, young green peas, turnips and carrots, to mention just a few examples, though as a rule cooked, are even more delicious when eaten raw. Persons who are not accustomed to using raw foods should start on small amounts, then gradually increase them. They should however, be very well masticated and should be taken along with cooked and bland articles of food, lest the lining of the stomach become irritated.

from artificial, lawless life and thus from the world’s ills.

FOOD COMBINATIONS

There are a number of theories as to the combinations of foods, but since one contradicts another, they cannot all be correct, and, therefore, rather than convincing, they are creating doubts as to whether there is anything to be worried about after all.

People, though, lived and kept well all through the centuries without giving even a thought to food combinations. Why? Stop and think: Only since the years of modern transportation and commercial preparations of foods has this matter urged itself upon the public at large. This being so, the trouble is obvious: Modern transportation facilities, as previously pointed out, have flooded the markets with imported foodstuffs from all parts of the world, making it possible for anyone to purchase out-of-season foodstuffs and, in many instances, of the kinds that the consumer’s locality does not even grow. Naturally, then, these foreign, off-season products cannot combine well with the local seasonal ones. Herein mainly lies the trouble with food combinations. Again, consider what results you will obtain if you have both the heating system and the cooling system in your home going at the same time!

Moreover, grain is seed, and seed is nothing less or more than the fruit of vegetables. Now comes the question: Should grain be combined with fruit?—As far back as history records, man has followed the custom of eating bread with every meal, and no past generation has left a complaint of ill effects on health. The most popular question to be answered with reference to food combinations is that of whether fruit should be combined with vegetables. The solution to this question may be found in the laws which were ordained in the week of creation. Not given the same degree of intelligence as man, the cow was made to live on grass exclusive of fruit, and the monkey was made to live on fruit exclusive of grass. This we know from the fact that cattle are well equipped to help themselves to grass, and monkeys, to help themselves to fruit. Moreover, cows do not naturally care for fruit, and monkeys do not naturally care for grass so long as fruit is available. From these examples in nature we might logically conclude that not all fruits should be mixed with all vegetables.

When one considers that milk is made up of both grain and grass properties, and that although grain combines with fruit, grass does not, therefore the combination of milk and fruit, generally speaking, is somewhat questionable.

And, moreover, food that is adaptable to the consumer's body needs in one climate may not be in another. This is discernible from the fact that in the days when people lived entirely on what they raised in their own localities, they did not have the trouble that the world is now having. The same truth is manifested in the fact that the Creator caused certain kinds of foodstuffs to grow in one locality and other kinds in another locality but at the time created no means for quick distant transportation.

Specifically speaking, there are on the one hand health authorities who maintain that protein foods such as "milk, cheese, eggs, nuts, and beans," make bad combinations with carbohydrate foods such as "artichokes, bread, barley, cereals, cakes, flour, potatoes, pumpkins rice and spaghetti." On the other hand, there are health authorities who hold that these two classes of food combine excellently. Who is right?—In view of the fact that cheese, eggs, and milk are made up of grains and grass, it seems illogical to conclude that a grain-and-vegetable product cannot combine well with grains and vegetables. Moreover, we might well observe that calves grow perfectly healthy on meals made up of milk, grain, and grass.

Then there is the contention that grains and vegetables ought never be combined. But contrary to this theory, cattle are raised best on grass combined with grain.

The principal fats are:

almond oil	cream
avocados	egg yolk
coconut oil	olive oil
cottonseed oil	peanut oil
sesame oil	soy bean oil

The proteins are nitrogenous foods, and are derived chiefly from:

eggs	peas
grains	soy beans and other beans
milk	
nuts	

Though not so easily digested as the carbohydrates, these foods furnish energy and build up the body.

VITAMINS

Though we do not as yet thoroughly understand the vitamins, yet it is generally considered that they are to maintain health, and to prevent scurvy, pellagra, beriberi, and other diseases. *Vitamin A* is soluble in fats, and although exposure to oxygen weakens it, it is not affected by heat. Deficiency of vitamin A causes retarded growth, increased susceptibility to infections, especially of the lungs, nose, and eyes, inability to see well at night, and makes the skin and hair dry and scaly. The average daily requirement of vitamin A is about 7000 units. The following list indicates the best sources of vitamin A:

One ounce of		units
spinach	contains about	3000
carrots, raw	"	1000
cheese	"	1000
leafy lettuce	"	500
butter	"	600
squash	"	700

Other sources of vitamin A, are:

apricots	escarole
artichokes, yellow	green beans
asparagus	kale
avocados	oranges
bananas	parsley
beans	peaches
beet greens	peas, yellow
blackberries	peas, dried
broccoli	pineapple
brussels sprouts	prunes
cantaloupes	sweet potatoes
celery, unbleached	tomatoes
corn, yellow	tomatoes, yellow
corn meal, yellow	turnip greens
dandelion	water cress
dates	

Vitamin B complex is compounded of vitamin B₁ or thiamin, vitamin B₂ or riboflavin, and vitamin B₆ or nicotinic acid. As to the daily requirement there is no definite knowledge. Lack of these vitamins causes pellagra, beriberi, loss of appetite, sore lips, intestinal indigestion with constipation and retarded growth.

Foods rich in vitamin B complex are:

beans, red kidney	nuts, especially
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than do others. When the latter are insufficient, then protein is utilized for energy, but when in excess, then they are stored in the body in the form of fat, a source of emergency energy.

THE CALORIES

One gram fat yields 9.3 calories	One gram protein yields 4.1 calories
One gram carbohydrate yields 4.1 calories	

The requirements of calories vary with age, kind of work, and sex.

According to Forchheimer, the total energy requirement for a man weighing 154 pounds, without any voluntary movement, is from 1450 to 1820 calories. Patients confined to bed, though, are never at absolute rest, except during sleep, and therefore the energy value of their food should not fall below this minimum, except it be under special conditions and for brief periods.

The approximate daily calories required for man under varying conditions are as follows:

Doing very hard muscular work 5500 calories	Moderate muscular work 3400 calories
Light to moderate muscular work 3050 calories	Light muscular work 2700 calories
(sedentary) 2450 calories	Without muscular work 2450 calories

The person who is *overweight* needs to cut down on weight-producing foods and

swill intoxicating liquor. Yes, even, more so. One of the resultant evils of such an erroneous habit is that, besides causing gastro-intestinal disorders, it enlarges the size of the stomach, and as a consequence the whole body becomes misshapen. Especially is this so with the youth who are in the growing stages, for one organ has influence over another. Besides such injuries overeating wears out the whole organism—shortens the life. A milling machine grinds only a certain amount of grist before it breaks down, be it during a long or short period of time. The human machine in like manner can take care of only a fixed amount of food, then it, too, retires. Thus it is that one can, as it were, chew away his life.

Overeating causes fermentation, fermentation causes irritation, irritation causes constipation, and constipation opens the gateway to a multitude of diseases. Overloading anything is bad on its everything. Let the reader, therefore, now be well reminded that man passes through three distinct periods in life: (1) the years of his growth, (2) the years of his prime, and (3) the years of his decline. While he is ascending the hill of development he needs food for growing besides for the upkeep of his body. But after he has reached the peak of maturity, and he moves out across the ridge prime of his life, he needs only to eat enough to keep himself going. And when he passes over the crestline of

milk	vegetables
molasses	
<i>Magnesium</i>	<i>Sulphur</i>
beans	gluten
beets	soy beans
cereals	(We may expect
pineapple	that in health and
potatoes	on an ordinary diet
	the sulphur requirement will usually be covered when the protein supply is adequate.)
As a rule appreciable amounts of <i>Iodine</i> are contained in:	
bananas	melons
beets	radishes
green peas	tomatoes
lettuce	turnips

Where iodine is lacking in the soil it is also lacking in the water. In such regions goiter is more prevalent than elsewhere.

OXYGEN AND ITS FUNCTIONS

A man can live for weeks without food, for days without water; but only a few minutes without oxygen. Oxygen makes possible the utilization of food. It is an odorless, tasteless, colorless gas, slightly heavier than air.

In chemical combination with hemoglobin, oxygen is carried in the blood stream. Oxygen oxidizes the elements

“But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.”—*Ministry of Healing*, pp. 296, 297.

THE ENLIGHTENED, PROGRESSIVE WAY OF LIFE

“As thy days, so shall thy strength be.” Deut. 33:25.

This scripture plainly reveals that God never intended that man should be sick or weak, and pass away before his days be full, but that he should retain his strength commensurate with his age, and die, not of disease, but of ripe old age.

“And this also is a sore evil, that in all points as he [the wicked] came, so shall he go: and what profit hath he that hath

Since the average normal stomach holds about a quart, the average meal for an active person should never amount to more than a pint and a half. Overloading the stomach is as harmful to the system as to

OVEREATING

many blessings and avoid great curses. more noble and human-like nature; reap health, and grow away from a beastly to a foodstuffs, will doubtless preserve their daily menu only from the lawful and narrow path, all who wisely make all who stay in the middle of the straight We, therefore, authoritatively declare that only two of the many fruits of fanaticism. seemingly based on true principles, are and the “fireless kitchen” ideas, although control the results. The “no-grain” diet to or subtract from, they are helpless to principles, and though fanatics may add health-maintaining and character-building God both positively recommend these some another, but Nature and the Book of market, some advocating one thing and There are a number of books on the morals and his integrity unquestionable.

plant is the agency which picks up the minerals from the soil and prepares them for human and animal consumption. Obviously, grains, nuts, fruit, and vegetable, man’s original, best, and lawful diet, if used in the right proportions, will keep his mind keen, his body healthy, his

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almonds	1.00
of <i>calcium, phosphate, and iron</i> :	.40
The following foods are valuable sources	1.75
Unpolished Rice50
Polished Rice	
Entire Wheat	
White Flour	
Per Cent of Ash	

The mineral salts are:

1. calcium	6. sulphate
2. magnesium	7. carbonate
3. potassium	8. chloride
4. sodium	9. iron
5. phosphate	10. iodine

Manufactured foods are partially robbed of these essential minerals. This is clearly seen when white flour is compared with the whole wheat, and polished rice with the brown rice:

THE MINERALS

The average man at work requires approximately 3000 calories daily. There is, however, a great divergence of opinion among dietitians as to the relative amounts of the proteins, carbohydrates, and fats required for a well-balanced diet. Perhaps the individual himself will have to determine by experience.

keep strictly within the limits of his minimum caloric requirements.

The person who is *underweight* needs a well-balanced diet, with full caloric requirements.

laboured for the wind? All his days also he eateth in darkness, and he hath much sorrow and wrath with his sickness.” Eccles. 5:16, 17.

Naturally those who go on living independently of God, are not only committing wickedness, even though unconsciously, but are also laboring in vain. Furthermore, their eating in darkness, not having Divine light on the subject, causes them to eat food such as brings, not strength, but sorrow, wrath, and sickness.

The two Divine Guides of life, *the Word and Nature*, as we have already seen are the best and the only teachers that speak with authority. Anyone, therefore, who neglects their counsel is unwittingly walking in darkness and heading for trouble, and if he should finally get into it certain it is that he will be anxious to get out of it. But as he may hastily grope about, he will find himself just as helpless to get out as he was to keep out. Any theory, therefore, however plausible or logical it may seem, is definitely misleading unless it be one hundred percent in harmony with the two never-erring Guides of life—the Bible and Nature.

As these Teachers authoritatively speak that man was made out “of the dust of the ground” (Gen. 2:7), there is good reason that the body of man and the soil of the earth contain the same minerals. Naturally, then, it is because flesh cannot adequately perpetuate itself on flesh that the

barley	oatmeal, dry
beans, dried	olives
bread, entire	peanuts
wheat	peas, dried
cauliflower	raisins
dates	turnip tops
egg yolk	walnuts
figs, dried	wheat
lentils, dried	wheat bran

Calcium particularly found in:

almonds	olives
beans, dried	peanuts
cauliflower	peas, dried
egg yolk	prunes
figs, dried	turnip tops
lentils, dried	walnuts
milk, whole	wheat bran
oatmeal, dry	

Phosphate particularly found in:

almonds	entire wheat
barley	lentils, dried
dried beans	oatmeal
egg yolk	peanuts
peas, dried	raisins
walnuts	wheat bran

Iron particularly found in:

beans, dried	green vegetables
bran, wheat	wheat
egg yolk	

Other minerals have their chief food sources as follows:

<i>Sodium</i>	<i>Potassium</i>
bread	nuts
fruits	table salts

one meal, the digestive organs need rest. At least five or six hours should intervene between the meals. . . .” —*Ministry of Healing*, pp. 303, 304.

RIGHT HABITS, HYGIENE, AND EXERCISE BRING GOOD HEALTH

To overcome poor digestion drink warm water an hour before and two hours after meals. Eat slowly and thoroughly masticate your food, mixing as much saliva with it as possible. Always leave the table while yet hungry; and by all means keep your bowels open. Three bowel movements a day are advocated by health authorities; never less than two. Mark this point, do not lightly pass over it, for here is where the greatest share of diseases spring forth. Quickly attend to this business, for you cannot afford to make your body a septic tank for any length of time. If you have been constipated, and are suffering as a result, you need a thorough cleansing, not by three bowel movements a day, but by five. Even then it will take a period of time before any apparent healing results can be obtained.

Remember, too, that your body is the Lord's tabernacle, that it should be kept clean within and without. Clean clothes and two hot baths a week, with cold water finish, also a quick cold shower or sponge bath daily, are essential—a splendid tonic

sewer pipe, a pipe which ever receives and never gets filled. Sickness and death among God's faithful people will not, however, entirely disappear before time and knowledge of Truth bring the fulfillment of Isaiah chapters 33 and 35:

“Look upon Zion, the city of our solemnities: thine eyes shall see Jerusalem a quiet habitation, a tabernacle that shall not be taken down; not one of the stakes thereof shall ever be removed, neither shall any of the cords thereof be broken.

“But there the glorious Lord will be unto us a place of broad rivers and streams, wherein shall go no galley with oars, neither shall gallant ship pass there-by. For the Lord is our Judge, the Lord is our Lawgiver, the Lord is our King; He will save us. Thy rackings are loosed; they could not well strengthen their mas; they could not spread the sail: then is the prey of a great spoil divided; the lame take the prey.

“And the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity.” “Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.

“And the parched ground shall become a pool, and the thirsty land springs of a pool, and the

life, becomes older and less active, he then needs proportionately less. Taking more food than his body requires and his work calls for, wastes not only the food but needed energy, too, because he then overtaxes his digestive organs, forces them to do more than they are able, and uses his energy to grind needless food, to throw out excess poisons and wastes—he overburdens his whole organism. And if this injudicious practice be continued on and on, also eating at any and all times, eating for fun rather than for health and strength, as men are in this age habitually doing, eventually the organs of the body will become unable to carry out such an unreasonable demand. Consequently, those who eat in such darkness, must pass through a period of misery, and end their lives long before their work is finished, before their usefulness is used up.

“Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!” Eccles. 10:17.

“The righteous eateth to the satisfying of his soul: but the belly of the wicked shall want.” Prov. 13:25. Christians should eat to live, *not* live to eat.

EATING BETWEEN MEALS

Suppose you leave a little food in your breakfast dish, then at lunch add more to it, but again not use up the whole, and re-

and at improper times. Do not drink at meals or try to wash down your food.

Water makes up the greater part of the cells, carries food to the tissues, and removes waste. It is the chief constituent of the digestive juices, and regulates body temperature.

Water suitable for human consumption should be clear, of an agreeable taste, and not too hard. It should be free from poisonous minerals, organic matter, and bacteria.

Hard water has a greater amount of dissolved minerals than soft water. The hardest water comes from deep wells.

Water is easily contaminated, and is one of the commonest transmitters of typhoid fever and cholera. If there is any doubt as to its purity, it should be subjected to purification. The simplest and most reliable process of purification in the home, is boiling. The so-called filters attached to water faucets only give a false security. A large sand filter removes all harmful bacteria.

THE FUNCTION OF FOOD

Proteins furnish material for building, growth, and repairs, the fats and carbohydrates provide heat and energy. Obviously, those who are already grown up, and who do not exert themselves at working so as to need repairing material, need less proteins than do others; and those who live in a warm climate, and who do not work hard need less carbohydrate foods

tion devoured all the ancient cities, and that they were finally buried deep under the ground; that the city evils today surpass the evils of all times, and that doom is as certain today as it was yesterday; that if you cannot now move out of the city, and if you wish to escape its doom and be found worthy to share the future blessings with the faithful, you have a task to perform—you must sooner or later, at a moment's notice, run away from it with your back against it. This you must do if you are in it when the call comes to you as it came to Lot. Yes, he came out, but with what a loss! You cannot afford to take a chance on faring no better than he did!

Time, we know, is divided into two parts, night and day. In the summer (the season for raising and gathering the supplies for the winter months) the *days* are long, but during the winter (the season in which there is no farming to be done) the *nights* are long. These Divine regulations definitely suggest that one should put longer hours in working during the summer months than he should during the winter months. And how long should they be?—Evidently as long as the sunlight lasts. Yes, the parable of Matthew 20:1-17, too, plainly declares that the Lord commanded His servants to *start early and*

WORK AND REST, YEAR ROUND

Sleeping with someone makes restful sleep more difficult.
True. The slight motions of the other person keep us from sinking into the deepest and most refreshing sleep.
Men who are able to get along with very little sleep are among the most energetic.
False. Napoleon and Edison went with only a few hours' sleep a night, but they took cat naps during the day. In any 24-hour period they apparently slept a normal length of time.
Lack of sleep alone may lead to really serious illness.
True. Animals die more quickly from lack of sleep than from lack of food.
We fall completely asleep and also wake up in one split second.
False. When we are half asleep, either at the beginning or the end of the night, we pass through a period when we cannot speak but can clearly hear sounds. Our power to move is then asleep, but our hearing faculties are awake.
Sleeping on the left side strains the heart.
False. It makes no difference whether the average person sleeps on his back or on either side.
Drinking hot liquids before going to bed is one of the best ways of insuring good sleep.
False. Pressure of liquids on the bladder causes restlessness. Only small amounts of liquids should be drunk during the evening if you want to pass a restful night.
It is unhealthy to sleep in summer with an electric fan on in the room.

cast out to thy house? when thou seest the naked that thou cover him, and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am.

“If thou take away from the midst of thee the yoke, the putting forth of the finger and speaking vanity, and if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.” Isa. 58: 7-11.

This greatly needed project of caring for the poor and sick, called forth by the One Who is interested in us all, can, we believe, now be managed as it was in the days of the prophets: by a faithful second tithe paid by a people who realize that it is better to give than to receive,—better, indeed, to help others than to have others help them; that he who gives is happier than he who receives. Figuratively speaking, each Christian should determine to be a water pipe, a pipe which ever gives and yet never goes empty, instead of a

to keep out colds, and to help you keep up with the day's task.

Keep your house immaculately clean, within and without, especially the floors, furniture, and dark corners; and remember that uncovered and unclean cabinets and toilets kill the oxygen. Have the home attractive and orderly—everything in its place. Ever remember that cleanliness is next to godliness, and that heaven-like law and order save energy, means, and time.

And do not forget that even more essential to health are fresh water, sunshine, pure fresh air and outdoor exercise. A home garden provides all these, and besides supplying the table with fresh life-giving food, it saves cash, too. Yes, home garden work can even keep the children out of mischief and at the same time help them to develop strong physiques, noble characters, and usefulness—to learn to be industrious.

Never sleep in a room with closed windows. Breathe deeply; drink water at every opportunity; two quarts a day are not too much for a grown person—only two glassfuls an hour or more before breakfast, three between breakfast and dinner, two between dinner and supper, and in some cases one after supper; more in a hot climate.

Be not overanxious to avoid sunshine. Always keep in mind that roses and fruit obtain their beautiful colors only when they come in direct contact with the rays

of the sun, and that without the sun nothing can keep alive. Health makes a person beautiful, whereas artificial makeup on an anemic complexion never does. But if a sunless complexion is more appealing to you, then consider well and make your choice as to whether you wish to look better or to feel better. Moreover, you can use a hat with a wide brim to shade your face and still get the benefit of the sun's rays.

It is because no one can afford to stint himself on these three indispensables (sunshine, air, and water), that the Creator has lavished the earth more abundantly with them than with any other gift, and has placed them within the easiest reach of all living. These are the cheapest and most essential body requirements obtainable. Futile it is to stay away from them.

Those who fail to observe these health principles, cannot, of course, hope to regain health or even to maintain it at its present level.

PLEASANT SURROUNDINGS

All God's creation is artistically designed and beautifully dressed, causing happy smiles and deep thinking each time one beholds it. All this He did for the good of humanity. Is it not true then, that your home and its surroundings affect not only your health but also your coun-

WHAT SHOULD A CHRISTIAN KNOW?

So far these Divinely-revealed health principles speak loudly that a large majority of Christians who ever pray for health but never do a thing to correct their erroneous habits, are only wasting their breath. Now, though, has come the opportune moment, the blessed moment, for each to realize that it is an irony to try to convince the Lord that the sinners' bodies should be made whole, but His laws of health ignored or put aside!

All Christians should now awake to the realization that praying for health is not their only duty; that their doing nothing more than praying, and nothing more than listening to a preacher, is not only making their bodies sick, but also keeping their minds inactive and their souls in darkness of advancing Truth. Anyone placing on the doctor's shoulders the whole burden of his health, and on the minister's shoulders the whole burden of his spiritual well-being, gains neither health nor truth. Each must bear his own yoke in order to be fair to himself.

As to the next means by which church members as a body may regain both their physical and spiritual health, the Lord asks the question and then answers it Himself:

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are

False. If the fan is turned to the wall to avoid drafts and placed on heavy felt to absorb sound, it will improve your chances of a restful night.

Physical fatigue can make it difficult to get to sleep.

True. A warm bath is probably the best way of reducing the tension that comes from too much unaccustomed exercise before going to bed.

The worst thing about insomnia is worrying about its effects on the next day's work.

True. Dr. Donald A. Laird, who studied sleep habits at Colgate University, suggests that when sleep is difficult you decide to get up later the next day. Knowing that you have plenty of time in which to rest, you will doze off easily.

Mattress and springs should be of medium softness to insure the most restful sleep.

True. A soft bed is the worst enemy of sound sleep, a hard bed almost as bad.

A nap after lunch is sheer self-indulgence and cuts down a person's efficiency.

False. Studies at Stephends College, Missouri, show that when students slept for an hour after lunch their scholastic records were higher than when they used the time for studying.

Mental effort is the worst possible preparation for getting to sleep.

True. A dull evening, ending with a walk to tire your muscles, is the best preparation for sleeping.

Man was not made to live in a city modernized according to man's short-sightedness, but rather in a well-dressed garden planted according to the Creator's pattern. Yes, the Garden of Eden was man's model city site. What a contrast between It and the cities of today! Anyone knows, of course, that when a large number of domesticated animals are as closely confined as are the people in the modern cities, they become subject to all manner of diseases. Human beings are no exception. It is no exaggeration to say that those living in the cities are living in Death's stockyards. Hence, if you must live in a city home, then rather than remain in a crowded district, let your dwelling be as far out and as much like the Eden having a neatly designed, well-cared-for garden and plants of all kinds artistically planted around the home.

THE CITY LIFE

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Occasionally, hot lemonade before breakfasts of food such as previously named. a meal, then keep alternating with other prunes (chewed well) at the beginning of results. Start with a half dozen dried olives, and other such fruits give excellent of constipation. Prunes, figs, dates, dried A proper diet should correct any case

ting them brings more permanent results. if the same is taken day after day. Rota-ing food. They will lose their effect though, are not only harmless, but are also nourish- results from buttermilk. Such laxatives and still others get the same or even better two of sweet milk taken between meals, mercial purgative; others from a glass or milk and half fruit juice, than from a com-can, or less, of evaporated milk, or half Some obtain even better results from one colon.

is, if the trouble is not higher up than the purpose, is better than a purgative, that use them. An enema, if it can answer the medicine chest, but better not to have to of purgatives—good to have them in the never need to use it. So it is with the use the extinguisher on hand, better if you extinguishers. Although it is wise to have Purgatives have their place as do fire

THE USE OF PURGATIVES

naked;” and not knowing its condition, it says, “I am, rich, and increased with goods, and have need of nothing”!

or under, must be beneficial to the body. picked up by spring water as it runs over salts which is imbedded in the soil and is evident that a certain amount of mineral the water provided in the Eden home, it minerals; it is dead. And as such was not water, like rain water, is robbed of all its life as the sun’s rays beat upon it. Distilled being further purified, it receives added rippling down the hill, the water becomes down than the spring itself, because while better when obtained a little farther Spring water from clean sources is even but from someone’s cesspool or septic tank, which issue, not from a clean reservoir, But beware of false springs, springs

natural, the best, to drink. garden. Plainly, then, spring water is the yes, it formed the river that watered the well or from a roof, but from a spring; but one kind of water. It was not from a man’s Divinely designed home, there was We are told that in the garden of Eden,

THE WATER IN EDEN

fast is also an effective intestinal cleanser. A well-balanced diet, though, 80% bulk vegetables, and 20% grains, as afore pointed out, will cure constipation and resultant diseases, besides maintain good health.

WHAT DO YOU KNOW ABOUT SLEEP?

(From *The Reader’s Digest*, June, 1945)

Between the ages of 25 and 70 the average person spends 15 years sleeping. Lack of sleep has made generals lose battles, nervous patients lose their minds, wives lose their husbands. Obviously an understanding of sleep is important to us all, but how many of us know the scientifically established facts about it? What’s your score on the following statements, some true, some false?

Healthy sleepers never toss and turn.

False. Everyone changes his position many times because the muscular arrangement of the body is such that we cannot relax all over at once. Thirty-five shifts a night is average.

The most refreshing sleep comes early.

True. Studies at Colgate University show that many of the benefits of sleep have been fully obtained by the end of the first few hours.

If you sleep six hours instead of eight, you must expend more energy the next day to accomplish the same work.

True. Laboratory tests show that we use up to 25 percent more calories to compensate for lost sleep.

To make up lost sleep we must sleep a few hours longer for several nights in succession.

False. One normal night’s sleep will give us all the recovery that extra sleeping can bring.

work through to the end of the day, to sunset

So while the natural way of life demands longer working hours during the summer months, it demands shorter working hours during the winter months—a daily average year-round of 12 hours work and 12 hours rest. One who complies with all the requirements which Truth herein recommends, complies with the natural laws of his being, with the laws which promote good health and which bring happiness into the home. But if he disregards these laws, he cannot of course, expect to receive more than his investment permits. And, too, a person should clearly see that the full amount of work is just as essential to good health as is the full amount of rest, that one should balance the other; and that to the extent he violates these laws, just to that extent will he suffer the penalty they impose. “Because thou hast. . . eaten of the tree,” again warns the Creator, “. . . in the *sweat* of thy face shalt thou eat bread, till thou return unto the ground.” Gen. 3:17-19.

Think of the unnatural life the world is now living! It endeavors to get along on as little work and rest and on as much fun and play as possible. It eats denatured and out-of-season foods, drinks alcoholic, spirituous, and drug-containing liquids all day long—what a swill! A wonder that it still lives! Indeed, it is “wretched, and miserable, and poor, and blind, and