

# THE FINAL WORK

Revised and Enlarged 2004

***ANSWERING HUMANITY'S NEED***

A compilation of inspired counsels  
for the preparation of  
gospel medical missionaries

by  
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“ . . . soon there will be no work done in ministerial lines but medical missionary work.”  
Counsels on Health, 533.

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# Reasons For Reform

My people are destroyed for lack of knowledge. Hosea 4:6.

**1. Our first duty toward God and our fellow beings is the establishment and the preservation of our personal physical and mental health.**

*Counsels on Health, 107–108.*

OUR first duty toward God and our fellow beings is that of self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. Hence that time is spent to good account which is used in the establishment and preservation of physical and mental health. We cannot afford to dwarf or cripple any function of body or mind. As surely as we do this, we must suffer the consequences.

**2. We are to know and to obey the principles that will restore in us the divine image.**

*The Ministry of Healing, 114–115.*

GOD desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul.

**3. God is pledged to maintain the health of the human body if we obey His laws and cooperate with Him.**

*Counsels on Diet and Foods, 17.*

THE Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism by disregarding His specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation, is the most wonderful.

**4. If we disobey the natural laws of our being, we will tend to break the ten commandments.**

*Christian Temperance and Bible Hygiene, 53.*

IT IS truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of

God spoken from Sinai.

**5. The truly converted will, through obedience to natural law, seek to avoid physical, mental, and moral feebleness.**

*Testimonies, vol. 6, 369–370.*

WHEN men and women are truly converted, they will conscientiously regard the laws of life that God has established in their being, thus seeking to avoid physical, mental, and moral feebleness. Obedience to these laws must be made a matter of personal duty. We ourselves must suffer the ills of violated law. We must answer to God for our habits and practices. Therefore, the question for us is not, "What will the world say?" but, "How shall I, claiming to be a Christian, treat the habitation God has given me? Shall I work for my highest temporal and spiritual good by keeping my body as a temple for the indwelling of the Holy Spirit, or shall I sacrifice myself to the world's ideas and practices?"

**6. Ignorance of natural law is the major cause of disease.**

*Counsels on Diet and Foods, 19.*

THE majority of diseases which the human family have been and still are suffering under, they have created by ignorance of their own organic laws.

**7. We are to give our body as a healthy, living sacrifice to God for a temple of the Holy Ghost.**

*Counsels on Health, 121.*

GOD requires the body to be rendered a living sacrifice to Him, not a dead or a dying sacrifice. The offerings of the ancient Hebrews were to be without blemish, and will it be pleasing to God to accept a human offering that is filled with disease and corruption? He tells us that our body is the temple of the Holy Ghost; and He requires us to take care of this temple, that it may be a fit habitation for His Spirit. The apostle Paul gives us this admonition: "Ye are not your own; for ye are bought with a price; therefore, glorify God in your body and in your spirit, which are God's." All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society.

**8. We rob our families and neighbors, as well as God, when we disobey the laws of health.**

*Testimonies, vol. 3, 164–165.*

OUR first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which

# **Diet and Spirituality**

If any man will do his will, he shall know of the doctrine. John 7:17.

## **24. There is a close sympathy between physical health and spirituality.**

*Counsels on Health, 67.*

LET none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature.

## **25. Indulgence of appetite makes sanctification of the body and spirit impossible.**

*The Health Reformer, 181.*

IT IS not possible for us to glorify God while living in violation of the laws of life. The heart cannot possibly maintain consecration to God while lustful appetite is indulged. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible.

## **26. It is a sacred duty to love the Lord more than our appetites.**

*Testimonies, vol. 2, 70.*

IT IS a duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given. If we close our eyes to the light for fear we shall see our wrongs, which we are unwilling to forsake, our sins are not lessened, but increased. If light is turned from in one case, it will be disregarded in another. It is just as much sin to violate the laws of our being as to break one of the ten commandments, for we cannot do either without breaking God's law. We cannot love the Lord with all our heart, mind, soul, and strength while we are loving our appetites, our tastes, a great deal better than we love the Lord.

## **27. Indulged appetite is the greatest hindrance to sanctification.**

*Testimonies, vol. 9, 156.*

WE NEED to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification.

## **28. Many lose more sacred Sabbath blessings than they realize because of their overeating.**

*The Ministry of Healing, 307.*

WE SHOULD not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this, the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. A clogged

stomach means a clogged brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath, many do more than they think, to unfit themselves for receiving the benefit of its sacred opportunities.

## **29. Overeating at camp meetings often creates lethargy in the appreciation of eternal matters.**

*Testimonies, vol. 5, 162–164.*

I HAVE been shown that some of our camp meetings are far from being what the Lord designed they should be. . . . Often the stomach is overburdened with food which is seldom as plain and simple as that eaten at home, where the amount of exercise taken is double or treble. This causes the mind to be in such a lethargy that it is difficult to appreciate eternal things, and the meeting closes, and they are disappointed in not having enjoyed more of the Spirit of God.

## **30. Indulgence in wrong eating habits will lead to unfitness for the finishing touch of immortality.**

*Testimonies, vol. 2, 66.*

YOU need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His word requires and which are necessary to give you a moral fitness for the finishing touch of immortality.

## **31. A weakening of our physical powers decreases our spiritual eyesight and our will power.**

*Christ's Object Lessons, 346.*

ANYTHING that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right.

The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do.

## **32. Christ will not reach low enough to raise those who persist in self-gratification.**

*Spiritual Gifts, vol. 4, 148–149.*

THOSE who bring disease upon themselves, by self-gratification, have not healthy bodies and minds. They can-

# **The True Remedies**

**The true remedies—the eight natural remedies—are the divine principles of healthful living which will govern the well-being of the redeemed throughout all ages. Their present-day adoption affords now a foretaste of that future life.**

## **60. *Ministry of Healing, 127.***

**P**URE AIR, SUNLIGHT, ABSTEMIOUSNESS, REST, EXERCISE, PROPER DIET, the use of WATER, TRUST IN DIVINE POWER—these are THE TRUE REMEDIES. Every person should have a knowledge of nature's remedial agencies and how to apply them. [All emphasis supplied unless otherwise noted].

## **61. *Medical Ministry, 230.***

**I** SHOULD do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided—PURE AIR, pure WATER, and the healing, precious SUNLIGHT.

## **62. *Medical Ministry, 225.***

**T**HE sick should be educated to have confidence in nature's great blessings which God has provided; and the most effective remedies for disease are pure soft WATER, the blessed God-given SUNSHINE coming into the rooms of the invalids, living outdoors as much as possible, having healthful EXERCISE, eating and drinking FOODS that are prepared in the most healthful manner.

## **63. *Counsels on Health, 166.***

**L**IFE in the open air is good for body and mind. It is God's medicine for the restoration of health. PURE AIR, good WATER, SUNSHINE, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees.

# **The True Remedies—I**

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## **Pure Air**

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### **64. Air stimulates the whole body, strengthening it to resist disease.**

*Testimonies, vol. 1, 701.*

AIR is the free blessing of Heaven, calculated to electrify the whole system. Without it the system will be filled with disease and become dormant, languid, feeble.

### **65. Pure, fresh air has a beneficial effect upon the nerves, the blood, the mind, the appetite, the digestion, and upon the sleep.**

*Testimonies, vol. 1, 702.*

AIR, air, the precious boon of heaven which all may have, will bless you with its invigorating influence if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. Air must be in constant circulation to be kept pure. The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep.

### **66. Good blood—cleansed and vitalized by pure air—is essential to good health.**

*The Ministry of Healing, 271.*

IN ORDER to have good health, we must have good blood; for the blood is the current of life. It repairs waste, and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished.

### **67. Good blood is dependent upon full, deep inspirations of pure air.**

*The Ministry of Healing, 272.*

IN ORDER to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite, and renders digestion more perfect; and it induces sound, refreshing sleep.

### **68. Correct posture is essential to proper breathing and is to be insisted upon.**

*Education, 198.*

AMONG the first things to be aimed at should be a correct position, both in sitting and in standing. God made

man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote. Let the teacher give instruction on this point by example and by precept. Show what a correct position is, and insist that it shall be maintained.

### **69. Proper breathing and the correct use of the voice are next in importance to good posture in the proper use of the respiratory organs.**

*Education, 198.*

NEXT in importance to right position are respiration and vocal culture. The one who sits and stands erect is more likely than others to breathe properly. But the teacher should impress upon his pupils the importance of deep breathing. Show how the healthy action of the respiratory organs, assisting the circulation of the blood, invigorates the whole system, excites the appetite, promotes digestion, and induces sound, sweet sleep, thus not only refreshing the body, but soothing and tranquilizing the mind. And while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this, and see that the habit becomes established.

### **70. The use of the abdominal muscles is essential in proper breathing and in the proper use of the voice.**

*Education, 199.*

THE training of the voice has an important place in physical culture, since it tends to expand and strengthen the lungs, and thus to ward off disease. To insure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing, and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen, rather than on those of throat. Great weariness and serious disease of the throat and lungs may thus be prevented. Careful attention should be given to securing distinct articulation, smooth, well-modulated tones, and a not-too-rapid delivery. This will not only promote health, but will add greatly to the agreeableness and efficiency of the student's work.

### **71. Tight clothing interferes with breathing, digestion, and circulation, and thus lessens the physical and mental powers.**

*Education, 199.*

IN TEACHING these things a golden opportunity is afforded for showing the folly and wickedness of tight-lacing, and every other practice that restricts vital action. An almost endless train of disease results from unhealthful

# The True Remedies—II

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## Sunlight

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See also paragraphs 79, 81–84, 86–87, 90–92, 94–95.

**105. Sunlight is an integral part of the function and beauty of this earth.**

*Testimonies*, vol. 5, 312.

HOW wonderfully, with what marvelous beauty, has everything in nature been fashioned. Everywhere we see the perfect works of the great Master Artist. The heavens declare His glory; and the earth, which is formed for the happiness of man, speaks to us of His matchless love. Its surface is not a monotonous plain, but grand old mountains rise to diversify the landscape. There are sparkling streams and fertile valleys, beautiful lakes, broad rivers, and the boundless ocean. God sends the dew and the rain to refresh the thirsty earth. The breezes, that promote health by purifying and cooling the atmosphere, are controlled by His wisdom. He has placed the sun in the heavens to mark the periods of day and night, and by its genial beams give light and warmth to the earth, causing vegetation to flourish.

**106. God desires that His children live in harmony with the night and day cycles He has established.**

*Evangelism*, 651.

SOME . . . are much opposed to order and discipline. They lie in bed some hours after daylight, when everyone should be astir. They burn the midnight oil, depending upon artificial light to supply the place of the light that nature has provided at seasonable hours. . . . Thus they are sleeping soundly when they should be awake with nature and the early-rising birds. The precious habits of order are broken; and the moments thus idled away in the early morning set things out of course for the whole day.

Our God is a God of order, and He desires that His children shall will to bring themselves into order, and under His discipline. Would it not be better, therefore, to break up this habit of turning night into day, and the fresh hours of the morning into night?

**107. Early to bed and early to rise is essential to Christian healthful living.**

*Sons and Daughters of God*, 171.

IF YOUNG men and women would grow up to the full stature of Christ Jesus, they must treat themselves intelligently. . . . Unhealthful habits of every order—late hours at night, late hours in bed in the morning, rapid eating are to be overcome. Masticate your food thoroughly. Let there be no hurried eating. Have your room well ventilated day and night, and perform useful physical labor. . . . By properly using our powers to their fullest extent in the most useful employment, by keeping every organ in health, by so preserving every organ that mind, sinew, and muscle shall work

harmoniously, we may do the most precious service for God.

**108. Out-of-doors in the sunlight is a must for health and happiness.**

*My Life Today*, 138.

THERE are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. We pity little children who are kept confined indoors when the sun is shining gloriously without. Clothe your boys and girls comfortably and properly. . . . Then let them go out and exercise in the open air, and live to enjoy health and happiness. The pale and sickly grain-blade that has struggled up out of the cold of early spring puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun. . . . and share with vegetation its life-giving, healing power.

**109. Open air and sunlight help to counteract the effects of a wrong diet.**

*Temperance*, 159.

THEY who work in the open air will feel less injury from the use of flesh meats than those of sedentary habits, for sun and air are great helps to digestion, and do much to counteract the effect of wrong habits of eating and drinking.

**110. I must get all the sunlight possible in harmony with the prudent care of my body.**

*Medical Ministry*, 230.

IN REGARD to that which we can do for ourselves: There is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body.

**111. Light, which God has pronounced good, should not be excluded from our homes.**

*My Life Today*, 138.

WHEN God had made our world, and darkness was upon the face of the deep, he said, Let there be light, and there was light. And God saw the light that it was good. Shall we close our houses, and exclude from them the light which God has pronounced good?

# **The True Remedies—V**

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## **Exercise**

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### **183. Man was designed for garden work in the open air.**

*Christian Temperance and Bible Hygiene, 172.*

MAN'S employment, as seen in the original design is also worthy of notice. "The Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Man was designed for activity in the open light of the sun and the free air of heaven. These conditions were important to the joys of his existence. The subsequent curse upon Adam was not in that he should labor, but that his labors should be attended with difficulties.

### **184. Man's organs were designed for labor, and no sooner did God create man than He gave him his appointed work.**

*Testimonies, vol. 3, 76.*

GOD made Adam and Eve in Paradise, and surrounded them with everything that was useful and lovely. He planted for them a beautiful garden. No herb nor flower nor tree was wanting which might be for use or ornament. The Creator of man knew that the workmanship of His hands could not be happy without employment. Paradise delighted their souls, but this was not enough; they must have labor to call into exercise the wonderful organs of the body. The Lord had made the organs for use. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who formed man knew what would be for his best happiness, and He no sooner made him than He gave him his appointed work. In order to be happy, he must labor.

### **185. A short period of trial will convince you of the many benefits of daily exercise in the open air.**

*Testimonies, vol. 2, 533.*

THOSE who do not use their limbs every day will realize a weakness when they do attempt to exercise. The veins and muscles are not in a condition to perform their work and keep all the living machinery in healthful action, each organ in the system doing its part. The limbs will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings.

### **186. The blessings from daily labor and those from the plan of salvation were planned by the same Creator.**

*My Life Today, 168.*

RICHES and idleness are thought by some to be blessings indeed; but those who are always busy, and who cheerfully go about their daily tasks, are the most happy and enjoy the best health. The healthful weariness which results from well-regulated labor secures to them the benefits of refreshing sleep. The sentence that man must toil for his daily bread, and the promise of future happiness and glory, both came from the same throne, and both are blessings.

### **187. Daily activity preserves the living machinery.**

*Healthful Living, 131.*

GOD designed that the living machinery should be in daily activity; for in this activity or motion is its preserving power.

### **188. The harmonious action of the many components of the human body requires that they each be exercised regularly.**

*Testimonies, vol. 3, 77.*

EACH faculty of the mind and each muscle has its distinctive office, and all require to be exercised in order to become properly developed and retain healthful vigor. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed. Each faculty has a bearing upon the others, and all need to be exercised in order to be properly developed. If one muscle of the body is exercised more than another, the one used will become much the larger, and will destroy the harmony and beauty of the development of the system. A variety of exercise will call into use all the muscles of the body.

### **189. The mind will gain strength and knowledge by the harmonious exercise of the other organs.**

*Testimonies, vol. 3, 77.*

GOD has given us all something to do. In the discharge of the various duties which we are to perform, which lie in our pathway, our lives will be made useful, and we shall be blessed. Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of those organs. The exercise of one muscle, while others are left with nothing to do, will not strengthen the inactive ones any more than the continual exercise of one of the organs of the mind will develop and strengthen the organs not brought into use.

# The Lord's Work

## **328. Every self-sacrificing worker is to do the Lord's work of loving ministry.**

*Review and Herald, vol. 4, 387.*

THE Lord continually performed deeds of loving ministry, and this every minister of the gospel should do. He has appointed us to be His ambassadors, to carry forward *His work* in the world. To every true, self-sacrificing worker is given the commission, "Go ye into all the world, and preach the gospel to every creature." (emphasis supplied).

## **329. We are to follow the example of Christ's work upon this earth.**

*Review and Herald, vol. 4, 387.*

READ carefully the instruction given in the New Testament. The work that the Great Teacher did in connection with His disciples is the example we are to follow.

## **330. Christ gave His whole earthly life to teach us how to work for God.**

*Battle Creek Letters, 113.*

THE great Teacher, while on this earth, gave His whole life to teach us how to work as devoted, consecrated missionaries for God.

## **331. Christ's teaching, healing, and preaching is the work outlined for those who have greater truth than any previous generation.**

*Australasian Record, 119.*

CHRIST is our example. Of His work we read, Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. They brought unto Him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy, and He healed them.

Christ healed the people, and then to those whom He healed and to those who had witnessed His healing, He preached the gospel of the kingdom. This is *the work* outlined before those who have in trust the greatest wealth of truth ever committed to mortals. (emphasis supplied).

## **332. The true gospel consists of Christlike work for both the body and the soul.**

*My Life Today, 224.*

THE union of Christlike work for the body and Christlike work for the soul is the true interpretation of the gospel.

## **333. Like Christ, the apostles, and the seventy we**

## **are to unite medical missionary work with the ministry of the Word.**

*Counsels on Health, 517.*

IN ALL His labors He united the medical missionary work with the ministry of the Word. He sent out the twelve apostles and afterward the seventy, to preach the gospel to the people, and He gave them power also to heal the sick and to cast out devils in His name. Thus should the Lord's messengers enter His work today.

## **334. Christ united healing and teaching; but He spent the most time in healing, and He is our Example.**

*The Gospel Herald, 137.*

THE Lord Jesus is our Example. He came to the world as a servant of mankind. He went from city to city, from village to village, teaching the gospel of the kingdom, and healing the sick. Christ spent more time in healing than in teaching. As our example, Christ linked closely together the work of healing and teaching, and in this our day they should not be separated.

## **335. The ministry of the Word and the healing of the sick are one work, and they never can and never will be separated.**

*Special Testimonies, Series B, 256.*

THE Holy Spirit never has, and never will in the future, divorce the medical missionary work from the gospel ministry. They cannot be divorced. Bound up with Jesus Christ, the ministry of the Word and the healing of the sick are one.

## **336. Ministers are to work for the body as well as for the soul, taking the people right where they are and helping them in every way possible.**

*Review and Herald, vol. 4, 372.*

TO TAKE people right where they are, whatever their position or condition, and help them in every way possible this is gospel ministry. Those who are diseased in body are nearly always diseased in mind, and when the soul is sick, the body also is affected. Ministers should feel it a part of their work to minister to the sick and afflicted whenever opportunity presents itself. The minister of the gospel is to present the message, which must be received if the people are to become sanctified and made ready for the coming of the Lord. This work is to embrace all that was embraced in Christ's ministry.

## **337. The gospel ministry is a union of the medical missionary work and the ministry of the Word.**

*Review and Herald, vol. 4, 372.*

## Agriculture and Our Health Work

treating their families. There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons.

### **401. We are to move slowly in the acquisition of equipment which requires experts to operate.**

*Loma Linda Messages, 178.*

**N**OW I am certain that great care should be taken in purchasing electrical instruments and costly mechanical fixtures. Move slowly, Brother Burden, and do not trust to men who suppose that they understand what is essential, and who launch out in spending money for many things that require experts to handle them.

### **402. We are to make prominent those principles that will live through the eternal ages.**

*Lift Him Up, 366.*

**G**OD has given man immortal principles to which every human power must one day bow. He has given us truth in trust. The precious beams of this light are not to be hidden under a bushel, but are to give light to all that are in the house. Truth, imperishable truth is to be made prominent. Show those with whom you come in contact that the truth is of consequence to you. It means much to you to stand by the principles that will live through the eternal ages.

### **403. All conflict with natural law creates a diseased soul.**

*The Health Reformer, 215.*

**E**VERYTHING that conflicts with natural law creates a diseased condition of the soul.

### **404. We need to avoid praiseworthy work that has not been placed in our hands by the Lord.**

*Spalding and Magan, 116.*

**T**HERE is always a danger of taking upon ourselves a work the Lord has not placed in our hands, and neglecting that which He has given us to do, and which would better honor His name; that which to human eyes may appear praiseworthy, may be the very thing the Lord has not placed in our hands.

### **405. God expects us to destroy the destructive and health-threatening vermin.**

*Selected Messages, book 3, 329.*

**T**HIS earth has been cursed because of sin, and in these last days vermin of every kind will multiply. These pests must be killed, or they will annoy and torment and even kill us, and destroy the work of our hands and the fruit of our land. In places there are ants [termites] which entirely destroy the woodwork of houses. Should not these be destroyed? Fruit trees must be sprayed, that the insects which would spoil the fruit may be killed. God has given us a part to act, and this part we must act with faithfulness. Then we can leave the rest with the Lord.

### **406. We are to place ourselves in the condition most favorable to the recovery of health.**

*Spalding and Magan, 7.*

**I** THANK the Lord that it is our privilege to cooperate with Him in the work of restoration, availing ourselves of all possible advantages in the recovery of health. It is no denial of our faith to place ourselves in the condition most favorable to recovery.

### **407. At times we have to be guided by the concept of the benefit outweighing the potential harm.**

*Testimonies, vol. 2, 373.*

**W**HEN I have been from home sometimes, I have known that the bread upon the table, and the food generally, would hurt me; but I would be obliged to eat a little to sustain life.

### **408. It is God's will that we use as needed every facility for the restoration of health that is in harmony with natural law.**

*The Ministry of Healing, 231–232.*

**I**T IS not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to cooperate with God, and to place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws.

### **409. All true recovery from disease is from God.**

*The Ministry of Healing, 113.*

**A**LL life-giving power is from Him. When one recovers from disease, it is God who restores him.

### **410. Strong coffee may be used as a medicine, but coffee is not to be used as a beverage.**

*Selected Messages, book 2, 302–303.*

**I**HAVE not knowingly drunk a cup of genuine coffee for twenty years, only, as I stated, during my sickness for a medicine I drank a cup of coffee, very strong, with a raw egg broken into it.

### **411. Tea also may be used as a medicine, but not as a beverage.**

*Selected Messages, book 2, 302.*

**I**DO not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side I took it as a medicine when I was sick and vomiting. In such circumstances it may prove a present relief.

### **412. Ellen G. White received X-ray treatments, for which she was grateful.**

*Selected Messages, book 2, 303.*

**F**OR several weeks I took treatment with the X-ray for the black spot that was on my forehead. In all I took twenty-three treatments, and these succeeded in entirely removing the mark. For this I am very grateful.

### **413. Blood transfusions are suggested as a means of saving lives.**

# Health Reform / Deform

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**486. Two purposes of health reform are to relieve suffering and to purify the church.**

*Testimonies*, vol. 9, 112–113.

THE work of health reform is the Lord's means for lessening suffering in our world and for purifying His church.

**487. The acceptance or rejection of the principles of health reform has eternal consequences for they are an essential part of present truth.**

Elder J. H. Waggoner, *Review and Herald*, August 7, 1866. (*The Story of Our Health Message*, 79–80)

WE DO not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land. But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and is thereby producing an effect which we could not have looked for from any other means.

As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence; but when placed on a level with the great truths of the third angel's message by the sanction and authority of God's Spirit, and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation, then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our peril.

**488. Health reform reveals the sinfulness of violating natural law.**

*Counsels on Health*, 21.

MEN and women cannot violate natural law by indulging depraved appetites and lustful passions, without violating the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may realize the sinfulness of breaking the laws which He has established in our being.

**489. A perfect life without sin includes obedience to the natural laws of the body.**

*Counsels on Health*, 20.

When men take any course which needlessly expends their vitality or beclouds their intellect, they sin against God; they do not glorify Him in their body and spirit, which are His. Yet despite the insult which man has offered Him, God's love is still extended to the race; and He permits light

to shine, enabling man to see that in order to live a perfect life he must obey the natural laws which govern his being. How important, then, that man should walk in this light, exercising all his powers, both of body and mind, to the glory of God!

**490. Health reform is an essential part of the message to prepare for Christ's coming.**

*Counsels on Health*, 20–21.

THE health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body.

**491. The practice and teaching of health reform will lead others to investigate spiritual truths.**

*Evangelism*, 514.

I HAVE been informed by my guide that not only should those who believe the truth practice health reform but they should also teach it diligently to others; for it will be an agency through which the truth can be presented to the attention of unbelievers. They will reason that if we have such sound ideas in regard to health and temperance, there must be something in our religious belief that is worth investigation. If we backslide in health reform we shall lose much of our influence with the outside world.

**492. All can utilize health reform to do the Lord's work.**

*Testimonies*, vol. 9, 112–113.

THE work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand by cooperating with the Master Worker in restoring physical and spiritual health. This work bears the signature of heaven and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently.

**493. We are neither to reject health reform nor are we to be too rigid in our personal ideas of how to apply it.**

*Counsels on Diet and Foods*, 196.

TWO classes have been presented before me: first, those who are not living up to the light which God has given them; secondly, those who are too rigid in carrying out their one-sided ideas of reform, and enforcing them on others. When they take a position, they stand to it stubbornly, and carry nearly everything over the mark.

**494. Extreme views of health reform have irreversible spiritual consequences.**