

During the second half of the nineteenth century Americans were heavy meat-eaters, perhaps even more so than they are today. Hence EG White’s counsels along this line were regarded with skepticism by some. How could a labouring man be strong without meat? Or a growing child? Or a pregnant Mother? Only those who took the counsels seriously and followed the light found the answer, though in time science provided nutritional facts in support of her teaching. Today the nutritional adequacy of a vegetarian diet supplemented with dairy products and eggs is well established. For a well-rounded discussion of this question, read Ministry of Healing, pp. 311 – 324; Counsels on Diet and Foods, pp. 363 – 416, 481 – 498.

The late Dr E V McCollum, of Johns Hopkins University, a leading authority on food, declared:

All the evidence from both animal experimentation and human experience supports, in a manner which can never be broken down, the viewpoint that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet is the lactovegetarian diet. –

And here we quote from a report of the results of an experiment involving 200 persons:

A very extensive study of 112 vegetarian and 88 nonvegetarian adults, adolescents, and pregnant women was done by Hardinge and Stare. A thorough physical examination of each subject with careful consideration of height, weight, blood pressure, and the presence of any pathological conditions, especially any which might indicate nutritional deficiency, was made.

Among the expectant mothers, there was no evidence obtained in indicate that the lacto-ovo-vegetarian diet failed to provide the dietary standards for adequate nutrition.

The total protein, albumin, and globulin values and the haematological findings for all the groups, vegetarian and nonvegetarian, were not statistically different.– Hardinge, M G, et al, “Nutritional Studies of Vegetarians,” The Journal of Clinical Nutrition, 2:73, 1954.

Note also that while flesh foods provide adequate proteins, the “extractives” may prove injurious: “The quality of protein fed must not be disregarded. Although meat protein per se is a good source, meat, because of its extractives, is injurious.” – *Journal of American Dietetic Association*, vol. 22, p. 112.

Fats appear frequently in EG White’s writings on proper nutrition. Here are two such statements: “The grease cooked in the food renders it difficult of digestion.” – *Counsel on Diet and Foods*, p. 354. “The oil as eaten in the olive, is far preferable to animal oil or fat.” – *Ministry of Healing* (1905), p. 298.

Scientific confirmation:

Fatty foods are believed to be indigestible. It is true that an excessive amount of fat in the diet of susceptible persons will cause intestinal disturbances. Much, however, depends on the nature of the fat... Warning, however, should be given to improperly fried foods, since they are often so thoroughly impregnated with fat as to prevent ready access of the digestive juices. – Nutrition and Diet in Health and Disease, Mc-Lester-Darby (6th edition), pp. 199, 200.

To this must be added the latest warnings of the nutritionists to the effect that animal fats tend to increase the level of cholesterol in the blood. Excessive amounts of this substance in the blood may cause damage to the arteries and be a factor in the large death toll from arterial and heart diseases. Observe also the instruction to use free-flowing vegetable oils, which tend to lower blood cholesterol, rather than the hard fats. The following statement from an authoritative work of recent date is reassuring:

Significant atherosclerosis is rare in peoples whose diet over the life span is predominantly vegetarian and low in calories, total lipids [fats], saturated lipids [solid fats], and cholesterol. – Nutrition and Atherosclerosis, Louis N Katz, Jeremiah Stamler, Ruth Pick, p. 20.

What do these evidences mean? This is a fair question, one that demands honest consideration by every searcher for truth. One thing is certain – the God of science is the God of revelation.

We confidently expect further scientific knowledge to provide additional illuminating confirmation. Whenever you observe something of a scientific character in the Spirit of Prophecy writings, mark it. Then watch for the supporting scientific evidences to be reported in newspapers or magazines.

PROPHETIC GUIDANCE IN THE ADVENT MOVEMENT

SCIENCE CONFIRMS THE SPIRIT OF PROPHECY

Test Questions – Lesson 11

1. Fill in the words missing:

1. “God is the ..... of science.”

2. “True science contributes fresh ..... of the ..... and of God.”

3. “Science may be ..... with the written word. . . . One does not..... the other.”

2. What special features of the constellation of Orion attracted Mrs. White’s attention while in vision?


.....

3. Name three doctors who in their published writings freely confirmed the accuracy of Spirit of Prophecy statements made many decades ago.

1. ....

2. ....

3. ....



Briefly summarize Mrs. White’s observations on –

1. prenatal influence

.....

2. hypnosis

.....

.....

.....

4. A. List three commonly-used foods or types of foods concerning which scientific research since Mrs. White’s death in 1915 has confirmed her statements published many years before:

1. .... 2. .... 3. ....


B. Fill in the missing words:

“Fine-flour bread is lacking in ..... elements to be found in bread made from the ..... wheat.”

C. List four foods or types of foods which Mrs. White mentioned as palatable, nutritious, and healthful:

1. .... 2. ....

3. .... 4. ....



Mrs. White’s writings clearly indicate that tea and coffee are really nerve irritants, though temporary stimulants.

Complete the following terse corroborating statement from Dr. W. A. Evans, Health Commissioner of Chicago:

“Coffee is a ..... Those who are addicted to its use are.....”

5. Underline the words in parentheses which truthfully complete these statements:

1. The pioneers (were) (were not) bigoted because they said, “We have the truth, we know it.”
2. It (is) (is not) possible to know with certainty that we now have the truth.



Answer these questions:

1. Who were the four men mentioned by Mrs. White as having a prominent part in laying the foundations of doctrinal teaching, and with

doctrinal teaching, and with whom she had studies?

- (a) .....
- (b) .....
- (c) .....
- (d) .....

2. When the brethren could go no further in study, how did they accept light given through Mrs. White?

.....

.....

Science confirms the spirit of Prophecy

11



PROPHETIC GUIDANCE

GUIDING TEXT: Ever since the creation of the world his invisible nature, his eternal power and deity, has been clearly perceived in the things that have been made. – Romans 1:20, R.S.V.

The God of true religion is the God of true science. He is one and the same, and in Him there is no conflict. The writings of Ellen G White magnify and unify the two books of God, His Word and His works – the book of nature, - opening up for our study a vast field of theological-scientific truth.

1. Science Contributes Evidence of God’s Power

God is the author of science. Scientific research opens to the mind vast fields of thought and information, enabling us to see God in His created works. Ignorance may try to support skepticism by appealing to science; but instead of upholding skepticism, true science contributes fresh evidences of the wisdom and power of God. Rightly understood, science and the written word agree, and each sheds light on the other. Together they lead us to God, by teaching us something of the wise and beneficent laws through which He works. – Counsels to Parents and Teachers, p. 426.

EG White urged upon all “ a settled faith in the divinity of God’s Holy Word.” Such a faith will hold us steady and assure right conclusions in all our investigation of scientific data. Especially should the student of science remember this.

There should be a settled faith in the divinity of God’s Holy Word. The Bible is not to be tested by men’s ideas of science, but science is to be brought to the test of this unerring standard. When the Bible makes statements of facts in nature, science may be compared with the written Word, and a correct understanding of both will always prove them to be in harmony. One does not contradict the other. – Ellen G White, in Signs of the Times, March 13, 1884.

Keep in mind that neither the Holy Scriptures nor the writings of EG White is essentially a textbook of science. However, while presenting basic scriptural truths, the inspired messengers of God have disclosed scientific facts often unknown at the time.

As we begin our investigation with the Bible, note Isaiah’s statement concerning the shape of our planet Earth, which has since been confirmed as scientifically accurate – the earth is a globe.

It is he that sitteth upon the circle of the earth, and the inhabitants thereof are as grasshoppers; that stretcheth out the heavens as a curtain, and spreadeth them out as a tent to dwell in. – Isaiah 40:22.

Moffatt clarifies this by rendering, “He sits over the round earth.” Thus twenty centuries or more before Columbus’ time, the Bible declared the truth on the subject of a round world. Yet even that late, Columbus’ idea that the earth is a sphere or a globe was held in contempt as utterly and ridiculously impossible.

2. Illustration in Natural Science

First we turn to an observation of the open “space” in the constellation of Orion that was a prominent feature of a vision given to EG White in the year 1848. Read this in *Early Writings*, p. 41. Ellen G white was wholly unfamiliar with astronomy, yet in relating this vision she made a remarkable allusion to the “open space” in that constellation. Fabulous Orion is considered by astronomers to be the most splendid of all the constellations, indisputably the most striking figure in the sky. The pre-eminence of this nebula is the subject of several scriptures: Job 38:31; 9:10; Amos 5:8. EG White wrote of the “open in Orion space,” as she described earth’s closing events transpiring in quick succession after “the voice of God” was heard. Note her interesting and enlightening statement:

...The powers of heaven will be shaken at the voice of God. Then the sun, moon, and stars will be moved out of their places. They will not pass away, but be shaken by the voice of God. Dark, heavy clouds came up, and clashed against each other. The atmosphere parted and rolled back; then we could look up through the open space in Orion, whence came the voice of God. The Holy City will come down through that open space. – *Early Writings*, p. 41.

Some seventy years later, after the invention of powerful telescopes, the internationally-known writer, William J Showalter, gave this amplified corroboration of EG White’s description of the “open space” in Orion:



The central region of the Huyghenian region in the nebula of the Orion is the opening of a colossal cavern in the primordial stellar floor. The nebula is no longer a flat surface. One peers

within cosmic deeps; one looks into a chasm before which all powers of imagination are submerged, and feasts the eye with supernal splendours. It is like looking in at a door and to the rear of a cave, deep within glittering nebulosity. The chasm is the most beautiful object visible to human sight. Pillars, columns, walls, facades, bulwarks, stalactites, and stalagmites are within deeps of deeps. They glow and shine superbly with pearly light.

Astronomers are fascinated as they view this phenomenon through powerful telescopes. Note the scientist’s terminology: “a colossal cavern, “ “cosmic deeps,” “cave”” “chasm,” “deep of deeps.” Ellen White had never peered through a telescope or even looked into a book on astronomy. She saw it as “the open space” through which the city of God will come down to earth. Revelation 21:10. Next we observe the role of electricity in the germination of seed buried in soil. Years before horticulturists in general recognized the importance of this power in the processes of plant germination, EG White wrote of the “lessons of life” that may be learned from the earth:

There is life in the seed, there is power in the soil; but unless infinite power is exercised day and night, the seed will yield no return. The showers of rain must refresh the thirsty fields; the sun must impart warmth; electricity must be conveyed to the buried seed. The life which the Creator has implanted, He alone can call forth. Every seed grows, every plant develops, by the power of God. – Christ’s Object Lessons (1900), p. 63. See also Education (1903), p. 104.

In the light of this long-standing Spirit of Prophecy statement, it is interesting to observe a press release of November 22, 1959, concerning electrical forces in the animal and vegetable kingdoms. This was reporting a symposium held at the College of William and Mary, in Williamsburg, Virginia; and quotes Dr H S Burr, of Yale University faculty:

Periodic, predictable electrical rhythms exist not only in humans but in trees and other forms of life, the symposium was told by Dr Burr. He said the vigor and growth rate of plants already have been successfully predicted by measurement of the electricity in cotton seeds. – Washington Post, Nov 22, 1959, p, A-1.

### 3. Illustration in Medical Science

George K Abbott, M D, for many years instructor of medical students and director of Seventh-day Adventist medical institutions, found E G White writings equally reliable in the fields of science and of theology. Here is his testimony, written in 1947:

Forty years of medical and surgical practice with much study of research work has left me with some very settled conclusions regarding the reliability of scientific statements made in the Testimonies on health and medical practices. – The Witness of Science, p. 9.

John Harvey Kellogg, M D, was also well qualified to speak on this subject. While medical superintendent of the famous Battle Creek Sanitarium, he wrote, in 1890:

Nearly thirty years ago there appeared in print the first of a series of remarkable and important articles on the subject of health, by Mrs E G White....  
... The principles taught were not enforced by scientific authority, but were presented in a simple, straightforward manner by one who makes no pretence to scientific knowledge, but claims to write by the aid and authority of the divine enlightenment...  
... New discoveries in science and new interpretations of old facts have continually added confirmatory evidence, until at the present time every one of the principles advocated more than a quarter of a century ago is fortified in the strongest possible manner by scientific evidence. – Christian Temperance and Bible Hygiene, preface pp. iii, iv.

Another more recent testimony is that of Clive McCay, PhD (not a Seventh-day Adventist), Professor of Nutrition, Cornell University, and well-known authority, to whom brief reference was made in Lesson 1, and from whom we shall quote further in this lesson.

Mrs White’s counsel on science stood the test of investigation half a century ago. Evidences make it clear that her writings on medical and health stand the test of increased research today.

### 4. Recent Confirmation of Early Counsels

In a lecture dealing with modern nutrition, presented in Ithaca, New York, April 9, 1958, Doctor McCay testified to the value of the Spirit of Prophecy counsels on diet and foods:

Among writers of the past century... those who are concerned with the betterment of human health must pay tribute to the writings of Ellen G White because she understood the importance of the selection of proper foods and the relation of the rest of the regime of living to proper nutrition and sound health. These notes have been prepared by a biochemist who specializes in nutrition in the hopes that others outside of the Adventists may gain a broader appreciation of the genius of the pioneer nutritionist, Ellen G White. Whatever may be the religious belief of a reader, he or she cannot help but gain much guidance in a better and healthier way of life from reading the major works of Ellen G White. – From the lecture notes, April 9, 1958

“Even modern specialists in nutrition whose life is dedicated to human welfare must be impressed ... by the writings and leadership of Ellen G White”. – Review and Herald, February 26, 1959, p. 10. EG White was indeed a “pioneer nutritionist”; however, her knowledge of foods came not from courses in nutrition at institutes of higher learning, but from God in vision that He graciously gave her. We have space for only a glimpse at a few E G White counsels in this field of diet and health. She wrote, in the year 1867:

There are but few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, and their eternal destiny. – Testimonies, vol 1, pp. 488, 489.

Ellen White wrote at great length on the positive side of nutrition, showing the relationship between good habits of eating and drinking, and good health. She also cautioned against extremes in diet, and pointed out certain dangers threatening the health reformer. Scientific research now supports her counsel in almost every field, of which we shall note but four: salt, refined foods, adequacy of a vegetarian diet, fats. Salt Foods should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt. – Counsels on Diet and Foods (1881), p. 340.

I use some salt, and always have, because from the light given me by God, this article, in place of being deleterious, is actually essential for the blood. The whys and wherefores of this I know not, but I give you the instruction as it is given to me. – Ibid (1901), p. 344.

Scientific confirmation is cited:

The earliest records of man indicate that salt has been a desirable article of food from the very dawn of time. However, little thought was given to how much of this agent should or should not be used ...

...Dr Dahl of the Brookhaven National Laboratory (American Medical Association, Archives of Internal Medicine 94: 525, 1954) studied the relationship between salt intakes and high blood pressure in more than five hundred people. All of these individuals had lived on foods cooked with salt, but some added more. He divided them into three groups and found no hypertension among those who never added salt to their food at the table, a moderate number with high blood pressure among those who added salt only after tasting, and the largest number of hypertensives among those who added salt routinely to all food even before tasting it.

Today salt free diets are seldom advocated, but low-salt diets are proving beneficial. – Mervyn G Hardinge, M D, “The Proper Use of Salt,” Review and Herald, August 22, 1957, p. 7.

### 2. Refined Foods

We live in a day when nutritionists are urging the public to give attention to the question of refined foods-products from which valuable nutrients have been separated in the manufacturing process. Though seemingly well fed, many are really undernourished. This was not always so. Concerning this, Dr McCay wrote:

In earlier ages man did not destroy the complex nutrients of natural foodstuffs, because his supply was often marginal and he had to eat the whole product in the form in which it grew... Man first learned to destroy most of the value of natural foods when he discovered the distillation of alcohol, ... and when he learned to crystallize sugar...  
About 150 years ago the sciences of chemistry, physics, and physiology started to advance rapidly. These sciences finally made it possible to produce and distribute the vast array of foods that flood the American markets today. At the same time they made it easy to produce and sell huge amounts of highly processed materials such as sugar and alcohol that appeal to the taste of man but may lead him downward in well-being. – Review and Herald, February 12, 1959, pp. 16, 17.

We note briefly two classes of refined foods – cereals and sugar. In 1854, nine years before the *comprehensive* health reform vision of 1863 was given to Mrs White, she touched upon both these areas: “I then saw that appetite must be denied, that rich food should not be prepared... Eat less fine food; eat coarse food, free from grease. – E G White MS 3, 1854, quoted in Messenger to the Remnant, p. 50.

The counsel concerning refined foods was repeated in her early books, in such statements as this, penned in 1868: “Fine flour bread can not impart to the system the nourishment that you will find in the unbolted wheat bread. The common use of bolted wheat bread cannot keep the system in a healthy condition.” – *Testimonies, vol. 2, p. 68.*

Again in 1905 she gave this caution: “Fine flour bread is lacking in nutritive elements to be found in bread made from the whole wheat”. – *Ministry of Healing, p. 300.*

Abundant scientific evidence is available today to show that Mrs White’s insight into the dangers of eating largely refined foods was truly scientific. We present a brief statement from Dr McCay:

*Near the end of Mrs White’s life in 1915 men began to appreciate that the milling of white flour removed most of the vitamins, part of the protein, and the important trace minerals such as iron. However, even nutritional authorities were very slow to inveigh against white bread. Today nutritionists*

*know that these vital constituents are lost when the bran and germ are taken from the wheat. – Review and Herald, February 19, 1959, p. 7.*

But there is another fine point only recently understood by nutritionists. This caught the eye of Dr McCay, and concerning this he wrote:

Mrs White recognized the value of mixing a variety of grains. She wrote: “All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritifying properties separated from it.” – Counsels on Diets and foods, p. 321. She recognized the truth from Ezekiel, “Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof” (Ezekiel 4:9). These additions supplement the proteins of wheat bread, as well as increase such essentials as calcium. – Review and Herald, February 26, 1959, p. 9.

Now let us look briefly at refined sugar, noting EG White’s early counsels on this very common article of diet.

... Sugar clogs the system. It hinders the working of the living machine...

I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery affects the brain very directly. And from the light given me, sugar, when largely used, is more injurious than meat.- Testimonies, vol. 2 (1868), pp. 369,370.

“Far too much sugar is ordinarily used in food.” – *Ministry of healing, p. 302.*

Americans now consume an average of more than 100 pounds of refined sugar a year – per person! In warnings sounded by nutritionists, based on recent research, we find statement upon statement supporting the scientific soundness of declarations made by Ellen White decades in advance of research findings:

White sugar contributes only calories to the diet. It is clear that the present large consumption of sugar is disadvantageous in that it means a smaller consumption of nutritionally superior foods. – The Handbook of Nutrition, American Medical Ass’n, 1951, p. 635.

While sugar is a rapid source of energy, its effect on the stomach is somewhat different from that of other foods. In concentrated form it inhibits the appearance of gastric secretion, a property which is not possessed by diluted concentrations of sugar... It is probable that many staphylococcic infections are intensified by too much sugar. – Indigestion, Its Diagnosis and Management, Rehfuess. W B Sauders, 1943, p. 458.

It is now known that the free use of sugar leads to tooth decay. Here is enlightening information:

It would appear that one of the prices we must pay for good teeth is to eliminate the usual between-meal snack which is usually very high in sugar and has practically no vitamins and minerals in it. We must remember that the body cannot burn sugar or carbohydrates without vitamins and minerals...

Much evidence has been accumulated through the past 50 years to show the effect of sugar upon the amount of caries. The observation of the marked decrease in decay in the teeth of children in Northern Europe during and after the war during which time the import of sugar was markedly reduced is ample evidence. The reduction of decay followed very closely the amount of sugar reduction to the country in question...The article in Life and Health of November, 1956, page 16, dramatically showed 50 times the amount of decay in the animals on the diet with desserts and between-meal snacks. – “Diet and Dental Health,” a paper (January, 1960) by Ralph R Steinman, D D S, M A, College of Medical Evangelists.

Surely the warning words of the Spirit of Prophecy declaration, “Far too much sugar is ordinarily used in Food,” needs no defence today.

Concerning the adequacy of a vegetarian diet, Mrs White wrote in 1906:

In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat. – Counsels on Diet and Foods, p. 92.

The idea of a meatless diet is as old as Eden, but when EG White called for reforms along this line it was a new idea to many. She wrote in 1890:

God has furnished man with abundant means for the gratification of an unpervverted appetite. He has spread before him the products of the earth, - a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigour of intellect that are not produced by a stimulating diet. – Ibid.