

BIBLICAL HEALTH AND HEALING

by Richard C. Nickels

"Bless the LORD, O my soul, and forget not all His benefits:
Who forgiveth all thine iniquities; who healeth all thy
diseases." Psalm 103:2-3.

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Acknowledgments

I praise the Eternal for the precious Truth He has revealed.

I appreciate the teachings of Herbert W. Armstrong, who helped me understand many Biblical Truths, including the Bible instructions regarding health and healing. Thanks to our printer, George Johnson, and our proofreaders, who wish to remain anonymous.

"I am come that they might have life,
and that they might have it more abundantly" John 10:10

"Beloved, I wish above all things that thou mayest prosper and be
in health,
even as thy soul prospereth" III John 2

"But He was wounded for our transgressions,
He was bruised for our iniquities:
the chastisement of our peace was upon Him;
and with His stripes we are healed" Isaiah 53:5

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Health From the Biblical Viewpoint (Study No. 18)

There are many scriptures which lay the framework for Biblical Health.

Anointing the Sick for Healing: Who? What? Why? How? (Study No. 23)

A detailed analysis of James 5:14-16 shows that we have much to learn about the Almighty's healing power.

What is the Gift of Healing? (Study No. 115)

The gift of healing has been abused by some modern "faith healers." Is it always God's will to heal? Why does God allow sickness?

God Does Heal -- Today!

A review of the 1952 Herbert W. Armstrong booklet, "Does God Heal Today?" shows that the doctrine of divine healing is part of the Gospel commission. We "break bread" at Passover to symbolize our faith in Christ's body, beaten for our healing.

Clean and Unclean Meats

This 46-page article is a comprehensive study of the Bible teaching about clean and unclean meats. The Law of Clean and Unclean is NOT just a principle of good health, but a vital part of the Ten Commandments.

Should Christians Be Vaccinated? (Study No. 72)

Vaccines are made from unclean substances and Christians should not be vaccinated. We should trust YHVH as our healer.

Whole Grain Breads: Proven Recipes, by Shirley Nickels

These are natural recipes we actually use. If you haven't eaten Shirley's delicious whole wheat Sabbath waffles, you haven't lived!

A Time to Be Born--Naturally (Study No. 77)

We went through a tremendous trial during the birth of our daughter Amanda. The Bible has many scriptures regarding childbirth. Natural childbirth and breast feeding are God's way for having children.

Be Ye Clean (Study No. 91)

Being clean involves more than just washing one's hands before meals. God wants us to be clean from all filthiness of the flesh and spirit.

Reviews: Confessions of a Medical Heretic, Back to Eden, and None of These Diseases

Dr. Robert Mendelsohn warns us to stay away from doctors, operations, hospitals and vaccinations except under extreme emergencies. Natural doctor Jethro Kloss wrote the encyclopedia on herbal remedies. Dr. S.I. McMillen shows that scientific evidence supports Bible Health Laws.

The Attack Against Healing and Health

Our review of anti-healing material by Ernest Martin, David L. Antion, Herbert W. Armstrong, Joseph W. Tkach, and Church of God, The Eternal, counters their subtle attacks on faith healing among God's people. The doctrine of healing is critical because it requires the faith of God, which is necessary for salvation.

Biblical Health and Healing

INTRODUCTION

Our Bible Studies are written to share and preserve Biblical Truths, address problems in the Church, counteract doctrinal errors proclaimed by others, and inspire the brethren, especially our family and friends. I owe a tremendous debt to others for everything I have learned. Most articles we publish are the work of more than one person. These Studies have "bled" with red ink marks several times!

Our miscellaneous Bible Studies have been published in our book, Bible Studies. Over the years, we have emphasized several major topics, which have been published separately. These include: Biblical Holy Days, Biblical Law, Biblical Doctrine, Biblical Marriage and Family, Biblical Health and Healing, Church History, Basic Bible Study Tools, Book Reviews and What Should We Be Doing? Revised and expanded editions of these and others are being planned. As we write additional articles, they will be included in the next update.

This publication includes articles on the subject of Divine Healing and Bible Laws of Health. I strive to live by God's Laws of Health, but know that at times I fall miserably short of the mark.

Nevertheless, the subject of Health and Healing is a very important Bible subject.

I have been condemned to hell fire by at least one prominent minister. The audacity of a lay member writing religious articles! However, I cannot but write what is in my heart, as I want to share what I have learned with others. Let God be the Judge. I pray that the Eternal will use this small effort for Him, for His glory, and that He will forgive me of any unintentional errors contained therein. Read, and enjoy, always remembering to put into practice what you have learned.

I have concluded individual articles with the Greek Omega symbol, Ω.

-- written by Richard C. Nickels, Vancouver, Washington

Health From the Biblical Viewpoint

How does the Bible view health, and what principles does it contain for healthy living? It is certainly the Eternal's purpose for us to be healthy, III John 2. But many today, even those who claim to be true believers, abuse their bodies. Others become "health food fanatics," existing on a profuse amount of vitamin pills and organic supplements. What is the true Biblical approach to health? This article is written for those who truly want to obey the Eternal's laws.

Surprisingly, the Bible gives a few remedies for sickness. Primarily, it lays out a way of life, which, if followed, will prevent diseases.

Bible Remedies

Strong drink is prescribed for those ready to perish: "Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts. Let him drink, and forget his poverty, and remember his misery no more," Proverbs 31:6-7. "Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities," I Timothy 5:23. Isaiah made a fig poultice to alleviate a deadly boil on King Hezekiah, II Kings 20:1-7.

A Healing Ministry

Healing definitely belongs to the Almighty God our Healer, Exodus 15:26, Jeremiah 30:17, 33:6.

He promises freedom from disease for those who diligently obey all His statutes. His servants who are sent to teach the word, also have a healing ministry to perform. The Levites were guardians of the general health of the Israelites, Leviticus 13. The Levites had to be without blemish and in good health, Leviticus 21:9-11, 16-24. The people knew that priests and prophets, not doctors, were to be consulted when illness did occur, I Kings 14:1-5 (Ahijah), I Kings 17:17-24 (Elijah), and II Kings 4:18-35 (Elisha).

Our Savior performed many works of healing in His public ministry, even using natural substances as Isaiah did, John 9:1-7. Healing and teaching the laws of health are a vital part of the Great Commission to the true disciples in every age, Mark 16:15-18. Luke was called the "beloved physician," Colossians 4:14, indicating that he was noted for a healing ministry.

Obedience is the Key to Health

Some people believe health foods and/or vitamins are the key to health. Others would say herbs; still others a special exercise, or even foot massaging. These, of themselves may indeed have much value, but the real key to health is often overlooked: obedience to the Eternal.

We are promised good health for obedience to all of God's laws, Exodus 15:26, Deuteronomy 28:1-14. The cursing for disobedience is bad health and sickness, Deuteronomy 28:15-62. Obeying all the laws of the Almighty is the only way to health and happiness.

Biblical Laws of Health

There are many direct Bible laws of health. Plus, there are many clear principles relating to our health. We should follow them all.

Here are some of the direct Biblical Laws of Health:

(1) The primary Biblical law of health is ignored or neglected by many professed believers. It lays the foundation for every other Biblical principle relating to the care of the human body. Simply stated, our body is the temple of the Holy Spirit, given to us by the Almighty, and is not our own to do with as we please. Our Savior paid a great price to buy us as His own. Therefore, we ought to glorify the Almighty in our body and spirit, I Corinthians 6:19-20. Every part of our body should be used for the glory of the Eternal!

(2) The law of clean and unclean flesh foods is another major Biblical health law. Certain animals, birds, fish and other creatures were never created to be eaten. Noah knew about clean and unclean animals, Genesis 7:1-3. The laws of clean and unclean in Leviticus 11 and Deuteronomy 14:1-20 were not just laws for Israel, but have been in effect for all mankind at all times. We are not to eat unclean foods, but are to be a Holy people.

(3) Other things not to be eaten include: (a) anything that dies of itself, Deuteronomy 14:21, (b) a kid in his mother's milk, Deuteronomy 14:21, Exodus 23:19, (c) blood or improperly bled animals, Leviticus 17:10-16, (d) fat, Leviticus 3:17.

(4) Moderation in food and drink. We are not to be drunkards and gluttons; Proverbs 23:20-21, 25:16. Most people in affluent societies eat and drink too much. Scientific evidence has proven that overweight increases mortality from diabetes, digestive diseases, and coronary disease. Most authorities agree that overeating and underactivity cause 95% of obesity.

(5) Ask the Lord to heal you if you become sick, James 5:14-15. Your faith in the power of the Almighty, and His promises to heal you, makes you whole, Matthew 9:20-22.

(6) Maintain a truly joyful spirit. This can only be done by producing the fruits of the Holy Spirit, Galatians 5:22-23, living by every word of the Eternal, Matthew 4:4. See also Proverbs 17:22, 14:30, 4:20-22.

(7) Be an active person. This means a lot of physical work, which may include exercise and

sports. Proverbs 6:6-11, 10:4-5, 12:11, 20:13, 19:15, 14:23, and I Timothy 4:7-8.

(8) Obtain proper sleep and rest. Exodus 20:8-11 is a health law as well as a spiritual law. He gives His beloved sleep, Psalms 4:8, 127:1-2, Ecclesiastes 5:12.

(9) Eat food grown in good soil organically. Try to obtain or grow your own high-quality food. Luke 13:6-9, Proverbs 28:19, Deuteronomy 14:22-23, and many other statutes of the Eternal show that Biblical laws are based on God's ideal, agricultural, society. In today's industrial age, it is difficult to get into harmony with the Eternal's ways, but we ought to do the best we can, with His help.

(10) Keep your body clean, and fast occasionally, for both spiritual and physical health. Isaiah 52:11, II Corinthians 7:1, and I John 3:3 refer both to physical and spiritual cleanliness. Cleanliness is indeed next to godliness. Fasting is a way to cleanse your body internally, Isaiah 58:6-8. Balm of Gilead (which can be obtained today) is a digestive cleanser, Jeremiah 8:22. Bathing in running water is a Biblical prescription for cleanliness, Leviticus 15:13, II Kings 5:10.

Proper Perspective on Food

Reading I Corinthians 6:9-20 from the Living Bible translation, we see that we should not do anything that isn't good for us, whether or not the Bible expressly forbids it. Even if allowed to eat something, we should not do so if we cannot control how much we eat. The Almighty has given us an appetite for food, and stomachs to digest it. That doesn't mean we should eat too much, or something that is harmful.

An example is smoking. The Bible doesn't say, "Thou shalt not smoke." However, scientific evidence has proven the harmful effects of smoking. It is a sin to ingest things harmful to the body, the temple of the Holy Spirit. Smoking is something that brings us into bondage, and many find it almost impossible to quit. Smoking is a sin and those in bondage to it need the Almighty's help to be released from its addictive power.

Other examples are coffee, tea, and soda pop. America's annual consumption of soft drinks is 37.5 gallons per person, up 175% over 1960. There is no direct Bible prohibition here. However, coffee, tea and many soft drinks contain habit-forming caffeine, a poison used by African pygmies on the tips of their spears to kill animals. Carbonated beverages tend to destroy kidney cells and allow the leakage of blood through them, destroying the body's natural cleansing method. Decaffeinated coffee is not entirely free of poisons either. Tea is worse than coffee, containing tannic acid, used for dying leather. Chocolate and cocoa contain caffeine and theobromine, and have been linked to intestinal cancer. Carob is a good substitute for cocoa.

If we really grasp the meaning of I Corinthians 6:19-20, then these statistics will move us to action, instead of neglect. Some will say, "Oh, well! Everything is bad for us to some extent, so why get so picky?" They may even use Mark 7:14-23 or Romans 14:17 to justify a casual disregard for what they eat.

The proper perspective on food and drink is expressly stated in I Corinthians 10:31, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." Everything we do will be judged by the Eternal. Let us wholeheartedly serve Him in all things. Food and drink are not as important as love and mercy, but they are important.

Living Water

Two-thirds of our body is water. Nothing is more vital to one's health than good pure water. Natural spring or well water is a blessing from the Eternal. So much of the world is sick due to impure water. Waterborne diseases plague the poorer nations. Man-made pollutants added or dumped into water systems are responsible for untold death and misery. If at all possible, avoid impure water. Chlorine and fluoride additives to water destroy pipes, making plumbers rich. Think what they do to your body!

The Bible says to drink waters out of your own cistern, Proverbs 5:15-18. It is best to make sure your water is pure. Get it from your own well, spring, distill it, or at least put a filter on your tap

if your water has a lot of pollutants. Safeguard your water supply, drink plenty of living waters, Song of Solomon 4:15.

Avoid Unclean Foods -- Read the Label!

It is amazing the casual attitude that some professed believers have about eating unclean meat products. One person was told that the vitamin supplement she was giving her child had "fish oil" on the label of ingredients, and that the odds were great that this meant "shark oil" rather than "cod liver oil." She did not seem at all concerned.

If we profess to live by every word of the Eternal, and believe Leviticus 11 and Deuteronomy 14 apply to us, then let us be honest. Otherwise, why bother? It takes diligence to obey the Eternal. Let's not play "Russian roulette" with our food intake. Read the label, know what you are eating. When it says "made from animal shortening and/or vegetable shortening (lard or soya oil)," don't eat it. Otherwise, you will not only be breaking one health law, but two, that of not eating pork and fat, Leviticus 11, Deuteronomy 14:1-20, and Leviticus 3:17.

Does all of this mean that when we are at someone's house or in a restaurant that we should make a spectacle of ourselves? Of course not! There is a way of being very discreet and finding out quietly what to avoid. Mexican or Chinese foods often contain unclean products, so one must be careful with these items. At a friend's home, simply avoid anything questionable, or in the case of close friends, tell them very politely about your beliefs when you are invited. That way, you won't feel apprehensive and unable to enjoy yourself. If you find it has something unclean in it, simply avoid it and don't make an issue out of it.

Some may point to I Timothy 4:1-5, "every creature . . . is sanctified by the word of God and prayer," and I Corinthians 10:23-31, ". . . whatsoever is sold in the shambles, that eat, asking no question for conscience sake. . ." to try to prove that we should not carefully examine what we ingest. After all, in public it may be a little embarrassing. Please read Romans 1:16. It is easy to do this in quiet good taste without causing a scene, if a person really wants to obey the Eternal.

When we pray for the blessing of food, we do not sanctify something that is impure or unclean. We come before the Eternal giving thanks for the good food He has given us. We must have done our part to insure that it is healthy and nutritious or our prayer is meaningless. We ask the Almighty to do what we cannot do: to bestow His blessing and remove impurities that we are unaware of or cannot do anything about.

The topic of I Corinthians 10:23-33 and 8:1-13, is not clean and unclean meats, but meat offered to idols.

So it will take diligence for a true believer to insure that his diet is free of unclean foods. In all cases, we must not offend others who do not have the same knowledge that we do, I Corinthians 8:7, 13.

Peter was able to say, "I have never eaten anything that is common or unclean," Acts 10:14. Daniel refused to defile himself with the King's meat and drink, Daniel 1:8. Ezekiel said that from his youth he had not polluted his soul with anything that died of itself, or was torn in pieces, or abominable flesh, Ezekiel 4:14. How about us? Can we say this?

Those who eat swine's flesh and abominable things pretend to be holy, but are headed to destruction, Isaiah 65:1-5, 66:16-18. This scripture points out the fact that a physical law can certainly have spiritual consequences. We need to be careful how we conduct ourselves!

The Bread of Life

Bread is the staff of life, Leviticus 26:26, Ezekiel 4:16-17. Yet so many Sabbath-keepers have not even grasped the fact that wholesome bread is the basic part of our diet, the foundation of good health. Bread strengthens man's heart, Psalms 104:15. Today's white bread, with its chemicals and preservatives, is robbing people of life-giving strength and polluting their bodies.

Eating 100% whole wheat bread is not a fad for "health food nuts." It is a return to the Biblical laws of health. However, to do anything right doesn't come easy! It takes work to produce a

quality product. It costs more to buy wholesome bread (and less to buy white bread). The best way is to make your own. Make sure that your flour is freshly ground, for it loses nutrition unless made into bread fairly soon. Dough must be kneaded well to bring out the gluten so the bread will have the proper consistency and not crumble.

A flour mill is a basic tool one should have, whether an inexpensive hand stone mill (which takes a lot of work), or an electric stone grinder or an electronic crusher type such as the Magic Mill. An electric bread kneader such as the Bosch (also made by the Magic Mill Corporation) helps one to make professional quality breads, gluten, noodles, peanut butter, ground beef and much more, with its many attachments. It is sad that professing believers will think nothing of buying a nice car, a TV set, and yet refuse to buy basic kitchen tools for making wholesome products in the home. Ask your local Health Food Store for information on a good unit. We recommend the Magic Mill grinder and Bosch bread kneader. Write to: Magic Mill Corporation, 1911 South 3850 West, Salt Lake City, Utah 84104 USA. Wheat, rye, millet, and other grains can be milled and combined to produce nutritious, delicious products.

Some people say that they don't like the taste of wholesome food. Our very taste buds have in many cases become perverted. If you have the will to obey the Eternal, it is amazing how He can change our tastes, our thoughts, our every action.

Sugar or Honey?

The evils of sugar have been publicized so widely that there is no need to elaborate on this fact here. Refined white, or even raw sugar, is not a food but a harmful substance to the body. It is a drug that temporarily gives a person a boost because it stimulates the adrenal glands, which causes the pancreas to secrete insulin. Then the blood sugar drops too low so the liver has to convert its stored glycerine into glucose. When this is used up, there is a let down (called by doctors the "sugar blues") and another shot of sugar is needed.

The Bible shows us the proper sweetener to use: honey. We are even told to eat it; especially the

honeycomb, Proverbs 24:13, but only in moderation, Proverbs 25:16, 27. When one uses honey instead of sugar, he will need less sweetener

So, let us obey the Bible. Eat honey. Make sure it is raw honey, if possible, which has not been refined or heated. Some other natural sweeteners such as maple syrup are also very good. Ground dates can also be used as a sweetener instead of sugar or honey.

Herbs For Man's Service

Green growing things have been created for man's health. We do not have instructions from the Almighty telling us which plants to avoid and which to eat. Some herbs are poisonous. We must learn the uses of plants, and which of them to avoid. The Creator placed Adam and Eve in a garden and told them to dress it and keep it. He said that He has given us every herb bearing seed and every tree with fruit bearing seed to be our food, Genesis 1:29-31. Further instruction must have come at that time, but it is not recorded in the Bible. At the time of Noah, the Almighty specified that clean animals were also for our food, Genesis 9:1-4 compared with Genesis 7:2.

"Herbs" are the foundation of man's diet. Meat, milk and honey are often accessories. Cereal grains are a good basic herb (plant bearing seed). Just as grass was made for cattle, so herbs were made for the service of man, Psalms 104:14, 15. Oils, such as those made from olives, sunflowers and corn, make our faces shine in health. The life-giving herbs mentioned in the Bible are not the quick fed, artificially fertilized, sprayed, processed and packaged vegetables that are eaten by our modern "civilization." They are the crops grown on healthy soil, eaten raw or lightly steamed, properly processed, if at all. Biblical herbs are also the plants that one gathers from the mountains, Proverbs 27:25. Most people today are either too busy or too lazy to gather crops from the countryside, or plant their own, Proverbs 10:5. Consumption of commercially processed fruit and vegetables has gone up in the United States while the consumption of fresh vegetables and fruit has gone down. The unconcerned person pays to let someone else make a profit off an

inferior product, rather than gather his own food. As we sow in our bodies, so shall we reap.

Milk and Cheese

When our Savior described the land of promise, He called it a land flowing with milk and honey. The Bible uses this phrase seventeen times to describe a land of plenty and good things. Our society has an aversion for these good foods. The way most people eat, our country could be described as a land of soda pop and candy. Milk has been replaced with carbonated drinks as the chief beverage for children. An adult is sometimes considered strange if he drinks milk. Dairy farmers continue to go out of business because of lack of demand for their products.

The milk that is available is mostly pasteurized and/or homogenized, which robs it of vital nutrients and has been linked with heart trouble. Most milk sold comes from Holstein cows, which is of inferior quality.

What does the Bible say about milk and milk products? It mentions butter made from cows' milk, milk of sheep, Deuteronomy 32:14. Goat's milk is especially prized, Proverbs 27:26-27. Milk is a very mild substance, as opposed to meat, I Peter 2:2, I Corinthians 3:2, Hebrews 5:12-13. This brings us to a controversial subject, that of eating milk and meat together. Exodus 23:19, 34:26, and Deuteronomy 14:21 tell us not to seethe a kid in his mother's milk. This could mean not to eat a kid (of a goat) that is still nursing its mother. This is probably the true meaning, for in Genesis 18:8 we find that Abraham took butter and milk and a calf to feed the Eternal.

The Bible shows that cows' milk is made into butter, Isaiah 7:21-22, or cheese, II Samuel 17:29, I Samuel 17:18. Goats' milk has unusual properties, making it easy to digest, even curing some stomach ulcers. Cheese from cows' milk is quite often made from pork rennet, so be sure of what you are getting.

Is milk only for children? Not according to the Bible, which is written from the Middle Eastern point of view. As Peloubet's Bible Dictionary (article "milk") says, "as an article of diet, milk

holds a more important position in eastern countries than with us. It is not a mere adjunct in cookery, or restricted to the use of the young . . . but beyond this it is regarded as a substantial food adapted alike to all ages and classes."

Drink the Pure Blood of the Grape

A great number of medical and religious authorities decry the use of alcohol. Some, however, point out the benefits of drinking wine with meals, as a healthful digestive aid and nutritional food. The Bible is not silent on this topic. Drunkenness is condemned, but right use of wine and even strong drink is not only recommended -- it is commanded! See our article on "Drink the Pure Blood of the Grape," which shows that wine, not grape juice, is to be used for the annual Christian Passover.

Our Savior lived a pure, clean and sinless life. He would not destroy His own brain cells, or anyone else's. He drank wine, and even changed water into wine. The Apostle Paul, who taught us in I Corinthians 6:19-20, to glorify the Almighty with our bodies, prescribed wine to Timothy for a stomach ailment, I Timothy 5:23. Notice, he said a little wine. There is a right use of wine. Wine is a blessing from the Eternal for keeping His laws, Deuteronomy 14:22-26.

Again as is so often the case, man perverts what the Eternal gives as a blessing. Instead of naturally fermented wine, most alcohol is made artificially with the aid of chemicals, such as formaldehyde. The quantity consumed is often excessive.

Wine as a health-giving beverage is especially important for the elderly. It has a blessing associated with it, if used properly. Scientific research has shown that 1-2 drinks of the proper kind per day are beneficial to health and will lengthen life, whereas 3-4 or more drinks per day are detrimental to health. (One drink = 1.5 ounces. of liquor, or 8 ounces beer, or 6 ounces wine. Source: Center for Consumer Health Education.) Wine helps us to be joyful, Psalms 104:14-15. Use it properly.

Fasting to Loose the Bonds of Sin

There is certainly a tie between the physical and the spiritual. Nowhere is this tie more clearly seen than with fasting, a physical (and spiritual) act that should produce a spiritual (and physical) benefit.

At times, we drift away from the Eternal and His ways. Unrepented sins and poisonous thoughts get the upper hand and lead us to spiritual sickness. The Almighty doesn't hear our prayers because of our sins, Isaiah 59:1-2. So likewise, bodily poisons, from sinful eating habits or wrong thoughts, can build up and make us physically sick. A Biblical prescription in both cases is fasting. Primarily, fasting has a spiritual purpose. It should loose the bands of wickedness and draw us closer to the Eternal; undoing the heavy burdens of sin, and making us aware of the needs of the poor, Isaiah 58:1-7. It has both a spiritual and physical blessing. Done the right way, the Eternal says, "Then shall thy light break forth as the morning, and thine health shall spring forth speedily Then shalt thou call, and the LORD shall answer . . .", Isaiah 58:8-12.

Keeping the Sabbath Holy

The above passage continues (verses 13-14) to give another key to health: keeping the Sabbath holy. In this world of turmoil, nervous tension, and striving to make a living, we need a haven of rest. The Sabbath can be a time of spiritual and physical rejuvenation so we can be recharged and ready to tackle the responsibility of life for the next week. Properly kept, the Sabbath is essential to your spiritual and physical health.

Other Biblical Health Principles

This article is not intended to be medical textbook, nor a health food book of do's and don'ts. We hope that all who seek to obey the Eternal will look to the Bible as the foundation of all knowledge, and follow its guiding principles. The Bible is a way of life, that affects what we do, say, think, wear, and eat.

In religion, as well as in health, we have seen some who exhibit initial enthusiasm but soon lapse

into their old ways. Like the seed that fell on stony ground, they joyfully begin to follow Biblical laws of health, but when difficulty or other adverse conditions come, they give it all up. Living by the Bible, including its laws of health, is not a game, but a lifetime vocation. Everyone of us needs improvement in our physical and spiritual life. Diligence and continual effort are required.

Look to the Bible for guidelines. The Bible discusses foods such as cucumbers, melons, leeks, onions and garlic (Numbers 11:5), ingredients such as myrrh, aloe, and spices, and so much more. Use these Bible foods and substances. Learn more about your body, the Temple of the Holy Spirit. Treat it with respect. Teach others to do the same.

The Almighty Yahweh, our Healer, is, and always has been, concerned about our health. Read Revelation 22:1-5 and prepare now for the time when the Messiah arises (returns to rule the earth) with healing in His wings, Malachi 4:2. Follow the Biblical laws of health now, and for all eternity, verses 3-6.

Recommended Reading

None of These Diseases, by Dr. S.I. McMillen. Proof of Biblical health principles.

Vaccination Condemned, by E. McBean. Protect your children from dangerous vaccines.

Back to Eden, Jethro Kloss. America's best-known health book, describing the proper use of nature's herbs.

The Natural Childbirth Book, by Milburn & Smith. Have your baby God's way.

Feasting Naturally, by Mary Pickard. Over 300 excellent natural recipes.

Wheat for Man Cookbook, by V. Rosenvall. For 35 years a classic!

Confessions of a Medical Heretic, Dr. Robert Mendelsohn. How to guard against harmful effects of doctors, drugs, hospitals.

Your Keys to Radiant Health, by William Dankenbring.

Wonderful World of Honey by Joe Parkhill.ê

Anointing the Sick for Healing:
Who? What? Why? How?

We need to understand James 5:14-16. This is an instruction for us to follow when we are sick. We believe in faith healing, rather than resorting to doctors.

Who are the elders of the church that we should go to when we are sick? What exactly should they do? Do they have to have the gift of healing in order to anoint with oil? How is this anointing to be done? What is the meaning of this ceremony? For what are we to be anointed? Should we be anointed for any little scratch, or only when a life is in danger? What about anointed cloths? Is this practice scriptural? Who is authorized to do this today?

Is Any Sick Among You?

The Greek word for "sick" in James 5:14 is *astheneo*. This and several related words seem to generally describe sickness, weakness or physical infirmities. The Savior laid hands on those who were sick with different diseases, and healed all that were brought to Him, Luke 4:40. Preaching the message of the Almighty's Kingdom and healing the sick went hand in hand, Luke 9:2, and Matthew 10:8. There are lingering chronic sicknesses, John 5:5. At times *astheneo* seems to indicate merely our physical limitations, or physical afflictions imposed upon us by others, Hebrews 4:15, 5:2; II Corinthians 10:10, 13:4; and I Peter 3:7. At other times, it is clearly shown to be a sickness unto death, Luke 7:2, 10; John 4:46-47, 11:1-6; Acts 9:37, and Philippians 2:26-27.

So, the sick among us can be for a variety of causes and degrees: from sickness unto death, to physical weaknesses and limitations. Being sick refers to times when one cannot carry out his daily routine.

Let Him Call For the Elders of the Church

Here the practice of some is clearly found to be in error. It says "the elders," plural. And let them (not him) pray over the sick one. So these verses are showing that the church should have more than one elder, and that they should be contacted when one is sick and wishes to be healed.

What is an elder? Some have said that this merely means any older church member. Is this so? The Greek word for "elder" in James 5:14 is presbuteros, used 67 times in the New Testament. Of these, 32 times refers to the Jewish elders (the 70) of the Sanhedren, or rulers of synagogues, a religious office. Twelve times this word refers to the twenty-four elders in heaven, who are certainly in a high religious office. This leaves seventeen times where presbuteros refers to elders of the church: Acts 11:30, 20:17, 28, 21:18; I Timothy 5:17-19, I Peter 5:1-5, II John 1, and III John 1, who were apostles or worked closely with the apostles, Acts 15:2, 4, 6, 22, 23, 16:4, and were ordained in every church, Acts 14:23, Titus 1:5. Only five times does presbuteros refer to an older person (not in the context of the church), Luke 15:25, John 8:9, Acts 2:17, and I Timothy 5:1, 2.

So the usage of the word presbuteros in Scripture proves that a presbuteros of the church (ecclesia) is generally a mature man ordained to an office of religious service, NOT just any older church member. Only those ordained as elders have the responsibility to anoint. This is the general rule.

It doesn't say to call upon those with the gift of healing. The gift of healing, I Corinthians 12:9, 30, is not something that everyone has. Peter had the gift; people were healed by his shadow. Certainly, the Savior had the gift of healing. Nevertheless, even He, at least on one occasion, could not heal many because of their unbelief, Matthew 13:58, Mark 6:5-6. Those who had the gift of exceptional healings performed healing miracles other than through normal anointing with oil. One does not have to have the gift of healing to anoint, but he does have to be an ordained elder.

And Let Them Pray Over Him

If possible, more than one church elder should pray over the one that is sick. What does it mean to pray over someone? The sick would have to be kneeling or laying down so the elders could be "over" him. Why? So the elders could, at the same time, lay hands on the sick. They pray with hands laid over the sick one.

Our Savior laid hands on the sick, Mark 6:5, and Luke 4:40, including the woman that had an infirmity eighteen years, Luke 13:11-13. The disciples were instructed in the Great Commission to "lay hands on the sick, and they shall recover," Mark 16:15-18. Even though James 5:14 does not mention laying on of hands, the New Testament example indicates that such is to be done.

Prayer and laying on of hands is done after baptism for the receiving of the Holy Spirit. This is a type of anointing. Compare Acts 2:38, 8:17, with I John 2:20, 27, and John 16:13. So likewise, prayer and laying on of hands accompanies anointing of the sick, in order to ask for the forgiveness of physical sins. With the one, we receive a spiritual anointing; with the other, a physical anointing. In both, it is the perfect sacrifice of our Savior that makes spiritual and physical salvation possible. It is our faith in that sacrifice that makes the difference, James 5:15, Romans 3:23-25.

Anointing Him With Oil

The Bible speaks here a little, there a little. Mark 16:18 says the disciples were to lay hands on the sick, but says nothing about praying and anointing with oil. James 5:14 says to pray over and anoint the sick with oil, but says nothing about laying on of hands. The total truth is the sum of all scriptures on the subject.

Mark 6:7 shows that the disciples were sent out to preach two by two. They anointed with oil many that were sick, and they were healed. This is a practice that true believers continue to follow.

Anointing with oil signifies setting apart for holy use. The Savior is the Messiah (Hebrew word for anointed one), the Christ (Greek for anointed one), anointed with the Spirit (oil) of gladness, Isaiah 61:1-3, Hebrews 1:1-9. Being anointed with oil, we are free from being bound in sickness and sin. This is the good news of salvation. Anointing the sick for their healing goes hand-in-hand with the gospel (good news). Once anointed, we are to go forth in newness of life,

happy instead of brokenhearted, loosed from Satan's prison of this life of sorrows. We are now anointed ones as the Messiah is. With our elder brother, we join the Almighty's family.

What a wonderful, holy ceremony! Woe be to those who take it lightly.

The Levitical priesthood used a holy anointing oil made primarily of olive oil, Exodus 30:22-33. Therefore, it would be good to use pure olive oil for anointing, if at all possible.

What does it mean to anoint? In one denomination, ministers have a little vial, and during the prayer pour a drop on the head of the sick, laying their hands on his head. Sometimes, they would put a little oil on a finger and wipe it across the forehead of the sick person, not actually pouring it as such. I am not bringing up a picky point for the sake of argument, but this isn't what the scripture intends. (I am not denigrating their sincerity nor the fact that healings have resulted from use of one drop.)

Moses took the anointing oil and poured it upon Aaron's head, Exodus 29:6-7, 30:25, 30 and Psalms 133:1-3. The Hebrew word for anoint here is mashach meaning "to rub with oil, to paint, to consecrate." This is the root word of Messiah, "the anointed one." One that is anointed doesn't just have a drop on his head. The Greek word anoint (in James 5:14) is alipho which means "to oil or grease," such as to oil one's hair, Matthew 6:17, rub ointment on, Luke 7:38, 46, or anointing a whole body, Mark 16:1. Everywhere, anointing means a profuse amount of oil.

In the Name of the Lord, Amen

The prayer for the sick is to close using our master's name, Yahshua (Jesus). We are to do all things in His name, by His authority. He promises to answer the prayer of faith, using His name, John 14:13-14.

And the Prayer of Faith Shall Save the Sick

"And the Lord shall raise him up; and if he have committed sins, they shall be forgiven him,"

James 5:15.

Just as sinners need to be saved (forgiven of their spiritual sins by the blood of the Savior), so the sick need to be saved (forgiven of their physical sins by the body of the True Passover Lamb, the Messiah).

It is only the prayer of faith that will be answered, James 1:2-7, Romans 4:16-25, and Hebrews 11:6. The Almighty answers the prayers of the faithful, those who are diligently seeking Him. This fact puts severe restrictions on just who the elders should be who anoint the sick. The Father is not pleased with false ministers who pervert the truth. Don't go to them to be anointed when you are sick.

What To Do When There is No Faithful Elder

What if there is no faithful elder available? You should not show disrespect to your Heavenly Father by calling upon an elder of a false church. Then is there no healing possible? You are not left without prayer for healing! James 5:16 provides an additional course for the sick to take. It says "confess your faults [Greek word for sins, trespasses] one to another, and pray for one another, that ye may be healed. The effectual prayer of a righteous man availeth much." In the context of verse 16 and of verses 14-15, this must refer primarily to physical sins (sickness is primarily the result of sin).

So, confess your physical infirmities to other brethren. Pray together. Pray one for the other. Join together in prayer to resolve the issue. A righteous person's prayer, be he elder, apostle, or a common brother, avails much with the Almighty.

Verse 16 should be followed in addition to verses 14-15, especially if there is no elder available. Fervent prayer is important. This means earnest, zealous prayer, dynamic prayer of faith, such as that of Elijah, verses 17-18. Sometimes the prayer of faith takes patience and perseverance, James 5:7-13. Results are promised, Luke 11:1-13. So, even if you are not an ordained elder, you may, and should, fervently pray for others to be healed.

Anointed Cloths?

Acts 19:11-12 has been used to support the practice of sending anointed cloths for healing. These verses say that the Almighty wrought "special miracles [Greek: uncommon miracles] by the hands of Paul: So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them."

Notice! In an age of tremendous healings, this was "uncommon," out of the ordinary. It is not a command like James 5:14. Nor is it a substitute when a minister is not nearby or is too busy to come. Acts 19 shows what an extraordinary miracle the Eternal worked through Paul, and no one else. It says nothing here or elsewhere about anointing the cloth.

It would be wrong to castigate those sincere brethren who have received an anointed cloth instead of an anointing from a man they respect as a true minister. I have personally received anointed cloths from time to time and have been healed as a result of the prayer of faith. This method is traditional rather than based upon a "thou shalt" scriptural command. An anointed cloth should never be used as a substitute when the ministers are able to come personally to anoint the sick.

Positive Preventive Action

Laying on of hands, anointing with oil, and the prayer of faith, are all part of dealing with the sick. But there must also be positive action.

Some ministers will not anoint you unless you have gone to a doctor first, thus tearing down your faith. Others won't anoint you if you have gone to a doctor. Both are wrong extremes. The responsibility of the elders who are anointing or the brother who is praying with you, is mainly to encourage you. They should help to build up your faith, and if at all possible, help you learn how to keep from getting sick again. Some ministers send you an anointed cloth rather than care enough to take the time to visit. Others rush off right after an anointing when you need someone to comfort you and help build up your faith. They should help you learn what physical sin you

may have committed, so that you don't repeat the same mistake, and can get well and stay that way.

This is what James 5:19-20 (Living Bible) means: "Dear brothers, if anyone has slipped away from God and no longer trusts the Lord [as for healing], and someone helps him understand the Truth again [that God does heal], that person who brings him back to God will have saved a wandering soul from death, bringing about the forgiveness of his many sins."

It is my sincere hope that your faith will be strengthened by the Almighty. That you will never forget that He is the Yahweh -- Healer, Exodus 15:26.

Remember always: the prayer of faith shall save the sick!ê

Healing Article

"I would like to commend you on your article concerning the need for trusting in God for healing. It's true that many people have lost faith in God's healing powers. When people lose faith they are really in a bad way. Unfortunately they are turning more and more to man for all of their needs. People seem to think that man has more wisdom and power than God, but they are due for a rude awakening. God is still in control, and all things are possible with God."

J.S., Arkansas

What is the Gift of Healing?

There is much talk today about healing revivals, and healing ministries. Stories of miraculous healings appear frequently in sermons and articles. Evangelists, who claim to have the gift of healing, exercise their "gift" in front of large crowds and TV cameras -- often whipping up the enthusiasm of the crowd by chanting phrases such as, "Jesus heals! Jesus heals!"

While some healers claim absolute power over disease, others admit that the success rate is closer to 60%. Now if a man claiming to be a prophet of God had a 60% accuracy rate, we would give

him little credence. But what about one who claims the gift of healing with a 60% success rate? Does he really have the gift of healing? What is the gift of healing?

Jesus' Exercise of the Gift of Healing

Jesus was the ultimate faith healer. By studying His healing ministry and His teachings, we can learn a great deal about the gift of healing. Here are some observations about His healings.

(1) There is no record of Jesus praying publicly for the healing of anyone. He simply touched the sick or commanded healing. Sometimes Jesus instructed the sick person to do something. On various occasions, lepers were sent to the priests; blind men were told to wash, etc. But in most cases Jesus commanded healing. He simply dispensed the power of God, which had been delegated to Him.

Notice the following examples: Jesus said to a man with leprosy, "Be clean!" The results were instantaneous: "Immediately he was cured of leprosy," Matthew 8:3. Jesus said to the centurion, whose servant was paralyzed, "Go! It will be done just as you believed it would. And his servant was healed at that very hour," Matthew 8:13. When Jesus saw Peter's mother-in-law lying in bed with a fever, "He touched her hand and the fever left her . . . ," Matthew 8:15. One example involving a prayer was that of the raising of Lazarus. But it was not a request; rather, it was a prayer of thanksgiving that His Father always heard him, John 11:41-42.

(2) Jesus did not use crowd enthusiasm to induce healings. He did not make a big show of healing. Sometimes He left crowds, in order to heal in private. Often He healed with crowds present, but there is no record of His ever asking them to participate in the healings in any way (to sing, or pray, or raise hands). In Cana, a royal official's son was healed with just a word from Jesus; the son wasn't even present, John 4:50. Jesus sent one blind man to wash in the pool of Siloam where he was healed without benefit of anyone else, John 9:7. A crowd was present at the raising of Lazarus, but if anything, this was a negative factor, John 11:21, 32, 39. At the

raising of Jairus' daughter, the people present laughed at Jesus; only the parents were allowed in the room with Jesus and three of His disciples, Luke 8:51.

(3) Jesus did not advertise His healings. Often Jesus commanded the person He healed to tell no one: Matthew 8:2-4, 9:27-30, Mark 7:31-37, Luke 5:12-14, 8:49-56.

(4) Usually faith was expressed in some way by the person (or parents) requesting a healing, but frequently it was not. No faith is mentioned in the healing of the blind man, John 9:1-7, the raising of Lazarus, John 11:1-49, the raising of the young man of Nain, Luke 7:11-16, or the healing of Peter's mother-in-law, Matthew 8:14-15. But Jesus' faith was always present. In cases when a person's faith was weak ("I do believe; help me overcome my unbelief" Mark 9:24), Jesus' gift of healing was not restricted. However, in general, He healed among those who desired healing and believed that He could heal if He wanted to. There is a reference to His healing miracles being limited. In Nazareth, "He did not do many miracles there because of their lack of faith," Matthew 13:58. The implication is not that His power was somehow inhibited, but rather that He was not about to display His power to the full in the face of skeptics and doubters, Mark 6:5-6.

(5) Jesus never failed at healing. If He said it, it happened! This is perhaps the most important characteristic of the gift of healing.

The Apostles, particularly in their early ministry, healed in the same way Jesus did. The crippled beggar at the temple gate was healed without benefit of crowd psychology, without confession of faith, without prayer; Peter and John simply commanded healing, Acts 3:1-7. People were healed when the shadow of Peter passed over them, Acts 5:15. Frequently no faith was evidenced in persons being healed, though sometimes it was, Acts 14:8-9. The Apostles commanded healing with 100% success. They exercised the gift of healing in exactly the same way Jesus had.

A Definition of the Gift of Healing

Based on the examples of Jesus and the Apostles, I suggest the following definition for the gift of healing:

The delegation of God's miracle-working power to an individual, who is given authority to administer it directly.

Whatever gift modern "faith healers" have, it differs remarkably from that of Jesus and the Apostles in virtually every respect. Modern healers are only partially successful; they require faith on the part of the sick and blame the sick persons' lack of faith if they are not made well; they frequently do pray for healing rather than command it; and they frequently use crowd psychology to accomplish healings. Their approach doesn't match up with that of Jesus and the Apostles.

How Do Modern Faith Healers Heal?

If modern healers don't have the gift of healing, as it was exercised by Jesus and the Apostles, how is it that some people are apparently healed through their ministries?

It is certainly not my place to judge the sincerity of any who claim to heal. God is their judge and there is no reason for me to pass judgment on them. However, I certainly can judge their methods in comparison to those of Jesus and the Apostles. And I can postulate a number of explanations for their apparent effectiveness, apart from the gift of healing, which I don't believe they have.

(1) In His mercy and omnipotence, God can miraculously respond to the prayers and the faith of the sick, in spite of the errors, antics, and mistakes of the faith healer. God is God; He can choose to heal in any way He wants -- in spite of human sin and ignorance. Thank God for His mercy -- because we all come before Him in some degree of ignorance.

(2) The faith healer may simply be using the laws of psychology to heal. The mind can cause sickness and the mind can bring about healing, according to laws put in motion by God. These laws are neutral; they work for Christians and non-Christians alike, for hypnotists, doctors,

spiritists, witch doctors, psychologists, ministers, and for faith healers, who can be instrumental in unleashing an individual's own powerful mental forces to bring about healing.

(3) Deception of two types may be involved. Individuals, caught up in the powerful psychological forces of a healing revival, may really think they are healed and publicly claim a healing -- only to discover later, in the privacy of their own homes, that their illness persists. Follow-up studies of people who have claimed public healings indicate that many "miraculously healed" people do not stay healed. Deliberate fraud can also be used; people feigning illness can be used as plants to feign healing, to "get the ball rolling," so to speak.

(4) Satan has great spiritual powers. It is possible that some faith healers can wittingly, or unwittingly, use the powers of evil to effect apparent miracles -- just as spiritists and mediums do.

A faith healer could be "healing" through one or more of these four means and not have the gift of healing as exercised by Jesus and the Apostles. How can you know for sure? If he doesn't teach the truth, don't have any part of him, no matter how many people he heals, Isaiah 8:20. If he appears to teach the truth, check him out. Thoroughly investigate the man, his methods and teachings, comparing them with the Bible. Get to know dozens of the people said to have been healed by him. In the final analysis, let God be his judge. Remember that the workers of Satan can often produce lying miracles in an attempt to deceive the very elect, Matthew 24:24, II Thessalonians 2:3-12, Revelation 13:11-14. Miracles, per se, are NOT the proof of a true servant of the Almighty!

You can be sure of this -- James 5:14 instructs a sick person to call the elders of the church for anointing and prayer, and that God does heal. You can go to Him in prayer, you can ask others to pray, you can call for the elders of the church for anointing and prayer. This is the general practice prescribed for the church; it is an appeal for God's mercy and is significantly different from the gift of healing. Part of the problem of modern faith healers is that they confuse prayer

for healing (which is what they should be doing according to James 5:14) with the gift of healing (which they don't have). This is not to say that God cannot at any time give someone the gift of healing, just as He gave it to Jesus and the Apostles. But if and when He does, that healer will not be dependent on crowd enthusiasm or psychology; and when he commands healing, it will always happen. He will never command healing when it is not God's will to heal that person.

Is It Always God's Will to Heal?

Many modern healers teach what has been called the "gospel of good health," that it is always God's will for us to be well, that sickness is of the devil, that just as it is God's will to forgive all our sins, it is His will to heal all our sicknesses, Psalms 103:3. Scriptures such as John 14:14, "You may ask Me for anything in my name, and I will do it," and Mark 9:23, "Everything is possible for him who believes," are cited to show that all we have to do is believe -- that our healing is already established in the will of God -- all we have to do is claim it.

This line of understanding claims that if a person does not experience healing, it is always because he lacks faith -- that he must investigate his life to find secret sins that are preventing him from receiving the healing promised by God. We should examine ourselves, yet realize that it is not always God's will to heal right away.

To be sure, the gospel of good health makes some very valid points. It has done much to counteract the erroneous concept that Christians should be poor, sick, and downtrodden, that there is some eternal reward in penury and suffering. But the Scriptures used to support this "gospel" must be understood in the context of other verses such as I John 5:15 (. . . that if we ask anything according to his will . . .) and the whole of God's word. The fact of the Bible record is that, for whatever reasons, human beings in every generation, including men of powerful faith, have been sick; and all eventually died!

Sickness Experienced by Men of God

Elisha, a prophet with a double portion of the spirit, suffered from a disease that eventually took his life, II Kings 13:14. Even after Elisha died, a dead man whose body touched his bones, came to life. In the New Testament are numerous accounts of healings, frequently of non-Christians or of new Christians. Yet there are also a number of references to sickness with no mention of divine healing.

The Apostle Paul was denied his petition for removal of his "thorn in the flesh," II Corinthians 12:7-10; he stated ". . . outwardly we are wasting away . . ." II Corinthians 4:16; he also refers to having had an illness that resulted in his preaching to the Galatians, Galatians 4:13-14. Paul's fellow minister, Trophimus, was sick and was left behind -- not healed -- by Paul, II Timothy 4:20. Timothy was encouraged to drink wine for his stomach's sake and for his "frequent illnesses," I Timothy 5:23. Epaphroditis was sick and almost died "for the work of Christ . . . but God had mercy on him," Philippians 2:25-30. Note that in this last example, Epaphroditis' healing is described as an act of God's mercy, not of obligation.

From all these examples, it is obvious that even men of powerful faith got sick and were not healed immediately. Some undoubtedly recovered eventually from their sicknesses. Some died from or with their sicknesses! While one could argue that it was because of their lack of faith that they weren't healed, the argument seems rather hollow. Not once were their sicknesses attributed to lack of faith, so it seems rather presumptuous for modern preachers to claim that a lack of healing proves a lack of faith. Are faith healers today aspiring to a faith so much greater than that of Elisha and Paul?

Why Does God Allow Sickness?

The Bible reveals that God is interested primarily in eternal "good health." He doesn't always heal right away because He uses the sufferings and pain natural to human existence to teach us what is really important. Peter wrote, ". . . while you may have had to suffer grief in all kinds of trials. These have come so that your faith . . . may be proved genuine," I Peter 1:6-7. Paul wrote, ". . .

we also rejoice in our sufferings, because . . . suffering produces perseverance . . . character . . . hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom He has given us," Romans 5:3-5. James wrote, "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything," James 1:2-4. See also Romans 8:21-26; I Corinthians 15:42; II Corinthians 4:10-17; 5:2-4; 12:7.

Perhaps we can understand the question of God's will on sickness by thinking of how we parents view our children. Certainly we don't want them to be sick or to suffer pain. We want them to see life in positive terms of joy and hope -- not in terms of suffering and pain. On the other hand we recognize that scrapes and bruises are part of growing up -- and that children learn very valuable lessons by experiencing pain. In like manner, God doesn't want us sick and doesn't deliberately cause us to suffer. Yet He has put us in an environment of which pain and suffering, including sickness, are a part -- because He is preparing us for the real life, eternal life, that lies ahead.

Conclusion

Faith healers generally do not have the gift of healing. They do not follow the example of Christ. Anyone with the gift of healing will heal 100% of the time. The general prescription for New Testament believers is to seek prayer and anointing from the elders of the Church. God's servants sometimes do get sick, not always from a lack of faith or a sin they have committed.

We shouldn't have an "I'm-meant-to-be-sick" attitude. Such a negative outlook only consigns us to a life of sickness. Rather we should have an overall expectation of health and wellness -- viewing illness as the exception, not the rule. But when we do get sick and God delays healing, we can know that He is accomplishing in us something far more important than physical health. A healed body will last for a few decades at most. But the love, peace, patience, temperance, and

meekness learned through sickness and suffering will last for eternity. God's ultimate will for us is to prepare us for the ultimate healing -- which is living with Him for all eternity in a body that knows no sickness or suffering.

-- adapted by Richard C. Nickels, September 1987, from an article by Richard A. Wiedenheft. All quotations are from the NIV translation.ê

God Does Heal -- Today!

Review: "Does God Heal Today?" by Herbert W. Armstrong. Radio Church of God, Pasadena, California: 1952.

Without faith it is impossible to please God. When we get sick or injured, and need the Almighty's healing power, our faith is tested. All too often, we fail the test. Like the disciples, we need the Messiah to "increase our faith," Luke 17:5.

"Does God Heal Today?" helps to shore up, to increase, our faith in the Creator to heal us when we are sick. Because of the power of the medical profession (the American Medical Association in particular), trusting God for healing can be a very controversial subject. Few realize that the AMA is one of the most powerful labor unions in the world. As Dr. Robert Mendelsohn has written, modern medicine as a whole, is a powerful religion against God.

Armstrong Learns That God Heals -- Today

Herbert W. Armstrong learned the lesson of divine healing shortly after he was baptized in 1927. In Chapter 17 of his Autobiography (1967 edition), "Learning Whether God Answers Prayer," Armstrong relates how, through a severe experience and Bible study, that God does heal, today.

Mrs. Armstrong had a series of afflictions, and had contracted blood poisoning as a result of a rose thorn. For three days and nights, she was unable to swallow a drop of water or a morsel of

food. The doctor told Armstrong she could not last another twenty-four hours. A neighbor lady asked if she could ask a man to come and anoint and pray for his wife's healing. The man answered the Armstrong's questions, from the Bible, and they began to understand, and believe.

They knelt in prayer, and as he anointed Loma Armstrong with oil from a vial he carried, "He uttered a quiet, positive, very earnest and believing prayer which was utterly different from any prayer I had ever heard. This man actually dared to talk directly to God, and to tell God what He had PROMISED to do! He quoted the promises of God to heal. He applied them to my wife. He literally held God to what He had promised! . . . You have promised,' he said to God, and you have given us the right to hold you to your promise to heal by the power of your mighty Holy Spirit. I hold you to that promise! We expect to have the answer!' (pages 317-318)." They believed, and Mrs. Armstrong was dramatically healed. Even the doctor was astonished.

Further Bible study taught Armstrong that there are two conditions which God imposes: (1) we must keep His commandments, I John 3:22, and (2) we must really BELIEVE, Matthew 9:29 (page 322). When Armstrong later learned that the resurrection of Jesus was not on Sunday, so that the very foundation for Sunday sacredness crumbles, he wanted to share this new truth with the man that anointed his wife for healing. Upon study, this man rejected the Sabbath, for even though he admitted it was Bible truth, he knew it would put him at variance with his own church. Shortly thereafter, Armstrong found this man dejected and depressed. "Brother," he told Armstrong, "something terrible has come over me. God has left me. He doesn't answer my prayers any more. I don't understand what has happened (page 328)." Armstrong knew that when one deliberately, knowingly, from the heart, rejects knowledge, God will reject him, Hosea 4:6.

Summary of "Does God Heal Today?"

The day of miracles is not past. Hebrews 13:8 and John 14:12 show that Christ will continue to

perform miraculous healings, in our day. It is not true that God has changed and works through medical science today.

Diving healing began with God's Old Testament Church. Divine healing is a miracle from Almighty God, as a result of believing prayer. The same conditions of obedience and faith for divine healing existed during the Exodus, and still do today, Exodus 15:23-26, I John 3:22. God is our healer, the doctors are not. Any honest doctor will admit that drugs, medicines, or knives cannot heal. Only God can heal!

Scripture labels other modes of "healing" IDOLATRY. For centuries, Israel's means of healing was faith in God alone. Later, they departed from God, and turned to heathen methods of medicine. King Asa of Judah forsook God, and sought the physicians instead. He died, II Chronicles 16:13. Herbert Armstrong's son, Garner Ted Armstrong, wrote in a Good News magazine article (June, 1964, pages 4, 22), "To rely on any foods, supplements, medicines, drugs, knives, or even on fasting, for healing (and none of these can, ever have, or ever will heal!) is to break the commandment against idolatry!"

Modern medicine originated in paganism. Baal-zebub, the god of Ekron, was a pagan deity of medicine. King Ahaziah of Israel fell through a lattice, was injured, and sought Baal-zebub whether he would recover. Elijah rebuked him for not seeking the God of Israel, and told him he would die. So, he died, II Kings 1:1-17. God did not raise up medical science today, and bless it and work through it. The example of Hezekiah in II Kings 20:1-7 again shows that faith and obedience are required for healing from God. (Comment: It also shows that upon seeking God, one should also perform whatever physical therapy is required to assist the healing process. Isaiah told Hezekiah's servants to make a fig poultice to lay on Hezekiah's boil.)

It IS God's will to heal; healing is forgiveness of physical sin. Just as God forgives all our iniquities, so will He also heal all our diseases, Psalm 103:2-3. It is God's will to heal, Ephesians 5:17, Luke 5:12-13. Sickness is generally the penalty of violating physical laws of health.

Healing is the forgiveness of this kind of sin, removing the penalty for the sin. None but God can forgive sin, so none but God can heal. When Jesus healed, he showed that he was forgiving sin, Luke 5:18-26, Matthew 9:2-8, Mark 2:3-12. Jesus heals because he paid the penalty for our sin, in our stead, John 3:16, Romans 5:8, Matthew 8:16-17, I Peter 2:24. Jesus suffered scourging to pay the price for our physical transgressions, John 19:1.

We "break bread" at Passover to symbolize our faith in Christ's body, beaten for our healing. We take the broken bread unworthily, if and when we put our trust in doctors and medicines, instead of in Christ, thus putting another god before Him. See I Corinthians 11:23-30.

There is a need for doctors, to help us to prevent sickness and get in harmony with nature's laws. Doctors should concentrate on helping us eat right. Naturopaths and chiropractors are more in line with what doctors should be. Medical doctors, all too often, resort first to drugs and surgery. It is wise to use a doctor to assist in childbirth, setting broken bones, and helping to repair damage. Doctors cannot heal, and often take all of their patient's money, Luke 8:43-48. Healing is out of their line, and doctors should not be looked to in faith for healing.{1}

Healing is part of the Gospel Commission, Matthew 9:35; Luke 9:1-2, 10:1, 9; Mark 16:15-18.

The New Testament Church believed in, and practiced, faith healing. See Acts 3:1-11, 4:29-31, 5:15-16, 19:11-12; James 5:14-15.

We should leave the way and the time to God. God promises to heal you. Accept His promise, stand on the promises, expecting an answer, knowing you will get it. But, leave the "how" and "when" to God in His way and His time. The Scripture cannot be broken! "Who forgiveth all thine iniquities, who healeth ALL thy diseases!"

Opposition to Healing Booklet

Of all the religious articles Armstrong has written, it appears that "Does God Heal Today?" has

aroused the most opposition and controversy. Some unstable, unbalanced, individuals in the Church, have acted unwisely, drawing unnecessary persecution from medical and legal authorities. Lawsuits against the church, or against families who do not seek medical care for their sick children, have given the doctrine of divine healing a bad name.

As a result, the booklet was "killed" about the late 1960's or early 1970's. In some church areas, members were told to burn their copies. An official Interoffice Memo to Regional Directors of the Worldwide Church of God, dated May 30, 1973, states the reason for killing "Does God Heal Today?" was "medical authorities." This is a frank admission that the booklet aroused the ire of the medical profession, because their livelihood was threatened.

Rather than continue to boldly proclaim God's Truth, Armstrong gave in to pressure and de-emphasized divine healing. His 1979 booklet, "The Plain Truth About Healing," is a far cry from "Does God Heal Today?" For a review of this newer booklet (revised by Armstrong's successor, Joseph Tkach, in 1987), see the chapter in this series of articles entitled "The Attack Against Healing and Health." Some gleefully rejoiced that the Church had discarded the "heretical" doctrine of divine healing. The 1991 "Statement of Beliefs of the Worldwide Church of God" does not even mention divine healing as an important tenet of faith.

We should not throw out the doctrine of divine healing. As Armstrong wrote,

If something breaks on my automobile--something that can be fixed back either by myself or a specialist in a garage, I do not just PRAY and DO NOTHING, and expect God to do for me what I can do for myself (page 11, "Does God Heal Today?").

How then, should we properly practice the doctrine of divine healing?

A Sound-Minded Approach to Healing

God's Church should set forth a high standard for God's people to exercise faith and obedience in God, trusting God for healing. Those who at times do not live up to higher levels of faith should

not be browbeaten or put down. The Church's function should be to shore up, to encourage us to have faith in God, and to understand God's laws of health.

Church members should seek to obey God and exercise faith in Him. They are responsible, as individuals, to apply the Bible in their own lives, to decide what they will, and will not do, when they are sick.

Church members should call for the elders of the church when they are sick. Seek God FIRST, then decide what, if any, physical means should be used.

Church members should not trust, or rely upon, medical doctors. They should realize that many doctors are unscrupulous, but should seek and find, if possible, sensible physicians for consultation and advice when necessary. There are a few good doctors, like Luke, today, but they are very hard to find.

If you have children, you should be very sensitive to their health situation. Many governments today will put the parents in jail if they do not seek "competent" medical attention when their children are sick. Exercising discretion, yet trusting God and using natural means, is extremely important.

Using these sound-minded principles, "Does God Heal Today?" becomes an anchor for our faith in time of need. We recommend the original article be read by every believer.

The Legal Issue

Today, you can write books and articles advocating homosexuality, bestiality, how to make bombs to kill policemen, etc., and not fear persecution or prosecution. But, if you write in favor of divine healing, or promoting Bible Laws of Health, watch out!

Fear of "medical authorities" caused the Worldwide Church of God to kill the free booklet, "Does God Heal Today?" That same fear causes some today to include a "disclaimer" with their religious articles on healing and health. One Sabbath-keeping church prefaced their article with this statement: "The reader should not construe what is written to be specific advice or a course

of action to be followed with regard to any health problems." The supposition is, that if someone did interpret the article as medical advice, and consequently died or was harmed, then they or their heirs could successfully sue the church. Crackpots and extremists abound who can do harm to themselves and others by wrongly interpreting almost any teaching. Courts today grant huge settlements for the most ridiculous reasons.

"Does God Heal Today?" is balanced, and uplifting, holding up the sacrifice of Jesus Christ in a reverent and respectful manner, shoring up our faith in God. If opposers of God take unwise actions, which are not supported by the article, and then turn and sue, let them. We should trust God for healing, and trust Him to defend us from such wicked lawsuits.ê

Write For Your FREE Copy of "Does God Heal Today?"

According to an official search of copyright records, "Does God Heal Today?" by Herbert W. Armstrong, was published May 9, 1952, and registered in the name of the Radio Church of God in the United States Copyright Office on December 14, 1955. No renewal was found. Under the law covering this period, the copyright expired 28 years after publication. Therefore, this publication is in the public domain.

Further investigation has revealed that "Does God Heal Today?" was first published, without copyright, from Eugene, Oregon in the late 1940's or early 1950's, before the "copyrighted" edition from Pasadena, California, in 1952. Thus, it was in the public domain even before it was supposedly copyrighted.

These facts make it doubly clear that re-printing this article is entirely within the law. We encourage you to write for a free copy.

Except for spelling out all Bible references, our printing of "Does God Heal Today?" exactly conforms to the original.

Write to Giving & Sharing for your free copy of "Does God Heal Today?" by Herbert W. Armstrong.

FOOTNOTES*****

{1} In ancient China, doctors were paid when their patients were kept well, not when they were sick. Believing it was the doctor's job to prevent disease, Chinese doctors often paid the patient if the patient lost his health. When a patient died, a special lantern was hung outside the doctor's house. Too many of these lanterns would certainly hurt business for a doctor.

Clean and Unclean Meats

Scriptural Proof Law of Unclean Still In Force

"So you don't eat pork and shellfish," someone will say, "you must be Jewish!" I reply, "No, I just try to follow the Bible, both Old and New Testaments."

Besides the Sabbath and Holy Days, no other belief results in one so easily being mislabeled as a Jew. The Bible is clear on these subjects: the Messiah did not come to destroy the law, He came to fulfil, and magnify, the Law of God, Matthew 5:17-20, Isaiah 42:21.

God wants His people to be healthy, III John 2, and eat with enjoyment, Ecclesiastes 3:13, 5:18. God's laws include rules having to do with good health. To be a clean people, God's people should eat clean food. Food that is "clean" doesn't always mean food that has been washed well or free from dirt. Food can be clean from dirt, but still be unfit to eat. When God made animals, birds, fish, and insects, He divided them into two classes -- those good for human food, and those unfit for human food. These the Bible calls "clean" and "unclean." The Bible explains clean and unclean animals, birds, fish, and insects in Leviticus 11 and Deuteronomy 14.

As Basil Wolverton stated, our Creator never does anything without a good reason. Man cannot always figure out why God commands us to do, or not do, certain things. But, nevertheless, the Almighty expects us to obey, regardless of how much or how little we understand. Unclean animals are generally scavengers, and their digestive systems don't carry off enough poisons.

But the main reason why any animal is unclean is that it was not made to be eaten in the first place. . . . if man could naturally prove that these animals were not fit for food, God would not have needed to tell us about them in the Bible. God had to put these laws in the Bible so that we could know certain creatures are harmful (The Bible Story, Volume III, pages 20-21).

Mankind, however, has a carnal (fleshly) mind, which is diametrically opposed to God's spiritual laws. The carnal mind, with which we were born, cannot be subject to God's law, Romans 8:7. Just as unconverted humans naturally want to curse God, lie, steal, and commit adultery, so those without God's Holy Spirit lust after forbidden food. If God had not forbidden us to eat pork, crabs and oysters, we might not have the desire to eat them!

The Law of Clean and Unclean, found in Leviticus 11 and Deuteronomy 14, was in force long before Moses. Abel was a keeper of sheep, not of pigs, Genesis 4:1-5. Jabal, of the line of Cain, specialized in raising cattle, Genesis 4:20. The Eternal told Noah to take unclean animals onto the ark by twos, but clean animals by sevens, Genesis 7:1-3. After a safe arrival on Mount Ararat, Noah built an altar and sacrificed of every clean animal and clean fowl, Genesis 8:20. By this we learn that Noah already knew which animals were clean and which were unclean, and that he knew that sacrifices to the Eternal must only be with clean animals and clean fowl.

Numerous Old Testament scriptures confirm how the Almighty feels about us eating unclean meats:

Leviticus 10:10 The duty of the priests was to teach the people the difference between holy and unholy, between clean and unclean.

Leviticus 11:44-47 The purpose of the law of clean and unclean is so that God's people shall be holy, even as He is holy. This law teaches personal cleanliness and righteousness.

Leviticus 20:25-26 We need to put difference between clean and unclean beasts and fowls, so we shall be holy unto the Lord, severed from other people.

Leviticus 27:11 Unclean beasts are not to be sacrificed to the Lord.

Numbers 18:15 Firstborn of man and firstlings of unclean beasts are to be redeemed.

Deuteronomy 14:2-21 The purpose of the law of clean and unclean is that God's people are to be a holy people unto Him.

Judges 13:4,7,14 Mother of Samson was admonished not to eat any unclean thing.

Job 14:4 Man cannot bring a clean thing out of an unclean.

Ezra 9:11 Canaan was an unclean land [and Israel became unclean just like the Canaanites].

Isaiah 65:1-5 God's people are rebellious, provoking God by their idolatry, eating swine's flesh and abominable broth, and yet still say "I am holier than thou."

Isaiah 66:3 God's people are so bad that he who offers an oblation is as if he offered swine's blood, the ultimate insult to the Eternal.

Isaiah 66:14-17 At the Day of the Lord, He will devour His enemies with fire and sword; those who eat swine's flesh, the abomination, and the mouse shall be consumed together.

Ezekiel 22:26 False prophets have violated God's law, put no difference between the unclean and the clean, and profaned God's Sabbaths.

Ezekiel 44:15, 23-24 The sons of Zadok shall teach God's people to discern between the unclean and the clean.

Hosea 9:3 Ephraim shall eat unclean things in Assyrian captivity.

Haggai 2:13-14 God's people are unclean spiritually.

John the Baptist ate "locusts and wild honey," Matthew 3:4, and wore a garment of camel's hair. Jesus called John the greatest human being, Matthew 11:11, so John obviously followed Biblical laws of health. He ate locusts, which are clean, and wore garments made from camel's hair, an unclean animal.

Jesus condemned the Pharisees who literally strained out a little gnat (unclean insect), but figuratively swallowed a huge camel, an unclean animal, Matthew 23:24. This illustration makes no sense at all if the Savior came to destroy the law of clean and unclean.

Unclean fish are compared to sinful people who are cast into gehenna fire in Matthew 13:47-50. The fisherman casts his net, and when he draws the net in, he keeps the clean fish, and throws the unclean fish away. Likewise, in the Kingdom of Heaven, the angels shall separate the just from the wicked. This parable makes no sense to those who do not understand the difference God places between the clean and the unclean.

The prodigal son was brought down so low that he had to feed swine and wanted to eat the husks he fed the swine, Luke 15:15-16.

In Mark 5:1-17, Jesus cast out a Legion (name for Roman army of 1,000) of demons from a man. The demons begged Jesus to let them go into a herd of nearby swine. So, He allowed it, and the herd of pigs ran violently down a steep place and drowned in the Sea of Galilee. The Savior knew what the demons would do to the swine, and He allowed it, again showing that He supported the Law of Clean and Unclean.

Mark 7: The Things That Defile From Within

Mark 7:18-19 has been used by many to supposedly justify eating unclean meats. Jesus said,

. . . Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; Because it entereth

not into his heart, but into the belly, and goeth out into the draught, purging all meats?

The RSV renders verse 19, "since it enters, not his heart but his stomach, and so passes on? (Thus He declared all foods clean.)." This is an unwarranted addition to Scripture. The context is verses 1-5, which describe the Pharisees' practice of always washing their hands before eating, and a host of other traditions of washing pots and cups. The subject is not clean and unclean meats, but unclean hands. Jesus showed that unclean thoughts are the things that most defile a man, not just unwashed hands, verses 20-23. The parallel passage to Mark 7 is Matthew 15. After explaining that inner defilement of the mind is far worse than defilement of the body, Jesus concluded, "These are the things which defile a man [evil thoughts, adulteries, etc. described in Matthew 15:18-19]: but to eat with unwashed hands defileth not a man," verse 20. Ceremonial washing of the hands and cups doesn't affect the inner man. Jesus was not speaking against sanitary, hygienic cleansing with water, either. He criticized the fanatical ceremonial practices of Pharisees, who cleaned up the outside, but inside were rotten to the core, Matthew 23:25. We need to keep the inside, and outside of our bodies pure before God.

The Pharisees watched every word and movement Jesus made. They falsely accused Him of breaking the Sabbath, and claimed that He blasphemed when He said God was His Father, John 5:18. But never did any Jew accuse Jesus of eating, or advocating the eating of, unclean meats. Jesus said He did not come to destroy any portion of the Law of God, but to fulfil and keep it, Matthew 5:17.

In Jesus' day, even some of His own followers misunderstood His teaching. In John 6:48-66, Jesus explained that we are to spiritually eat His flesh, and drink His blood (represented by the Passover emblems of bread and wine). Some of the Jews strove against Him, thinking that he was advocating literal cannibalism. Even some of His own disciples left Him over this matter. No, the Messiah was not promoting eating human flesh and drinking human blood. He consistently taught, and practiced, the laws of God.

Peter's Vision in Acts 10

Many assume that Peter's vision in Acts 10 permits the eating of unclean meats. But when you read this passage closely, you will see that it does not do away with the Law of Clean and Unclean Meats. The Apostle Peter was staying in Joppa with Simon the tanner. About noon he went up on the flat housetop to pray. He was very hungry, and would have eaten, but instead fell into a trance. In his vision from God, Peter saw Heaven opened and a vessel descending toward him, like a great sheet with four

corners, full of unclean wild beasts, creeping things, and unclean birds. A voice came to Peter, saying "Rise, Peter, kill and eat." Peter did not assume that he could now eat unclean meats. "Not so, Lord," he replied, "for I have never eaten any thing that is common or unclean." The voice from Heaven replied, "What God hath cleansed, that call not thou common." If Jesus had done away with the Law of Clean and Unclean during His earthly ministry, why hadn't Peter, a leading apostle, gotten the picture, some ten years after the crucifixion and resurrection of the Messiah?

The vessel of unclean animals went up and down three times, then Peter awoke, wondering what the vision actually meant. How dense Peter was! For some reason, he was supposed to understand that he could now eat pork and shellfish! But, it just so happened at that exact moment, three messengers from the Gentile Cornelius, a Roman Centurion, came to Peter's lodging. Cornelius had been notified, also in a vision from God, to seek Peter and was told that God would deal with him through Peter. Then, the Spirit informed Peter to go and receive the messengers. Upon Peter's preaching to them at Caesarea, Cornelius and his entire adult household were baptized and received the Holy Spirit. This showed that God was opening the door of salvation to the Gentiles as well as Israelites. Now, Peter understood the meaning of the vision. He said,

Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean. Acts 10:28.

Jewish tradition, which was based upon a twisted perversion of the Law of Clean and Unclean and the Law of Circumcision, forbade Pharisaic Jews to have close association with uncircumcised Gentiles, those who ate unclean foods. Jewish exclusivism rated Gentiles as spiritual dogs, unclean, and unsuitable for physical contact. At this time, God was showing Peter and the New Testament Church, that Gentiles could become spiritually circumcised. The subject of Acts 12 is NOT clean and unclean foods, but clean and unclean people, and whether or not to accept Gentile believers into the fellowship of the Gospel. The Creator had now granted repentance unto life to the Gentiles, Acts 11:18.

So, in Acts 10:34-35, Peter finally understood that, "Of a truth I perceive that God is no respecter of persons: but in every nation he that feareth Him, and worketh righteousness, is accepted with Him." All of God's commandments are righteousness, Psalm 119:172, and the Law of Clean and Unclean is part of the commandments of God.

Don't Defile God's Temple, Your Body

In II Corinthians 6:16-17, Paul warns believers not to defile their bodies, which are the Temple of the Living God. He tells us to "touch not the unclean thing." He was speaking spiritually, but this analogy would make no sense to someone who does not understand the Law of Clean and Unclean Meats. Again, the evidence mounts that the New Testament does not do away with the Law of Clean and Unclean Meats. Unknowingly eating unclean meats, in ignorance, is breaking the Law of God. Even worse, those who know the scientific and Biblical facts of the matter, and nevertheless continue to eat unclean meats, are guilty of lust. This is in direct disobedience to the Tenth Commandment. To lust, or covet, is to wrongly desire that which God forbids. One who is a believer and allows his life to be dominated by wrong desires and appetites is guilty of lust. This is defiling his body, which is to be holy in all conduct.

Eating unclean meats is also breaking the commandment against murder. Suicide, killing oneself, and eating poison, is a form of murder. As Herbert W. Armstrong wrote,

And when you put into your stomach all kinds of foul things which the Great Architect who designed your human mechanism never intended, you foul up your body and bring on sickness, disease, aches, pains, a dulled and clogged-up mind, inefficiency and inability -- and you commit suicide on the installment plan by actually shortening your life! (Is All Animal Flesh Good Food?, page 1).

Some people may ask, "If swine's flesh isn't supposed to be eaten as food, why did God create pigs?" We could also ask, why did God create weeds and poisonous vines? Everything created has a purpose, for the Eternal created nothing in vain, Isaiah 45:18. As the case of poisonous vines demonstrates, God did not create everything to be eaten. Unclean foods are "poison" to the body. As Armstrong states,

The only difference between these poisons we falsely call foods and potassium cyanide is the relative number of minutes, hours, or years it takes to accomplish its mission. (Ibid., page 1).

Animals to be eaten were made so at creation, as well as animals not fit to eat. There is no Bible record where a change was made in the structure of animal flesh, so that which was once unfit for food will now digest properly.

Meats Created to be Received

Some point to I Timothy 4:1-5 in a futile attempt to "prove" that we can eat unclean meats today.

In the latter times, some shall depart from the true faith, giving heed to seducing spirits and doctrines of demons. Besides forbidding to marry, these doctrines include:

. . . commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer.

The truth is that God did not create pork and shellfish to be eaten. The word of God forbids us to eat unclean flesh. No amount of prayer can sanctify (set apart for holy use) unclean meat. However, every creature which God created to be eaten, is indeed sanctified. It is blessed by the Eternal, when we ask God's blessing at mealtime. I Timothy 4:1-5 actually confirms the validity of the Law of Clean and Unclean Meats.

We should not be carried about with different, strange doctrines, which change the truth of God upside down, but we should be established in His way of grace, Hebrews 13:9.

Romans 14: To Eat, Or Not to Eat, Meat

Romans 14:14 (KJV), states, "there is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean." My Oxford Bible margin corrects the KJV mistranslation here. "Unclean" should have been translated "common." The Greek word improperly translated "unclean" in this verse is Strong's #2839, koinos. The normal word for "unclean" is #169, akathartos. These two words are very different. They are used together in Acts 10:14, where Peter said he had never eaten anything that is "common [koinos] or unclean [akathartos]." Koinos, and its related word, koinoo, #2840, is used to mean "unwashed, dirty, defiled before God" (Mark 7:2; Matthew 15:11, 18, 20; Acts 21:28; Revelation 21:27), or "used by the common group," (Acts 2:44, 4:32), or "available to all believers" (Titus 1:4, Jude 3). The key difference between akathartos and koinos is that akathartos means unclean and impure by nature, while koinos means polluted through external use.

The context of Romans 14 is the controversy between meateaters and vegetarians (see verse 2). From I Corinthians 8:7-8, 10:25-28, we learn the reason why some of the Roman believers were vegetarians. It was because they didn't want to eat food offered to idols, even if it was clean meat properly bled, because they felt that the idol contaminated the meat. Since all meat sold in Gentile meatmarkets was suspect, they avoided meat altogether. Paul corrected them on this point. Mere association with an idol, doesn't make meat common, or improper, to eat.

Vegetarians regarded clean meats as common (dirty, defiled before God). That is why Paul did not use akathartos in Romans 14, but koinos instead. He knew that no clean foods which God had sanctified are by nature polluted. But, vegetarians, weak in the faith and weak in understanding God's Word, wrongly believed that even clean meat was polluted, through association with an idol. The conscience of the vegetarian defiled the meat for him. But that does not make meat polluted in fact, or for anybody else. Paul did not recommend eating unclean meats, but he recommended not eating any meat at all in the presence of a vegetarian brother, if eating meat offends him, Romans 14:20-21.

Jerusalem Conference Confirms the Truth

The only circumstance in which clean meats are ever common or polluted is when clean animals have died of themselves or when the blood has not been properly drained. Such animal flesh was "common," and it was given to strangers or aliens if they wanted it, Deuteronomy 14:21.

About 50 A.D., nineteen years after the crucifixion, the food laws were still in full force. The decision of the "Jerusalem Conference," given by the Apostle James, brother of Jesus, required Gentiles to "abstain from meats offered to idols, and from blood, and from things strangled, and from fornication . . . ," Acts 15:29. Gentiles commonly ate their sacrifices with blood, as their sacrifices were often strangled, and then presented to idols. Afterwards, the offerer committed fornication with the temple prostitutes as part of the pagan rites. Under the New Covenant, sacrifices are not required of Gentiles. Also, they are not to substitute their pagan practices in the worship of the Eternal.

Definition of Clean and Unclean

Based upon our understanding of the Biblical Law of Clean and Unclean, found in Leviticus 11 and Deuteronomy 14, the following charts explain which meat is clean, and which is unclean. After these, we will explain much more information relating to the Law of Clean and Unclean Meats.

Clean Meats

1. Clean animals part the hoof and chew the cud: Cattle (beef, hamburger, veal), sheep (lamb, mutton), antelope, buffalo (bison), caribou, deer (venison), elk, gazelle, giraffe, goat, hart, ibex, moose, reindeer; and their products, milk, butter, and cheese.

2. Clean fish have fins and scales: anchovy, bass, bluefish, carp, cod, crappie, drum, flounder, garfish, grouper, grunt, haddock, halibut, hardhead, herring, mackerel, minnow, perch, pickerel, pike, rockfish, salmon, shad, sheepshead, skipjack, smelt, snapper, sole, sunfish, tarpon, trout, tuna (albacore, bonita, yellowtail).

3. Clean birds: chicken, dove, duck, goose, grouse, guinea fowl, partridge, peacock, pheasant, pigeon, songbirds, sparrow, quail, turkey. Their eggs are also good to eat.

4. Other clean animals: different kinds of locusts, which include crickets and grasshoppers.

Tips for Avoiding Unclean Meats

1. Read the package label.
2. Learn to avoid potential sources of unclean meat: pork and beans, some kinds of Mexican refried beans (frijoles), certain crackers (lard), many cakes (lard or pork shortening), salads with bacon bits, many pizzas (pepperoni), fish oil (shark oil), unknown types of fish (names of fish are not always a guide).
3. If necessary, politely ask questions before you eat at a restaurant or someone else's house. Do not offend others or be obnoxious when you need to inform a non-believer that you do not eat pork or shellfish.

Unclean Meats

1. Unclean animals include: swine (boar, peccary, pig, hog; and their products including bacon, ham, lard, pork), canines (coyote, dog, fox, hyena, jackal, wolf), felines (cat, cheetah, leopard, lion, panther, tiger), equines (donkey, horse, mule, zebra), small animals (badger, coney, hare, ferret, monkey, opossum, porcupine, rabbit, raccoon, skunk, squirrel), larger animals (bear, camel, elephant, gorilla, hippopotamus, kangaroo, llama, rhinoceros, wallaby).
2. Unclean water creatures lacking fins and scales: scaleless fish (catfish, eel, marlin, shark, sturgeon, turbot), shellfish (abalone, clam, crab, crayfish, lobster, mussel, prawn, oyster, scallop, shrimp), soft body (cuttlefish, jellyfish, limpet, octopus, squid), sea mammals (dolphin, otter, seal, walrus, whale).

3. Unclean birds{2} of prey, scavengers, etc.: albatross, bat, bittern, buzzard, condor, cormorant, crane, crow, cuckoo, eagle, flamingo, glade, grosbeak, gull, hawk, heron, kite, lapwing, loon, ossifrage, osprey, ostrich, owl, pelican, penguin, plover, raven, stork, swallow, swift, vulture, water hen, woodpecker.

4. Other unclean creeping animals: reptiles (alligator, crocodile, lizard, snake, turtle), amphibians (frog, newt, salamander, toad), other (groundhog, mole, mouse, rat, snail, slug, weasel), all insects except the locust family{3}).

How One Scientist Views Unclean Meats

(This section is taken from Health Guide for Survival by Salem Kirban.)

In Leviticus 11 and Deuteronomy 14 are guidelines telling us what foods we should avoid. The swine, or hog, is referred to in Leviticus 11.

And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

Our Creator, when He gave us bodies, gave us bodies that balanced out the body chemistry. He created energy out of anions and cations.

In reading this, some will say "Yes, but these instructions were just for the people of Israel in Old Testament times. We now have the liberty to eat pork."

But, in reality, your gastric juices, your body chemistry, is no different than those of the Israelites of some 4,000 years ago!

While we are living in the dispensation of Grace . . . this had to do with our spiritual life. Our human digestive tract has not changed!

Just because today's hogs are raised on grains and in hog parlors under antiseptic conditions . . . the hog still presents digestive problems.

Dr. Carey Reams, a biochemist, did seven years of research before he found the answer . . . yet it was not the research that helped him find the answer to why we were better off obeying the instructions of Leviticus 11 and Deuteronomy 14.

Dr. Reams first discovered that the calories in beef, pork, fish or anything else per gram of lean meat are almost the same. There is very little difference here.

Dr Reams came upon this fact quite unexpectedly. He had a client who was told that he had less than a year to live. As an agricultural engineer, Dr. Reams serviced his orange grove and cattle farms.

This client told Dr. Reams: "You've got to help me. Medicine has failed." Dr. Reams gave him a gram scale and told him: "I don't care what you eat. I want you to mark down exactly what you eat on the gram scale and come in for a saliva and urine test every day at 2 o'clock."

Through his tests, Dr. Reams came up with the unusual information that every day this client ate the unclean meats . . . down went the energy level! And every day that he did not eat unclean meats . . . the energy level began to climb.

Dr. Reams began eliminating certain foods from his diet . . . one by one . . . and to Dr. Reams' knowledge this man is still living today!

What Dr. Reams discovered is that such unclean meats as hogs, shrimp, lobsters, clams, oysters and catfish (along with many others) produce very high energy levels. But the problem is that they expend these high energy levels very quickly!

Dr. Reams emphasizes: "You must have a time limit on it. In other words, the unclean meats digest in a period of 3 hours. The clean meats require about 18 hours. What this means is that the energy in pork and other unclean meats is released in 3 hours instead of 18."

Why would it be bad for these meats to digest so quickly . . . in 3 hours?

It is bad because, according to Dr. Reams' thinking,

It's like putting high test gasoline, such as aviation fuel, in a motor that's not built for it!

With the way we live today, such quick energy tends to burn out our system . . . causing many physical problems.

We may eat these high energy meats for years and appear seemingly healthy, but this continued abuse of our body one day surfaces into a serious terminal disease!

Dr. Reams found that even people who do hard work such as construction workers and farmers, in many cases, come in to see

him with serious problems . . . even though they expend a great deal of energy in their work. He states that even some people 30 and 35 years of age look like they are 70 or 75 because of indiscretionary eating habits.

He adds,

We take these people off the unclean meats, teach them what to eat and in 6 months they look younger than their years!

How many people today are eating "minus" foods which may eventually lead them to an early grave?--by Salem Kirban

Pigs Are Fast Producers of Meat

More than half the farms in the United States raise hogs. Scientific breeders have developed hogs that gain an average of one and one-half pounds every day. Hogs eat more than half the corn grown in the United States. It is no doubt that hogs produce much meat -- fast! But few have stopped to consider the fact that God doesn't want us to eat pork.

Quantity, rather than quality, is the prime motive for unscrupulous farmers. Swine are ready for butchering in 3 to 6 months, but calves take 18 months to become market ready.

Trichinosis Comes From Improperly Cooked Pork

There is evidence available, for those who are willing to accept it, that God knew what He was talking about when He forbade mankind from eating pork. Trichinosis is a disease in man and animals caused by the *Trichinella spiralis* parasite. Trichinosis is acquired primarily from the consumption of pork, but can also come from bear, dog and walrus meat, all unclean.

When one eats uncooked or inadequately cooked flesh containing encysted *Trichinella* larvae, the larvae are released from their cysts and migrate from the stomach, and embed themselves in the wall of the small intestine. There, the worms grow to maturity, mate and have young, which enter the circulatory system, from where they penetrate muscle tissue throughout the body. Nausea, vomiting, diarrhea and abdominal pain are only some of the many symptoms caused by trichinosis infection. There is no specific treatment or cure for trichinosis, and it can be fatal. Diagnosing the disease in man is extremely difficult since the symptoms are mistaken for at least forty other diseases. According to Raymond and Dorothy Moore, the *trichinella spiralis* worm pierces the lining of intestines and lodges in the muscles of the diaphragm and legs. This produces aches and pains which are erroneously attributed to other causes. The Moores estimate

that 15-20% of all Americans suffer from trichinosis (Home Made Health, page 73).

In the 1960's, America was thought to have had 21 million cases of trichinosis out of a worldwide total of 28 million, with 350,000 new cases developing each year (source: Encyclopedia Britannica, article "Trichinosis"). Feeding raw garbage to swine increases incidence of trichinosis, but even grain-fed hogs can transmit the parasitical disease. There is no federal inspection of fresh pork for trichinosis. It is debatable whether cooking pork actually kills the trichina cysts, for a United States Department of Agriculture pamphlet stated that "In a series of 24 cases of trichinosis reported recently, 22 were said to have resulted from cooked pork." Even if thorough cooking removes all danger of contracting trichinosis, who wants to eat cooked worms? Those who persist in eating pork, which God has forbidden, are playing Russian roulette with trichinosis.

Philo Condemns Unclean Foods

Philo, a Greek Jew of Alexandria who lived around the time of Christ, says that the human body naturally lusts for what God forbids us to consume.

It may seem strange at first glance, but Philo places the laws of clean and unclean meats under the Tenth Commandment, which forbids coveting or lusting. He explains that the Eternal prohibits the eating of the unclean animals partly because they are the most appetizing and to abstain from them requires self-control. Eating such things leads to

gluttony, an evil very dangerous both to soul and body Now among the different kinds of land animals there is none whose flesh is so delicious as the pig's, as all who eat it agree, and among the aquatic animals the same may be said of such species as are scaleless.

How true! Mankind apart from God has a natural inclination to lust after what the Creator forbids.

Our Language Tells a Story

Animal characteristics are frequently used in our English language to illustrate ideas. To "beef" about something is to complain, while "to chicken out" is to cowardly give up. So, likewise, "to eat like a hog" is to selfishly gorge one self. "Pork," or "pork barrel politics," is money, grants, public works, or government jobs used by politicians as patronage with more regard for political advantage than for the public good. As

Newsweek magazine said, unscrupulous politicians "talk about economy out of one side of their mouths while voting for pork out of the other." "Pork" is representative of selfishness and lack of concern for others. In spite of voluminous scientific and Biblical evidence that we should not eat pork, many persist to selfishly destroy their bodies by eating pork and shellfish. They cannot give up their bacon for breakfast, or their "gourmet" shrimp, crab, clams, and lobster. There is going to come a time of judgment, both physically and spiritually.

Kosher Meat?

"Kosher Food," and "Kosher Meat," are Jewish, and not Biblical, terms. The word kosher, or kasher, in Hebrew means "fit, proper, right" (Strong's #3787). Esther 8:5 uses this word, as well as Ecclesiastes 10:10, 11:6. In all of these Bible uses, kasher doesn't refer to meat at all.

There are several things that Jews use the word "Kosher" to represent: (1) foods not prohibited by Leviticus 11 and Deuteronomy 14, (2) animals or birds that have been slaughtered by the ritual method, shehitah, (3) meat that has been salted to remove the blood (Deuteronomy 12:16, 23-25, etc.), (4) that meat and milk have not been cooked together (Exodus 23:19), and that separate utensils have been employed. In addition, the term "kosher" is used by Jews in reference to foods prepared especially for Passover, and kosher wine is prepared under observation of Orthodox rabbis, to prevent libations to idols and handling by non-Jews.

Many Jews, especially Reform Jews, have abandoned kosher food laws. A Jewish acquaintance told my cousin, "pork never hurt anybody." How uninformed! According to Arnold Schechter (In Health, November, 1991, page 22), "kosher" food is a popular food item today. In 1977, only about 1,000 products were labeled as kosher, while in 1991 the number had soared to over 19,000 items. Companies pay money for a rabbi to certify the food as "kosher," with the "K" symbol. In the United States, 1.5 million Jews include at least some kosher food in their diet, and 4.5 million non-Jews seek out kosher food. In the race to get more of the "almighty dollar," God's laws have been left far behind.

We should not confuse "kosher" with "clean," for standards of health and sanitation have little to do with determining what's kosher and what's not kosher. Remember, a kosher hot dog is still a hot dog: fatty, salty junk food. As Schechter states, while it is true that contaminated pork and shellfish can make people sick, the fact is that the largest number of food poisonings are caused by undercooked beef.

What about the last part of Exodus 23:19? Does it forbid us to mix clean meat and milk? Many Jews, as part of "kosher" laws, believe that dairy products cannot be cooked with meat or eaten at the same meal. They refer to food that is neither dairy products nor meat (e.g. fruits, vegetables, grains, fish and eggs) as neutral, or "pareve (parve)." It appears, however, that the last part of Deuteronomy 14:21 explains what it means, "Thou shalt not seethe a kid in his mother's milk." The preceding part of the verse refers to not eating an animal that dies of itself. Young nursing animals are fragile and can die more easily than a full-grown animal. Not only are we as believers not to eat an animal that dies, but also we are not to kill a young animal and eat it before it has been weaned from its mother. When Abraham met the Lord at Mamre, he had Sarah prepare bread, a calf, and butter and milk, Genesis 18:1-8. There is no Bible evidence for not eating milk and clean meat together.

The Jewish shehitah slaughtering ceremony is still done today. The specially trained slaughterer, or shohet, first recites a prayer. Then, he takes a special razor-sharp knife that has a smooth edge with absolutely no nicks, and makes an incision across the neck of the animal or fowl. The cutting must be made by moving the knife in a single swift and uninterrupted sweep, and not by pressure or stabbing. The cut severs the main arteries, permitting the blood to drain from the body, as well as making the animal unconscious.

Animal-rights activists have objected to this method of slaughter on grounds of cruelty. But scientific opinion indicates that severance of the carotid arteries and the jugular vein by one swift movement results in almost immediate loss of consciousness, and any afterstruggle is muscular reflex. As a youth, I assisted my father when we had to slaughter and butcher cattle. We shot or stunned them. The humane and gentle shehitah slaughtering, is more in line with the Eternal's ways.

Properly slaughtering clean animals so as to drain as much blood out as possible, is in line with the Eternal's commands. But, kosher laws of the Jews have twisted Bible food laws.

Don't Eat the Blood

In Genesis 4, we are told that Abel brought an offering to God of the firstlings of his flock of sheep. He knew that the shed blood of a lamb represents atonement for sin, and pointed to the Messiah, who would be the ultimate sacrifice for sin. The Eternal had slain an animal to make clothes for Adam and Eve after they had sinned, Genesis 3:21. That is the major spiritual reason why the Almighty instructed His people not to eat blood. To consume blood is to denigrate the Messiah's shed blood for our sins.

When Noah left the ark, the Eternal clearly instructed him:

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat. Genesis 9:3-4

It is a "perpetual statute" for God's people not to eat fat or blood, Leviticus 3:17. We are to eat "no manner of blood, whether it be of fowl or of beast," and those who do are to be "cut off" from God's people, Leviticus 7:26-27. The Almighty will set His face against anyone who eats any manner of blood, "For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul," Leviticus 17:10-13. Deuteronomy 12:23-25 tells us why we are not to eat blood: "Thou shalt not eat it; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the Eternal."

As Harold Hemenway explains in his booklet, "Are the Food Laws Scientific?" one of the functions of blood is to transport bodily wastes and poisons to excretory ducts in the body. Why does God warn us not eat the blood? Because waste products are in an animal's blood. Uric acid in blood becomes urine. The taste of meat is heightened in proportion to the amount of blood and the tang that uric acid gives it. Infectious diseases can be transmitted to man by means of ingesting blood of diseased animals. Thus, we ought to avoid eating an animal that dies "of itself," Leviticus 17:15, because its blood hasn't been drained out, verse 13, or, it may have died of disease. Likewise, we should not eat animals "torn with beasts," verse 15, because their throats have not been cut to allow the blood to drain. Stunning an animal with an electric shock before slaughter prevents the blood from draining.

In I Samuel 14:32-34, we are told that Israel sinned by slaying sheep and cattle, and eating their flesh with the blood. Ezekiel said that he had never been polluted by eating of that which died of itself, or was torn in pieces, Ezekiel 4:14. The priests are not to eat anything that dies of itself, or is torn by wild animals, whether it be fowl or beast, Ezekiel 44:31. Our relationship with our Creator is dependent upon us following the Eternal in this matter: "And ye shall be holy men unto me: neither shall ye eat any flesh that is torn of beasts in the field; ye shall cast it to the dogs," Exodus 22:31. Even the dead carcasses of clean animals make one "unclean," Leviticus 11:39-40. God's people are not to eat of a clean animal that dies of itself, Deuteronomy 14:21.

John S. Fox, in his book, *Today, Tomorrow and the Great Beyond*, pages 353-354, says:

The harmful presence of blood in killed meat has of recent years been realized fully by modern scientists. It has been found that in meat insufficiently bled, putrefaction sets in rapidly, even though frozen; whereas meat which has been adequately bled will keep for long periods Science also shows that blood congeals in the flesh to such an extent after death that no amount of boiling can properly remove it.

Leviticus 17:13 instructs hunters to quickly drain the blood of slain animals, and cover it up. So, we should avoid blood. Don't be like Germans who eat "blood pudding," made from pig's blood and suet (fat). There may even be a spiritual danger from drinking blood, as this may open up one to demonic forces. The *Encyclop'dia of Religion and Ethics*, volume 2, page 716, mentions that "when the fresh blood of the victim is drunk The result is frequently seen in usual phenomena of possession."

As Acts 15:20 reminds us, abstaining from blood is indeed a perpetual statute of the Almighty.

Don't Eat the Fat

Leviticus 3:17 says to eat neither fat nor blood. Animal poisons are stored and concentrated in the fat. Abel brought of the firstlings of his flock, "and the fat thereof," as an offering to the Eternal, Genesis 4:4. In Leviticus 3:16, we find that "all the fat is the Lord's," and was to be burned on the altar. Thus, a faithful worshipper such as Abel would have no offering fat left to eat himself, for he would have burned it all. Leviticus 3:8-9 and 7:23-24, clearly show that we should eat no manner of fat. Leviticus 7:24 says, "And the fat of the beast that dieth of itself, and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it." There may be "other use" of fat, such as making soap.

Prevention magazine, February 1980, page 134, states:

In the case of heart disease, blame does not fall equally on all fats. Chemically, the fats in food come in several varieties. Saturated fats . . . are most commonly found in meats. Polyunsaturated fats . . . are found more abundantly in vegetables, and in fish and fowl. A large body of research indicates that saturated fats are the ones to watch, in keeping guard against heart disease. Where the diet is rich in these animal fats, heart disease is generally a problem.

Eating saturated animal fats causes a buildup of cholesterol in human arteries and veins, in turn causing atherosclerosis, or hardening of the arteries. But vegetable oils, polyunsaturated

fats, significantly reduce cholesterol (Prevention, November 1982, page 79).

Harold Hemenway suggests that liver and kidneys are likewise not to be eaten. Since the kidneys and the caul (lobe) above the liver of clean animals were treated the same way as fat (Exodus 29:13, Leviticus 3:15-16), it is likely they were (and still are) prohibited as well. Both the liver and kidneys filter blood: kidneys remove wastes from the blood and make urine, while the liver manufactures blood and stores fat. Since the heart pumps the body's blood, Hemenway says that one should not eat heart flesh either.

The phrase, "eat the fat," in Nehemiah 8:10, is an idiom meaning, "eat the fatted calf," not to eat the fat of a calf. It refers back to Deuteronomy 14:26, where we are told to eat oxen and sheep, and consume wine and strong drink, at the Festivals of the Eternal.

The "none of these diseases" promise of Exodus 15:26 was fulfilled in Psalm 105:37, as there was not one feeble person among Israel when they left Egypt. What did the Egyptians eat? They ate the fat and blood of animals (even the modern-day Egyptian's favorite sandwich is meat fat on white bread). The ancient Egyptians refined flour. The rich led sedentary lives. Leaving the table to vomit so as to return and indulge in more food was a common custom in Egypt, as well as in Rome. Today we call this "bulimia." The results of the Egyptian diet have been diagnosed by paleo-pathology reports from Egyptian mummies: arteriosclerosis (hardening of the arteries), dental caries and abscesses, gallstones, obesity, degenerative arthritis, leprosy, tuberculosis, cancer, parasitic infestation, kidney stones, diabetes, and a number of other diseases, even poliomyelitis (Raymond and Dorothy Moore, Home Made Health, pages 190-191). Israel knew this, yet complained of the food God gave them, and through ignorance desired to return to the "flesh pots" of Egypt, Exodus 16:3, Numbers 11:4-5.

Characteristics of Clean and Unclean Animals

Rabbits "chew their cud," but don't part their hooves, so they are unclean. Actually, certain rabbits and some other animals re-ingest part of their feces, so the material goes through their alimentary canal twice. The phenomenon of eating one's own dung is called coprophagy, and is usual behavior in many insects, birds and animals. But it is a sign of insanity or sexual perversion in man. Rabbits do not have multiple stomachs like clean animals, such as cows.

Hooves protect clean animals from cuts and injury, which are gateways for germs, parasites and disease to enter the body.

Thus, clean animals are freer from diseases and parasites than animals without hooves. "Ruminants," or cud-chewers, are not predatory or carnivorous. They get all their nutrition from plants, again resulting in less disease, fewer parasites, and healthier meat. Predatory animals consume fat and blood and diseased animals. When one eats the flesh of unclean animals, the meat digests in three hours, compared to 18 hours for clean meats. The hog digests its slop in three and one-half hours, whereas a cow takes 24 hours to send its food through two digestive processes. Special enzymes and bacteria in the stomachs of ruminants help them break down plant matter into food, without absorbing poisons. In contrast, there are over 42 diseases and parasites humans can get from eating swine.

Hemenway lists numerous diseases which can be transmitted to humans from unclean animals: from the hog: erysipeloid infection, taeniasis, toxoplasmosis, sparganosis, pork tapeworm cysticercosis, salmonellosis; from the rabbit and squirrel: tularemia infection, California encephalitis, bubonic plague (black death, also transmitted by rats); from squirrels: rat bite fever, Lassa fever, louping ill, Lyme disease, meliodosis. While you can catch some diseases and parasites from even clean animals, the severity and quantity of such dangers are significantly less. Even milk from unclean animals is different than milk from clean animals. The enzyme rennin in clean animals' fourth stomach is what coagulates and turns clean animal milk into cheese.

Characteristics of Clean and Unclean Fish

Recently, Oregon banned harvest of all shellfish on half its coastline. They have paralytic shellfish poisoning disease, which can be transmitted to humans, and cannot be removed by cooking. The disease can lead to death through respiratory failure.

Do you think it is safe to eat catfish? Bible critics had to do some rethinking when it was found that catfish are a principal source of erysipelas, a feverish inflammation of the skin and mucous membranes, often affecting the heart, seriously infecting the bloodstream, and causing various forms of arthritis. Some fish, such as swordfish, may contain nerve toxins (Raymond and Dorothy Moore, Home Made Health, page 74).

One of the primary purposes of scales is to provide the fish with a coat of armor, which protects it from cuts, predators, and parasites. Scales also brilliantly reflect light, repelling parasites like leeches which avoid light. Fins help clean fish to maneuver so as to keep from getting hookworms, and dislodge any that have attempted to attach themselves in spite of the protective scales. Clean fish have gill covers called opercula, which again provide protection from worms, bacteria, and other parasites. Chondrichthyes fish, whose bones are made of softer

cartilage rather than hard bone, have a gill which slits open directly to the outside environment. Osteichthyes (bony fish, mostly clean ones) have a different jaw structure than unclean fish, and a lengthened, folded small intestine, whereas Chondrichthyes have only a spiral valve. As a general rule, clean fish are not scavengers. Herring and sardines eat plankton; salmon, tuna and mackerel eat other fish; cod eat mollusks; and flounder and halibut eat most types of food. But shellfish eat dead and decayed plants and animals and waste from sewers, garbage and pollution, and are scavengers living at the bottom of the ocean. Not surprisingly, the meat of shellfish digests in a period of three hours as opposed to 18 for clean fish. Most people know that shellfish doesn't keep like other meats, but is very perishable and spoils quickly without refrigeration.

Names of fish are not always a sure guide for telling which ones are good to eat. When I went deep-sea fishing out of Newport, Oregon, I caught a ling cod (a nice clean fish), along with a rock cod (looks like a catfish, with no scales).

The sick Oregon shellfish I referred to, became ill by consuming the dinoflagellate parasite. This poisonous protozoa is commonly called the "red tide." Symptoms of shellfish poisoning appear in a few minutes, and include nausea, light-headedness, vomiting, and tingling or numbness around the mouth, followed by paralysis of the extremities, and possibly, respiratory paralysis. "Cooking is not preventive, boiling does not destroy the poison," says M. Rosenau in Preventive Medicine and Hygiene, page 826. He says that "the only safe oyster is one which has been protected from contamination with fecal pathogens for at least some months prior to harvesting," (page 822). "Typhoid fever and other intestinal infections (diarrhea, etc.) have been convincingly traced to infected oysters. They may be infected when dredged from sewage-polluted beds in which they live and grow," (page 823). Maybe the Japanese are right: eating raw shellfish is no worse than eating cooked shellfish!

Characteristics of Clean and Unclean Fowl

The six characteristics of clean birds are listed elsewhere in this article. One or more of these characteristics is lacking in all unclean birds. The Jewish Mishnah says that "a bird that seizes food in its claws is unclean; one which has an extra talon, a claw, and the skin of whose stomach can be peeled, is clean," (Hul. 3:6).

Clean birds have, in essence, three stomachs, including a crop, the gizzard and another section between the two. This prevents poisons from being assimilated into its meat, just like ruminant animals. According to Robert Burton (Bird Behavior, page 76),

leaf-eating birds such as swans, geese, grouse, ducks, pigeons and other gamebirds, have bacteria in their intestines which break down cellulose. Pigeons and doves use their crop to store, or partly digest, food taken too quickly for the stomach to handle. During brooding season, the crop produces "milk" from seeds eaten, which is regurgitated for the young. This is one form of rumination, making these clean birds similar to clean animals which chew their cud.

As one would expect, unclean birds, such as vultures, owls, eagles, hawks and seagulls, are generally birds of prey (carnivorous), and often feed on carrion (dead or decaying flesh, including fat and blood). On the other hand, clean birds are predominantly vegetarian, eating leaves, nuts, seeds and fruits. This means that clean birds have less disease and fewer parasites. Owls eat rats and other disease-carrying rodents. Eagles eat dead animals. Vampire bats drink blood and bats, in general, can carry rabies.

Characteristics of Clean and Unclean Insects

I've never eaten a grasshopper! I guess I would have to be pretty hungry before I would attempt to do so. But, why are grasshoppers clean insects? The NIV translation renders Leviticus 11:22, "Of these you may eat any kind of locust, katydid [a green cricket-like insect], cricket or grasshopper."

Most orthoptera (an order of insects including grasshoppers and crickets) are vegetarians. Grasshoppers, according to Hemenway, have a crop, gizzard, gastric caeca (intestines) and a stomach, in that order, from front to back. Like clean animals, grasshoppers chew their food with two powerful grinding jaws called mandibles. Unclean insects are generally scavengers, omnivores and occasionally predators. They bite and suck instead of chew thoroughly like the grasshopper. Even though bees are unclean, their honey is fit to eat, since it is converted pollen from flowers, and not actually from the bees themselves.

Many unclean "creeping things" are notorious disease carriers. Hemenway notes that mosquitoes transmit malaria, yellow fever, and other diseases. Flies transmit tularemia, ticks can transmit germs of Rocky Mountain spotted fever, and rats host fleas which carry Bubonic plague, and can transmit numerous diseases and parasites to man.

Arabs commonly eat locusts this way: They remove the head, which pulls out the viscera as it comes off, then they remove the tail, wings and legs, leaving the "thorax," which is dried and either toasted for immediate use, or stored. Again, I would have to be really hungry to be motivated to try eating grasshoppers.

How the Swine is Unclean

A pamphlet by C. Leonard Vories, entitled "The Hog: Should It Be Used For Food?" describes the uncleanliness of the hog.

We know that God had some purpose in creating the hog, and we may well believe that He designed that it should be a scavenger in the animal kingdom

Since starting this treatise, it has been the author's privilege to spend a few days on a large poultry and stock farm. Many thousand of hens and hundreds of hogs were kept on this farm. When hens would die, they would be put into burlap sacks. After some had lain in the sacks for days and the odor from them had become unbearable, they were then loaded onto a truck and hauled to the hog pen where they became feed for the hogs. This procedure . . . was the regular way of disposing of the dead hens

When the foul, impure foods upon which the hog will feed are referred to in connection with the teaching that pork is unfit for food, many will say that the hog is no more filthy in its habits of feeding than a chicken. If this were true, there is still a vast difference between the digestive system of a hog and that of a chicken. The chicken has two stomachs -- the glandular stomach and the gizzard. . . . Knowing these facts about the chicken, we might believe that the Creator permitted it to be used for food because it has a digestive system something like that of the clean beasts -- a digestive system more capable of eliminating impurities from the food eaten than is the digestive system of the unclean animals. (pages 10-13)

On pages 14-15, Vories quotes Dr. Thomas Nelson in *The Defender*, December, 1939:

The animals that chewed the cud and divided the hoof, such as the ox, sheep, goat, deer, buffalo, etc., . . . have practically three stomachs, as refining agencies and cleansing laboratories, for the purifying of their food; thus weeding out from their systems most of the poisonous and deleterious matter.

It thus takes clean, vegetable food over twenty-four hours to be turned into flesh The dietary habits of all such vegetarian animals were also clean, in comparison with that of the omnivorous swine. . . . in about three hours after he has eaten his polluted swill, putrid carrion, or other offensive matter, man may eat the same in second-hand style off the ribs of the pig.

This flesh the law condemns as unclean; not merely ceremonially unclean, but hygienically and physiologically as well

The diet of the pig is so deadly that it generally kills the animal itself in about eight or ten years.

If you examine carefully you will find a small abrasion behind the front foot of the pig. Rub it off clean and press the leg just above the abrasion, and you may squeeze a teaspoonful of dirty matter from it. This is original pork gravy. It is an outlet to a sewer-pipe that may be traced all through the animal's body. It helps to drain off the teeming filth with which the system is filled

On a close analysis of this filthy scrofulous serum, or the culture' of its bacilli under varied conditions, it is seen to contain the elements of many dangerous diseases and combinations; yet how toothsome is pickled pig's feet to ignorance, unbelief, and disobedience.

His [the swine's] body is eaten, his head is turned into head cheese, and even his ears and tail inserted. His blood is turned into blood pudding; his stomach is transformed into tripe; his feet are pickled; his intestines are used for sausage covers; his heart, liver, and kidneys are cooked; and his very bristles are sought for wax ends, etc.

Since much of a hog's fat is made into lard to be used in shortening in cooking and baking, Vories concludes that "more animal fat is eaten through the use of pork than is consumed by the eating of any other flesh foods" (page 28). Since animal fat increases blood cholesterol, which leads to hardening of the arteries and heart disease, and since heart disease is our number one killer, it is safe to say the eating swine's flesh is the source of our number one health problem.

Pigs cannot be easily killed by strychnine or rattlesnakes. Indeed, pigs have been used to rid ranches of snakes. How can pork be good food to eat?

From His Tail to His Snout

Not only do most people violate God's law by eating unclean meat, they go "whole hog" and eat every scrap of the animal God uses to epitomize as unclean. Here is a humorous poem, "From His Tail to His Snout," written by John T. Reagan, which is a commentary on Bible verses relating to unclean foods:

Psalm 84:11

Do you think, brother, that in God's great plan
When He was prescribing the best food for
man,
That He made a mistake in leaving the swine out

For he was not good from his tail to his
snout?

I Corinthians 3:17

Oh, the carcass of an old dead horse or a cow
Don't get too rotten for a dirty old sow;
Though we holler a lot about boils and gout,
We eat Miss Piggy from her tail to her
snout.

Ezekiel 33:11

We couldn't eat the buzzard; we'd think it a
crime,
But how much more filthy is he than the
swine
That we make into pie, or we cook him with kraut
And eat him or die, from his tail to his
snout?

Isaiah 66:2-4

We cook him with cabbage or boil him with greens;
With his mangy old hide we season our
beans;
With his scabs and his boils within and without
Sweet Piggy we eat from his tail to his
snout.

Isaiah 55:2

On filth they feast, while in stink-holes they
lay
And still for their carcass our money we
pay.
The preacher, professor, or the judge on his
bench
Eat the carrion-eater, his filth and his
stench.

Ezekiel 22:26

In the filth you can see him clear up to his
eyes,
His slimy old carcass all covered with
flies;
Most dead with cholera, (due to butcher, no
doubt),
We still think him good from his tail to
his snout.

II Corinthians 6:17

We eat the old grunter, we eat the young shoat;
The fat that we fancied may be pus or
bloat.
It would smell as good, and as healthy no doubt

As the hoofs and the hide, the tail and the
snout.

Isaiah 66:17

We may like him lean, or may like him best fat;
Just as well eat the dog, or else eat a
cat;
Just as well eat the buzzard, the owl or the bat,
The lizard or the snake, the mole or the
rat.

Romans 12:1

Our most sensitive natures would almost run wild
If we handled the corpse of a man or a
child.
But we sit at our tables and cram down our
throat,
With the greatest relish -- the corpse of a
shoat.

Deuteronomy 14:8

God made him a scavenger; He says he's unclean,
What other creature is as filthy and mean?
If we eat his flesh, or touch his dead carcass,
With sin and disease it surely will mark
us.

Leviticus 11:7,8

Tis sad, brother, although God's Word is just,
We eat the slop-eater, for eat him we must.
The dirtiest of beasts we will not do without
But eat them we will, from the tail to the
snout.

Matthew 15:8

Now we sing and we talk of God's love so divine;
Like vultures, then feast on the dirty old
swine.
We might shun many ills, and diseases, no doubt,
By not eating him -- from his tail to his
snout.

I Corinthians 10:31

Yes, we worship the Lord, and pray and shout,
But that old hog flavor we can't do
without;
For ham, bacon, sausage, we go the whole route
And eat the whole hog from his tail to his
snout.

II Peter 2:22

In God's Word we find he is classed with the dog;

No matter how highbred, he is still a hog.
Though you wash him, or teach if you will,
He still will go back to his mire and his
swill.

Genesis 1:29

We'd be better off if we obeyed God's command
And ate veg'tables, grain and fruit of the
land,
Then it wouldn't take half of the tonic and pills
To relieve all mankind of their swine-fed
ills.

Genesis 9:5

You may think of fresh pork as a very rare treat,
But our bodies are made of just what we
eat,
And the food he has eaten, the filth of the land,
Goes into our body as food, second-hand.

III John 2

No wonder we are weak and heart beats are slow,
Sanitariums full, hospitals o'erflow,
For we eat such unclean, abominable things
That are creeping, crawling, or flying with
wings.

Psalms 119:105

God forbid us to eat these dirty old creatures,
No matter what is the theory of preachers;
If left to man's opinion -- we'd not know the
right,
But thank the Lord, in His Word there is
light.

Luke 4:2,3

And now, my brother, you may no doubt recall --
Indulgence of appetite caused Adam's fall,
Our Savior was tempted on this point no doubt,
Then why do we eat from his tail to his
snout?

Revelation 22:11-12

Now I've told you my story, recited my piece;
If you can eat pork with your conscience at
ease,
If sin, filth, or disease, you care little about
--
Keep on eating the brute,
FROM HIS TAIL TO HIS SNOUT!

Leprosy: Associated With Unclean Meats

Following the Law of Clean and Unclean Meats in Leviticus 11, the twelfth chapter covers circumcision and cleansing of a woman after childbirth, the thirteenth and fourteenth chapters cover leprosy, and the fifteenth chapter discusses cleansing of men and women with bloody issues. Leprosy, the most dreaded disease of the Bible, is contagious in some stages. To have the disease meant separation from loved ones through quarantine, and a slow and painful death. Transmitted through blood, excretions, and possibly sexual intercourse, leprosy was dreaded and feared in ancient times like AIDS is today.

Just as Israel is to eschew unclean foods, so Israel is to quarantine those unclean individuals infected with leprosy. Today, leprosy is called "Hansen's Disease," and is said to be caused by an acid-fast bacillus similar to that which causes tuberculosis. There are approximately ten million cases of leprosy worldwide. The majority of United States cases are in the Gulf coast regions of Florida, Louisiana and Texas, and southern California. Smith's Bible Dictionary, article "Leprosy," quotes Dr. J. Hutchinson: "We find that nearly everywhere the disease is most common on the seashore, and that, even when it spreads inland, it generally occurs on the shores of lakes or along the course of large rivers."

The source, or cause, of leprosy does not appear to be clear. It may be included in the "diseases of Egypt," mentioned in Exodus 15:26 (see also Deuteronomy 28:27, 35). Leprosy may result from unclean practices associated with living near the ocean or large rivers and lakes. It is possible that eating shellfish and/or polluted water could be the culprit. Dr. George Bushe (Notes on "The Book of Leviticus," page 100, 1861 edition) states that ancient and modern physicians confirm "that persons who indulged in pork were peculiarly liable to leprosy and other cutaneous [skin] disorders." The Bible establishes a close association with unclean foods and skin diseases such as leprosy.

Leprosy is a type of sin. It was hereditary, contagious, ever tending to increase, incurable except by the power of God. Those who had it were ashamed and a disgrace. Leprosy rendered one alone in the world (quarantined), deforming, and unclean, making one unfit for the kingdom of God. New-born babies of leprous parents are often as pretty and healthy as any, but soon the leprosy starts to produce visible signs. What a type and example this unclean disease is, of the nature of sin!

Abomination of Desolation

Time and again in Leviticus 11, and once in Deuteronomy 14, unclean meats are called an "abomination." Leviticus 20:25,

Isaiah 65:4 and 66:17 associate swine's flesh with "the abomination." In Daniel 11:31, the "king of the North" is prophesied to pollute the sanctuary, take away the daily sacrifice, and place in it the abomination that makes desolate (see also Daniel 8:9-14). The Hebrew word for abomination means "filthy, detestable."

Antiochus Epiphanes (ruler of one of the four divisions, or horns, of the Grecian Empire established by Alexander the Great) conquered Jerusalem and defiled the Temple by placing an idol of Jupiter Olympus in the Holy of Holies, and thereupon offered swine's blood upon the altar. What Antiochus Epiphanes did in 168-163 B.C. is a type of the end-time desecrator of God's Temple, Matthew 24:14-16. Antiochus even forced Jews to build idolatrous temples in every city and village, and offer swine upon them every day (Josephus, Ant. 12:5:4). We cannot logically condemn Antiochus Epiphanes for his sacrilegious act in desecrating the Temple of the Eternal, when we allow any swine's flesh to enter our temples (bodies).

The ultimate insult against God is associated with the pagan practice of offering the unclean blood of pigs! Such a person places himself above God, II Thes-salonians 2:1-11. It is not a coincidence that "the abominable" will not be included in the New Jerusalem, but will be put into the lake of fire, Revelation 21:8, 27. Far from being merely a physical issue, clean and unclean meats, in the Bible, is also a spiritual issue. Those involved in gross idolatry eat and sacrifice unclean animals. God's people abhor such abominations.

One cannot understand the Abomination of Desolation without an understanding of clean and unclean meats.

Inquisition a Type of Great Tribulation

The infamous inquisition of the middle ages was marked by the Catholic Church forcing "heretics" and Jews to recant their faith and be baptized into the Catholic Church. Those who kept the Sabbath and the Law of Clean and Unclean Meats were special targets of persecution.

In late 14th Century Spain, mobs threatened Spanish Jewry with extinction. While thousands of Jews accepted death, over 100,000 Jews compromised their beliefs, and were "baptized" into the Catholic Church. But secretly, they continued to practice their faith. The Inquisition was established to stamp out completely los marranos [Spanish curse word for swine, as these "converted" Jews were known]. Finally, in 1492, all professing Jews, as well as crypto-Jews, marranos, were finally expelled from Spain.

The lesson of the Spanish Inquisition is that compromising one's faith does not result in escaping punishment. If you have accepted the Sabbath and the rest of God's Laws, including the Law of Clean and Unclean Meats, you ought to stick with them, because compromise is not going to be an easy escape. The Inquisition is a type of the coming "Great Tribulation," and may even involve the same religious issues, as well as the same persecutors.

Law of Clean and Unclean Results in Separation

It is impossible to deny that one of the results of following God's Law of Clean and Unclean is that often it separates us from nonbelievers. This should not be surprising, for the Sabbath does the same thing. However, separation as required by God, is NOT equated with Pharisaic Judaism's definition of separation. We are not to stay away from nonbelievers. We are to be a light in the world, not out of the world. The Law of Clean and Unclean teaches us to avoid abominable foods, and all ungodliness and abominable beliefs.

In the office environment where I work daily, my beliefs often separate me from my fellow workers. I cannot go to the annual Christmas Party, nor the annual Company Picnic (always on a Saturday). Sometimes, my department has a mini party, and they bring in pizza. Once again, I cannot participate! Nonbelievers will almost invariably order pizza with pork sausage on it. There is no way I will compromise, pick out the unclean meat, and eat the rest. So, I have to be careful to take advantage of the few social opportunities that I do have. Once, on a business trip with fellow employees to Houston, Texas, we had an enjoyable meal at an expensive restaurant. As I judiciously ordered from the menu, avoiding unclean foods, someone at our table ordered a gigantic platter of Cajun crawfish! I had to fight not to gag at the smell and sight of this slimy mess. No wonder God calls such things an abomination!

Suppose the Law of Clean and Unclean Meats was done away by the sacrifice of Christ. Then, logically, the Sabbath and Holy Days, and many other laws would also be null and void. The result would be, that nothing would separate the believer in the Messiah from the nonbeliever. The way of the Creator should separate the believer in some ways from evil practices of this world. We are to come out of Babylon, the mother of harlots and abominations of the earth, Revelation 18:4, 17:5. This requires separation.

Rousas John Rushdoony, in his book, *Institutes of Biblical Law*, explains that holiness, as defined in Scripture, involves separation, or cutting:

The law simply states the principle of the cutting or separation. Wherever there is law, there is inescapably a line of separation. Conversely, wherever there is no law, there is no line of separation. Antinomian [against God's law] sects may speak earnestly of holiness, but, because of their denial of law, they have denied the principle of holiness. (page 83-84)

God's food laws are a prime example of holiness:

There is no question but that these [food] laws were and are basic to good health; there is also no question about the fact that they are laws of holiness. These laws of holiness are a "blessing" (Deut. 12:15) to the physical life of God's people, i.e., to their health. In this respect, they are another law of separation from death. Health is thus an aspect of holiness, and the fullness of health is in the resurrection. (page 87)

Herbert Armstrong and the "Pork Obsession"

As reported in his Autobiography, Herbert W. Armstrong (HWA) faced opposition from other ministers during the early years of his ministry in Oregon (The Autobiography of Herbert W. Armstrong, Chapter 29). During the spring and summer of 1933, Elders Sven (Sam) A. Oberg and A. J. Ray, who had moved up from California, opposed Armstrong's preaching. Armstrong reports that Ray had developed an "obsession" against eating unclean meats. Elder Ray continually emphasized this doctrine, giving the impression that the eating of pork was the greatest of sins. Ray demanded that Armstrong state his position on the subject.

Armstrong's position on pork was simple: he believed that God forbids us to eat unclean meats. However, Armstrong believed it was merely "a physical FOOD question, rather than a spiritual principle or Gospel subject. Unless a man broke the tenth commandment by lusting after it, the eating of pork did not violate the Ten Commandments, which constitute a SPIRITUAL law (Autobiography, page 487)." Regarding Mark 7:15-23, Armstrong explained that this shows that what comes out of the heart of man -- evil thoughts leading to actions of adultery, murder, theft, deceit, blasphemy, and pride -- are violations of the Ten Commandments; but, nothing from outside, entering into his mouth, defiles a man spiritually. Acts 10:28 shows that God has not changed unclean animals, but instead shows that we should not regard Gentiles as unclean. Armstrong understood that I Timothy 4:1-5 does not make unclean foods healthful, since the Word of God does not sanctify pork. He believed, however, that eating pork was a PHYSICAL violation, not a spiritual sin. The Kingdom of God is not meat and drink, Romans 14:17. Hence, Armstrong did not preach to the world about unclean meats. He personally did not eat unclean meats, and taught all converts not to eat unclean

meats. Finally, Armstrong challenged Ray to give him scriptural grounds for preaching about unclean foods to the unconverted.

The pork issue was extremely important in the first years of Armstrong's ministry. He did not at that time believe that eating pork was a sin, only that abstinence from unclean meats is a good physical health law. Many of the Church of God, Seventh Day, ministry of the time believed pork was a BIG issue, and would not baptize converts unless they first abstained from eating pork, and began keeping the Sabbath. Armstrong said that he would baptize converts first, then afterwards teach them about unclean meats. Sometimes, it was long afterwards.

Mrs. Amy Larson of Portland, Oregon, a church member since the late 1930's, relates that she once had HWA to dinner and served him roast pork. He said nothing, but took a little. It was only later that she found out he taught against eating pork. He didn't wish to offend Mrs. Larson's husband, who was antagonistic towards the church.

It is very surprising that Armstrong gave the impression of being a "liberal" with regard to church doctrine during the early years. Let us examine his position on unclean foods during the early years, which basically was the same throughout his ministry.

It sounds plausible to suggest that breaking the Ten Commandments is spiritual sin, while breaking Bible health food laws is only a physical violation. But let's look closer. Actually, what is the difference between spiritual and physical? In a real sense, breaking any one of the Ten Commandments is physical sin:

Commandment

1. No other gods
2. No graven images
3. Don't take name of Lord in vain.
4. Remember the Sabbath
5. Honor thy parents
6. Don't murder
7. Don't commit adultery

8. Don't steal

9. Don't lie

Example of Physical Violation

Striving for money, or fame

Bowing down to a physical idol; making a "god" out of an entertainment idol

Swearing, a physical act of speaking disrespectfully against the Almighty

Working on one's job on the Sabbath

Cursing one's parents

Killing an innocent person (executing a convicted criminal is not murder)

Having sexual relations with another's mate

Taking what doesn't belong to you

Speaking untruth

The only commandment that is expressed in mental, and not physical terms, is the Tenth Commandment, "don't covet." However, covetousness is idolatry, Colossians 3:5. If you continue to harbor lust for your neighbor's wife, sooner or later those evil thoughts will produce sinful actions. The Messiah expanded the meaning of the Ten Commandments so that sexual lust is adultery, etc. But, Jesus did not do away with the physical basis for the commandments; He magnified the Commandments.

How can one say that breaking the Ten Commandments is only spiritual sin, when these same commandments are expressed in physical terms, and breaking them more often than not is shown in physical actions? It usually takes physical actions to break the Ten Commandments, which are supposedly only "spiritual." What foolishness! The Ten Commandments are both spiritual and physical.

Does the Kingdom of God, the heart of the Gospel, NOT include teaching the validity of the Laws of the Kingdom of God? Of course not! The Savior told His disciples to preach and teach ALL things which He has commanded us, Matthew 28:19-20. It is ludicrous to claim that Romans 14:17 precludes faithful ministers

of God from preaching to the unconverted about clean and unclean meats. The subject of this chapter is not even clean and unclean meats at all, but vegetarianism versus meat eating (see verse 2).

Elder Ray seems to have been a loud-mouthed "Foghorn Leghorn" preacher who delighted in turning people off by his anti-pork obsession. However, it also appears that Armstrong went to the opposite extreme by avoiding the topic too much and being too weak on clean and unclean meats. There were few "World Tomorrow" radio or television broadcasts preaching what the Bible says about clean and unclean meats{4}. But I have heard hundreds of broadcasts on evolution, social, and prophetic topics. This is unbalanced to the extreme!

We should consider the fact that diet affects us in many ways other than physical. Can we live on a diet of unclean meats, nutrition-depleted "junk food," and expect to have healthy skin, eyes, boundless energy, ambition and courage, a radiant spirit attuned to God's will? Our nation needs to come to repentance, and return to our Heavenly Father, just like the prodigal son, while feeding swine, "came to himself" and returned to his father. The world needs to hear bold, fearless believers in the Messiah proclaiming God's whole way of life, which includes the Bible teaching against eating unclean meats.

Persecution and Pork

Why were Spanish Jews who were forced to convert to Catholicism called "marranos," which means "swine"? Why is the German language epitaph against Jews dreckzig judensau (dirty Jewish pig)? Because, to a Satanically-deceived mind, those who avoid pork and other unclean meats, by their actions condemn those who do eat these abominations. So, pork eaters blaspheme those who don't eat dirty pigs by calling them dirty pigs! To the unconverted mind, this makes perfectly good sense!

If people find out that you don't eat pork, you may be chastised and ridiculed even more than over the issue of the Sabbath. Maybe this is why Armstrong taught this doctrine with a "low profile." Josephus' monumental First Century work, Antiquities of the Jews, explains in detail Jewish beliefs, practices, Feasts and sacrifices to a largely Roman audience. But Josephus only briefly mentions that there are certain animals forbidden to be eaten (3:11:2), and he doesn't specify which ones. Perhaps even Josephus was concerned that the Romans would ridicule him for not eating pork and shellfish!

I have sensed this unknowingly for some time. As a newly baptized youth, I had to defend my religious convictions before a hostile draft board. I was a conscientious objector, and refused to be drafted into the army and go to Vietnam. The FBI

did a thorough character investigation of me. The draft board members grilled me over my religious beliefs, trying to poke holes at my sincerity. My beliefs in not becoming part of carnal warfare, and observation of the Sabbath and Holy Days, did not seem to unnerve them. However, when I unwisely told them of some of my other beliefs, such as not eating pork, one draft board member laughed me to scorn. It was a harrowing experience, but it did help me to be grounded in the faith.

As a result of this experience, I generally do not bring up the subject of clean and unclean meats with unconverted friends and acquaintances. Most of them know that I observe the Sabbath and Holy Days, but almost no unbelievers except some of my relatives know that I do not eat pork. I am not ashamed of what I believe, but I figure that the Sabbath is the BIG issue that separates lawkeepers from lawbreakers. If someone comes to understand the Sabbath, they usually come to see that God's Law is not done away. They learn that His law includes statutes forbidding us to eat unclean meats. Probably more people are receptive to the Sabbath than the truth about pork. (However, some refuse to eat pork, on Biblical grounds, yet do not keep the Sabbath, proving that there are "Heinz 57" ways of disobeying God.)

Even though I disagree with the explanation Armstrong gives for not preaching publicly about clean and unclean meats, the effect is that his stance is probably an illustration of being "as wise as serpents, as harmless as doves." People do not want to be told that God forbids them to eat pork and shellfish, for their "god" is their belly. They may avoid, ridicule, or even persecute you needlessly, if you are obnoxious about your anti-pork beliefs. I believe that a presentation of the law of clean and unclean should be part, although not a major part, of the message of the Gospel proclaimed to the world. We must teach others to live by every word of God. The world hates the word of God, but we must continue to proclaim the Truth, no matter what the consequences!

Dietary Laws and Our Survival

Emanuel Rackman, in the October 2-8, 1992, issue of The Jewish Week, gives a very interesting analysis of how dietary laws have made an enormous contribution to Jewish survival.

First, food laws enable Jewish parents to teach their children that they were Jews, and because of that, they eat in a special way. Almost from birth, Jewish children are taught about God through what they eat, and don't eat. Second, observance of the dietary laws makes it necessary for Jews to seek each other out to find kosher food. Third, food laws limit the dining of Jews with non-Jews, preventing intermarriage. Fourth, observing dietary laws means that a Jew has to ask himself every time he

sees food whether he is permitted to eat it. This is an excellent teaching tool, helping to induce self-control and curb impulsive behavior.

These purposes of God's food laws likewise have great value for Messianic believers as well. Speaking of Bible food laws, Dr. Samuel Belkin, late president of Yeshiva University said: "Reasons may elude us, but the purpose we can fathom."

Unclean Food and Employment

Putting into practice our understanding of God's laws of clean and unclean meats can sometimes present problems in a society that is far removed from the Eternal. An employee I once supervised, resigned his position to work for the South Dakota Pork Producer's Association. It is easy to see that my beliefs would forbid me from taking such a job.

But what about working for a restaurant that serves some unclean meats? While almost any job, other than organic farming, presents problems to the faithful believer, I believe that there are definitive lines separating right from wrong. However, I do not know in every case where to draw the line. Each individual should prayerfully consider what the Messiah would do. Certainly a catfish restaurant, and a hog slaughterhouse would not be places I would look for employment. If I depend upon the Eternal, He can supply my needs by giving me a job with a reputable company not involved with unclean meats. Although, if I rebel against God, I might end up like the prodigal son, and find myself feeding swine, eking out a meager living.

Should Farmers Raise and Sell Hogs?

If we strive to live by every word of God, we will follow the Bible food laws, and abstain from eating unclean meats such as pork and shellfish. But what about raising hogs, and selling them to the unconverted person who doesn't know any better? Matthew 22:39 instructs us to "love thy neighbor as thyself." God did not create pigs to be eaten. Pork is harmful to the body and detrimental to good health. It is not love to be responsible for someone else's sickness and early death. They don't know better, but we should know better! Jesus permitted unclean spirits to enter unclean animals -- pigs -- and for them to run violently down a steep slope into a lake and drown, thus removing them from the market place. This action shows that Jesus does not sanction selling pigs to others for food.

Unclean animals were created for a purpose, but not for food. Farmers should not raise hogs, rabbits, worms, and other unclean animals, for food.

Unclean Foods and the Unconverted

What if a female believer is married to a nonbeliever who insists on having his bacon for breakfast? The Bible says she must honor and obey her husband. Yet, the Bible also says to stay away from unclean meats and do unto others as we would have them do unto us. While unclean meats might not be the only area of potential conflict between partners of a "mixed marriage," it could be one of the most divisive issues. In discussing one's beliefs with an unbelieving mate, the believer desperately needs the wisdom of God.

Here's how it might work with the right approach: The believing wife tells her husband that she loves him very much. She says that, based upon her understanding of the Bible, she cannot continue to eat pork and shellfish. However, she says that out of love for him, she will continue to cook his bacon for him if he wants it. She adds that she would prefer not to have it in the house. She refuses to argue about the Bible. She does not bring up the subject again or nag him about it. She cheerfully continues to prepare meals as he desires. There are few good husbands, being smothered with such love, who will not eventually give in to such a loyal loving wife as this! They would be crazy not to!

If the roles are reversed, and the husband is the converted believer, the point of contention over unclean meats will probably not be so severe. The husband tells his wife that he loves her deeply, and that through his Bible study he has come to believe that he personally should not eat pork and shellfish. He says that she can cook it for herself, if she wants it, but that he doesn't want to eat it anymore, and wishes she would do likewise. Thereafter, he doesn't bring up the subject, and continues to love her. Few good wives will react with hate against such a loving husband!

Showing an unconverted mate love and tenderness is the best approach.

Early Church Kept Food Laws

Early true believers were called Nazarenes. Although everything we know about them was written by their enemies, we learn this about them:

Nazarenes, an obscure Jewish-Christian sect, existing at the time of Epiphanius (fl. A.D. 370) in Coele-Syria, Decapolis (Pella) and Basanitus (Cocabe) . . . they dated their settlement in Pella from the time of the flight of the Jewish Christians from

Jerusalem, immediately before the siege in A.D. 70; . . . [this writer characterizes them as] more or less than Jews pure and simple but adds that they recognized the new covenant as well as the old, and believed in the resurrection, and in the one God and His Son Jesus Christ.

. . . while adhering as far as possible to the Mosaic economy as regarded . . . sabbaths, foods, and the like, they did not refuse to recognize the apostolicity of Paul or the rights of (Gentile) Christians. The Encyclopaedia Britannica, Eleventh Edition, Volume 19.

Rushdoony states, "Quite obviously, [early] Christians were not only keeping the laws concerning diet but also observing the laws of sabbath observance and circumcision. Clearly, while the church had some problems with antinomianism, it also had many members eager to keep the whole law of God without any departures from Hebraic practices" (Institutes of Biblical Law, page 795).

Anti-Jewish sentiment put extreme pressure on Bible-believing Christians who kept the Sabbath and the law of clean and unclean. The infamous Council of Nicaea (A.D. 325) pronounced the edict, "Let us, then, have nothing in common with the Jews." As the Sabbath was proscribed, so was the law of clean and unclean. Hostility to Jews (and Bible-believing Christians) has often been marked through history by hostility to Bible food laws. Rushdoony notes that the last 1,900 years of western history has been marked by a general adherence to Bible dietary laws, but with steadily losing influence in most areas as far as pork and shellfish are concerned, and horse meat in France (page 791).

Trypho the Jew chastised false "Christianity" for living no different than nonbelievers:

I am aware that your precepts in the so-called Gospel are so wonderful and great, that I suspect no one can keep them; for I have carefully read them. But this is what we are most at a loss about: that you, professing to be pious, and supposing yourselves better than others [see Isaiah 65:1-5], are not in any particular separated from them, and do not alter your mode of living from the nations, in that you observe no festivals or sabbaths . . . [other than those days the heathen observed, including Sunday] and . . . you yet expect to obtain some good thing from God, while you do not obey His commandments . . . (Dialogue with Trypho, x).

Jerome wrote of the Ebionites, that they acknowledged the pre-existence and virgin birth of Christ, but " . . . while adhering as far as possible to the Mosaic economy as regarding circumcision, sabbaths, foods and the like, they did not refuse to recognize the apostolicity of Paul or the rights of heathen Christians," (Commentary in Isaiah, ix, 1).

Various "heretical" Messianic sects, often mislabeled "Judaizers," observed Sabbaths and the Law of Clean and Unclean meats down through the ages. A Paulician group in Phrygia, known as Athinganoi (Greek for "touch not"), were condemned as "Judaizers." This group "observed all the laws of Moses, though refraining from circumcision on the one hand, and practicing Christian baptism on the other . . . ," (J. Starr, "An Eastern Christian Sect: the Athinganoi," *The Harvard Theological Review*, vol. xxix, no. 2, April, 1936).

A Waldensian group in northern Italy during the late 12th and early 13th centuries, known as Passagii, accepted both the Old and New Testaments literally, holding that "the Old Testament is to be observed in the matter of feasts, circumcision, choice of foods, and in almost all other respects, with the exception of sacrifices," (Wakefield, page 175, cited by Lawson Briggs, *What Became of the Church Jesus Built?*, page 117). "They observed the law of Moses (except as to sacrifices), circumcision, the Sabbath, distinction of clean and unclean foods all forming part of their system . . . the Passagians appealed to the scriptures of the Old and New Testaments in support of their doctrine" (Blunt's *Dictionary of Sects and Heresies*, quoted in Blackwell, *A Handbook of Church History*, pages 115-116).

Papal decrees lambasted the Waldenses, who became quite numerous, and a papal bull of 1267 instructed the ruler of upper Burgundy to stamp out these "Judaizing Christians because they . . . wished to sanctify the Seventh Day in memory of the Mosaic Sabbath . . . during the thirteenth century" (Newman, *Jewish Influence on Christian Reform Movements*, page 403).

In the late 1500's in Hungary, Andreas Eossi led a Sabbatarian group in Transylvania. They saw the seventh day Sabbath as a type of the future "spiritual marriage" of Christ and His Church. They kept the annual Sabbaths and Holy Days. They understood that the Passover with unleavened bread and wine is the continuation of the Old Testament Passover, but now observed in remembrance of the Redeemer who died for the sins of mankind. These zealous believers declared Christmas, Easter, etc., the inventions of popes. They made a distinction between clean and unclean meats, but did not circumcise. Above all, they respected the Ten Commandments (see Lawson Briggs, *What Became of the Church Jesus Built?* pages 167-169).

In the early 1600's in England, John Traske, a Puritan minister, was introduced to, and accepted, the Sabbath, from Hamlett Jackson. Traske came to understand that the Ten Commandments were not done away, and from this, went on to understand the truth concerning clean and unclean meats, and began keeping the Passover, Feast of Unleavened Bread, and the rest of the Holy Days. Cox's *Sabbath Literature* indicates that others in England

in the late 1600's also kept the Sabbath, Holy Days, and eschewed unclean meats, in spite of being persecuted for being "Judaizers."

Lawson Briggs, author of What Became of the Church Jesus Built? explains what true "Judaizing" is:

What is "Judaizing"? Were these Sabbath keepers "Judaizing"? Is believing and obeying the Old Testament being like the Jews? Absolutely not. Jesus never condemned the Jews for honoring and obeying the Law, but because by their man-made additions and fables they made the law of God of no effect (Mark 7:13). That is not what Sabbath and Holy Day keepers do. . . .

Not keeping the Sabbath, Holy Days, [clean meats], etc., (judging one's self more righteous than God, in effect), is Judaizing. Adding do's and don'ts that God never commanded, while making a strait-laced observance of man's customs into a sort of penance - - an unacceptable self-imposed fine offered to God while continuing to disobey what He commanded. That is what the Jews did.

German Sabbatarian Baptists in the late 1600's and early 1700's in Pennsylvania practiced and taught "Mosaic ceremonies and customs," including the Holy Days (Briggs, pages 199-200).

A renegade Seventh Day Baptist church of Pine Grove, West Virginia kept the annual Passover, and avoided unclean meats. "In short here an attempt was made to apply the provisions of the Mosaic law governing the domestic life of the early Hebrews to American Seventh Day Baptists" (Randolph, p. 201, cited by Briggs, pages 269-270).

The Church of God, Seventh Day, of Marion, Iowa, founded in the mid-1800's, early settled on keeping the annual Passover with foot washing, were against eating unclean meats, and believed man is wholly mortal in this life (Briggs, p. 263). In an 1866 issue of the Hope of Israel (predecessor of The Bible Advocate), published in Marion, editor W. H. Brinkerhoff mentions the dread disease of trichinosis, and recommends abandoning the use of swine flesh entirely. "Swine was unclean to the Jew, and you had better regard him thus to the Gentiles," he says. The May 1868, article, however, contained a rebuttal in favor of pork by William Lockhard of Emporia, Kansas. Again, in the mid-1880's, some articles in the church paper were in favor of eating pork. In the 1920's, when A. N. Dugger was a prominent leader, the predominant view was anti-pork.

Modern Sabbath-Keeping Churches on Unclean Meats

Today, most Sabbath-keeping groups teach against eating unclean meats. Those who do not teach against eating unclean meats, or don't mention the subject very much, still generally do not eat pork and shellfish. There are few Sabbath-keeping groups who do eat unclean meats.

Article 21 of the Seventh-day Adventist Fundamental Beliefs states:

. . . because our bodies are the temples of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures.

Point 14 of the 1940's Fundamentals of Belief of the Radio Church of God (later renamed Worldwide Church of God), says:

We believe that certain foods called "unclean" are not to be eaten under any circumstances as they are harmful to body and health and also violate our bodies which are called the temple of the Holy Spirit of God.

However, the 1991 "Statement of Beliefs of the Worldwide Church of God" omits any reference to unclean meats, although most WCG members still do not eat unclean meats. This omission is in line with the liberal Systematic Theology Project (STP), published in 1978 by the Worldwide Church of God. Although renounced by Herbert W. Armstrong before his death in 1986, the STP was the springboard for further liberalization of doctrine in the Worldwide Church of God, which intensified after Armstrong's death. This 375-page dissertation exhaustively covers subjects such as the Sabbath, Ten Commandments, Tithing and Healing. The STP even discusses minor topics such as repeating the Lord's prayer, rapture, speaking in tongues, and the cross. Yet I cannot find any reference to clean and unclean meats. Even in the healing section, where the subject of unclean foods should have logically come up, "natural foods" are encouraged (page 11), but there is no mention of Bible laws of unclean meats. This cannot be an accidental omission! The target audience of the STP was the general public. In the liberal theology of the Worldwide Church of God, there is apparently little place, if any, for a proclamation to the world of God's laws of clean and unclean meats!

The Church of God, International's 1980 "Statement of Beliefs" does not mention clean and unclean meats either. Garner Ted Armstrong, son of Herbert W. Armstrong, and leader of the CGI, has preached sermons in which he disparages those whom he feels are overly concerned with avoiding unclean meats.^{5} GTA's church uses the STP as the "starting point" for church doctrine. Although not mentioned in the official CGI statement of beliefs, most CGI members do not eat unclean meats.

The Church of God, Seventh Day, has for the most part not been so shy as to hide from the world its beliefs against eating unclean meats. The September 20, 1948, issue of The Bible Advocate, listing 36 points of "What the Church of God Believes," says in point eighteen:

The people of God and the followers of Christ in this age are to use for food those things which were given by God for that purpose, as distinguished from those things designated as unclean for human use. Gen. 7:1,2; Lev. 11:4-20; I Tim. 4:5; Isa. 66:15-17.

The 1974 "Doctrinal Beliefs of the Church of God (Seventh day)" of the Denver, Colorado group, says in point 24,

God's people are to use for flesh food only those animals, birds, and fish which were designated by Him for that purpose. All others are to be regarded as unclean and unfit for human consumption.

The 1988 edition moves it to point 17, and says,

The distinction between clean and unclean meats with respect to foods is to be observed today as God's will because it was God-given for man's benefit.

There have long been anti-pork and pro-pork advocates in the Seventh Day Church of God groups. The reason that the late 1980's proposed merger of the Denver, Colorado and Meridian, Idaho, groups failed, was probably because the Meridian group has many pork eaters.

The Salem, West Virginia, Church of God Seventh Day group, in point 24 of its Doctrinal Points, says:

The Bible teaches the eating of clean meats, but the eating of unclean meats is an abomination to God. Lev. 11:46,47; Deut. 14:3-20, Lev. 20:25, 26; Is. 66:15-17; 65:3,5; I Tim. 4:1-6; Col. 2:21,22; II Cor. 6:17, 18; Rev. 21:27.

The Assemblies of Yahweh (Bethel, Pa.) "Statement of Doctrine," 1981, point 22, says:

We affirm that adherence to the law of clean meats in Lev. 11 and Deut. 14 remains in effect and binding in our era, and that it is important to our physical health, II Cor. 6:16-18.

Yahweh's Assembly in Messiah (Missouri), in their 1982 edition of "The Foundation of Faith," point 18, says:

That having been cleansed and made holy by the faith of Yahshua, we believe it is important to be clean inside as well as out. Our body is the temple of the Holy Spirit and we joyfully adhere to the law of clean meats of Leviticus 11 and Deuteronomy 14. This is an object lesson in holiness, teaching us the difference between the clean and unclean, the holy and unholy, II Corinthians 6:16-18. We are to eat clean, think clean, live clean, be clean and holy before Yahweh

Several groups who broke off from the Worldwide Church of God do not mention clean and unclean meats in their doctrinal statements. These are generally the more liberal groups, including the Association for Christian Development (Washington), the United Church of God (Pennsylvania and Maryland), and the United Biblical Church of God (Florida).

While we strongly believe in not eating unclean foods, this doctrine is not as major a doctrine as the Sabbath. Since Doctrine of Clean and Unclean Meats is a distinctive doctrine, and a point of difference between ourselves and others, it properly belongs in our statement of beliefs.

SDA Waffling on Pork Issue

The pork teaching of Ellen G. White, founder of the Seventh-day Adventist Church, changed over the years. In her Testimonies for the Church (Volume I, pages 206-207), Mrs. White says that the Lord showed her that pork is "nourishing and strengthening food." She was rebuking a brother in the church for teaching that swine's flesh is forbidden food. Mrs. White wrote to a brother and sister Curtis, telling them it would be "fanatical" to deprive themselves of "nourishing food."

In 1863, Mrs. White received "light" on the subject of pork, according to SDA historian J.N. Loughborough (Rise and Progress of Seventh-Day Adventists, page 214). Yet, in 1865 at a SDA conference, Ellen's husband James White, admitted that the Whites had eaten a 200-pound porker. In spite of the evidence that the Whites originally taught that pork was nourishing food, Uriah Smith, an apologist for Mrs. White, wrote in 1868 that Mrs. White's visions never taught that swine's flesh was good and nourishing food (The Visions of Mrs. E.G. White, a Manifestation of Spiritual Gifts According to the Scriptures, page 95).

In Spiritual Gifts, Volume IV, page 124, Mrs. White claims a vision against pork: "God never designed the swine to be eaten under any circumstances." Thus, "divine inspiration" was claimed for opposite teachings! This is a pathetic example of the "lying spirit" of the Seventh-day Adventist Church.

Moslems and Pork

The religion founded by Mohammed (570-632 A.D.) is known as Islam, and its followers are Moslems. Mohammed borrowed tenets for his new faith from his garbled understanding of Christianity and Judaism. The Koran forbids eating meat from animals that died of themselves, blood, swine's flesh, and animals slaughtered as offerings to other gods. This is commendable. However, Moslems eat camel flesh, which the Bible forbids. And, Moslems forbid alcohol, which the Bible allows (in moderation).

"It's The Principle"

Some people act as if the doctrine of clean and unclean meats is like a carton of milk. Once you drink the milk, you can throw away the empty carton. Likewise, these people believe that once you learn the principle of unclean meats, that we should not have unclean thoughts or actions, then you don't have to actually avoid unclean meats. They believe you can throw away the doctrine of unclean meats but still follow the principle that this doctrine teaches or contains. "It's the principle" that is important, this erroneous reasoning goes, and not the basis for the principle.

This is exactly what the famous "Bible Law" teacher, Rousas John Rushdoony, concludes! After noting that Acts 10 does not do away with the Old Testament dietary restrictions, Rushdoony continues with the following perverse reasoning:

The sabbath law is no longer law for us, in that it no longer is a civil and religious offense to fail in one's observance, but it is a principle of life and a moral rule. Similarly, the dietary laws are not legally binding on us, but they do provide us with a principle of operation. The apostles, as they moved in a Gentile world, did not allow diet to be a barrier between them and the Gentiles. If they were served pork or shrimp, they ate it. On their own, they maintained the kosher rules as God's rules of health and life. . . . With reference to our salvation, the laws of diet have no significance With reference to our health, the rules of diet are still valid rules. We do not observe the sabbath of Israel, but we do observe the Lord's day. We do not regard the kosher legislation as law today, but we do observe it as a sound rule for health.

. . . If the dietary laws are totally abrogated, so is the sabbath. But both remain, not as laws but as principles for the health of man, the sabbath for man's spirit, and the rules of diet for man's body (Rousas John Rushdoony, *The Institutes of Biblical Law*, pages 301-302).

There is not one Biblical example showing Paul or any other Apostle ate unclean foods with Gentiles. Paul did not publicly eat unclean food, and privately keep kosher laws! He was no hypocrite. Paul says in Acts 20:25-27 that he held nothing back from Gentile listeners of his message. The LAWS OF GOD, including laws of diet, DO HAVE SOMETHING TO DO WITH OUR SALVATION! The Holy Spirit is given to those who obey, Acts 5:32. Obedience and faith are requirements for qualifying for the gift of salvation. Godly obedience is primarily the result of our loving God, because we want to do what He says.

The same false reasoning that does away with the Sabbath, also does away with the law of clean and unclean meats. Refusing to admit that they are doing away with God's law, Protestants such as Rushdoony claim that the "principle" of the law remains. "It's not a law," they claim, "it's just a principle." However, if you violate the Bible Sabbath and keep instead a pagan-derived Sunday, you cannot honestly claim to be following the "principle" of the Sabbath! Such reasoning is purely Satanic (see Genesis 3). When you hear someone emphasizing "the principle" of the law, while throwing out the framework of the law itself, you had better flee quickly!

The teaching of "it's the principle," is one of the most damaging doctrines of demons, causing people to depart from the faith of the Bible, I Timothy 4:1. Recently, we heard of a Sabbath-keeping minister who used "it's the principle" theology to justify divorce with the right to remarry on the basis of "fraud" of any kind. Notwithstanding the fact that porneia, as used in Matthew 5:32 and 19:9, means sexual fornication, this minister says, without Biblical authority, that porneia means fraud of any kind, because of the "principle" shown in the case of Joseph and Mary. This line of thinking would say that if Mary was a bad cook, and held back this information from Joseph, that he could have divorced her and remarried, if he found out she had deceived him as to her lack of culinary skills.

Such reasoning is the result of taking a law of God, keeping only its "principle," and tossing out the law altogether. Jews today in Israel keep the "principle" of the Bible law of Sabbath land rest. They "sell" their land to an Arab during the Sabbatical Year, and continue to farm it under a sham "lease arrangement." At the end of the Seventh Year, the Jew then voids the "lease" and continues to own and farm the land. Well did our Savior say that such people make void, or of none effect, the law, through their tradition, Mark 7:1-13. After all, they believe, "it's the principle."

The Kingdom of God is Not Meat and Drink

Some read Romans 14:17 as if it relegates the Law of Clean and Unclean to a lowly, unimportant teaching of the Bible. Knowing the many Scriptures we have covered on this topic, it would be a Bible contradiction if this verse tells us that the Law of Clean and Unclean is not important. Knowing that the subject of Romans 14 is not clean and unclean meats, but eating meat versus vegetarianism (see verse 2), let's look at this often misunderstood verse:

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Spirit (Romans 14:17).

It would be better not to eat meat at all, nor to drink wine, if this would offend a Christian brother and cause him to weaken his faith, verse 21. Food, even clean food, does not make one righteous before God, but only the Holy Spirit, which produces peace and joy. See also I Corinthians 8:1, 7-13, where the subject is meats offered to idols.

In Colossians 2:16-17, Paul says not to let others judge us, say we are wrong, in eating and drinking, in respect of a holy day, a new moon, or the Sabbath days, which are a shadow of things to come. Instead, let the body of Christ do the judging. The "in meat, or in drink" (margin: "eating and drinking") has to do with meat (meal) and drink offerings associated with holy days, new moons, and the weekly Sabbath (see Numbers 28 and 29). In Hebrews, Paul tells us that the Old Testament sacrificial system is no longer necessary because of the eternal sacrifice of the Messiah. Paul said that these rites "Which stood only in meats and drinks, and divers washings, and carnal ordinances, imposed on them until the time of reformation," Hebrews 9:10. It is unfortunate that the King James Version uses the word "meat offering" when "meal offering" is the proper translation.

So, let us not be carried about with different and strange doctrines. "For it is a good thing that the heart be established with grace; not with meats [meal offerings and other sacrifices], which have not profited them that have been occupied therein," Hebrews 13:9. Animal sacrifices are not essential to the Kingdom of God message. We have a perfect sacrifice, a Messiah, who made the "big sacrifice" once and for all. None of these verses show that the Law of Clean and Unclean Meats is done away, or watered down in any way.

Conclusion

The Law of Clean and Unclean is NOT just a principle of good health. Like any of the Almighty's laws, Bible health laws are based on the Ten Commandments. The statutes support the Ten Commandments, and further define love to God and love to man. They are all part of the loving character of the Eternal. There

are no scriptures in the Bible which authorize eating the meats which Leviticus 11 and Deuteronomy 14 forbid. God's laws stand or fall together.

Call me a Judaizer if you will, but following the Law of Clean and Unclean results in blessings from the Eternal. Like the Sabbath, it separates us in some ways from nonbelievers. The Law of Clean and Unclean stands or falls with the Sabbath. What you put into your body is a very important physical and spiritual issue.

There is a clear demarcation between good and evil, right and wrong. We do not have the authority to decide what is sin, but only the responsibility to choose whether or not to sin. Eating unclean meats is a sin, which violates the Ten Commandments. We should choose life, and not the ways of death.ê

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FOOTNOTES*****

{1} The Bible doesn't reveal a specific set of characteristics of clean birds. However, all clean birds have six characteristics: (1) a crop, (2) a gizzard with a double lining that can be easily separated, (3) do not prey on other birds, (4)

do not devour their food while flying, but catch it in the air and then land and divide it with their bills (5) their hind toe and middle front toe are both long, and (6) when perching, the three front toes are on one side of the perch and the hind toe is on the opposite side.

{2} "Swan" in Leviticus 11:16 (KJV) is a mistranslation. Swans as we know them are clean birds. The Jewish Publication Society version translates it "horned owl," while Gesenius' Hebrew-English Lexicon calls it "an unclean aquatic bird." Other translations render it as "water hen." Hemenway says the Hebrew word rendered "swan" could be translated "ibis," or "stork."

{3} Note that "beetle" is a mistranslation in the KJV, Leviticus 11:22, and should be rendered "wingless locust."

{4} One rare early Armstrong radio broadcast, however, did tell the truth about Clean and Unclean Meats. A friend of ours says this was an early step towards his conversion.

{5} Likewise, non-Orthodox Jews often ridicule the dietary laws and refer to them as "gastronomic Judaism."

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Should Christians be Vaccinated?

I Corinthians 3:16-17 are verses which have been misused and abused. Nevertheless, they have an important meaning for true believers. Understanding the full meaning, and applying it, is something that few will venture to do.

These vital verses say, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

In accordance with the natural human tendency to twist and pervert, professed believers have used this verse in principle to condemn anything from narcotic drugs, coffee and tea, alcoholic beverages, smoking, etc., depending upon their doctrinal inclination. These items are not specifically forbidden by the Bible, but are deemed by many to be harmful to the body. (Except for alcohol, coffee and tea in moderation, the above items can be harmful to the body.) All the while, many of these same people will turn around and take into their bodies substances specifically forbidden by the Almighty, such as unclean meats (pork and shellfish) or drugs from aspirin to valium, which are in reality also harmful.

Where do vaccines fit into the picture? Few will bother to ask: what are vaccines made of? Is it right to have such substances injected into our bodies? There are thousands of people, specifically Sabbath-keepers, who will scrupulously avoid unclean meats, yet glibly allow themselves and their children to be "shot" with a host of questionable substances. They read the label on a can of beans, yet fail to read the label on vaccine serum. It is a carnal human tendency to pick and choose what one wants to believe and practice from the Bible. Like the Pharisees, we often strain a gnat (a tiny bug) out of our soup (avoiding a little unclean meat) yet swallow a whole camel (a large unclean animal), Matthew 23:24.

Why not follow the Eternal all the way, without hypocrisy?

How Are Vaccines Made?

Some people feel that if you don't read the label, then it is all right with God because you take it on faith. They reason that we have to be careful about certain "special" doctrines of the Bible, but we need not worry so much about others.

Jesus Christ, however, has a controversy with this belief. He said, "man shall not live by bread alone, but by every word that proceedeth out of the mouth of God," Luke 4:4. The Pharisees were careful about small points, and often neglected larger, more important concepts, Matthew 23:23. Except our righteousness exceeds the righteousness of the Pharisees we shall not inherit the Kingdom of God.

An excellent book which we recommend is Vaccination Condemned by Eleanor McBean (Elben). This book describes in lurid detail how vaccines are made (pages 284-325) as well as a host of information about the health hazards of vaccinations.

Vaccine making is an ever changing, highly experimental process. Detailed formulas change so often due to the disasters they have caused, or the spoiling process. Even few doctors know what is in the needle they inject. Actually all vaccines are spoiled to begin with, before they leave the labs, as they are made of decomposed (rotten spoiled flesh) protein from sick animals, people, or egg sources. This mixture of decayed pus is added to some poison such as carbonic acid, cyanide, formaldehyde, etc. The resulting "pure" substances are then forced upon people by various governmental agencies who say the vaccines are "safe." Vaccinations have been the proven cause of death of thousands of people. As all people are in different states of health, the shots have different effects on each one.

Here is how smallpox vaccine is made: a calf is tied down and about 100 incisions are made on his stomach, into which are added

a drop of glycerinated lymph (a culture of smallpox passed through glycerine). Fever sets in, and the animal becomes exceedingly sick. Vesicles (blisters) appear, which at the end of six days fill with pus, covered by scabs. The calf is again bound and the vesicles are scraped off so that the dead skin, lymph, poisonous pus and blood are collected. To this putrid matter is added glycerine, and the combination is mixed and strained to become the base for smallpox vaccine. This practice of animal torture is called vivisection. The World Health Organization has banned smallpox vaccination all over the world because it has been proven to cause the disease it claims to cure. The U.S. Military, however, continues to make the vaccine, keeping alive the deadly disease.

Other vaccines besides smallpox, are made from other sources of protein such as horses, monkeys, eggs, etc. The basic formula common to all vaccines is: to the poison pus from a sick or dying animal is added some poison glycerine which increases the decomposition, to which is added chloroform and other poison drugs. Chloroform is so deadly, one whiff will kill a small animal or several whiffs will knock a person unconscious. Toxic effects of glycerine (a super alcohol made from putrefied decomposed natural fats) can damage kidneys, liver, lungs, body tissue as well as the gastrointestinal tract.

DPT (diphtheria pertussis tetanus) vaccine is made from horse's blood that has been injected with diphtheria, to which is added a poisonous mercury derivative thimersol.

Putrefied eggs are used in the manufacture of measles and mumps as well as flu vaccines. Other additives to flu vaccine are formaldehyde and thimersol, as well as other poisonous drugs.

Salk polio vaccine, which was in vogue when I was a child, was made from kidneys of rhesus monkeys. Rabies vaccine is made from the rabid brains of dogs or rabbits.

These disgusting and revolting statistics are often not enough to turn a person away from receiving vaccines. There are two roadblocks: (1) It is a common fallacy that vaccines protect against disease. The book Vaccination Condemned disproves this falsehood. (2) Some states in the United States have compulsory vaccination laws. (But in almost every case, there is a way to avoid these mandatory shots.) The Bible says we ought to obey God rather than men, Acts 5:29.

Probably few, even those reading this article, will believe that vaccines don't protect. Few churches will support their members who wish to avoid putting filth into their bodies.

A Sound-Minded Approach

You have probably heard news reports of court actions ordering the state to take away custody of children from parents who refused to let their children undergo certain medical practices. In some cases, the parents may face prison sentences. What about you? Would you go to jail rather than allow your children to be vaccinated? How could you spiritually instruct your children if they were taken away from you?

Let us have balance and pray that the Creator will give us wisdom to know how to act so as not to bring persecution upon ourselves. The laws of some American states absolutely require (with no exemptions) vaccinations for children to attend public schools. Should we give in and let them be vaccinated? NO! Take them out of public school. Teach them at home (many school authorities will work with you) or send them to private school. These are some alternatives. How much do you really care about the health and well-being of your children? There may come a time you must flee to avoid harmful medical treatments. Pray that the Almighty will give you wisdom to be able to act as wise as serpents, and as harmless as doves, Matthew 10:16.

If vaccination is forced upon you after all your reasonable efforts have failed, remember that putting a half a lemon over the vaccinated area may draw some of the poison out and lessen the shot's ill effects. Rash actions that result in the loss of one's children or one's freedom may not be the best avenue to take. However, it is not wrong to peaceably resist a state's laws which are in defiance of God's higher laws, Acts 5:29.

What Does the Bible Say?

Let us allow the word of the Eternal to lead us in all things. That Word shall judge us in the last day. There won't be any excuses then for reasoning around plain scripture.

Leviticus 11 and Deuteronomy 14 tell us not to partake of unclean animals (such as horses, monkeys, pigs, etc.), because we are to be a holy people, special unto the Eternal, Deuteronomy 14:1-2, Leviticus 11:44-45. Leviticus 7:22-27 says we are to eat no manner of fat (even from a clean animal) and no manner of blood. The civil penalty for doing this in the nation of Israel was death. This prohibition is a perpetual statute, Leviticus 3:17. An animal that dies of itself, or is torn up by predators is not to be eaten, Leviticus 22:8. Rotting and decayed animal substances are not good for human consumption!

Some will say that these laws of God are only part of the "Old" Covenant and for Israel only. Just to be sure we don't try to get out of these statutes, the Holy Spirit inspired the Jerusalem Conference to determine that even the Gentiles should abstain

from pollutions of idols, fornication, things strangled, and from blood, Acts 15:19-20, 29.

Jehovah's Witnesses use Genesis 9:3-4, and Leviticus 17:10 to teach against blood transfusions. Others say that getting a blood transfusion is not actually "eating." The Truth is, that the Bible tells us to abstain from blood, Acts 15:20, 29. If a doctor told you to abstain from alcohol, would it be all right to transfuse it directly into your veins? Of course not! Abstaining from blood means not to take it into your body at all. (See, You Can Live Forever in Paradise on Earth, published by Jehovah's Witnesses, page 216.)

However, in their attempt to be zealous, Jehovah's Witnesses have strained out a gnat and swallowed a camel. They do not take inoculations which are made of blood such as diphtheria vaccine, but they throw away many other laws of God such as the Sabbath, clean and unclean meats, etc.

The New Testament is full of principles which lead one to abstain from all vaccinations. II Corinthians 7:1, ". . . let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." I John 3:3, "And every man that hath this hope in Him purifieth himself, even as He is pure." He is cleaning himself up, both in his fleshly body and in his mind and thoughts. We are to be washed and sanctified, because our body is the temple of the Holy Spirit, and as such is to glorify God, I Corinthians 6:11, 19-20. ". . . Ye are the temple of the living God . . . Wherefore come out from among them [followers of Belial, the unbelievers], and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you," II Corinthians 6:16-17.

The works of the flesh which will keep us from inheriting the Kingdom of God include "uncleanness," Galatians 5:19-21. Peter never ate any flesh that was common (defiled) or unclean, Acts 10:14, 11:8. Note that this vision did not say that eating these foul things was now all right, but that no man is common or unclean, Acts 10:28.

Mark 7:18-23 may be used by someone to justify taking harmful substances into the body. Things from without enter the belly but not the heart and mind. They don't defile the thoughts and mind of man. Jesus is here showing that outward physical cleansing, verses 1-17, is not as important as cleaning up the inside. If you use this passage to justify taking filthy vaccines into your body, then, by the same reasoning these scriptures must also justify narcotic drugs, tobacco, etc.! What foolish reasoning!

Lost Truth

There once was a church organization that taught the truth about vaccines and other medical practices. The Worldwide Church of God published strong material against vaccines and medical drugs, including Does God Heal Today? (1953), by Herbert W. Armstrong; "The Origin of Medical Science" by Donald G. Wofford (October, 1959 Good News); and The Origin of Medical Practice by Sherwin McMichael, Ambassador College thesis 1969, (109 pages). These are some of the materials which told the truth, but which, by the late 1960's had been dropped. Truth is never popular. The "medical health" field is the largest and strongest business in the United States. Resisting it makes one the subject of attack and ridicule. It is embarrassing to be laughed at and persecuted by learned doctors and scientists. The easy way was followed by quietly giving in to the prevailing trend.

The results of this falling away from the truth struck close to home in 1973. My wife had been raised in the church from childhood. Her father had successfully struggled with the school authorities to keep his six children from receiving harmful vaccines. His youngest daughter, my wife's sister, entered the church's college and was selected to go to Jerusalem for a summer archeological excavation project. By this time, the church had given in to the pro vaccine heresy, and for the first time in her life, this young lady was given a "mandatory" shot of smallpox vaccine. The result was tragic. As my wife and I visited her sickbed and saw her suffer, I could not help but sorrow for the leadership of a church gone astray. We knew of another robust girl that year who also fell victim to the smallpox vaccine. At that time, we were unaware of the many thousands around the world who have died of vaccines, being given a fatal dose of the disease that they supposedly were made "immune" to.

From strong teaching against vaccines, to church-enforced vaccination, truth had been lost on a vital subject for our health and well being. Today, as far as I know, there is not a single Sabbath-keeping church organization that publicly teaches against the abominable practice of vaccination. The only group I have found to publicly oppose vaccines is the "America-is-Israel Identity Church," i.e., Lord's Covenant Church, founded by Sheldon Emry of Phoenix, Arizona (see their tract, "Bible Principles on Vaccines"). Yet they erroneously observe Sunday and have anti-Semitic views.

The "god of Filth"

People today are awed by the "miracles" of medical science. They feel that modern science has discovered "miracle" drugs, medicines and serums which will cure and prevent diseases. It is supposed that in previous ages, men were ignorant of all the "latest medical techniques." While it is true that in some

areas, knowledge has been increased, Daniel 12:4, the reverse has been true in many areas of medicine.

Ancient physicians in China, as early as 1105 B.C. knew about preventative inoculations with infected pus for smallpox (Medicine and Man, page 53). The circulation of the blood through the heart was well known in ancient Egypt, where complex operations were routinely performed, and drugs similar to modern day varieties were used. Natural antibiotics were known and used thousands of years B.C. Another fallacy is that we have "modern" diseases. This is untrue, since heart disease, polio, cancer, and all known ailments were described long before Christ. Disease has always been a prevalent curse as a result of man's defiant rebellion against the Almighty. The basic difference between "ancient" and "modern" medicine is that ancient medicine was more effective, its drugs and medicines more potent and sure, than modern types! This fact is the shocking conclusion of Sherwin McMichael's thesis cited earlier.

Like ancient physicians, modern medicine uses filthy polluted substances in their "cures." Often these are the same substances which have been re-discovered after the long ignorance of the Dark Ages when the Catholic Church suppressed knowledge.

Beelzebub, the ancient god of healing, was the false god sought by King Ahaziah to be healed, II Kings 1:2-4, 16-17. Beelzebub was the "lord of flies" or god of filth and dung. Jesus Christ was wrongly accused of casting out demons by Beelzebub the prince of demons, Matthew 12:22-28. Other people called this god of healing Apollos, or Aesculapius, or Mercury. In every case, a snake was an associated symbol of the god of healing. Yes, Satan is the true "god" of medicine -- ancient and modern. Medical practitioners mix good and evil (antidote and poison) and try to effect a cure. Truly, the knowledge of good and evil has wrought a sorry legacy in the history of mankind. Health cannot come from poison. "Let us do evil that good may result," is wrong. Yet this is the foundational principle of medical science, and especially, vaccines.

Modern Sorcerers

Many feel that sorcery is something related to idol-worshipping pagans long ago. Surely we don't have much of this nowadays! Or do we? Webster defines sorcery as "the supposed use of an evil supernatural power over people and their affairs; witchcraft; black magic."

Many drugs and medicines can certainly do more than merely affect the body: they also affect the mind and spirit. The artificial drug with no ill effects has yet to be made. Witness the serious effects from penicillin, a supposed "miracle drug."

Drugs and medicines have a more disastrous effect upon true Christians than on any other group. We have witnessed the spiritual shipwreck of several at the time they turned to powerful drugs instead of trusting in the Eternal. Breaking a physical law can destroy you spiritually.

The word translated sorceries in Revelation 9:21, 18:23, 21:8, and 22:15 is the Greek word pharmakia or pharmakos. This is how we got our word pharmacist, or druggist. Thayer's Greek-English Lexicon defines pharmakia as "the use or the administering of drugs; poisoning; sorcery, magical arts." Galatians 5:20 translates it "witchcraft." All these passages show that those who do these things shall not inherit the kingdom of God.

Yes, we do have modern sorcerers: pharmacists, and druggists, have many followers who believe in their "miracle" drugs. Will you believe the truth and come out of the sorceries of Babylon?

Yahweh is My Healer

There are a few true believers who believe that Yahweh heals all their diseases, just as He forgives all their sins, Psalms 103:3. Healing is the Eternal's forgiveness of physical sins, Luke 5:18-26, John 5:2-14. Our Savior was beaten and died so that we could be healed of our physical and spiritual sins, Isaiah 53:4-5 and I Peter 2:24.

Therefore, if we trust in chemicals to cure our diseases and pains we are guilty of spitting on and rejecting the sacrifice our Savior made for us!

Yet the Savior said that the sick need a physician, Mark 2:17. Which one? Drugs and medicines cannot heal; vaccines do not protect against disease. The Eternal is the only TRUE physician. Trusting in anyone, or anything else to remove our diseases is idolatry! Read Exodus 20:3, 15:26.

There is a crying need today for health counselors to help people know the Eternal's health laws and tell people how not to become sick. Also to tell people what physical laws they have broken when they are sick. Taking natural steps to get one's body back in line (herbs, diet, etc.) are not wrong. We should take action when we are sick. Yet to trust even in these "natural" cures alone, without the Messiah's sacrifice, is still idolatry.

A Test of Faith

The Eternal is soon going to test all mankind to see who is really on His side. Don't be too surprised if true believers

undergo some of these same tests, and are tempted to resort to the "god of filth" and take into their bodies the poison drugs inspired by Satan the Devil.

What if I were to be bitten by a poisonous snake, a rabid dog, or were inflicted with appendicitis? Would I continue to trust the Eternal? If such a thing ever happens, may the Almighty help me not to take unclean putrid substances into my body, but to trust and rely on Him. (By the way, in each one of these cases, there are natural things I would do along with the primary act of trusting in the Eternal.)

In the wrath of the Lord's plagues, the wicked will not be cured, no matter what medicines they seek after: ". . . in vain shalt thou use many medicines; for thou shalt not be cured," Jeremiah 46:11. The Almighty says of them, "thou hast no healing medicines," Jeremiah 30:13. It is the Creator's prerogative alone to heal, Deuteronomy 32:29.

Either we learn to trust Him now, or it will be too late then. Vaccines and many drugs are poisons. Those who knowingly partake of them now will be headed to the lake of fire. Change before it's too late.

Though He slay me, yet will I trust in Him, Job 13:15.

Whole Grain Breads, and
Proven Whole Grain Recipes

How I Began Whole Grain Cooking

I was about nine years old when my parents were converted and began keeping the Seventh Day Sabbath. Up until that time my parents ran a farm and raised cattle and pigs. Our diet consisted of the same types of foods as most other people. Lots of vegetables and fruits, but lots of pork products also. We ate all white bread products as well.

Once we started attending church services, we began to understand some of the basic laws of health. One of these, of course, was to get rid of the hogs we were raising and eating.

The one thing that stuck in my mind and has been an influence on my life ever since has been the fact that my mother started buying hundred pound sacks of whole wheat and making her own bread. I remember riding many miles with her every two or three months to a place that had a large wheat grinder so we could have flour to make the bread with. We also made many trips to the

Seventh Day Adventist health food store to buy other healthful products.

Whole Wheat Bread -- From Disaster to Success

After I married Richard, I tried to carry on this practice. I still have a picture of my first feeble attempt! I bought flour from a health food store at first and would knead it and make a loaf or two at a time. Needless to say, this was very difficult for a beginner. Sometimes, my loaves would turn out beautifully, and others would be just awful. All sunk in the middle, split on the top and sagging around the pan. Those are the times I felt like quitting!

After a year or so, we bought a hand stone grinder and Richard spent hours trying to grind enough flour to make a couple of loaves of bread. It was usually too coarse to make decent bread and I'm afraid I became disheartened and basically gave up until we were blessed by finding Magic Mill™ products.

Magic Mill™ Makes Excellent Breads

We then bought an electric stone mill grinder with a one horsepower motor through an ad in the paper. I still had to hand knead my bread but the efforts were more often a success. We still had to buy bread to supplement because it was too hard to bake enough to last for a week or so. We then bought a Bosch Magic Mixer (in 1976, and it still works fine in 1992). With the Bosch Magic Mixer, I can knead enough dough to make up to nine medium size loaves of bread at one time.

Later we were able to obtain the Magic Mill IITM. It uses a different method of grinding flour than the historic method of stone grinding. It actually explodes the grain and there is no difficulty with moisture the way there is with stones. My stone grinder would often overheat, get clogged and stop, and then I would have a difficult time getting it started again. I also found it could breed worms in between the stones where a residue of flour was always left. It was very difficult to take the two stones apart, and to get them set back together just perfectly was almost impossible. There are none of these problems with the Magic Mill IITM. The only problem with it is that it will not grind corn or soybeans (I do grind a few soybeans from time to time but I'm taking the chance of hurting the motor.) We use a lot of corn products and the cornmeal on the market has been degerminated and bleached, except that obtained from a health food store. Magic Mill now sells the Magic Mill III Plus™ that grinds anything.

With the Magic Mill™ grinder and Bosch Magic Mixer, I find breadmaking to be a breeze and we are very seldom out of bread. I usually spend one day a month and bake several runs. Our freezer is well stocked at all times with enough for making sandwiches to take to school and work.

Today, it's not like it was when I went to school. Everyone took white bread and it was rather embarrassing to be different and have all the kids asking you what you were eating. When I was in high school, I remember eating in the bathroom so no one would laugh at my food. Now there is more awareness about the kinds of food you should eat. Our children take whole wheat bread to school for their lunches. They say that the kids at school are amazed that I actually made the bread. I've also had a lot of fun with my kid's friends who come over and watch me bake bread or grind flour. Barbara likes to make cookies or cupcakes with her friends and of course she uses whole wheat flour.

Whole Wheat Bread: Our Staff of Life

My basic whole wheat bread recipe is:

WHOLE WHEAT BREAD USING BREAD KNEADER

5 Cups very warm water
1/3 Cup vegetable oil
1 Cup applesauce, or pumpkin
1/3 Cup molasses (I use blackstrap, a good source of iron)
1/3 Cup honey
3 Tbsp. granulated yeast (I find I'm having to buy a block of cake yeast from the grocery store bakery now as I'm having trouble finding yeast in bulk.)
3 Tbsp. salt

Mix 5 Cups of warm water and honey, molasses and yeast. Let set for a few minutes until it becomes bubbly with yeast. Then add oil, applesauce and 9 Cups of flour. Start mixer and add 3 Tbsp. of salt and gradually add about 5 Cups more flour. Knead 10 minutes and add a little more flour as needed until flour starts to clear the bowl about 2/3 of the way up.

While the bread is kneading use vegetable shortening to generously coat the pans. When the bread is ready put oil on your hands and pick up enough bread to make a loaf. Form it into a loaf around your hand and then seal the bottom and put it in the pan. It doesn't have to be perfect and I usually push the edges down around the pan. Set oven to 1500 and put pans in the oven to rise. Rise 20 to 30 minutes and then, leaving the pans in the oven, turn oven to 3500 and bake 22 minutes for small loaves and 30 minutes for larger loaves.

If you are using the conventional method of kneading bread, mix the ingredients as listed and add enough flour gradually to be able to knead by hand. Many use an electric mixer as long as they can until it becomes too stiff. If you knead it by hand you will have to take more effort in forming the loaves or you will have a lot of bubbles in the loaves which will leave holes in your bread after it is baked.

A variation to the above recipe is:

FLORENCE'S ULTIMATE MIXED GRAIN BREAD

Ingredients same as above, finish as above.

Grind 6 Cups wheat, 1 Cup barley, 1 or 2 Cups millet (a source of Vitamin B 17), 3/4 Cup soy beans (for protein balance), 1/2 Cup mung or kidney beans (B 17 & protein).

Quick Breads

My Mother-in-law gave me an exceptionally tasty and easy recipe that I have converted to whole wheat rolls.

COTTAGE CHEESE ROLLS

2 sticks butter or margarine, 2 Cups whole wheat flour, 1 1/2 Cup cottage cheese, 1/4 tsp. salt

Beat together cheese and butter until creamy. Add salt and gradually add flour and mix well. Will be very stiff. Refrigerate overnight. Divide into 3 balls and roll into a circle. Cut into small pie wedges and roll up wide end first. Experiment with temperature and I've found I have to vary the time and temperature with different ovens, but bake approximately 20-30 minutes on 325o to 350o.

Here is one of my favorite Bran Muffin Recipes:

BANANA BRAN MUFFINS

1 Cup sifted whole wheat flour, 1 well-beaten egg, 3 Tbsp. sugar or molasses w/egg, 1 Cup mashed banana, 3 tsp. baking powder, 1/4 Cup milk, 1/2 tsp. salt, 2 Tbsp. oil, 1 Cup bran

Sift flour and dry ingredients. Add bran. Mix remaining ingredients and add all at once to flour mixture. Stir just to mix. Bake 400o for 20-25 minutes

Note: You may add raisins, nuts or coconut. If you do, you may want to add another 1/2 cup of milk so they won't be too dry. A

favorite of mine is using applesauce instead of bananas. You may find other fruits to substitute. If you use berries coat them in flour before adding and you may need to add additional moisture.

In Search of A Decent Whole Wheat Pie Crust

I use wheat flour for most of my recipes. So far I have not been able to make a decent pie crust and I usually make it with white flour, but there are a lot of compromises on pie crusts that you can use. For example:

BLACKBERRY TORTE

1 No. 2 can blackberries*, 1 Cup water, 3/4 Cup raw sugar**, 3 Tbsp. cornstarch, 1 Tbsp. butter

Pour berries into a saucepan along with sugar and butter. Heat. Combine cornstarch and water and add to the berry mixture, stirring only until it thickens.

* You can use any type of berry or fruit pie filling, I use a cherry pie filling recipe and find it to be our favorite (1 quart of pie cherries, 3/4 Cup sugar, 1/4 Cup cornstarch, 1/2 cup cherry juice, 1 tsp. almond extract, cook until thickened). For apple torte, I add cinnamon and allspice to the recipe.

** I usually don't use near this much sugar and since raw is hard to find I sometimes use white.

PIE CRUST #1

Use 1 3/4 Cup Wheat in Magic Mill on fine. Combine all ingredients in Magic Mixer bowl. (You can buy already ground wheat flour and use any method of mixing it.) Blend thoroughly. Press 1/2 of it into a 9" x 13" baking dish. Pour berry mixture over the top, distributing evenly. Place remaining mixture over the filling. Press gently. Bake at 350 for 35 minutes.

Another simple crust for a cream pie is:

PIE CRUST #2

Blend 1 Cup butter or margarine, 1 Cup whole wheat flour, 1 Tbsp. sugar. Add 1/2 Cup ground nuts. Press in 9" x 13" pan and bake 350 for 15-20 minutes.

You can revise most of your recipes, but I just automatically use wheat in my cookie recipes, even sugar cookies. Raw sugar and

brown sugar are interchangeable. If you are short of brown sugar, use some white sugar, molasses or both.

3/4 Cup Whole wheat flour plus 1/4 Cup cornstarch = 1 Cup whole wheat cake flour. If a given recipe calls for cornstarch, add the cornstarch and blend for just a moment. Stop the mixer and check to see if the batter looks curdled. If it is, add a small amount of whole wheat flour until the batter is smooth. Then bake according to the directions. Barley flour may be substituted for cornstarch in cakes.

Pancakes and Waffles

When making pancakes or waffles, I use wheat flour. I sometimes find I am short of ground flour and can't get any right away, so I keep a store of wheat bran and wheat germ in the freezer. I sometimes use white flour and a cup of both germ and bran combined. It looks and tastes almost like the whole wheat. I also grind several kinds of grains and make pancakes. For example, wheat, barley, soy, millet, buckwheat.

One of my family's very favorite pancake recipes is what we call German Pancakes, but are actually crepes:

WHOLE WHEAT GERMAN PANCAKES OR CREPES

1 Cup unsifted whole wheat flour, 1 3/4 Cup milk, 1/4 Cup cornstarch, 1/2 tsp. salt, 1 Tbsp. oil or melted butter, 3 eggs

Put all ingredients in blender and blend until smooth. Heat a large fry pan; put enough oil in pan to coat, and have pan very hot. Tip and roll the pan in order to spread the batter thin and evenly. Brown quickly on one side and flip over. It takes a minute or two for the whole process.

Put a small amount of your favorite filling for pancakes and roll jelly roll fashion; then top with whipped cream sweetened with honey. (Example: Blueberry sauce listed below.) Our favorite is hot applesauce. Or my kids just eat it with butter or syrup. Pure maple syrup is best if you can afford it.

Note: As crepes, fill with your favorite filling and roll up. Makes a change for your children's or husband's lunch box.

Preparation time: 10-12 minutes. Yield: 4-6 large or 9 (7-inch) pancakes.

BLUEBERRY SAUCE FOR PANCAKES

1 Cup blueberries (fresh or frozen, unthawed), 1 tsp. lemon juice, 2 Tbsp. fructose (or honey, or sugar), 1 tsp. cornstarch, 2 Tbsp. water

Blend all ingredients except blueberries briefly in blender. Stir in blueberries and cook over medium heat until thickened, 4-6 minutes. Yield 1 cup of sauce. Use on crepes.

ORANGE WHOLE WHEAT HOT CAKES

2 Cups sifted whole wheat flour, 2 eggs separated, 1/2 tsp. soda, 1/4 Cup oil, 1/2 tsp. salt

Enough fresh orange juice to make hot cake batter. Mix egg yolks and oil and beat. Add dry ingredients with orange juice. Add stiffly beaten egg whites. Bake on lightly oiled, medium hot griddle. One cup of corn flour may be used instead of stone ground whole wheat flour. These are very delicious.

Richard loves my whole wheat waffles. I like to spoil him with his all-time favorite:

WHOLE WHEAT WAFFLES

1 Cup sifted whole wheat flour, 2 eggs, separated, 3 tsp. baking powder, 1 1/4 Cups milk, 1/2 tsp. salt, 1/4 Cup oil*

* You may cut the oil in half if you prefer.

Sift together, three times, the flour, baking powder, and salt. Add egg yolks, oil and milk gradually. Batter will be very thin. Beat hard for 2 minutes. Fold in beaten egg whites. Bake in preheated waffle iron.

Note: You may add 1/2 tsp. soda and substitute buttermilk for milk to make a richer waffle. Serve with applesauce and table cream or your favorite topping.

One of my favorite waffle recipes other than wheat follows:

BROWN RICE FLOUR WAFFLES

2 Cups brown rice flour, 3/4 Cup milk, 2 1/2 tsp. baking powder, 1/2 Cup sour cream, 1 Tbsp. brown sugar, 2 eggs, separated, 1/2 tsp. salt, 6 Tbsp. melted butter, pinch of soda or oil

Combine beaten egg yolks, sour cream, melted butter, then the milk. Add slowly the mixed dry ingredients. Fold in stiffly

beaten egg whites. Bake on hot waffle iron. Makes about 6 medium size waffles.

Note: These are a little heavier than normal waffles, but very tasty. Especially with a good syrup or honey.

Whole Grain Based Dinners

I make Pizza quite often for the family and use a combination of wheat and barley flour. My family says my pizza is better than the store bought type. The recipe follows:

PIZZA

2 1/2 to 3 Cups unsifted flour (use a combination of white, wheat, and barley), 2 tsp. salt (I have found this is too much for us.), 1 1/2 tsp. sugar, 1 Cup very hot water, 1 pkg. active dry yeast, 2 Tbsp. salad oil

1. In a large bowl thoroughly combine 1 cup of the flour, sugar, salt and active dry yeast. Gradually add very hot tap water and salad oil to dry ingredients and beat 1 minute at low speed with electric mixer, scraping bowl occasionally.
2. Stir in enough additional flour to make a soft dough.
3. Turn out onto a lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. (Here is where my Bosch comes in handy, I just let it knead for 10 minutes, but with this small amount of dough it tends to walk off the counter, so I have to watch it closely.)
4. Place dough in a greased bowl, turning to grease top. Cover and let rise in a warm place, free from draft, until doubled in bulk, about 45 minutes. While this is happening prepare your pizza ingredients.
5. Punch dough down and divide in half. Press each piece of dough into a greased 12-inch pizza pan, forming a standing rim of dough. These may also be shaped on a greased baking sheet, forming a standing rim of dough.
6. Fill with desired filling and bake as directed.
7. Makes enough dough for 2 pizzas.

Note: I usually make 4 pizza and freeze 2 uncooked, then when I'm short on time, we have pizza for dinner! Just cook as directed for unfrozen, but I usually put the pizza in the oven while it is preheating and then cook 15-20 minutes.

My favorite pizza filling recipe is as follows:

PIZZA FILLING

Brown 1/4 pound ground chuck or more in a skillet over medium high heat.

1 8 oz. can tomato sauce, 1/4 tsp. pepper, 1 Tbsp. minced onion, 1 tsp. oregano, 1/2 Cup grated Parmesan cheese, 1/2 tsp. salt, 2 unbaked pizza crusts, Lots of grated Yellow and White Cheese (Cheddar, Mozzarella or Monterey Jack)

1. Heat oven to 425.
2. Combine tomato sauce, minced onion, oregano, salt and pepper. Spread half of the mixture over the top of each pizza crust.
3. Sprinkle with the ground chuck.
4. Sprinkle with Parmesan cheese. Put the cheeses all over the top of the pizzas.
5. I chop up black olives and spread it over the cheeses, or you can use mushrooms or any other item that you especially like, peppers, onions etc.
6. Bake 20 to 25 minutes or until browned and bubbly.

Another fun thing that I make is corn tortillas. My husband prefers my enchiladas and tortillas to store bought ones.

CORN TORTILLAS

1 cup unbleached flour (can use whole wheat but texture is not as good), 2 1/2 Cups milk, 5 Tbsp. cornstarch, 1 cup yellow corn meal, 1 tsp. salt, 2 eggs, 2 Tbsp. oil

Place all ingredients except oil in blender or food processor and blend well. Put oil in a very large pan. Put a small amount of batter in center of pan. Then tip and tilt the pan until the batter is very thin and covers the whole pan. When it is browned, flip to the other side. Then make your favorite Mexican recipes. My family even likes to eat them as tacos, except you roll tortilla around the ingredients.

Stack tortillas on top of each other, wrap in oiled paper then cloth or foil to keep moist. Refrigerate if not used at once.

There are many wonderful recipes you can make without the normal processed foods. It takes time, obviously, but I feel that one

of the most important things that we do in our lives is eat and how we feel depends on what we put into our bodies.

One recipe I found was made by a delightful older diabetic lady that we met:

PINTO BEANS AND CORNBREAD

Simmer over Medium heat 10 minutes

3 Cups cooked pinto beans, 1/3 Cup chopped onion, 1/3 Cup tomato sauce, 1/3 Cup chopped green onion

Preheat oven to 400.

Mix: 4 Tbsp. melted butter, 1 Cup ground cornmeal, 1 tsp. chili powder (optional), 1 Cup milk

Put beans in 8 X 8" dish. Pour cornmeal mixture on top and bake at 400 for 15-30 minutes uncovered. Can bake with the bread on bottom.

One of my old standby recipes that I made up myself and use quite often is:

HAMBURGER BARLEY CASSEROLE

Heat 3 cups water to boiling. Add 1 1/2 cups of barley and cook approximately 30 minutes on simmer or medium.

Brown 2 pounds of hamburger and pour off all grease. Add small chopped onion. Add three or four 6 oz. cans of tomato sauce. Add salt, garlic powder, spices to taste. I may use oregano, basil or various other spices. (You can make it taste Mexican or Italian.) Simmer uncovered for 35-40 minutes, stirring often.

Layer cooked Barley, grated cheese, and Hamburger Sauce. Make 2 or 3 layers, depending on size of casserole dish. If you like, I sometimes chop olives and add to the top with a last layer of cheese. Bake in oven 350 for about 30 minutes, longer if it has been refrigerated. This is an excellent dish to warm up for the Sabbath.

One of my all time favorite recipes is found in Feasting Naturally. The ingredients don't seem to go together but the results are marvelous.

BROCCOLI AND RICE BAKE

1 (10 1/2 oz.) pkg. frozen (or fresh) chopped broccoli, 1/4 Cup melted butter or margarine, 1/2 Cup shredded cheddar cheese, 1/2 tsp. pepper, 3 Cups cooked brown rice*, 1/2 Cup chopped onions,

3/4 Cup mayonnaise, 1/2 Cup broken walnuts, 1/2 Cup water, 1 tsp. parsley, 2 eggs, 1/2 tsp. salt

Steam broccoli 2 minutes only. Place rice in a 1 1/2 quart casserole dish; stir together mayonnaise, water, eggs, and onion; blend into rice. Add walnuts, parsley, salt and pepper and mix thoroughly. Lay steamed broccoli around the top of the casserole dish and pour melted butter over it. Cover with grated cheese and bake 35 minutes at 350.

Preparation time: 50 minutes. Yield: 6-8 servings.

Hint: Add 2 cups leftover, cubed chicken or turkey to the rice for a satisfying one-dish meal. What a unique idea for that left over Thanksgiving turkey! This is our favorite choice.

* I use Lundberg's organic short or long grain brown rice (found in health food stores), cooked as follows: 2 cups boiling water to 1 cup rice for 30 minutes on simmer or medium. I never buy super processed white rice on the market, which has absolutely no food value. It's easy to fix, which can't be said of brown rice, but what is its value? Brown rice may come out sticky so experiment with learning to cook it. Cook it up ahead of time, let it cool then saute it in oil until it is crispy crunchy and lovely for dishes that call for rice.

The Whole Grain Breakfast

One thing that we do to get away from the super processed breakfast cereals and not eat them all the time is to cook whole grains for breakfast. "Captain Crunch" is expensive, loaded with sugar and refined cereals and additives. Instead, start your day the natural way!

Using a crockpot, put in a ratio of 2 parts water to 1 part grain. Whole wheat, millet, whole oats can all be cooked this way. Add salt if you find you like it and cook overnight. Millet and oats will not take as much time as wheat so you may want to cook them during the day. Then the next morning, add milk or cream and honey to taste. It will take a little longer to eat because it is very chewy, but is very nutritious and sticks to your ribs.

Whole Wheat Desserts

Here's a couple of whole wheat based desserts. You may try substituting honey in place of sugar in these recipes.

WHOLE WHEAT OATMEAL CAKE

Pour water over oats, cover and let stand 20 minutes: 1 1/4 Cup boiling water, 1 Cup oatmeal - uncooked

Beat until creamy, add and cream: 1 Cup brown sugar, 2 eggs, 1 Cup white sugar, 1 tsp. vanilla

Sift together: 1 1/3 Cup whole wheat flour, 1/4 tsp. nutmeg, 1 tsp. soda, 1/2 tsp. salt, 3/4 tsp. cinnamon

Stir oats into creamed sugar mixture. Then add flour and dry ingredients. Stir to mix. Bake in 9 x 13 x 2 1/2 inch greased pan at 3500 for 50-55 minutes. For a topping, Combine: 1/2 Cup chopped nuts, 1/2 Cup brown sugar, 3/4 Cup coconut, 3 Tbsp. light cream, 1/4 Cup butter

At end of baking time, remove hot cake, sprinkle at once with topping and return to 4000 oven for about 7 minutes to bubble topping. Watch not to over brown coconut in topping.

WHOLE WHEAT COOKIES

Preheat oven to 3500. 1/2 cup shortening, or 1/2 tsp. soda, vegetable oil, 1 tsp. baking powder, 1 cup raw or brown sugar, 1 cup raisins, 1 egg beaten, 1 cup chopped nuts, 2 cups whole wheat flour, 1 cup unsweetened, 1/2 tsp. salt, applesauce, 1/2 cup powdered whey, 1/2 tsp. vanilla, 1 tsp. cinnamon

Cream sugar, eggs, shortening or oil, and vanilla. Mix all dry ingredients together and add to creamed sugar alternately with applesauce. Add nuts and raisins. Drop by spoonfuls on greased cookie sheet. Bake 15 minutes. Makes 3 dozen large cookies.

How to Convert Yourself to Whole Grain Cooking

As you can see, our family learned the hard way. It took lots of work. It still does. You can benefit from what we and others have learned.

Feasting Naturally has three exceptionally good recipe books that you can obtain through Giving & Sharing. If you are interested in the Magic Mill™ and Bosch products, please contact me. See our List of Sources at the end of this article.

Someone who has eaten white flour products all their lives may find it a little hard to convert to wheat products. I still do not like the taste of whole wheat noodles and spaghetti, although Richard really likes them. I find them coarse and funny tasting. I would advise starting out slowly, if you find this to be the case, use maybe 1/2 wheat and 1/2 white flour. Then gradually add more wheat over a period of time.

A friend of mine who eats nothing but processed foods, and buys forty nine cent loaves of bread for her family is crazy about my bread. She says it has body and substance to it and when you eat a sandwich, you feel like you've eaten something.

Even "store bought" bread advertised as "100% Stone Ground Whole Wheat" may not be as nutritious as you might think. Here are some of the listed ingredients of one such brand: Calcium sulfate, ammonium sulfate and monocalcium phosphate, monoglycerides, ethoxylated mono and diglycerides, sodium stearyl lactylate, succinylated monoglycerides, potassium bromate.

Who knows what some of these chemical additives do to our bodies? As one person said, "If you can't pronounce it, don't eat it!" The answer is to make bread at home with whole wheat.

I would love to receive some of your favorite recipes even though they may not call for whole grain products. Some of my best and most used recipes have come from acquaintances and friends. If you start out on converting to whole grain cooking and run into problems, I would be glad to help you.

NOTE: Developing your sources for grains and natural foods requires hard work and is usually good only for a limited geographical area. The following list is not intended to be comprehensive.

LIST OF SOURCES

Recipes

Feasting Naturally, by Mary Pickard. Over 300 excellent natural recipes. Feasting Naturally From Your Own Recipes, by Mary Pickard. More natural recipes.
Feasting Naturally With Our Friends, by Mary Pickard. Additional natural recipes.
Wheat for Man Cookbook, by Rosenvall.
The Wonderful World of Honey, by Parkhill.

Kitchen Equipment

Magic Mill III Plus™. The world's finest home flour mill. Its stainless steel micro milling heads rotate at 28,000 rpm and explode the grains by impact at low temperature to preserve nutrients. It never clogs like stone mills do. Mills any grain from bread coarse flour to pastry flour. It is important to use flour immediately after grinding to preserve nutrients. Never

buy another sack of flour again. Make your own flour at home with the Magic Mill III Plus™!

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Whole Grains, Organically Grown

Wheat, etc. Arrowhead Mills, Box 866, Hereford, TX 79045.
(806) 364-0730. (Order from your local health food store.)

Rice: Lundberg Farms, P.O. Box 369, Richvale, CA 95974. (Order direct from Lundberg Farms, or your local health food store.)

An excellent source of non-organic whole grains, dehydrated foods and other food storage items is: Walton Feed, Inc., P.O. Box 307, Montpelier, ID 83254. (800) 847-0465. Call them for the address of a distributor nearest you. Many Mormons buy storage grains and dehydrated foods from Walton Feed.

We particularly like Walton Wheat because it is stored in durable plastic bags and is guaranteed weevil free, with no poisonous chemicals added. Most other non-organic wheat is treated with powerful poison chemicals to kill weevils. We use Walton's hard high protein red winter wheat.

How To Store Grains

Until you learn how to store grains, it would not be advisable to purchase very large quantities, because you may lose portions due to spoilage or insect damage. Walton sealed plastic storage bags take all the worry out of storage loss. If you buy grain in paper bags, you will need to do something to store it properly, or bugs such as weevils and moths can get into your grain and make it unusable. Obtain large white plastic containers (3-5 gallon) from restaurants (shortening cans, etc.). Clean the containers thoroughly and dry. Pour your storage grains into these containers. Mingle bay leaves and/or dry ice with the grain and seal tightly. Bugs hate bay leaves, and dry ice kills any

larvae. Obviously, if you have problems with mice and rats, you better eliminate the vermin or you will lose your storage grain.

Another idea: if you have a large freezer, store sacks of grain in your freezer. Corn, wheat and soybeans are the easiest to store without loss. Rice, millet, barley and oats are more susceptible to damage.

Our family of five goes through 50 pounds of wheat in 4-6 weeks, so we like to keep half a dozen 50 pound sacks on hand at all times.

-- written by Shirley L. Nickels

A TIME TO BE BORN -- NATURALLY

It was Thursday evening, April 12, 1984, exactly one week before Shirley was due to deliver our third child. It had been a very happy nine months. We thought we had done a good job of preparing for the birth of another child. Shirley had gotten lots of exercise, eaten wholesome foods, and maintained a cheerful and contented mental disposition. Even during the cold winter when the temperature was far below zero, we would try to take walks together in the evening, holding hands and discussing the day's events, and the soon-coming new baby.

Our first child Barbara had come easily in a doctor's office. The doctor had to leave for another call, and I took Shirley home by myself a couple hours after delivery. However, our second child Rachel, born at home with assistance of three midwives, came only after an excruciatingly difficult labor. Shirley and I had not properly prepared for that baby, and we were determined to do a better job this time. We were attending Lamaze childbirth preparation classes to refresh our memory of how to have a baby naturally. What a great event to have another baby! The last days seemed to drag on slowly. Perhaps -- just maybe! -- I might have a son this time! Not that I don't love dearly Barbara and Rachel. But, you see, I am the only son of an only son. I'd like to have a son to carry on the family name. My father had seven sisters and no brothers. I have three sisters and no brothers.

On that Thursday evening, Shirley and I didn't think of all this. The house had undergone spring cleaning in preparation for the soon approaching Passover and Feast of Unleavened Bread. Shirley felt full and decided to skip supper. Her stomach looked like she had swallowed a watermelon! During the months I had teased her saying she was looking more and more pregnant every day!

When we went to sleep that night, we did not know that in a few short hours we would be catapulted from peace and tranquility into one of life's most memorable and trying experiences.

Around 1:30 A.M. Shirley shook me out of bed. "My bag of water has broken," she said. From my groggy sleepy state, I slowly rose. She called the doctor and he wanted her to go to the hospital at once. As we called the baby sitter, Shirley began labor contractions. We had gone through this twice before. We were mature and could handle anything -- or so we thought.

One of the basic tenets of our religious faith is that the Almighty Creator is the Healer and Deliverer. Having a baby is not a disease or illness, but a natural process He created. It should be conducted as naturally as possible, without unnecessary use of medications, drugs, and artificial methods. This is in obedience to God's Law, and results in better health to both mother and baby.

In our previous location in the Pacific Northwest, there were professional midwives and doctors who support natural delivery and home birth. In Wyoming, where we were now, it was a far different situation. Unless we drove 150-200 miles, there was no possibility of having a baby outside of a hospital. We were determined to make the best of our situation, and have the baby as naturally as possible. The local hospital had a birthing room, and fathers were allowed with the mother all through delivery. We found a medical doctor who seemed to be sympathetic with our desires to have our baby naturally.

But there were nagging fears at the back of our minds. If there were complications, would the hospital try to force treatments on us against our will? We have been "hassled" in the past. Years ago we were involved in a serious car accident and were taken by ambulance to a hospital emergency room. We had a vociferous confrontation with the doctors because we refused to receive tetanus shots. I was the least injured, and I recall nearly coming to blows with a massive hospital security guard because I was prevented from entering the room where a doctor was sewing up Shirley's cuts. Would this horrible sort of thing happen again?

We entered the hospital about 1:45 A.M., and were placed in a small maternity room. I began timing Shirley's contractions. They were irregular, sometimes four to eight minutes apart, then twenty minutes apart, sometimes intense and sometimes mild. The night seemed to be endless. When the doctor examined her at 9:00 A.M., he said that he wanted the baby to be born within 24 hours, because the bag was broken, and infection could result unless delivery came soon. I teased Shirley, saying that she should jump on a trampoline to speed things up! Shirley's irregular contractions were a concern to the doctor, because they should have been steadily progressing in intensity and closeness. The

doctor wanted to induce labor, but we said no, we would wait for her body to get into the proper labor routine.

Labor pains are certainly involuntary. No amount of straining can make them come or leave. A natural doctor would have aided Shirley's labor through the use of herbs. But this was Wyoming. What could we do but pray and wait? At noon, Shirley's labor was not at all improved. Women in labor shouldn't receive solid food. Shirley was given a little broth and water, but had had no solid food in 24 hours. She is a physically strong woman, but I could see she was becoming tired. The ten to eleven hours of labor had taken its toll on her strength. The doctor urged that she at once receive an artificial hormone called pitocin, which simulates the hormone normally produced in a mother's body which causes the uterus to contract. He promised that there would be no side effects, that the only danger would be an overdose and to prevent that, he would begin with a small dosage.

No side effects. Could we believe that? These same doctors in our childbirth preparation class had stated that circumcision of male babies had no health effect whatsoever. They are willingly ignorant of the scientific studies (confirming Biblical truth) showing that not being circumcised leads to later incidence of cancer in men and also the wives of uncircumcised men.

An unpalatable decision can be made if it comes at a hopeless moment and seems to promise quick results. The doctor promised, "I'm sure with this injection her labor will speed up and the baby will soon come." Reluctantly, we agreed. I didn't know where it was located, but the Scripture kept going through my mind, "the children are come to the birth, and there is not strength to bring forth" (later I found it twice, Isaiah 37:3, II Kings 19:3). We had to do something quick, or her strength would be gone. I felt that her bag had broken prematurely, and that her body's natural hormone production to create labor contractions was late in catching up.

An electronic fetal monitor was attached in two places on Shirley's abdomen, to measure the baby's heartbeat and the strength of her contractions. A continuous computer graphic printout showed her progress. As the artificial hormone was entered into her veins, contractions fell into a regular pattern, and eventually were two and three minutes apart. Breathing properly as we were trained in childbirth class is essential to help the mother relax and effectively utilize the contractions to move the baby down and out. As "coach," my job was to make sure Shirley was breathing properly and relaxed, even during the most difficult contractions. I gave her ice to cool her between contractions.

When Shirley's cervix had dilated to ten centimeters, she was allowed to push. This stage began about 2:00 P.M. Friday. The

artificial hormone did stimulate contractions, but it had a side effect, that of adding to the pain of labor. For a healthy woman, coming to the pushing stage is like the last stretch of a marathon race. One is tired after running twenty-five miles. But miraculously, strength comes to run that last mile to the finish line.

The doctor was a true professional. But I couldn't help notice that he was concerned. Even though she was ready to push, the baby was high in her abdomen. It had not dropped into her pelvic region. He commented that he had never seen a situation like this: a woman who has had two children before, and after all this labor, the baby had not progressed into the birth canal.

For an hour and a half, Shirley pushed, panted, and pushed again and again. Shirley was strong and pushing correctly. The doctor said the baby's head was in the proper downward position. We all encouraged her and she tried different positions. I prayed silently, but Shirley wasn't so shy in front of a crowd of unbelievers. She cried out, "Father, help me!"

The result? NOTHING! After an hour and a half of immense physical strain and effort, Shirley lay with her legs quivering, covered with perspiration. Her strength was gone. On some contractions, she couldn't even push at all. I sat bent over in a chair next to the birthing bed, my stomach tied up in knots. I had literally pushed with her. I felt as if my viscera were hanging out. I was as it is described in Jeremiah 30:6, "Ask ye now, and see whether a man doth travail with child? wherefore do I see every man with his hands on his loins, as a woman in travail, and all faces are turned into paleness?"

The doctor grimly stated that the baby had not dropped past the pelvic bones. It was impossible to aide the baby out with instruments, and he said we must prepare for a Caesarian operation to take the baby. I replied, "Doctor, you don't know how much we don't want to do that!" I knew that the monitor showed that the baby's heartbeat had dropped forty beats per minute. How much longer could we risk the life of mother and baby to extend this agonizing situation?

I wish I could say that my faith was unshakable, like as Paul said, "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed, Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body," II Corinthians 4:8-10. But I was poured out like water, my heart felt like melted wax and my bowels churned in agony (Psalm 22:14). If only I could have borne the pain that Shirley endured! If only there was light at the end of the tunnel.

I left the room with tears in my eyes. I phoned home and told eight-year-old Barbara: "Mother's had a rough time and unless she delivers in a few minutes the doctors are going to have to operate on her to remove the baby. Please pray for Mother and the baby." Out of the depths I cried with all my soul to the Almighty.

There are times when we must all face the indisputable fact that we mortal human beings are powerless. We do not have the "strength to bring forth." Just as Hezekiah realized that he alone could not withstand the might of the Assyrian army, we must see ourselves for what we are: weak human beings desperately in need of the Great Deliverer's merciful help. We do not deserve His forgiveness and mercy. We deserve death for our sins. He can only help us when we come down from our arrogance and in our helpless condition cry out to HIM. Would the Eternal come to our aid in this travail?

As I was talking on the phone, one of the nurses burst in and cried out, "come quick!" I streaked down the hall to the birthing room and was astounded to see the baby's head crowning. Shirley relates what happened in those few minutes during my absence. Courage and strength suddenly came to her. She looked at the nurses and said, "I'm not going to have a Caesarian!" In over fourteen hours of labor, including one and one-half hours of hard pushing, nothing had happened. Nothing. The doctor had never seen anything like it. Strength was gone. But suddenly, in six quick pushes, Amanda Ruth Nickels, a healthy girl weighing eight pounds three ounces, was born!

Our agony, our sorrow, our pain was instantly replaced by indescribable, unspeakable joy. I literally danced around the room shedding tears of joy, praises to the Eternal and the wonderful woman who had brought our family another child, another potential child of God.

The doctor let me cut the umbilical cord. He vigorously massaged Shirley's abdomen to help her organs return into place. After a brief clean-up, he and the nurses discreetly left the room for we three to be alone together. I placed the baby on Shirley's breast and tried to capture on film her glowing face as Amanda nursed for the first time. Shirley's face glowed with a wonderful radiant beauty.

From out of the depths of despair and anguish, the Almighty heard our cry. I cannot relate this experience without having tears of joy. How wonderful and mighty is our Great Deliverer, our Rock, our Fortress!

I have not related our experience to overdramatize it. (I'm sure many others have experienced as much or more traumatic deliveries.) But I wish to demonstrate that out of the depths

of despair, when we give up because we know we have no strength left, HE hears our cry, HE lifts us up out of the dust and causes us to ride upon high places. Many a night at bedtime, prayers with the children were said for a safe delivery. We studied, exercised, practiced breathing and relaxing. We were ready, as it were, for the Olympics. This was all good to have done, and we would do as good or better again. Yet we were defeated at every turn, exhausted, beaten. At one desperate point, Shirley exclaimed, "I want to go home. I quit!" Then, in a moment, in the twinkling of an eye, came an instantaneous miraculous strong hand from the Almighty to lift us from abject defeat to glorious victory. Can we take any credit? Does this all show our strong faith, our righteousness? Not at all. We had given up. The victory all belongs to God.

This is the story of the birth of Amanda Ruth Nickels. It is the real story of life. Anything that we do does not earn salvation. All our righteousness is as filthy rags. We suffer through the travail of this life and in the end we have to give up, knowing that we don't have the strength to deliver. Unless our Rock, our Deliverer, lifts us up on the wings of eagles, we will perish. But, praise Him! The good news is that He will lift us up. He will deliver us from all our sorrows, if we trust in Him.

Certain scriptures now have a much more personal meaning to me as a result of Amanda's birth. Yes, a man can suffer pangs as of a woman in travail. I did.

SCRIPTURES REGARDING CHILDBIRTH

The Day of YAHWEH

The coming day of the LORD (YHWH) shall be far more agonizing than what we went through. In that day, all hands shall be faint, every man's heart shall melt. ". . . And they shall be afraid: pangs and sorrows shall take hold of them; they shall be in pain as a woman that travaileth," Isaiah 13:6-9. It will come as a thief in the night, "For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape," I Thessalonians 5:3. When Isaiah was given a grievous vision of this coming time, he said, "Therefore are my loins filled with pain: pangs have taken hold upon me, as the pangs of a woman that travaileth: I was bowed down at the hearing of it; I was dismayed at the seeing of it," Isaiah 21:3.

Those that are punished for their sins will have the sorrows of a travailing woman, with no end for their misery. Of sinful Ephraim, Hosea 13:13 says, "The sorrows of a travailing woman shall come upon him: he is an unwise son; for he should not stay long in the place of the breaking forth of children." The

punishment of the rebellious daughter of Zion by a cruel army from the north is described as "our hands wax feeble: anguish hath taken hold of us, and pain, as of a woman in travail," Jeremiah 6:24. In spite of painting herself like a harlot and going after lovers, the daughter of Zion will cry out "woe is me now!" as ". . . a woman in travail, and the anguish as of her that bringeth forth her first child," Jeremiah 4:30-31. Verse 19 adds, "My bowels, my bowels! I am pained at my very heart . . . because thou hast heard, O my soul, the sound of the trumpet, the alarm of war."

"LORD, in trouble have they visited thee, they poured out a prayer when thy chastening was upon them. Like as a woman with child, that draweth near the time of her delivery, is in pain, and crieth out in her pangs; so have we been in thy sight, O LORD. We have been with child, we have been in pain, we have as it were brought forth wind; we have not wrought any deliverance in the earth; neither have the inhabitants of the world fallen," Isaiah 26:16-18.

Judah shall be carried away captive, ". . . shall not sorrows take thee, as a woman in travail?" Jeremiah 13:21. "How gracious shalt thou be when pangs come upon thee, the pain as of a woman in travail!" Jeremiah 22:23. "Damascus is waxed feeble, and turneth herself to flee, and fear hath seized on her: anguish and sorrows have taken her, as a woman in travail," Jeremiah 49:24. "The king of Babylon hath heard the report of them, and his hands waxed feeble: anguish took hold of him, and pangs as of a woman in travail," Jeremiah 50:43.

Despondent Job stated, "The wicked man travaileth with pain all his days," Job 15:20. This is not always true; sometimes, they prosper, Jeremiah 12:1. However, in the final judgment, this will be true. "As for Ephraim, their glory shall fly away like a bird, from the birth, and from the womb, and from the conception," Hosea 9:11. Verse 16 adds, "Ephraim is smitten . . . they shall bear no fruit: yea, though they bring forth, yet I will slay even the beloved fruit of their womb."

Zion Shall Bring Forth

The Creator shall cause Zion (the Church) to miraculously bring forth in His kingdom. In a future prophecy, of Zion (the Church), Isaiah predicts, "Before she travailed, she brought forth; before her pain came, she was delivered of a man child. Who hath heard such a thing? who hath seen such things? Shall the earth be made to bring forth in one day? or shall a nation be born at once? for as soon as Zion travailed, she brought forth her children. Shall I bring to the birth, and not cause to bring forth? saith the Lord: shall I cause to bring forth, and

shut the womb? saith thy God," Isaiah 66:7-9. See also verses 10-13.

Zion shall be redeemed, the Kingdom shall come to the daughter of Jerusalem: "Now why doest thou cry out aloud? is there no king in thee? is thy counsellor perished? for pangs have taken thee as a woman in travail. Be in pain, and labor to bring forth, O daughter of Zion, like a woman in travail: for now shalt thou go forth out of the city . . . there shalt thou be delivered; there the LORD shall redeem thee from the hand of thine enemies," Micah 4:9-10.

The church is described in Revelation 12:1-5 as a woman "being with child" who "cried, travailing in birth, and pained to be delivered." This child is the Messiah, who was to rule all nations. Satan tried to devour the child as soon as it was born, same verses. In the kingdom, when the Church is married to the Messiah, she will prosper, "Sing, O barren, thou that didst not bear; break forth into singing, and cry aloud, thou that didst not travail with child: for more are the children of the desolate than the children of the married wife, saith the LORD," Isaiah 54:1 (cited in Galatians 4:27).

Those who see the Kingdom shall fear and tremble as a woman in travail. Mount Zion, the city of the great King Messiah when He reigns on the earth, shall cause the kings who see it to be troubled and haste away, "Fear took hold upon them there, and pain, as of a woman in travail," Psalm 48:6. Moses' song echoes the fear and trembling that overtakes those who hear how the Eternal led forth His people and guided them in His strength into His holy habitation, Exodus 15:11-18.

Travailing in Birth For the Brethren

Zealously serving the brethren as the Apostle Paul did is like travailing in birth. Paul "travailed in birth" for the Galatians, willingly going through pain to help them have Christ formed in them, Galatians 4:19. A mother willingly suffers the pangs of childbirth for the sweet little baby to be born. Do we serve the brethren in the same way?

Biblical Examples of Women in Travail

Tamar travailed with Pharez and Zarah. The midwife helped her, Genesis 38:27-30. On the way to Ephrath (Bethlehem), ". . . Rachel travailed, and she had hard labor . . . the midwife said unto her, Fear not; thou shalt have this son also." Rachel died after giving birth to Benjamin, Genesis 35:16-20. The taking of the ark by the Philistines led to Eli's death and the onset of his daughter-in-law's labor pains, I Samuel 4:18-22. Israelite

women were more lively than Egyptian women, and delivered before the midwives came to help them, Exodus 1:7-22.

Other Points About Biblical Delivery and Birth

In this present life, we often face tribulation and persecution. But in the world to come, we will have joy comparable to having a child born. "A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world," John 16:21. The anguish is forgotten for the joy that follows.

It is not uncommon for a travailing woman to cry out: "Now will I cry like a travailing woman," Isaiah 42:14. A woman should never feel inhibited in this situation. If you feel like crying out, do so!

Israel in type had a traumatic birth. Her navel cord was not cut, she was not washed in water, nor salted nor swaddled. She was polluted in her own blood, Ezekiel 16:1-6. God took her, washed and anointed her, verses 7-14. But she trusted in her own beauty, verses 15-63. We wish that our children would realize how much we have gone through to take care of them and raise them. We want them to turn out right. Doesn't the Almighty do more?

Under Old Testament statutes, a woman was to go through an eighty day period of cleansing if she had a girl, and forty days if it were a boy, Leviticus 12:1-8.

Lessons From the Birth Experience

"For we know that the whole creation groaneth and travaileth in pain together until now," Romans 8:22, waiting for the manifestation of the sons of God. Our whole being should cry out for this world to be delivered from sin and death, just as Shirley cried out to deliver Amanda! Those that face a life of grief often curse the day they were born (which should be a blessed day), Jeremiah 20:14-18, 15:10, Job 3:1-12.

Bringing forth foolish or wicked children is a cause of great grief to the parents. Proverbs 17:21, 25, "He that begetteth a fool doeth it to his sorrow . . . a foolish son is a grief to his father, and bitterness to her that bare him." Conversely, "The father of the righteous shall greatly rejoice: and he that begetteth a wise child shall have joy of him," Proverbs 23:24. Parents would rather kill their own children who would be false prophets, Zechariah 13:3. Our children should pass on the Eternal's truth, Psalm 78:1-8.

A man that is born of woman lives a short life, Job 14:1, and can't really be righteous, 15:14, 25:4, Psalm 51:5. The day of death (of a righteous person) is better than the day of one's birth, Ecclesiastes 7:1. "As a snail which melteth, let every one of them pass away: like the untimely birth of a woman, that they may not see the sun," Psalm 58:8. "If a man beget an hundred children, and live many years, so that the days of his years be many, and his soul be not filled with good, and also that he have no burial: I say, that an untimely birth is better than he," Ecclesiastes 6:3.

Every baby born should remind us of the Messiah's birth, a birth in which we should continually rejoice, Isaiah 7:14, a virgin shall conceive and bare a son. For unto us a child is born, Isaiah 9:6.

Eve's Curse?

Genesis 3:16 needs to be clarified relative to giving birth. The New International Version translates this verse: "To the woman [Eve] He said, I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you." Because of Eve's sin of disobedience to the Eternal, bringing forth of children and raising them would be painful toil, much hard work (Hebrew word for pain is *etsev*, "grievous, hard work, toil, painful struggle"). In addition, Eve would be placed under the authority and rule (Hebrew *mashal*) of her husband. Just as the Eternal rules over us (Judges 8:23), the husband is to lovingly rule over the wife. Rebellion of the wife against the husband is sin; she must "reverence" (hold in deep awe) her husband, Ephesians 5:22-33. She must never tell him "no" unless his command is contrary to God's law!

Furthermore, Adam also received the Eternal's judgment because he followed Eve in her sin, Genesis 3:17-19 (NIV), ". . . Cursed is the ground because of you; through painful toil [*etsev*] you will eat of it all the days of your life. It will produce thorns and thistles for you By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Eve's judgment did not end once she had given birth to children: the real labor began after the children were born, and the real grievous pains came when problems arose and Cain slew Abel.

Mankind in general has woefully misunderstood God's "curse" on Adam and Eve. They feel that God was unfair, and, as a result, have striven ever since to nullify or do away with the righteous judgments of the Almighty. The Creator's judgment was actually

done for sinful mankind's benefit to give people work to do. Idleness leads to unhappiness, boredom and more sin. Proverbs 14:23 states, "in all labor [etsev] there is profit." Work is not a curse -- neither is a wife being put under her husband's rule since the parallel type is the Church being under Christ, Ephesians 5:21-33.

Here is a correct explanation of Genesis 3:16-19:

(1) These judgments apply to us, not because of the "original sin" of Adam and Eve, but because of our own sins, in following their footsteps in rebellion against God.

(2) Some women have relatively easy and painless deliveries, others have extremely painful childbirth. The difference is often due to the health of the mother and her heredity, not necessarily because of the degree of sin.

(3) Many women today try to get around the pain of childbirth by taking drugs to alleviate the pain. This is harmful to the mother and the baby. Millions go even farther and don't want the living human being in their wombs, causing it to be aborted (murdered). All in a vain effort to escape etsev!

(4) The whole experience of giving birth to and the greater part of rearing the children is the toil given to woman. When a woman tries to evade this God-given responsibility, she is sinning against her Maker.

(5) "Women's liberation" is certainly not a new thing, but today's western society is so perverted that the authority of the husband is held up to open ridicule.

(6) In many Third World countries, especially those dominated by the Moslem religion, the reverse perversion predominates. Women are treated as slaves. One frequently sees women doing all the hard dirty work, while their husbands relax. Neither extreme is in accordance with the way of the Eternal.

(7) Men too have tried to circumvent God's judgments. Poisons are used to kill weeds and bugs in a perverse attempt to alleviate the curse of the ground. The Eternal's way is that of obedience, which sinful mankind rejects, Leviticus 26, Malachi 3:8-12. Wars are basically fought over the land, and who will dominate it. What sinful mankind fails to realize is the Eternal owns everything. The ONLY way to be blessed is to obey Him.

And so, as with Adam and Eve, so it is with us. Both man and woman have to undergo painful toil (etsev) for their own good. When a husband and wife labor together in childbirth and every other experience of life, they are brought into a very close relationship with each other, and their Maker. Far from being merely a curse on womankind that the husband should look upon as pain the woman deserves, natural childbirth is an awe-inspiring example of the righteous judgment, love and mercy of the LORD! It should bring a husband closer to his wife and children.

Every birth should remind us of the painful effects of sin, and that the Ancient of Days has sent the Son of Man, the Messiah, to be born through pain, live a life of toil, die a painful death in our stead, and most importantly, be resurrected and be accepted by the Father as the atoning sacrifice for the sins of mankind. In all this painful labor -- etsev -- there is great reward, Proverbs 14:23.

Nursing Mothers -- The Bible Way

A few years ago it was "out of fashion" for mothers to nurse their babies. The Nestle Company was severely chastised in the American natural health press for selling an infant formula in Africa that lacked necessary nutrients. Thousands of malnourished babies with permanent brain damage resulted. We never saw the Nestle Company recant. With problems of clean water and sanitation in Third World countries, the last thing they need is to bottle-feed their babies. What the Almighty created to be a natural process, and which almost every woman is physically able to do, some reject as an "old fashioned" custom. The Bible stands forever. Nursing is the Bible way. Scientifically, it is the superior method.

I Thessalonians 2:7 (NKJV), "But we were gentle among you, just as a nursing mother cherishes her own children." (See also verse 11.)

Moses complained to Yahweh for all he had to put up with, leading the children of Israel out of Egypt. "Have I conceived all this people? have I begotten them, that thou shouldest say unto me, Carry them in thy bosom, as a nursing father beareth the suckling child, unto the land . . . ," Numbers 11:12. Jacob blessed Joseph with "blessings of the breasts, and of the womb," Genesis 49:25. Of the Messiah, David prophesied, "But thou art He that took me out of the womb: thou didst make me hope [margin: keptest me in safety] when I was upon my mother's breasts. I was cast upon thee from the womb: thou art my God from my mother's belly," Psalm 22:9-10.

Ephraim's punishment is "a miscarrying womb and dry breasts," Hosea 9:14. The Eternal can teach knowledge to those weaned from the milk and drawn from the breasts, Isaiah 28:9-11. God will never forsake His own, Isaiah 49:15, "Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee." To those that flee during the Great Tribulation, ". . . woe unto them that are with child, and to them that give suck in those days!" Matthew 24:19, Luke 23:29.

As Jesus spoke, ". . . a certain woman of the company . . . said unto Him, Blessed is the womb that bare thee, and the paps which

thou hast sucked. But He said, Yea rather, blessed are they that hear the word of God, and keep it," Luke 11:27-28. Psalm 8:2 (cited by Christ in Matthew 21:16) reminds us that "out of the mouths of babes and sucklings hast thou ordained strength."

As Shirley was nursing Amanda, there was certainly the feeling of strength and security in our lives. Nursing is beneficial to mother and baby. It is a wonderful thing the Almighty has created. A far cry from artificial methods. As Amanda was safe and secure in her mother's arms, so we should be reminded that we are even more safe in the Eternal's bosom.

CONCLUSION

As we watched our little bundle of joy wiggle and coo, we wouldn't trade what we went through for anything in the world. Sure it was labor. And it continues to be labor as we care for and raise the new baby. But, this is as it should be.

"Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which He hath given thee . . . for that is thy portion in this life, and in the labor which thou takest under the sun," Ecclesiastes 9:9.

We encourage couples to have their children as naturally as possible, without drugs, medications and other unnatural methods. The mother should nurse the baby if at all possible. Prepare for the birth of your child, and for the many years thereafter of rearing them with love and discipline in the Eternal's ways. Take the awesome responsibility to train up a child in the way he should go, so even when he is old he will not depart from it.

RECOMMENDED READING

The Natural Childbirth Book, by J. Milburn & L. Smith. An excellent, up-to-date reference textbook for natural childbirth from the Christian perspective.

The Womanly Art of Breastfeeding, published and available through the La Leche League, International, which has local chapters in most large cities. La Leche helps women to breast feed their babies, and counsels nursing women with nursing problems.

How to Raise a Healthy Child . . . In Spite of Your Doctors by Dr. Robert S. Mendelsohn. A very helpful book.ê_

Be Ye Clean

The Bible should direct every aspect of a true believer's life. If we ignore basic Bible instructions and principles, we cannot claim to be followers of the Bible.

"Be ye clean," Isaiah 52:11, is a basic Bible law. Let us examine a few applications of this broad principle.

We teach our children to regularly brush their teeth, to wash their hands after using the toilet, and to wash their hands before meals. As adults, it is easy to become lax on these elementary rules. Our society is geared to rushing here, rushing there. Stress often leads to eliminating the normal routines, to cutting corners. Longstanding habits of cleanliness can be lost overnight. Don't let this happen! Don't lose basic health habits no matter what happens.

At a roadside rest stop, I recently observed that most adult males did not wash their hands after using the toilet. My wife says it is the same with many women.

When away from home, I make it a practice to never sit on any toilet without first placing tissue paper on the seat. This is based on a Bible principle, Leviticus 15:2-6, 20-27. There is no way to determine if the person who sat on the toilet seat before me had venereal disease or some other uncleanness.

Lest the reader think that I am delving into petty issues of minor importance, consider I Corinthians 6:15-20, which shows that by keeping our bodily "temple" clean, we are honoring the Almighty by housing His Spirit in a clean body.

As babies, our children did not yet understand what things should not be touched or put into the mouth. We had to teach them what is clean and what is unclean.

Many adults today have not been taught the difference between the clean and the unclean. Unclean foods and unclean actions have no stigma attached to them. Those who claim to be teaching the Bible should proclaim the difference between the clean and the unclean. Read Leviticus 10:8-11 and Malachi 2:7. It is a regrettable fact that most so-called "ministers" either lack the knowledge or the courage to proclaim the truth.

Let us briefly examine a private area. How can we in honesty teach our children to always wash their hands after using the toilet, and ourselves turn around and say that it is alright for married couples to engage in anal intercourse? We can't, because this type of sexual practice is not clean. "It's none of your business what goes on in our bedroom," you may say. Yes, but it is the Creator's business.

One does not honor Him by engaging in unclean practices. In a related area, it is another basic habit of cleanliness for both husband and wife to thoroughly wash themselves before and after sexual intercourse. Being clean makes the intimate relationship the Creator intended for pleasure that much more enjoyable. If you can't have pleasure unless you engage in unclean acts, then Satan has you captive.

May the great Heavenly Father help us all to be clean, physically and spiritually, honoring Him in our mind and body, which are His.

"Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God," II Corinthians 7:1.

"Be ye therefore followers of God as dear children: And walk in love, as Christ also hath loved us, and hath given Himself for us an offering and a sacrifice to God for a sweetsmelling savor. But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God," Ephesians 5:1-5.

"Wherefore lay apart all filthiness . . . ," James 1:21, and let us go on and honor the Almighty with a clean heart and a right spirit, being clean inside and out.ê

Thoughts to Consider:

GREAT MINDS DISCUSS IDEAS

Average Minds Discuss Events

small minds discuss people

Confessions of a Medical Heretic

Review: Confessions of a Medical Heretic by Robert S. Mendelsohn, M.D.

Stay away from drugs, doctors, operations, hospitals and vaccinations. Study about your body and seek natural tools of health maintenance. Build a close knit family relationship that includes friends and relatives. This is the advice not of a quack or health fanatic, but a noted medical doctor for 25 years, the Chairman of the Medical Licensing Committee for the State of Illinois, and University of Illinois School of Medicine, Associate Professor of Preventive Medicine and Community Health.

Dr. Robert S. Mendelsohn is a medical heretic. He urges you to become one too. Armed with facts, he proves that annual physical examinations are a health risk, hospitals are dangerous places for the sick, most operations do little good and many do harm, many drugs cause more problems than they cure, and the x-ray machine is the most pervasive and dangerous tool in the doctor's office. If 90% of "modern medicine" were eliminated, our nation's health would dramatically improve.

Reading this book should make you "sick" of the evil practices of modern medicine. It should motivate you to stay away from it, and pursue natural health and reliance upon the Almighty to heal you when you are sick.

Specifically, Dr. Mendelsohn points out facts that most doctors never tell you:

_Antibiotics are powerless against colds and flu and leave you more likely to come down with worse problems.

_The electrocardiogram (EKG) and electroencephalogram (EEG) are examples of impressive medical electronic tools with little or no value.

_X-rays are dangerous and should be used seldom if at all.

_There has been no drug invented that does not have dangerous side effects, including aspirin.

_Two to three million unnecessary operations are performed every year in the United States, the most common are tonsillectomy, hysterectomy, episiotomy and Caesarean delivery, heart by-pass, and cancer surgery.

_Even the "best" hospitals are filthy germ-breeding places where you are likely to catch an infection or have the wrong procedure or drug administered to you.

_The object of the medical profession is to make doctors, hospitals and drug companies rich.

_Medicine lies to its victims, e.g., when it says artificial formula is as good for babies as mother's milk.

_Modern medicine is a religion, allied with the state to enforce its doctrine.

The many comparisons Dr. Mendelsohn makes between modern medicine and idolatrous religions is alarming. The hospital is the Temple of the Church of Modern Medicine. Doctors are its devilish priests, deceived by their own system. Vaccinations, fluoridated water and intravenous fluids are its "Holy Water." Mechanical instruments are its idols. Its god is Death. Those who resort to non-M.D.'s are labeled "heretics."

Quoting Dr. Mendelsohn, "Doctors are so powerful precisely because they have, as priests of the Church of Modern Medicine, removed all the old guilts . . . which . . . held people to their old religions. Nothing is a sin' any more, because if there is a physical consequence, the doctor has the power to fix you up. If you get pregnant, the doctor can perform an abortion. If you get venereal disease, the doctor can give you penicillin. If you are gluttonous and damage your heart, the doctor can give you a coronary by-pass. If you suffer from emotional problems, the doctor has Valium, Librium, and other narcotics to help you get by without caring, or feeling. If those don't work, there are plenty of psychiatrists. There is one sin' that Modern Medicine will make you feel guilty about: not going to the doctor!"

Medicine is one of the most powerful forces in the Western World. Could it be that the endtime Beast system will utilize the immense medical religion's power to enforce its mark?

After reading this book, any honest Bible believer would have to shun modern medicine as much as possible. If his or her job is remotely related to drugs, hospitals, medical insurance, etc., he or she should immediately change jobs.

There are extreme emergencies when you will need to avail yourself of the services of a medical practitioner. Dr. Mendelsohn shows you how to survive against the medical monsters out there trying to "get" you. We disagree with him that you should lie to your doctor, but his point is well taken that you should be extremely careful what you say to a doctor.

Finally, this book shows briefly what the New Medicine and New Doctors should be: lifeguards trying to put themselves out of business. Natural health is making strong gains. We should look forward to the Kingdom of the Almighty, with the healing of all nations, Revelation 22:2. Let us shun the evil religion of modern medicine, and unite our families with the Creator, the ONLY Healer.

Back to Eden and Herbal Remedies

Review: Back to Eden, by Jethro Kloss. Second Edition Revised and Expanded. Back to Eden Books, Loma Linda, California, 1988.

Your Health is Important

Following Biblical laws of health is much more than just abstaining from unclean meats. In all of our eating and drinking, we should strive for the Eternal's way. Few understand the role of herbs. Just as the Creator "causeth the grass to grow for the cattle, and [He has also given the] herb for the service of man: that he may bring forth food out of the earth," Psalms 104:14. The best herb book we know of is Back to Eden.

Jethro Kloss (1863-1946) first published his classic natural health book, *Back to Eden*, in 1939, the result of forty years of practical experience as an herbalist, food scientist, lecturer, writer and teacher of natural healing. *Back to Eden* is an encyclopedic home treasury of natural health information. When faced with severe illness in our family, we turn to Kloss' book to find out how to get our bodies back in tune with nature. Yes, the Eternal is our Healer. However, He expects us to do our part and live clean, wholesome lives so as not to desecrate our bodies, which are the temple of the Holy Spirit.

Kloss gives his philosophy of health: "This book contains tried, safe, and inexpensive remedies for the prevention of disease and sickness Many who violate the laws of health are ignorant of the relation of the laws of living (eating, drinking, and or illness, they do not realize that their condition is caused by violating the laws of nature and health. If then they would resort to simple means and follow the basic laws of health that they have been neglecting -- nature's remedies, herbs, etc. -- nature would restore the body to its original health God has provided a remedy for every disease that might afflict us. Satan cannot afflict anyone with any disease for which God has not provided a remedy We must return to God's original plan for maintaining health, by restoring the sick, and rediscovering the miraculous truths that were covered up by commercial graft, ignorance, or neglect. Miraculous things are found in the Bible and Nature. The Creator of this universe [has provided] fruits, grains, nuts and vegetables . . . [when] eaten in their natural state, instead of being perverted and robbed of their life-giving properties during preparation, human health, beauty, and happiness will be the sure reward."

Kloss' daughter, Promise Kloss Moffett, has revised, updated, expanded and reorganized the original book, adding over 300 additional pages of natural health information. The complete comprehensive index makes every subject accessible in seconds. While keeping the original Kloss material intact, the new version makes this outstanding health encyclopedia more usable. It includes tips on growing your own vegetables, the basics of healthful massage, food preparation and modern recipes, skills in

caring for the sick, treating diseases with nature's herbs, and much more. After 3,000,000 copies, Back to Eden gets better.

Back to Eden belongs in the home of every family concerned about following God's laws of health. Further research in natural health science may lead to revisions of some of Kloss' points, but the book is a virtual gold mine and starting point for any serious student of natural health. Follow Jethro Kloss' advice, and you will likely save on doctor bills, learning how to build a healthy disease-resistant body. Life is more fun when you are healthy, and you can serve God more effectively.

None of These Diseases

Review: None of These Diseases, by Dr. S.I. McMillen, revised and expanded by David E. Stern. Fleming H. Revell Company, Old Tappan, New Jersey: 1984. Hardback 224 pages.

In twenty years, None of These Diseases has sold over a million copies. With his personal observations as a medical doctor, along with scientific studies, Dr. McMillen has demonstrated that the secret of health is found in the Bible. McMillen shows how "God guaranteed a freedom from disease that modern medicine cannot duplicate." If you obey God's statutes, He promises to put none of the diseases of Egypt on you.

Baby boys should be circumcised on the eighth day. Harmful substances such as fat and tobacco should be avoided. Excess alcoholic consumption is detrimental to the body. Sexual sins result in untold misery and suffering. Much disease is caused by a wrong mental attitude from not following the Almighty.

McMillen shows the scientific evidence proving the inspiration of the Bible, four thousand years late!

The revised expanded edition by Dr. McMillen's grandson is much improved and more powerfully convincing than the original edition. Its section on venereal disease and AIDS is superb. Strangely enough, the only major Biblical health law McMillen ignores is the Law of Clean and Unclean meats. He could have presented statistics to show that disobeying the Eternal in this vital health law results in much suffering and death. The Eternal meant what He said when He commanded us not to eat pork and shellfish!

All in all, None of These Diseases belongs on your bookshelf. Be healthy and be a more profitable servant of the Almighty!

The Attack Against Healing and Health

Several organizations have published material contrary to a proper understanding of the Bible teachings on healing and health. Let us review some of the literature which attacks the faith of God's people.

Review: "Healing, Medicine, Physicians," by Ernest L. Martin. 1974: Foundation for Biblical Research. 38 pages.

Like a broken record, the Biblical skepticism of Dr. Ernest L. Martin, former Worldwide Church of God leader, hammers against basic church teachings. It is ironic that many of Martin's ideas have been carbon copied by the Worldwide Church of God, after he left it.

Columnist Ann Landers wrote: "The [Catholic] Church does not teach that any illness is a punishment from God." The February 1987 The Good News magazine said "Sickness is the result of sin."

The truth is, sickness is usually, but NOT always, the result of sin. Martin correctly states that Christ showed in the case of the man born blind, that his particular illness was NOT the result of his sins or the sins of his parents, but that the works of God would be made known, John 9:1-7. The case of Job is another example showing that sickness can come upon an individual without his sinning (Job 2:3). Martin's implication is that sickness is often not the result of sin. He refuses to accept the fact that in most cases, sickness DOES result from sin.

Trophimus, Epaphroditus and even Paul himself, were sick, II Timothy 4:20, Philippians 2:25-30, II Corinthians 12:7-10. Then, in a slight of hand, Martin "proves" that sickness happens to ALL, even Christ. Based upon a false interpretation of Hebrews 4:15, Martin concludes that the only way our Savior could have been tested in all points as we are, yet without sin, was that He suffered diseases like we do. He even uses Isaiah 53:1-2 to infer that it was prophesied that Christ would experience sickness, that He had a weak physical condition. "Acquainted with grief," he says, means "acquainted with sickness," i.e., "being sick." And in typical Martin fashion, he claims that the taunt of Messiah's enemies, "Physician, heal thyself" (Luke 4:23) was literally true. (In other Martin literature, he says the Pharisees were correct that Christ broke the Sabbath, John 5:18, when in fact He only broke their man-made Sabbath restrictions.)

Briefly, this is why Martin is wrong. Jesus was tested in all points as we are, yet did not sin. He did not personally experience the consequences of sins that we humans experience,

but did empathize and feel for our sufferings. Jesus was never personally abused by His earthly parents, nor experienced guilt from murder, adultery or other sins. There are no scriptures showing that the Messiah was ever sick. Martin implies that Christ could not have died for our "physical" sins unless He had been sick. Yet, our Savior died for our "spiritual" sins and did not commit a single sin. He did not have to be sick. Martin's reasoning is perverse.

Our Savior was robust and never sick a day in His life. He overturned the tables of the moneychangers, walked the length and breadth of Palestine, and underwent cruel scourging from the Romans (which often killed weaker men). Our Savior was a real man, not a sick weakling. Jesus was divine. Before His human birth, He was the Creator, the God of the Old Testament. He is God, and as such is omnipresent, with us all the time. This is how He knows what diseases are. He sees the sick and starving masses of the world all the time, while we try to forget they exist. He feels their pain and suffering daily, in exactly the same way I felt the pain and suffering of my wife Shirley during the very difficult birth of our daughter Amanda. Isaiah 52:14-15, and 53:1-12 describe the suffering and death of Christ our Passover in 31 A.D. For Martin, these verses describe the entire 33 1/2 year lifetime of Jesus. The truth is, that the "Real Jesus" was not always a man of sorrows. He laughed and brought happiness and joy to countless thousands during His lifetime on this earth. He came that we might have abundant, joyful living.

Martin goes on to say that Christ did not die for us to be healed now. He says that the Atonement did not exempt us from the first death, so healing is not part of the work of Christ today. He says I Peter 2:24 is talking only of spiritual sins, not the healing of physical sins. Martin asks, "If healing was within the Atonement, why did these Christian men [Paul, Epaphroditus, etc.] get sick and stay sick?" The answer is the same answer to a related question: "Why did these men of God continue to sin from time to time after conversion and receiving the atoning blood of the Lamb for their sins?" Because building character with the Holy Spirit's help is a process, and does not happen instantly. We are to grow in grace and knowledge, overcome daily unto the perfect man. Mr. Martin reveals a gross ignorance of the Messianic sacrifice.

The Great Commission of Matthew 28 and Mark 16, Martin says, was to the Twelve Apostles, not for us today. His supposed proof text is II Timothy 2:15, which is twisted to mean that "rightly dividing the word of truth" is deciding which Scriptures apply to us today, which do not. Revelation 22:18-19 shows what God thinks of those who chip away at His precious words.

Finally, Martin points to his belief that Psalms 103:3, "Who [God] forgiveth all thine iniquities; who healeth all thy

diseases," is a promise that will not be fulfilled until the resurrection. And we should not even look to be healed in this age except through a special act of mercy in isolated cases. Go ahead, Martin advises, take drugs, vaccinations, blood transfusions, have any kind of surgery, for after all, surgery is no different than circumcision. Gospel preaching doesn't have to be done with miracles. We don't need miracles today, say Martin.

Don't worry, with Mr. Martin's attitude, there is no danger of many miracles. He divides God's word into two piles, and the portion he thinks applicable is very small and not very demanding. The beating administered to our Savior doesn't mean much, for it had nothing to do with healing here and now. These ideas, like a cancerous growth, have spread far and wide in many Sabbath-keeping churches. In fact, Martin's position, and not ours, is held by the vast majority.

I don't follow the Truth perfectly. Sometimes I get sick, as do members of my family. Sometimes we do take medicines, and we try to obtain the most natural ones available. But God is our healer. My acceptance of God as healer, and faith in Him, right now, is as important as my faith that the Atonement of the Messiah blotted out my sins. Psalms 103:3 says so. Martin and others may have damaged the faith of thousands and have sent them willy-nilly into the jaws of the medical vultures of today. However, God's Word points us to HIM.

As Herbert Armstrong stated, "God has PROMISED salvation and eternal life on the SAME conditions HE PROMISED healing -- obedience and faith. Jesus paid our penalty making possible eternal life by His shed blood on the cross. He paid the penalty for physical broken law making possible our HEALING by His stripes (Isaiah 53:5, I Peter 2:24). 'Who forgiveth all thine iniquities; who healeth all thy diseases (Psalm 103:3).' If you can't believe the one, how can you believe the other?" (The Good News September 25, 1978).

Review: "A Study and Summary of the Doctrine of Healing," by David L. Antion, Worldwide Church of God doctrinal committee paper of 1975, 8 pages.

Mr. David Antion, former Worldwide Church of God minister and head of the ministerial department, wrote a 1975 paper when he was a leader in the Worldwide Church, attempting to refute former church teaching on healing. In it, he says that seeking medical attention is like calling the police when we hear a prowler in our yard. God is our protector, yet He expects us to do our part also. We believe this analogy is fallacious. Medical doctors

today are often like robbers and thugs. Generally they are in it for the money. They are definitely not in business to improve health and morality. They will abort a baby, treat venereal disease so that sinners who resort to them can continue their evil ways. The medical profession is the biggest industry in the United States today. If you can find an honest naturopath or even a medical doctor who leans toward common sense and natural herbs, you have found a rare thing. There are few modern "Luke's" who are truly "beloved physicians."

For Antion, healing is not the prerogative of God. Medicines, surgical operations and inoculations are not against God's word. Since many medicines and inoculations are derived from unclean substances, Antion might as well have told us to go ahead and eat Biblically unclean meats. Since leaving the Worldwide Church, David Antion has been employed as a hospital administrator. He is a direct part of one of the most wicked institutions of human society.

Antion and Worldwide Church of God leader Joseph Tkach both say that Isaiah 53:5 and I Peter 2:24, "by whose stripes ye were healed" refer to spiritual healing, healing of the "sin-sick soul." Tkach says that the physical beating of the Savior prior to his impalement has nothing to do with healing of our diseases. This totally ignores the gospel message of healing, repentance and forgiveness of sins. There is great significance to the Passover bread and the wine symbols. Sure these verses relate to spiritual healing. They also relate to physical healing. As we have shown, there is not a dividing wall between the physical and spiritual.

It is impossible for medical "science" to do much good when they brazenly reject Biblical Laws of Health. Look at the AIDS epidemic. The Bible says homosexuals are to be executed. At the very least, the Bible demands quarantine for those who have communicable diseases. Instead, medical science seeks a cure for AIDS so homosexuals can continue their perverted lifestyle, spreading AIDS at will. Doctors are covering up growing evidence that AIDS is highly contagious and can be spread by different body fluids, aside from sexual contact. (See the book, The Aids Cover-Up by Gene Antonio.)

We should seek the Eternal. Do what you need to naturally repair and refresh your body. But do not RELY on any medicine or doctor, natural or otherwise. As Garner Ted Armstrong has said, "To rely on any foods, supplements, medicines, drugs, knives, or even on fasting, for healing (and none of these can, ever have, or ever will heal!) is to break the commandment against idolatry!" (The Good News, June 1964, pages 4, 22).

Seven Tenets of Healing Doctrine

Antion's 1975 paper, "A Study and Summary of the Doctrine of Healing," succinctly states seven major tenets of the "old" doctrine of healing:

(1) It is God's will to heal each and every disease or sickness and He makes this promise in the Bible, Psalms 103:3, Hebrews 13:8, James 5:14.

(2) Healing is the forgiveness of sin. Therefore, since only God can forgive sin, only God can heal. Healing cannot come by other means.

(3) One of God's names is "God, our Healer" (Exodus 15:26). Since it is part of God's name that He heals, it is idolatry to trust any other means to cure sickness. See II Kings 1 and II Chronicles 16.

(4) Healing is the forgiveness of sins through the stripes of Christ. Therefore not to trust God for healing is to reject the sacrifice of Christ and to make oneself unworthy to take the Passover!

(5) Faith -- it is according to your faith that you will be healed, Matthew 9:29.

(6) We must repent of physical sins just as we repent of spiritual sins in order to receive forgiveness. See John 5:14. [See discussion of physical and spiritual sins on preceding pages.]

(7) It is sin to administer or accept harmful drugs since Revelation 21:8 says that "sorcerers" (Greek pharmakos) will have their part in the lake of fire.

Although Antion and Tkach no longer would support these tenets, it would be wise for us to follow the above seven principles today.

Review: "The Plain Truth About Healing," original text 1979 by Herbert W. Armstrong, 69 pages, revised in 1987. "Principles of Healthful Living," 59 pages, by Roderick C. Meredith, Herbert W. Armstrong and others. Both published by the Worldwide Church of God, Pasadena, California during 1987.

Satan the Devil is the author of confusion. He wants mankind to suffer ill health and die, never qualifying to become the sons of

God in the Kingdom of God. The Worldwide Church of God has known and practiced Biblical Laws of Health. Miraculous healings have occurred. With the new booklets "The Plain Truth About Healing," and "Principles of Healthful Living," there appears to be a serious degradation of the faith once delivered. Not only has vital truth been lost, it has become perverted. Sorting out the right and the wrong is sometimes a difficult process when there is such a mixture of truth and untruth.

Preaching the Gospel and Healing Go Together

As the 1979 "Healing" booklet correctly states, the ministry of the Messiah was dual: (1) preaching the good news of the coming Kingdom of the Almighty on this earth, and (2) healing the sick. The proclaiming of the true gospel ALWAYS includes both.

Herbert W. Armstrong learned during his early years as a minister that the Eternal promises to heal, and that we can trust and rely on His Word in faithfulness. In his autobiography, Armstrong relates that another minister, who had the gift of healing, taught the truth of healing to Armstrong. When Armstrong, in turn, tried to teach him Bible truth, that the crucifixion of Messiah was not on Friday and the resurrection was not on Sunday, this faith healer rejected new truth and lost his gift of healing. We too will lose our spiritual gifts if we do not remain faithful to revealed truths of the Almighty, including healing.

Armstrong correctly states, "in the ministry of Jesus and His first-century apostles, miraculous HEALING of the sick and diseased [and casting out of demons] went hand in hand with the preaching of the gospel" (page 13). See Matthew 4:23. Since we know that Jesus doesn't change, Hebrews 13:8, and there is one gospel and one faith, the faith once delivered, this MUST mean that the true Church today does the same things Jesus did.

Yet, Armstrong does not agree that healing should accompany the proclamation of the gospel message today! He says that ". . . healing is for the Church. But it is NOT, today, an integral part of the proclaiming of Christ's gospel to the world!" (page 14). Why not? How can this be? Jesus, as Armstrong admits, healed people of the general public as He came across them or they came to Him. Jesus paid the penalty for our sins by shedding His blood and undergoing a terrible scourging prior to His crucifixion. Faith in God's promises to heal, and in God's promises to accept the death of His Son in our stead, are required for salvation. The only "proof" given that healing today is only for the church is Matthew 24:14. The preaching of the gospel is held to be merely for a witness, and does not include healing. However, this is a gross perversion of scripture! Jesus, in sending forth His disciples, commanded them

to teach all nations and baptize those who believe, teaching them to observe all things He commanded. In Mark 16:15-20, He tells them to preach the gospel to everyone, and baptize those who believe. These signs shall follow those that believe: they shall cast out demons and lay hands on the sick, and the sick shall be made well. Healing and the gospel message would continue together to the end of the age: ". . . and lo, I am with you alway, even unto the end of the world," Matthew 28:19-20.

Matthew 24:14, when taken in context with the rest of Scripture, is no "proof" that healing doesn't accompany the proclamation of the gospel message. Mr. Armstrong gives three additional poor excuses why the church today does not preach the gospel along with healing as Christ and the Apostles and early Church did: (1) The ministry today does not have the faith of Peter, Paul and James (Luke 18:8). Since faith is a requirement for salvation, this is a stern indictment of the ministry today. (2) Perhaps "man's world has developed a medical profession, which Jesus foreknew, so that the people uncalled of God would be far better cared for than those of the first century," (pages 60-61). (3) "Today Christ does not lead His apostle [sic.] or any in God's Church to heal indiscriminately the sick encountered among the general public -- as Jesus did and the first apostles did until SUPPRESSED by worldly powers," (page 49).

It is true that Jesus did not heal everybody. In some locations, He healed few because of their lack of faith. In the Old Testament, Elisha healed only a few in Israel, and Naaman the Syrian, who sought him. Where are the Naaman type healings today? Perhaps they are as "scarce as hen's teeth" because of the lack of faith and love on the part of the ministry. Jesus healed because of His compassion for all people, not just those "in the church."

Medical Profession, Good or Bad?

The new "Healing" booklet is self-contradictory and in many cases dead wrong on the subject of the medical profession.

Satan tries to "make God's laws inoperable; abolish the penalty; deal with the EFFECT, ignoring the CAUSE. Medical science' operates primarily on that method -- trying, with medicines, to prevent God's law from exacting its penalty. . . . The sufferer has in his body one poison, so we add another poison in the form of medicine," (page 22). This is absolutely the TRUTH! One poison plus another poison does NOT equal no poison! Yet this fallacy is the foundation of modern medicine!

Physical healing is indeed the forgiveness of sin.' In I John 3:4 we are told that sin is the "transgression of the law." The

"law" mentioned here is the whole law, including the Ten Commandments with all the respective statutes and judgments defining details of each one of the Ten Commandments (pages 25, 43). There are two conditions to healing: (1) Commandment keeping, I John 3:22, and (2) faith, James 5:15.

Again it is true that some in the church lack the faith to be healed, when Jesus has already paid the penalty for our physical sins so that we can be healed. This lack of faith does not disfellowship the weak brother from the church. Disfellowshipping is for causing divisions and offenses, Romans 16:17-18 (pages 44-45). However, God did NOT raise up the medical profession for our day (page 46). Modern medicine is humanly devised and swayed by Satan (pages 59-60).

Now come the contrary ideas regarding the medical profession. Armstrong states that artificial insulin is not a drug or medicine (page 47) although insulin may be made from unclean animals. He says that "Medical practice may be the best thing that carnal MAN, cut off from God and His revealed truth, has in 6,000 years come up with . . . better let him have what help MAN can give, RATHER THAN NO HELP AT ALL!" (page 53).

Armstrong believes that there has been tremendous medical progress in our day. Not so. Worldwide Church of God Pastor Sherwin McMichael, in his thesis on the history of medicine, states that ancient medicine had a better track record of benefits than modern medicine, its cures were more sure and safer than those of today's medical profession. We do not believe that today's artificial hearts and AIDS vaccines are medical progress at all. The continual progress of man is typically an American concept. Many Britons correctly understand that change does not equal progress, and that the past was often more advanced than the present. This is also the Bible view.

On page 61, Armstrong incorrectly states that today most doctors prescribe medicines designed to help nature do its own healing. On page 22 he says correctly that medicines are mostly poisons trying to prevent God's laws from exacting their penalty. These statements are flatly contradictory. (Using aspirin to quell a fever is an example. A fever is a natural body mechanism to burn off poisons. By calming the fever with aspirin, one prevents the body from doing its God-designed function.) Then again a contradiction on page 62, "this development is not always progress forward. Too often . . . it has been progress in reverse." Back and forth it goes. If you are "liberal" on the subject of healing, you will find much you will like in the "Healing" booklet. If you are "conservative," there are many statements you can comfortably accept.

The booklet says that there is much that doctors can do, such as child delivery and setting broken bones (page 65). This has

elements of truth. Let's take child delivery. Even when we worked with doctors who accepted our insistence on natural childbirth, they tried to push us to do things un-natural. With our first child, the doctor wanted to break my wife's bag of waters so he could shorten his work time and go on to another patient. At our last child's birth, the doctor pressured my wife to take pitocin to induce labor, and was quick to push for an unwanted caesarian operation when difficulty developed. Our conclusion: find and use a reliable midwife or doctor who is sincerely pro-natural, if you can. Trust doctors even less than used car salesmen!

New Healing Booklet Destroys Faith

"The Plain Truth About Healing" (1979, 1987) booklet is a jumbled mass of confusion. "There is much doctors can do for us today," (page 69) is the main theme. If this is our foundational premise, then we don't need the Eternal, we don't need to exercise faith and obedience. The truth is that our faith is weak. We desperately need the Almighty's protection and healing. Plagues are coming (possibly AIDS is a forerunner) that will devastate humanity worse than the Black Death of the Dark Ages in Europe. There will be no healing medicines from this world's medical doctors then. There aren't any now. Either we rely on the Eternal to heal us, and seek to obey His laws and grow in faith and obedience, or we have had it. Healing is an integral part of the Good News of the Kingdom message. Without healing there is no Good News.

Too many of today's Sabbath-keeping ministers do not believe that the Eternal is the Healer. They have more confidence in doctors than faith in God. They do not have faith in Bible promises for divine healing nor do they encourage others to have faith in YHVH our Healer. No wonder there is so little faith today!

Principles of Healthful Living

The companion booklet to "The Plain Truth About Healing," is "Principles of Healthful Living." It contains many good health principles, along with some contradictions and errors. Based upon an article by Roderick C. Meredith, "Healthful Living" gives the seven basic laws of radiant health:

(1) Food and Fasting. Eat natural foods (avoiding chemical additives) and fast occasionally to cleanse your body. Good drinking water is essential to keeping your body clean inside, and overcoming constipation which is the cause of many ills.

(2) Cleanliness and Dress. Keep the body clean and do not wear tight or unsuitable clothing. Properly fitted shoes especially are important to the entire body's health.

(3) Sunshine and Fresh Air. Moderate exposure to sunshine can be beneficial, but avoid sunburn. Develop deep breathing to get oxygen into your body.

(4) Exercise. Bodily exercise does profit for a little while, during our physical lives. Don't neglect your body.

(5) Sleep and Rest. You cannot "catch up" on sleep later. Get proper sleep at normal hours if at all possible. Keeping the Sabbath is a key to good health.

(6) Avoid Bodily Injury. Reckless and careless people defile and destroy their bodies with wrong foods and drugs, and also injure themselves. Safety is an important health principle.

(7) Build a Positive Mental Attitude. Worry, stress and tension causes so much sickness and disease. Many of our health problems stem from our mental outlook. The only way to have a sound mind is to obey God. Obedience to all of God's laws produces a sound mind, and is a major key to good health.

Clean and Unclean Foods

The "Healthful Living" booklet shows it is wrong to eat Biblically unclean foods. An excellent chart of clean fish and unclean seafood is given on pages 28-29. When you eat foods the Creator did not design for the human stomach, "you commit suicide on the installment plan by actually shortening your life!" (page 17).

However, the "Healthful Living" booklet is very confusing and contradictory in discussing the subject of clean and unclean foods. It is stated (page 18) that the law of clean and unclean given in Leviticus 11 and Deuteronomy 14 " . . . is not part of God's spiritual law, summed up in the Ten Commandments." This is a grossly wrong statement. The Ten Commandments sum up all of God's laws, statutes and judgements, Matthew 22:36-40. See our article, "Which Old Testament Laws Are in Force Today?" in our book, Biblical Law. The truth is, that the health laws ARE part of the Ten Commandments, which are part of the two great laws of love to God and love to neighbor, which in turn constitute love, the basic attribute of the Almighty. Sin is the transgression of any of God's laws, I John 3:4,

The "Healthful Living" booklet contradicts the "Healing" booklet: "Now the eating of wrong food is not a transgression of this spiritual law [of I John 3:4], and is not a sin." (page 19). An

attempt is made to distinguish between "physical sin" and "spiritual sin." The Bible does not make such a distinction. If we believe that eating unclean foods is committing suicide on the installment plan, and suicide is murder (the sixth commandment), then how is eating unclean foods only a "physical" sin when it breaks one of the (supposedly) "spiritual" sins of the Ten Commandments? This is utter confusion and contradiction! Committing sexual immorality is a sin against one's own body, I Corinthians 6:18. You can contract AIDS or other venereal diseases by so doing. Sexual license is clearly a "physical" sin, yet it breaks the seventh commandment.

If eating unclean foods is not a sin, then why will God punish those for eating unclean foods? "The Lord will judge by fire, with fire He will test all living men, and many will be slain by the Lord; those who hallow and purify themselves in garden-rites, one after another in a magic ring, those who eat the flesh of pigs and rats and all vile vermin, shall meet their end one and all, says the Lord, for I know their deeds and their thoughts," Isaiah 66:16-18, NEB.

Is Sin Either "Physical" or "Spiritual"?

The Bible does not distinguish between "spiritual" and "physical" sins. It does not clearly delineate between categories of sin. Continued sin results in death, physical death for sure, and spiritual death for all eternity unless one repents of his sins. It is true that what goes into the stomach does not make one polluted with evil thoughts. The Messiah's statements in Mark 7:14-23 do not say nor imply that eating unclean meats is not a sin. He is emphasizing that evil thoughts and deeds come from within the man. Be concerned about what goes into your body, but be much more concerned about what comes out from your body, your actions, thoughts and deeds.

The Sermon on the Mount destroys the false concept of a dividing line between spiritual and physical sin as the Pharisees believed. The Messiah said that even lust is the same as adultery. The Apostle John wrote that to hate your brother is the same as murder, I John 3:15.

The Ten Commandments have everything to do with the "physical" laws of health. Ignoring God's health laws is having another god before the true God. Worshipping the medical profession is idolatry. Damaging your body by wrong foods and health practices is murder. Lusting after supposedly "gourmet" unclean seafood is coveting. Can you begin to see how all of the Eternal's laws inter-relate, and how absurd it is to differentiate between "physical" and "spiritual" laws?

We Need God's Help, NOW!

Those who follow Biblical health laws should not condemn any other person for failing to live up to the Maker's instruction. We should condemn the sin and not the sinner! Followers of the Bible do not use "past-tense" terminology as in the "Healthful Living" booklet: "Leviticus 11 enumerates the dietary laws which God gave ancient Israel Another interesting Old Testament law forbade the eating of animal fat," (page 13, our emphasis). The Creator's Laws are living, present-tense commands for all peoples of all times, and especially in today's polluted world. God's Laws are not merely interesting historical tidbits.

The Eternal's laws of health are not easy to keep today. Even today's "clean" foods are, all too often, laced with poisons, preservatives, antibiotics and all sorts of man-made pollution. It is impossible to breathe air in many parts of the world without drawing pollutants into your lungs, which damage your health and cause death on the installment plan.

Rather than receiving a watered-down version of God's laws of health and healing, as expressed in the Worldwide Church of God "Healing" and "Healthful Living" booklets, the true believer needs a church and a ministry who really believe in, and call out to the Almighty for, (1) divine healing, and (2) knowledge of healthful living. These booklets allow one to take either a "liberal" or "conservative" position. Let us not be wishy-washy. Let us trust the Almighty for healing and do the best we can, with His help, to live a healthful and abundant life.

Review: "New Understanding of the Meaning of Christ's Broken Body and the Church's Teaching on HEALING," by Joseph W. Tkach, in the March 23, 1987 The Worldwide News.

Joseph Tkach Liberalizes Healing Doctrine

Joseph Tkach, pastor general of the Worldwide Church of God, successor to Herbert Armstrong, states that a person can refuse to seek medical attention because of vanity, or a desire to appear more spiritual. He believes that seeking medical attention is not a "test of righteousness." For Tkach, one procedure, special diet, or surgery, is no more or less sinful than another. He says going to a physician does not show lack of faith in God's ability to heal. In essence, Tkach appears to have further liberalized teachings already greatly watered down. We totally disagree that there is nothing wrong with seeking most medical attention, and we maintain that many medical procedures are wrong and are against God.

After twenty-five years as a practicing physician, the late Dr. Robert Mendelssohn (1927-1988) was convinced that annual physical examinations are a health risk, hospitals are dangerous places for the sick, most operations do little good and many do harm, many drugs cause more problems than they cure, and the X-ray machine is the most dangerous tool in the doctor's office. His book, Confessions of a Medical Heretic, is offered by Giving & Sharing. Even an unconverted medical doctor has more sense regarding good health practices than Joseph Tkach, leader of the Worldwide Church of God.

Tkach states that to violate the laws of health is not sin, unless violated through lust and willful disregard for one's body as the temple of the Holy Spirit, or through vanity. Again, he wrongly attempts to differentiate between "spiritual" and "physical" sin.

Psalms 103:2-3 says, "Bless the LORD, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; who healeth all thy diseases." Tkach says that this is NOT an unconditional promise! However, if we do not have positive assurance that the Eternal will forgive our sins, we have no hope of salvation. What these verses actually say is that just as the Almighty will forgive our sins upon genuine repentance, SO ALSO He will heal all our diseases. The two go together. If we have repentance, faith and obedience, the Eternal will positively, ABSOLUTELY fulfill His unconditional PROMISES!

Tkach says that being supernaturally healed is decidedly NOT a display of which person is "more righteous." While the Great Physician often heals people purely out of mercy, and sometimes delays healing to strengthen our faith and patience, Tkach's statement is not always true. Some people were not healed by Jesus because of their lack of faith, Matthew 13:58, Mark 6:5, 6. Many people today are not healed because of lack of faith, lack of obedience, or because they really don't cry out to God in earnest prayer to be healed. One healed should never boast about his righteousness, he should be deeply grateful to the Eternal for His mercy. The many sick today within the Sabbath-keeping churches should be exhorted to be more faithful, more obedient to God's laws. After all, it is a fact that obedience to God is the key to good health.

Jesus says in Matthew 9:12, "They that be whole need not a physician, but they that are sick." Tkach says this upholds the medical profession and that the sick should seek any kind of medical help. Today's medical profession as a whole does not begin to compare with "old" medicine of nature's herbs and home remedies. Jesus is referring to sensible, proper, natural medical practices. The Savior was not endorsing today's transplants with baboon hearts, nor drilling holes in the head

(trepanation) performed by ancient Egyptian surgeons. For Tkach, bleeding the body with leeches is the same as taking golden seal, the queen of helpful herbs. He feels that one medical practice is as good as another. What ridiculous reasoning!

The "church of Joseph Tkach" will not give advice or help in determining which medical procedures are harmful and should be avoided. That is up to each member to decide for himself. God's people are being destroyed for lack of knowledge.

Tkach says that healing is not the forgiveness of sin, but a demonstration of the mercy of God. It is true that not every sickness is the result of sin. The man born blind whom Jesus healed in John 9 was not blind because of his sins, nor for sins of his parents, but so that the Almighty's power could be shown. Healing is the demonstration that God has the power to forgive sin, as shown in Matthew 9:1-8. Healing is removal of the consequences of sin. Those healed should remember that God does not forgive us IN our sins, but FROM our sins. The healed individual should resolve with God's help to go and sin no more! Any statements such as Mr. Tkach's that downplay the aspect of sin leading to sickness, and that healing is not the forgiveness of sin, leads people to feel they have the license to break laws of health.

Correcting "Heretical Teaching"?

Gleefully, the April 1987 Ambassador Report (anti-Worldwide Church of God periodical) termed the "new" healing doctrine "the most monumental change in church doctrine" in the 53-year history of the organization. The AR stated that the church's new leader, Joseph Tkach, reversed former leader Herbert Armstrong's teaching of fifty years. According to AR editor John Trechak, the Worldwide Church has gained "new truth" that many dissident ministers had known for years previously, and has reversed previous "heretical teachings on healing" which had caused untold suffering and misery when thousands of church members in the past did not chose to receive medical care. The truth is that the new teaching is heresy.

Tkach's changes were not drastically different than what Armstrong taught in the last ten years or so of his life. Armstrong (who died in 1986) wrote most of the new "Healing" booklet, and had officially watered down previous teachings many years previously. Heretical liberal tendencies regarding healing have long been extant in the church. In 1972, I went to the church's ministry to be anointed for an illness. Before they would anoint me, they asked me if I had been to a doctor. In the mid-1970's, my sister-in-law had a severe migraine headache and went to a former Worldwide Church of God minister noted for being "conservative." Instead of anointing her according to her request

(James 5:14-15), he massaged her neck for the better part of an hour!

The 1976 Worldwide Church of God ministerial conference published a "Statement on Healing." It said that God can and does heal, but neither healing nor the lack of it are an indication of one's level of faith or spirituality, and that seeking help and advice from trained physicians does not show a lack of faith, nor prevent God from performing a miracle, and anointing for sickness is a solemn ceremony of the church. One medical procedure is held to be no more "righteous" than another. The statements in 1987 are not much different than those made in 1976. The 1978 Systematic Theology Project (STP) of the Worldwide Church of God, later denounced by Herbert W. Armstrong, was copied almost verbatim by Joseph Tkach in 1987. Most of these heretical STP ideas were copied from Ernest L. Martin's teachings in the early 1970's.

Review: Health, Healing and Medicine -- What History and the Bible Reveal, Church of God, The Eternal, 1983. 190 pages.

Joseph Hopkins wrote in the April 1977 issue of Christianity Today that the Church of God, The Eternal, or COGTE, is a "conservative" church group of ex-Worldwide Church of God members, "a small group led by former WCG evangelist Raymond C. Cole [and Bryce Clark] of Eugene, Oregon [who have] renounced the WCG on the basis that it has forsaken the faith once delivered' to Armstrong." In Healing, as in Divorce and Remarriage, it is difficult to distinguish the COGTE's liberal teachings from those of its former affiliation. If the COGTE healing paper represents the "conservative" viewpoint, will the Savior, when He returns, find ANY faith, Luke 18:8?

"If I were the Devil, how could I deceive true Christians?" asked Bryce Clark in his 1976 article, "Can True Christians Be Deceived?" One of the major ways that Satan would do this, Mr. Clark stated, was "lots of literature." If he were Satan, Clark "would inundate them with church-oriented literature . . . that they would have little chance to study the Bible itself. Then as time went along, I'd `water down' what was said in order to `soften them up' for compromise." The last thing he would do "would be to remove the opposition. I would handle each individual privately, and never tell the membership the real reason for any dismissal."

It is quite unusual that Mr. Clark seems to have acted out his very own prophecy. His article, "Health, Healing and Medicine," (he is the assumed major author) is lengthy and tiresome, wordy and repetitious. It is supposedly written for the

"thinking person." As I waded through it, my senses were dulled, my interest lagged. Very little practical, useful information was presented.

The highlight of the article came on page 117, at the end of Part One, where Mr. Clark wrote, "It is now time to examine the Bible record concerning this all-important matter of health and healing." I found myself loudly shouting, "AMEN!" Yes, it was about time to do so, after slogging through Hippocrates, Galen, Hahnemann and all the other "great" medical authorities down through the ages.

There was a reverent stop with Franz Anton Mesmer, who "mesmerized" people like modern hypnotists. When I read about Mesmer, I began to understand that Mr. Clark is really enthralled about the occult and witchcraft. How could a true believer in God discuss hypnotism in a positive light, and not condemn it as demonism? This could only happen to a person who has spent so much time studying "the depths of Satan," that he became affected by it.

The preface explains why there is a much larger section on history than on the Bible. "It is not possible to properly understand or gain a right perspective of divine healing without a knowledge of the history of medicine."

If this is true, then I have not understood divine healing because all I had in the past was the Bible, and Herbert Armstrong's brief, yet inspired, article, "Does God Heal Today?" Should I have studied Hippocrates instead of Rodale, and Galen instead of Kloss? If I must understand the history of medicine, which as Mr. Clark states is rooted in demonism, occult and defiance of the Almighty God, before I can get a right perspective of divine healing, then there is no God, and the Bible is a fake. Romans 16:19 helped me to see the True perspective, that God would have us "wise unto that which is good, and simple [innocent] concerning evil." Somehow, Mr. Clark's Bible must have this Scripture reversed.

And then there is the legal disclaimer in the preface: "The reader should not construe what is written to be specific advice or a course of action to be followed with regard to any health problems." This is the sort of weak statement made by someone more concerned with avoiding a lawsuit than with helping people get well. But there is no danger. The 190 pages of the COGTE article have few if any clear instructions of what to do when sick. Most true Christians are looking for guidance on matters of natural health in this world of confusion and contradictory health information. Clark's article provided almost no helpful guidelines. One book on health, Everything You Always Wanted to Know About Nutrition, by Dr. David Reuben, is strongly recommended. That is about the only health advice given. I've

got a previous bias against Dr. Reuben because his earlier book, Everything You Always Wanted to Know About Sex, is pure trash and hedonism.

On page 141, Mr. Clark hits the nail on the head when he states that the ministry bears some responsibility for the healing of God's people, that it is the failure on the part of the ministry in general that has led to such an overall increase in disease. As Mr. Clark said, the ministry does not teach God's way of health and does not encourage faith in God for healing when one becomes ill. Neither do they set the right example.

You've heard the saying, "What you are speaking so loudly, I cannot hear what you are saying." A few years ago, Mr. Clark stated in a sermon that when he was a Worldwide Church of God minister in Ohio, Roderick C. Meredith, the Director of Ministry, inspected his medicine cabinet and disapproved of the aspirin he found. Mr. Clark used this example of the wrongful dictatorial style of the ministry. But the question still is in my mind, "Why did Mr. Clark have aspirin in his medicine cabinet?" When I first came into the church, I came to understand God's health laws, and since then have never touched aspirin. Other, far more beneficial and non-harmful herbs and/or vitamins provide better benefits than aspirin, without its damaging side effects. Why would a minister have aspirin in his medicine cabinet?

The worst illness I have ever had, was when I got pneumonia after I returned to the Church of God, The Eternal, in 1977. I had Shirley phone for an anointed cloth, but nothing came. Even though I still felt pretty bad, we drove down from Portland to Eugene for Passover services. Mr. Cole's daughter gave me an anointed cloth in an envelope at the door of the services. I endured the Passover services although I was still very sick and weak. What was most difficult to endure was the prayer over the bread. It was something like "Lord, thank you that we are not like others who have departed from the faith once delivered." I needed the publican's prayer, and not the prayer of the Pharisee. Why did I receive an anointed cloth when the minister was right there? Where was the love, help and encouragement to have faith in God for healing?

Why are there so many pages in the COGTE article on the history of demon-inspired medicine? To what purpose is this multitude of pages? Why not give a few pages of good sound advice about natural preventative medicine and herbs which aid the body's natural curative processes? Is there any concern for the sick, the suffering, those who are elderly and lonely, or those who are discouraged and under mental and emotional distress? The tone and content of the article answers these questions very distinctly.

The statement is made on page 150 that there is no "Biblical injunction which requires anyone to trust God for healing." Thus Clark says that lack of faith is not sin. However, God's Word says differently. Romans 14:23 says, ". . . for whatsoever is not of faith is sin." Hebrews 11:6 says, "But without faith it is impossible to please Him." The adult generation of Israel did not enter into the Promised Land because of their unbelief (lack of faith), Hebrews 3:19. Faith is necessary for salvation. Without faith we shall not receive anything from God. To say that we are not required to have faith in God to heal us is to open the door to many other things. If true, we would not have to trust God to help us keep our job because of the Sabbath, etc. This position does not help build up faith in the Creator for divine healing.

Mr. Clark says that when one is very sick, there are two basic questions that should be asked relative to physical measures to alleviate the sickness: "1) What should or should not be done depends on the level of faith of the afflicted person; 2) Is the medical treatment or cure worse than the disease?" He is correct that only the individual should make these decisions, and that we should not judge others whom we feel have made the wrong choices.

Yet, as an individual, I cannot use his guidelines. What is my level of faith? It is not humanly measurable. I can and should examine myself to see if I am in the faith. But I cannot determine how much faith I have. The question I should ask myself is this: "What would Jesus Christ do in this situation? What faith should I have?" When sick, it is too late to "build up" faith by prayer and fasting. I should ask myself the basic question, "have I sinned?" As the article properly states, there are at least six causes of sickness, and sin is not always the reason we get sick. If I come to see that I have sinned and contributed to my sickness, I should, out of love for God, want to offer restitution. I should take new or additional steps to get my body back in line. Maybe I have let myself get run down due to neglect. I must restore, or pay back, the checks I have drawn on my bodily health. This is not to secure future healing, or to atone for past sins. Only Christ can do that, because He paid the penalty. But it is a sign of love and respect for God.

Love plays a great part in true healing. The loving prayer of faith shall save the sick. The person sick must exercise love before he can have the faith. And the minister, the one who anoints, must have love for the one that is sick. Mr. Clark's method is cold. It is without love.

The second guideline, "is the cure worse than the disease?" is something that most people are unable to answer for themselves, except when it is too late. Our experience with our daughter Amanda's birth proves this. My wife Shirley's erratic labor

after her water broke necessitated a divine intervention, and/or something to induce normal labor. The pitocin the doctor talked us into taking was said to have no side effects. We found out after taking it that the doctor had lied! The "natural" drug caused much greater labor pains! The cure was worse than the disease, but we could not have verified it until our experience proved it. Thankfully, the Eternal was merciful to us, in spite of our lack of wisdom.

I disagree that the Bible does not condemn medicine (pages 151, 165-166, etc.). Which medicine is Mr. Clark referring to? If it is the pharmakia, the drug-based modern orthodox medical practice, the Bible certainly does condemn it (Revelation 21:8, word sorcerers is same word for druggists).

The tendency is to go to one extreme or another -- to reject ALL doctors and all medicines, OR to believe that God uses doctors and works through them. The truth is, as Mr. Clark states, somewhere in between. However, the truth is grounded in love. Jesus primarily healed people because of His love and compassion for them. Though I write a thousand pages based on copious notes as the result of countless hours of scholarly research, and have not love, of what value is it?

The road to healing and good health is NOT knowledge of the history of medicine. It is faith, grounded in love (which is keeping the Commandments), and having compassion on the sick and suffering, as our Savior did.

Review: "Ecclesiasticus, or the Wisdom of Jeshua, the Son of Sirach," part of the Apocrypha, translated by Edgar J. Goodspeed, Vintage Books, New York: 1959.

With the exception of Roman Catholics, few would claim that the Apocrypha is divinely inspired. Ecclesiasticus is one of the books of the Apocrypha (not to be confused with Ecclesiastes, written by Solomon). It was written about 180 B.C. by an upper-class, worldly Jerusalemite who had assimilated much Greek culture. Nevertheless, Jeshua the Son of Sirach presents a more balanced view of healing and medicine than many religious people do today. Rather than attacking healing and health, Jeshua supports the Biblical view.

In Ecclesiasticus 37:30, he states, "For sickness comes with excessive eating, And greediness leads to severe illness." Very true and good advice. Then in chapter 38, verses 1-4, Jeshua son of Sirach says, "Show the physician due honor in view of your need of him, For the Lord has created him; Healing comes from the Most High, And He will receive presents from the king. The

skill of the physician exalts Him, And He is admired among the great. The Lord has created medicines out of the earth, And a sensible man will not refuse them."

Verses 6-8 add, "And He has given men knowledge So that He might be glorified for His wonderful works. With them He cures and takes away pain, The druggist makes a mixture of them." Some men have been given the ability to work with the herbs and healing medicines of nature which the Eternal has created. They are gifted physicians as was Luke in the Bible. God is glorified with this type of medical practice, which gives glory to the Eternal who has created herbs for the service of man.

Verses 9-14 of Ecclesiasticus goes to the core issue of health and healing: "My child, do not be negligent when you are sick, But pray to the Lord, and He will cure you. Renounce wrongdoing and make your hands do right, And cleanse your heart from every sin, Offer a fragrant offering and a memorial sacrifice of fine flour, And make your offering rich, as though you were no longer to live, And leave room for the physician, for the Lord has created him, And he must not desert you, for you need him. There is a time when your welfare depends upon them, For they too will pray the Lord To guide them to bringing relief And effecting a cure and restoration to health."

First go to the Almighty, confess your sins and offer the sacrifices of a broken heart and contrite spirit. Then, go to the godly physician who will pray for skill to assist your body to be cured. Where are such godly physicians today?

Some liberals would forget Ecclesiasticus 38:15, "As for the man who sins in the sight of his Maker, May he fall into the hands of the physician!" Even Jeshua son of Sirach knew there were some evil and unscrupulous physicians that we don't want to be victimized by. It is either incredibly stupid or purposely deceptive for some today to whitewash the entire medical profession and say that they are ALL God's instruments, and one is not any better than another. Jeshua son of Sirach knew better. He also knew that illness is primarily the result of sin, As a rabbinic saying puts it, "The door which is not opened for charity will be opened to the physician."

CONCLUSION

Why is the doctrine of healing so important? Why have we answered several of the point-blank attacks on this doctrine?

The Truth we were taught, proven by the Bible, and which we practiced and thereby experienced blessings, is being insidiously attacked on many fronts today. The Truths has been watered down, smoothed out and made more palatable to carnal human beings.

Satan attacks the Truth, in order to take away our faith. It doesn't matter if you still keep the Sabbath and the Holy Days. If you don't have faith you will not enter into the Kingdom. Healing is one of several foundational doctrines of the Church. It is crucial to the survival of the Church. Healing, like baptism, is a physical type of the resurrection.

Holding fast to the true doctrines requires faith. It takes faith to risk losing your job because of the Sabbath. Or to pay God's tithes when it is the only money you have in the house. It takes faith to trust the Almighty to protect you, and especially to trust God to heal you, or your family.

Those who are unable to live up to the standards of faith they once held, which are clearly revealed in the Word of God, and which have been historically proclaimed by the Church of God, are left with only two options: (1) Repent, and humbly seek the faith once delivered, or (2) Re-define faith, bringing it more in line with their current spiritual condition. Unfortunately, the second choice is predominant within God's Church today.

Jude 4-5, Amplified, "For certain men have crept in stealthily -- gaining entrance secretly by a side [door]. Their doom was predicted long ago, (impious, profane) ungodly persons who pervert the grace (the spiritual blessing and favor) of our God into lawlessness and wantonness and immorality, and disown and deny our sole Master and Lord, Jesus Christ, the Messiah, the Anointed One. Now I want to remind you, though you were fully informed once for all, that though the Lord [at one time] delivered a people out of the land of Egypt, He subsequently destroyed those [of them] who did not believe -- who [refused] to adhere to, trust in and rely upon Him."

Will we also "die in the wilderness" because we lack the faith to enter the promised land?

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