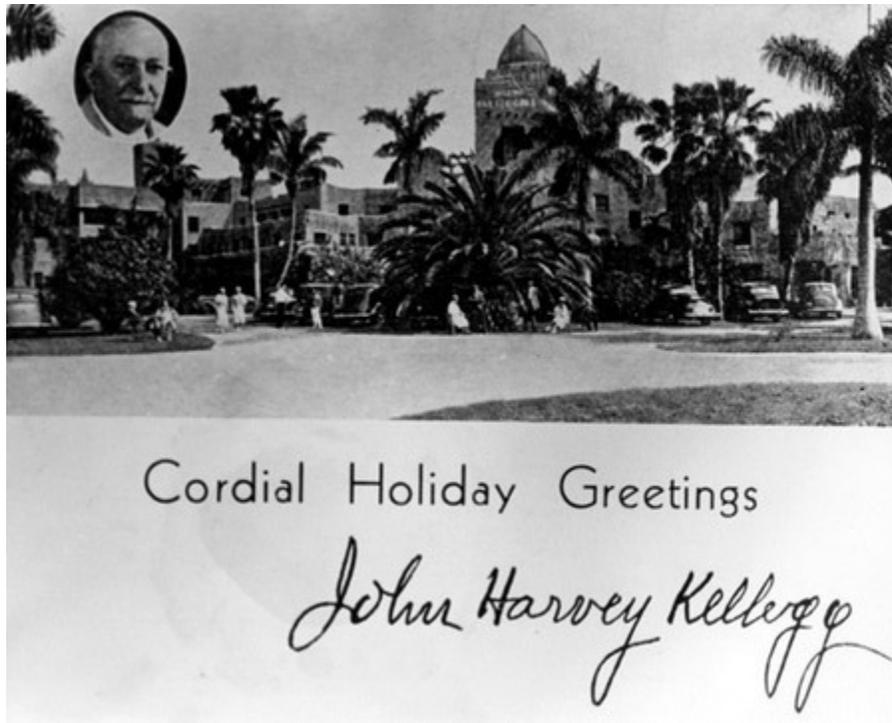


Let Freedom Ring!

13. Cornflakes, Peanut Butter and Exercise Machines: An American Health Reformer



Scripture: 3 John 2

Introduction

This evening as we begin, I would like you to raise your hand if you have ever done any of the following. Are you ready? Let's start.

- Have you ever poured yourself a bowl of dried cereal for breakfast? (*Hands*)

- **Have you ever stepped onto an exercise machine either at home, at school, or in a gym for the purpose of improving your health?**
(Hands)
- **Have you ever counted the number of glasses of water you drink in the course of a day to be sure you've had enough fluids?**
(Hands)
- **Have you ever intentionally selected a non-meat substitute rather than meat at a meal?** *(Hands)*
- **Have you ever reached for soymilk instead of cows' milk at the dairy case in the supermarket?** *(Hands)*
- **Have you ever eaten yogurt or live acidophilus cultures after a round of antibiotics to be sure a beneficial balance of intestinal organisms have been restored?** *(Hands)*
- **Have you ever spread yourself or someone else a peanut butter sandwich?** *(Hands)*
- **Have you ever sat in an easy chair at home or in the mall that was arranged to vibrate and massage to relieve stress and promote health?** *(Hands)*
- **Have you ever seen a warning on a cigarette advertisement or pack concerning the dangers of the use of tobacco?** *(Hands)*

If you have done any of these things, it may well be that you have been influenced by life and work of Dr. John Harvey Kellogg. Kellogg is one of the most notable American health reformers. Considered a many-sided genius by his associates, he worked tirelessly as a promoter of public health in the course of a 67 year career and as the central figure at the world famous Battle Creek Sanitarium, which he billed "a place where people learn to stay well". The Battle Creek Sanitarium became Kellogg's laboratory for developing and promulgating his "Battle Creek Idea" that good health and fitness were the result of good diet, exercise, correct posture, fresh air and proper rest.

John Harvey Kellogg was born in Tyrone, Michigan February 1852, the fifth of twelve children. His parents were new converts to the Seventh-day Adventist church, of which he was a devout member. From ages 12 through 16 young Kellogg learned the printing trade working with James and Ellen White, two notable cofounders of the new denomination, at the Adventist Review and Herald press. The young denomination's prophetess, Ellen White, wrote extensively on health, expanding and applying neglected principles affecting health found in the Bible. The basic concept was simple enough: Good health was a part of good religion and the intelligent preservation of health was both a moral and a Christian duty. There young Kellogg developed a keen appreciation for the principles of preventative medicine, diet and health that he would mark his future life's work.

In 1872, the church sent Kellogg to the reform-oriented Hygio-Therapeutic College in New Jersey, helping with his tuition and expenses with the expectation he would employ his learning in furthering the denomination's health emphasis. After five months, Kellogg felt he needed more conventional medical training. He enrolled first at the University of Michigan Medical School, then at Bellevue Hospital Medical College in New York City, where he received an MD in 1875. He would go on to study surgery in London and Vienna and perform 22,000 operations in a career that lasted until he was 88 years old.

In the year 1876, at age 24, Kellogg had completed his initial medical training and returned to Battle Creek to become the superintendent of the small 20 patient *Western Health Reform Institute* that had been launched by his denomination. By the turn of the century, he had expanded it to accommodate 700 patients. He had also renamed it the Battle Creek Sanitarium. By the 1920's it housed 1,200 patients and was the largest and most progressive medical institution of its type in America.

As the fame of Dr. Kellogg and his health institute at Battle Creek spread through his more than 5,000 lectures, 50 books and his editorship of the *Good Health* journal, Battle Creek became a health mecca, a social center, and a destination for the wealthy and famous. Among Dr. Kellogg's patients were:

- **President, William Howard Taft**
- **Secretary of State, William Jennings Bryan**
- **international bankers, John D. Rockefeller Jr. and Alfred Dupont**
- **retailers J.C. Penny, Montgomery Ward, and Lowell Thomas**
- **the inventor, Thomas Edison**
- **auto baron, Henry Ford**
- **the writer, George Bernard Shaw**
- **Admiral and explorer, Richard E. Byrd**
- **the actress, Sarah Barnhart**
- **industrialist, Harvey Firestone**
- **the famous pilot, Amelia Earhart**
- **and many other of the most notable and influential of America.**

In a day before Pasteur's germ theory of disease had become widely accepted, the standard medical treatment for common diseases was "Bleed them, purge them, and drug them". Drugs such as arsenic, opiates, mercury combinations, prussic acid and antimony were freely applied. It was uncertain whether more died of their cures than their diseases. The medical establishment was largely unaware of the value of diet in maintaining health, or of the role of tobacco in creating disease. The average American believed disease was the result of divine judgment or chance, rather than personal health habits and diet. Kellogg saw that public health education was essential to the public good.

Opposing the popular cures of his day, Dr. Kellogg expanded on Ellen White's health teachings, which were in their turn based on neglected Bible principles. He also drew from the best of other health reformers of his time. He developed a holistic approach to natural healing and healthful living that he called "Biologic Living". This included a simple grain-based vegetarian diet, exercise, the use of water, fresh air and sunshine, good posture and dress, good mental health, and when unavoidable, expert surgery.

"Biologic Living" was preventative medicine at its best, and Kellogg felt its most central feature was a proper diet. He strongly opposed the use of alcohol, tobacco, caffeine, sugar, narcotics, meat, and strong and hot spices. He favored a low protein diet, believing too much protein in the

diet placed a strain on the kidneys and liver. The live cultures in yogurt and acidophilus he valued as a means of maintaining a healthy digestive system. In the San's experimental kitchens various health foods were developed for the patients. A health food industry supplying dried breakfast cereals, meat substitutes, alternative to caffeinated hot drinks, and similar products pioneered food changes in the American diet. The famous Kellogg's Cornflakes company was a commercial spin off by Dr. Kellogg's brother from food technology initially developed in the Battle Creek Sanitarium kitchen.

Around 1891 Kellogg told Dr. David Paulson how the Battle Creek Sanitarium was able to keep five years ahead of the rest of the medical profession. If something new was proposed that was in agreement with the writings of Ellen White's writings, he adopted it immediately. When the other doctors finally accepted it, Kellogg had a five year head start. On the other hand, Kellogg rejected some new medical fads because they did not measure up, thus escaping many mistakes others made.

While Kellogg parted ways with the denomination that was the source of his inspiration over administrative and doctrinal differences in the year 1907, this did not turn aside the sometimes eccentric reformer's passion for promoting good health. Though he was less than five feet tall and had suffered the loss of a lung destroyed by tuberculosis before age 20, Kellogg's physical energy was astonishing. He went cycling or jogging each morning, dictated 25 to 50 letters a day, adopted and reared 42 children, wrote half a hundred books—some that became standard medical textbooks, edited a major magazine, performed up to 20 operations a day, gave virtually all his money to charitable causes, worked to educate public health awareness and public policy, was a respected member of medical associations, traveled the world in search of medical knowledge, and lived in good health to age 91. Throughout his life the basic link between Bible religion and good health lay at the heart of Kellogg's work.

I. Seven Bible Secrets of Health

What does the Bible say about health? Can we look beyond Kellogg to the original sources of his inspiration still? Let's take a look at

principles that lay behind Dr. Kellogg, and even behind the writings of Ellen White, whose writings on health launched and inspired the reformer's own efforts. We will examine seven Bible secrets of health that can add many years of extra healthy life to those who adopt them.

A. The first Bible Secret of Health is recognizing that our bodies are the temple of God's Spirit and that intelligent care for them pleases our Maker.

In the New Testament, the apostle Paul lays down this principle:

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” *1 Corinthians 6:19, 20*

“Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.” *1 Corinthians 3:16, 17*

“So whether you eat or drink or whatever you do, do it all for the glory of God.” *1 Corinthians 10:31*

This linking of the religious impulse to the intentional care of the body is Biblical and a most significant contribution to human welfare. Whether or not one accepts religion personally, the power of the religious impulse to direct the beliefs and actions of masses of people toward goals over the course of generations is undeniable. The power of the religious impulse has channeled the empire building, artistic, intellectual and architectural efforts of entire civilizations throughout history.

To link the intelligent and intentional care for the preservation of human health to the religious impulse is, in itself, a stroke of sheer genius. For Kellogg, this link was early established through his contact with Ellen White, who in turn drew her inspiration from neglected health teachings of the Bible expanded and applied through her visions.

This first secret of Bible health—that it is a duty before God to care for the bodies He has given to us--is a foundational principle.

B. A second Biblical secret of good health is abstaining from the use of alcohol, tobacco, and other recreational drugs.

The oldest and most widely abused drug—alcohol—is repeatedly warned against in the Bible. What the Bible says about this drug may be rightfully expanded to include other non-necessary mind-altering substances that have been used in other places and times. Both Ellen White and Dr. Kellogg made this connection early and pointedly.

Consistently throughout the Bible, the original “recreational drug”, alcohol, is pictured as a harmer of humanity:

- **Wine from Noah’s vineyard after the flood incapacitated that righteous man and caused problems within his family that resulted in his curse upon his son, Canaan.**
- **Lot’s daughters got their father drunk in order to commit incest with him after the destruction of Sodom and Gomorrah—fathering the Moabite and Ammonite peoples who proved Israel’s opponents in the centuries that followed.**
- **The priest Aaron’s sons were slain by God for sacrilege committed under the influence of strong drink in their sanctuary duties in the time of Moses.**
- **Samson’s and John the Baptist’s mothers were both warned against the use of strong drink during their pregnancies.**
- **On one occasion, a battle that should have been easily won was lost because those responsible for giving orders got drunk waiting for the battle to begin.**
- **Both priests and kings were forbidden to use alcohol, lest it interfere with the clear thinking necessary for them to perform**

their duties in the Old Testament, and the book of Revelation affirms that Christians are both priests and kings of God.

- **The Rechabites in Jeremiah’s day were honored by God for their refusal to drink alcoholic beverages.**
- **Belshazzar, the last king of Babylon, was drunk with wine when he committed the blasphemy of calling for the sacred temple vessels taken from Jerusalem and the hand wrote doom on the wall of the drinking chamber.**
- **The prophet Habakkuk lays God’s curse against those in his day who employed alcohol as the original “date rape” drug of choice.**
- **King Herod gave the order to behead the prophet John the Baptist in the days of Jesus when intoxicated at his birthday party among his drunken guests.**

The Bible gives even more pointed warnings against alcohol’s abuse. The wise man Solomon wrote:

“Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine.

“Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper.” *Proverbs 23:29-32*

“Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.” *Proverbs 20:1*

Nor are the warnings against the dangers of alcohol confined merely to the Old Testament Scriptures on their effects in this lifetime alone. In the New Testament, the apostle Paul includes drunkards on the list of the wicked who would by no means inherit the kingdom of God. (*1 Corinthians 6:9, 10*)

Indeed, the only clear prescription for alcohol's use in the Bible is as a pain killer to ease the agonies of the terminally ill. Proverbs 31, verses 6 and 7 say:

“Give beer to those who are perishing, wine to those who are in anguish; let them drink and forget their poverty and remember their misery no more.”

What Scripture teaches concerning alcohol applies logically to other drugs that alter human perception and bring human bondage and addiction, too.

Dr. Kellogg, echoing Ellen White's writings, campaigned against the dangers of smoking. In 1922 he wrote the book Tobaccoism, or How Tobacco Kills. It was a sustained attack on the devastation caused by the use of tobacco. This book led to the national anti-tobacco campaign of the 1920's. While that campaign failed to gain its immediate goals of bringing tobacco under the regulatory purview of the Pure Food and Drug Act, it paved the way for the warnings on tobacco products today.

C. A third secret of Bible health is following the Bible's guidelines in choices of which meats to eat and which to avoid.

According to the book of Genesis, at the time of the Noah's flood there was a distinction made between what were termed “clean animals” and those which were “unclean”. The clean animals boarded the ark by sevens, and the unclean by twos. It was at that time, for the first time, that God gave permission for eating flesh foods. In the vastly altered world after the flood, humans would need added sources of food for survival.

In Moses' time, the specific creatures included in these groups are identified. The clean animals, birds, water creatures and even insects could be eaten. The unclean were prohibited as food. Both Leviticus chapter 11 and Deuteronomy chapter 14 identify the means of distinguishing between these groups of creatures.

The basic guidelines distinguishing clean from unclean meats are quite simple:

- *If the creature is a mammal, it must have both split hooves and chew its cud to be considered permissible for human food.*

This would include beef, mutton, goats' meat, deer, and similar creatures that possess these two marks. The pig is specifically forbidden as a food item.

Leviticus 11, verses 7 and 8 say:

“And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. You must not eat their meat or touch their carcasses; they are unclean for you.”

Dr. Kellogg noted that pig meat was infected with parasites such as trichinosis and tapeworm that could be transferred to humans. Human flesh and pig's flesh are a near enough match that many illnesses and parasites suffered by the eaten may pass to the eater.

- *The unclean birds mentioned in the Bible's listing fall into three primary classes: birds of prey, fish eaters and carrion eaters.*

Eagles, owls, hawks, condors, vultures, kites, gulls, herons, cormorants are examples of birds forbidden for food as unclean. Birds who primarily eat nuts, seeds and fruits are allowable. This includes turkey, chicken, doves and quail among others.

- *Of the water creatures, the only ones that may be eaten are those who have both fins and scales.*

A salmon, trout, bass, and many other fish in fresh and salt water fall into this category. Catfish and eels, while they have fins, do not possess scales and would not be included among the water creatures allowed as food. Shellfish of all kinds would also be excluded.

Curiously, during World War II--when so many American soldiers and seamen were being shot down and spending weeks or months afloat before being rescued—a test by the Navy confirmed the Biblical prescription for selection of water creatures for food. The question that needed answering was, “What guidance can we give to downed seamen about what is safe and unsafe to harvest as food from the sea in an emergency situation?” After extensive research the answer was, “If it

has fins and scales, you can eat it safely. If it does not, you may be in danger.”

The Bible had provided this information 3,500 years earlier.

- *While insects are generally not a big menu item in America, there is one class that is allowed in the Biblical list of clean meats that may be eaten—the grasshopper and locust family.*

This may have been due to the fact that this class of insects could wipe out an entire season’s crops in the agriculturally based economy of Bible times. If the locust ate your field, you could eat the locust until you could replant and gain another harvest. John the Baptist, who ate “locusts and wild honey”, existed on a diet that was largely made up of insect protein and carbohydrates. That prophet probably got quite a lot of exercise just catching his breakfast!

The Bible includes two additional prescriptions for the use of even clean meats in the diet. First, all visible fat must be removed. Second, they must be properly bled to remove the blood.

These are the Biblical prescriptions for those who would include meat in their diets. But while the Bible does allow these clean meats properly prepared to be eaten, there is another and even more ancient option.

D. The fourth secret of Bible health is to adopt the “original diet” of nuts, grains, fruits and vegetables wherever possible—a vegetarian diet.

While it is plainly not sin to eat the clean meats specifically allowed in the Bible, there is a health secret that can add extra healthy years of life that is included in its pages as a wise option. That is a return to the original diet first given to our race by the Creator in Eden. This diet is specified in Genesis 1, verse 29:

“Then God said, ‘I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.’”

Seed bearing plants and trees with fruit and seed would include grains, nuts, and fruits of all kinds. This was the original “fuel” prescribed for

Adam and Eve in Eden. The animals were given the herbs of the earth to eat, which would include both leafy plants and vegetables.

So long as Adam and Eve had access to the Tree of Life, such a diet was sufficient for them. But when they fell and were barred from eating from that life-sustaining tree, they began to degenerate. Their bodies became subject to degenerative diseases. At that time, God included herbs and vegetables, which had formerly been reserved for the lower animals, as human food as well. In Genesis 3, verse 18 God tells Adam:

“...you will eat the plants of the field.”

Today we know the importance of such foods as salads, spinach, broccoli and other vegetables that provide anti-oxidants and delay the degenerative diseases such as cancer through their effects on harmful “free radicals” in the system. Plainly, God’s directions for human diet were made with an eye to his well-being in the changed circumstances introduced by sin.

The original “Eden Diet” of fruits, nuts, grains, and vegetables—a vegetarian diet—is optimal for human health. It is the fuel for which the human body was designed. When Dr. Kellogg addressed religious groups, he would—like Ellen White before him—point to these passages in support of adopting a non-meat diet. With non-religious audiences who had been influenced by Darwin, he pointed out the fact that monkeys, apes, orangutans, and other higher primates are natural vegetarians. The use of flesh food, while permitted in the Bible following the flood, is not the original diet, nor the one most optimal for health.

There is a Bible passage demonstrating the value of a non-flesh diet through the intentional return to God’s original plan. In the first chapter of Daniel, four young Hebrew captives were brought to the royal court of Babylon to be trained to serve King Nebuchadnezzar. They were assigned to eat from the king’s own table during the three years of their training to serve as royal administrators.

Daniel and his three companions knew that the king’s table was supplied with meats contrary to those allowed in the writings of Moses. These meats had first offered as sacrifices to the idols of Babylon along with the alcoholic wine provided. To eat and drink such foods would be

viewed as worshipping the idols of Babylon and would violate God's specific dietary instructions.

Daniel sought permission to be given a vegetarian diet and water to drink rather than the king's wine and meats. At first, his request and that of his three companions was refused by the officer in charge. He feared--as some do now--that a completely vegetarian diet would not provide proper nutrition. If these captive students should look worse than their companions, the official might suffer the king's anger.

Daniel and his friends made a second request—a wager. The Bible says:

“Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ‘Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.’ So he agreed to this and tested them for ten days.”

This passage is an ancient account of a test case comparing the results of a vegetarian diet and abstaining entirely from alcoholic beverages. The time involved was relatively short—a mere ten days. What were the results? The Bible says:

“At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.”

But the beneficial effects that were so evident in so short a trail as a week continued on. The clearness of mind, the ability to understand, and the marked superior mental and physical health these four vegetarian non-drinker enjoyed gave them a clear advantage over those who ate from the king's table. The Bible says:

“To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.

“At the end of the time set by the king to bring them in, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.”

But there was more. In a day when life expectancy was less than our own, Daniel was vital and active in his 90's. When he stood before the young King Belshazzar to read the mysterious writing on the banquet hall and when he was cast into the lions' den for his prayers of thanks to God Daniel was in his 9th decade of life. He is an example of the value of sound health principles adopted early—including that of a return to the original diet God gave in Eden.

The benefits of returning to a vegetarian diet and omitting such drugs as alcohol are rapid, marked, and lasting. In ten days, those who adopted such food and drink had achieved visibly better health than their classmates. At the end of three years, their mental acuity and life accomplishments set them apart not only among their fellow students, but their teachers.

In the end, Daniel outlived Nebuchadnezzar, Nebuchadnezzar's son, Nebuchadnezzar's grandson, and was still vital and active mentally, socially, spiritually and professionally well into his 90's.

This passage surely caught Dr. Kellogg's eye and attracted his interest as a health reformer whose motivation and inspiration were rooted in the Bible. The benefits of such practices that Daniel experienced were reproduced in Kellogg's own life. He was famous for his fifteen hour days, keeping two secretaries occupied transcribing his dictation, and his many inventions. Some note that in his 91 years of active work as a physician, administrator, inventor and health reformer Kellogg achieved the work of ten men. Plainly the implementation of his own principles proved personally beneficial.

E. A fifth secret of Bible health is choosing the Biblical pattern for sexual expression: one man with one woman in marriage for life.

When God created Adam, He said:

"It is not good for the man to be alone. I will make a helper suitable for him." *Genesis 2:18*

Then God created Eve and gave her and Adam to each other with the direction to be "fruitful and multiply and fill the earth". This pattern of one man and one woman being blessed by God to be fruitful and multiply is the original design. It is the pure expression designed and affirmed by the Creator Himself. Marriage came from Eden itself before sin ever entered. It provides for the health, the happiness, the holiness and the continuity of the human race.

Adultery, on the other hand, is any form of sexual expression other than that designed by our Maker. The seventh of the Ten Commandments says:

"You shall not commit adultery."

The 18th chapter of Leviticus forbids deviations from the original design—including incest, same sex relationships, and bestiality. The kind of adultery a person commits by having sex before marriage is called "fornication" and is forbidden. The New Testament says:

"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." *Hebrews 13:4*

There are many health benefits from following God's plan:

- **There is a conscience clear of offense toward God and man.**
- **There is protection for those who might otherwise be victimized.**
- **There is the elimination of many sexually transmitted diseases—including such lethal killers as AIDS.**
- **There is a home with both father and mother to provide nurture and role modeling for the children that may be born.**

- There is the best possibility of adequate physical and financial resources for raising children.
- The likelihood of divorce between a couple where both have waited until they were not only engaged, but married, before having sex is almost non-existent.

For these, and many other reasons, marriage as prescribed in the Bible, as the sole context for sexual expression, simply makes good health sense—mentally, socially, physically, economically, emotionally and spiritual sense. God invented marriage. Jesus performed the first miracle of His earthly ministry at a wedding feast. The One who made us in the first place knows what is for our greatest life-long happiness.

F. The sixth Biblical secret for good health is getting adequate physical rest, beginning with God's weekly 24-hour vacation break—the Sabbath.

Jesus said, “The Sabbath was made for man, not man for the Sabbath.” Thus He affirmed the benefits of having a regularly recurring break from the usual round of duties and work that make up everyday life.

The fourth of the Ten Commandments says:

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

Exodus 20:8-11

The Sabbath is not merely a religious duty or a social organizer. It is also a health measure that affects both individuals and societies as a whole who practice it. An unceasing round of toil without opportunity for rest and relaxation is unhealthful. Work itself may become an addiction. Rest is essential for the body to renew its resources.

But beyond the weekly Sabbath there are times where even more rest is needed. The law of Moses included three “vacation breaks” per year at the time of the festivals where God’s people were required to travel to Jerusalem. This provided mandatory breaks and a way to move out of familiar surroundings and spend time in exercise, spending time with friends and family and in worship. In addition, every 7th year the farmer was to allow his ground to lie fallow for an entire season. This allowed both farmer and land the rest necessary for fullest productivity.

During Jesus’ ministry, He affirmed rest beyond that provided by the Sabbath. The gospel of Mark says:

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by your selves to a quiet place and get some rest.’” *Mark 6:31*

By all accounts, Kellogg was what we in modern times would call a “workaholic”. He might have worn out his life energies far sooner than age 91 without a regular weekly Sabbath as a change of pace. More can be done in less time when work is balanced with adequate rest. Obeying God’s command to rest is a potent Biblical secret of good health.

G. The seventh Biblical secret for good health is to maintain a positive mental attitude through Bible study, worship, good choices in our thought life, and serving others.

There is a vital link between mind and body. Whatever affects the one for good or for harm affects the other as well. A positive mental attitude is something that can be cultivated intentionally. This will benefit the physical as well as mental health.

The wise man Solomon wrote:

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” *Proverbs 17:22*

How can we keep a hopeful, positive and cheerful heart? The Bible offers suggestions. David, who often faced death in his challenging life, wrote a psalm of thanks to God for His law. He said:

“If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have preserved my life.” *Psalms 119:92, 93*

We know now that rigorous study has a health benefit. Those who attain higher education also live longer on the average. Those of older years who engage in mentally challenging pursuits are less likely to slip into mental decline also. The ongoing careful study of the Bible not only gives help and hope at times of discouragement during life, but also is a means of extending the life of the reader. Particularly if the health principles it contains are put into practice!

The worship of God is also a means of both uplifting the thoughts and spirits and extending life. On the average it has been estimated that those who attend church live an extra two years. It would seem God adds to the end of our lives the hours we spend in His house worshipping Him. Worship can be just plain fun! In fact, it should be. The Bible says:

**“How good it is to sing praises to our God,
how pleasant and fitting to praise him!”**

Psalm 147:1

But there are other things that can destroy a positive mental outlook. What we listen to, read, surf on the internet and choose for entertainment has its influence. The Bible says:

“Above all else, guard your heart, for it is the wellspring of life.”

Proverbs 4:23

How do we guard our hearts? We guard them by guarding what we allow them to think, what we feed them on. Philippians 4, verse 8 says:

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Consider your music, your reading, and your recreational viewing. Cut out anything that fails at purity, loveliness, admirableness, excellence and is worthy of praise. Our minds are computers. What we put into

them voluntarily will sooner or later affect what we think, how we feel, and the life choices we make. Garbage in, garbage out! Good things in, good things out! How could it be any other way?

Perhaps the most potent means of engaging in good thinking and positive attitudes is through working to help others. In helping others, we are helped ourselves. As Christians, we are not saved by doing good deeds. Rather we are saved to do good deeds. Matthew 25 says:

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' (verses 34-36)

Appeal

Some may look on the Bible Secrets of Health and say, "But these restrict my freedom." Curiously, just the opposite is true. Following them frees one from:

- **Addiction**
- **Ill-health**
- **Heartbreak**
- **Depression**
- **Guilt**
- **Sorrow**
- **Pain**
- **Stress**
- **Pre-mature Death**

Let freedom ring!

Someone might ask, "Is there scientific evidence that following these principles for good health provide for a better life?" The answer is

“yes”. Multiple studies have identified Seventh-day Adventists as among the most healthy and long-lived group in the world.

A *National Geographic Magazine*’s November 2005 article identified Seventh-day Adventists as one of three exceptionally long living groups worldwide. Two other groups, one in Okinawa, Japan, and the other shepherds of the mountain villages of Sardinia, Italy are featured along with Seventh-day Adventists living in Loma Linda, California. It noted that residents of these three groups produce a high rate of people living to the century mark, that they suffer a fraction of the diseases that commonly kill the rest of the population, and that they enjoy more healthy years of life.

Currently, a new major study of over 100,000 North American Seventh-day Adventists is underway with the aid of \$18 million dollars in funding from the National Institutes of Health.

The root of this Adventist Health Advantage is the same as that which motivated the work of Dr. Kellogg: the Biblical Secrets of Health that provide potent means of extending the health and happiness of all who will adopt them. This evening you may have learned something new you wish to incorporate into your own health style. To the degree these principles are practically applied, we receive the blessings God intends for us.

Jesus said:

**“I have come that they may have life;
and have it to the full.” *John 10:10***

It is God’s will that we live healthy and happy lives. Our understanding and application of the Biblical Secrets of Health allows us to receive the benefits He intends for us.

Are you willing to make a commitment to your own good health this evening? If you are, we would like you to come forward to receive a written outline of the “Seven Secrets of Bible Health” before you leave this.

Our final presentation of the “Let Freedom Ring!” series will be _____ . The subject is “A Taste of Chocolate and a Doer of Good Deeds”. Come and bring a friend!

Let’s pray:

Dear Father in heaven,

Thank you that you care for our well-being on all levels and that you have provided timely instruction in Your Word that allows us to maintain good physical health. Bless us as we make choices that benefit our lives not only now, but forever. We ask this in Jesus’ name. Amen

Note: Have tract 4 on the “Bible Secrets of Good Health” available for those who come forward. You may wish to review them on any of the Five C’s, Five S’s, 4 B’s as you find need.