

Story of Our Health Message

1. Book---*Blue Zone*: Longevity of SDA's + Okinawans + Sardinians +Costa Rica: common denominator is that of plant based diet.
2. Where there is spiritual light there is light on physical health.
3. Health message given during Exodus contained principles of public health of today.
4. Spiritual darkness of "Dark Ages" had parallel of darkness in health and healing.
5. Spiritual renaissance beginning in 1500's had similar in health knowledge, yet very slow.
6. 1800's hydrotherapy interest, Sylvester Graham with vegetarian diet, whole grains
7. 1848: First message from God on health: Tobacco, coffee, tea
8. 15 yrs. before tobacco use ceased from growing body of believers
9. 1854 second message on health. a) cleanliness of body and home; b) no grease in diet; c) use of coarse grains rather than fine. Probably refined flour.
10. Gen. Conf. formed in May 1863. 3rd **vision on health June 1863**, Lengthy vision and central point that of lifestyle is related to eternal destiny. Health message to be right arm of evangelism and a part of 3rd angel's message of Rev. 14.
11. Also instructions to start a health institute
12. 1866 a) Health Journal of church members:
13. 1866 b) --- **Western Health Reform Institute started**
1878 --- school of health 3 month course credit given if enrolled in any med. School.
1883 --- school of nursing started in Battle Creek San
1895 --- School of medicine started in Battle Creek San
14. John Harvey Kellogg physician in Charge Battle Creek San. Initiator of health foods
15. Storm Clouds of: Dr. Kellogg promoting concept of panentheism.
"...We have here the evidence of a **universal presence**, an **intelligent presence**, of an **all-Wise presence**, an **all powerful presence**, a **presence** by the aid of which every atom of the universe is kept in touch with every other atom. **This force** that holds all things together, that is everywhere present, that thrills through-out the whole universe, that acts instantaneously through boundless space can be nothing else than **God Himself**. What a wonderful thought that this same **God is in us and in everything**". G.C. Bulletin 1897 Labeled as "**spiritualism**" by E.G. White
16. Fire destroyed Sanitarium; Rebuilt 1000 beds; Book written to raise money to rebuild, title -- "**The living Temple**" a book written under the inspiration of the Arch-Deceiver....The sentiments advocated in "Living Temple" make this book a dangerous production. For in the book is taught an insinuating deceptive science of Satanic origin."
17. Purchase Of Loma Linda to replace loss of Battle Creek medical institution occurred in 1905 and medical school reopened in 1909.
18. Book with the history of above: *The Story of Our Health Message* by D.E. Robinson
19. Website: www.healthandspirituality.info