

The Canadian-Caribbean Union



Messenger

March 1995



*Let your medicine be your food,
and your food your medicine*

Volume 2, Number 3

IN THIS ISSUE

**The Danger of Meat Eating
Ellen White.**

Perfection, Timo Martin.

**The Miracle Makeover
Jerry Eaton.**

**The New Canvassing
Flyer**

A Special Announcement



THE DANGER OF MEAT EATING

Dear Brethren and Sisters:

You ask in regard to meat-eating. I will say that is quite true that nearly all animal flesh is diseased. Many people are eating meat filled with consumption and cancerous germs. At the present day animals are suffering from all kinds of deadly diseases.

The Lord has been teaching his people that it is for their spiritual and physical good to abstain from flesh-eating. There is no need to eat the flesh of dead animals.

After the curse was pronounced upon the human family, God permitted man to eat flesh-meat. This he did that life might be shortened. The punishment of death has been pronounced upon the race, and the permission to eat flesh-meat was one of means used by God to inflict this punishment.

When the Lord took His people from Egypt, he did not give them flesh-meat to eat till they mourned and wept in his ears, saying, "Who shall give us flesh to eat? We remember the flesh which we did eat in Egypt freely: the cucumbers, and the melons, and the leeks and the onions, and the garlic; but now our soul is dried away; there is nothing at all beside this manna, before our eyes." Then the Lord gave them flesh to eat. He sent them quails from heaven, but we read, "while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague."

The light God has given His people is that by eating the flesh and blood of dead animals, man becomes animalized. His lower passions are greatly strengthened by such diet.

Worldly physicians can not account for the increase of disease among the human family. But we know that much of this suffering is caused by the eating of dead flesh.

Over thirty years ago I was often in great weakness. Many prayers were offered in my behalf it was thought that flesh meat would give me vitality, and this was therefore my principle article of diet. But instead of gaining strength I grew weaker and weaker. I often fainted from exhaustion. Light came to me, showing me the injury of men women were doing to the mental, moral and physical faculties by the use of flesh-meat. I was shown that the whole human structure is affected by this diet, that by it man strengthens the animal propensities and the appetite for liquor.

I at once cut meat out of my bill of fare. After that I was at times at or in places where I was compelled to eat a little meat. But for many years not a morsel of the flesh of dead animals has passed my lips.

Wise counsel and righteous practices are needed now, if the people of God succeed in preserving clear minds and healthy bodies. We must give closer attention to eating, drinking, and dressing. A high profession, followed by a disregard of the laws of life, shows a faithless life. Lack of fidelity, want of stability, slavery to wrong habits, --this is the sure result of such a course. Those who follow this course are not consistent Christians. Salvation means deliverance from every habit which tends to drag humanity down. Transgression of the laws of our being is transgression of the laws of God.

Ellen White
St. Helena, Cal., July 15, 1901.

PERFECTION

“Be ye therefore, perfect even as your Father which is in Heaven is perfect.” Matt 5:48.

The subject of Christian perfection has been the topic of many discussions, and many different opinions have been expressed in regards to it.

Does it really mean absolute sinlessness or just a spiritual and moral maturity?

We cannot ignore this topic since it is brought out in the Bible and the Testimonies. Neither can we ignore the topic without endangering our spiritual growth and redemption

WHAT IS PERFECTION?

“till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a **PERFECT MAN**, unto the measure of the stature of the **FULLNESS OF CHRIST**... but speaking the truth in love, may grow up into Him in all things, which is the head, even Christ.” Eph. 4:13, 15

Here we learn that perfection means Christ-likeness, and not only in a partial similarity but fullness of Christ in every respect.

“But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” James 1:4. The ethics of the gospel acknowledge no standard but the perfection of the divine character. The life of Christ was a perfect fulfillment of every precept of the law.” M.H. pg. 451

IS PERFECTION REQUIRED FOR SALVATION?

“The conditions of eternal life, under grace, are just what they were in Eden- perfect righteousness, harmony with God, perfect conformity to the principles of His law. M.B. pg 76

“Now, while our great High Priest is making atonement for us, we should seek to become perfect in Christ. Not even by a thought could our Savior be bought to yield to the power of temptation... He had kept His Father’s commandments, and there was no sin in Him that Satan could use to his advantage. This is the condition in which those must be found who shall stand in the time of trouble.” G.C pg. 623.

“The Lord requires perfection of His redeemed family. He expects from us the perfection which Christ revealed in His humanity. C.G. pg. 477.

For one sin Adam and Eve were cast out of paradise, and therefore one sin in our lives will keep us out of heaven as well. Millions will be outside of heaven for not realizing the standard required by God.



"BLESSED

ARE

THEY WHICH

HUNGER

AND

THIRST

AFTER

RIGHTEOUSNESS:

FOR

THEY

SHALL

BE FILLED."

Matt 5:6.

IS PERFECTION ATTAINABLE?

"Blessed are they which hunger and thirst after righteousness; for they shall be filled." Matt. 5:6

"He who lays hold upon the righteousness of Christ may become a perfect man in Christ Jesus." T.M. pg 150.

"So long as we are united to Him by faith, sin has no more dominion over us... we may attain to perfection of character." D.A. Pg. 123.

The promise is clear; it can be done, perfection is possible by the righteousness of Christ.

What about adverse conditions, can they hinder our character development? "If you make God your strength, you may, under the most discouraging circumstances, attain a height and breadth of Christian perfection which you hardly think is possible to reach." 4T, pg 212. "Perfection of character is attainable by every one who strives for it." 1SM. Pg. 212.

HOW TO REACH PERFECTION ?

"Day by day God labors for man's sanctification, and man is to cooperate with Him putting forward persevering efforts in the cultivation of right habits." A.A pg. 483. "Both thought and action will be necessary, if we would attain to perfection of character." 4T. Pg 568.

"Ye have not yet resisted unto blood striving against sin." Heb 12: 4.

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Cor 3:18.

"Much time should be spent in prayer, that our garments of character may be washed and made white in the blood of the lamb." 5T. Pg. 717.

"It is impossible for those who indulge appetite to attain to Christian perfection." 2T. Pg 400

"The time of probation is given us that we may perfect a character fit for eternity." 1S.M. pg 318. Ample provision has been made by Christ to attain to Christian perfection. Alone we cannot do it. Alone God will not do it either. But when our efforts are combined with the divine help mountains can be moved. Sin can be overcome and victory gained.

Dear Brothers and Sisters our time is running out, do not waste time, not even one moment in careless indifference but put a continuous effort to reach Christlikeness, tax every fiber of your body, soul and spirit to overcome. The reward will richly pay all our sacrifices and efforts. We have hell to shun and heaven to gain. May the Lord bless your working out your own salvation.

Timo Martin.

MIRACLE

MAKEOVER

DO YOU HAVE VAGUE SYMPTOMS like frequent head-aches, afternoon fatigue, insomnia, irritability, digestive problems, minor backache or recurring cold? - then you could benefit tremendously from a health reform program.

Perhaps the most common ailments of modern times are those which leave us with a general feeling of malaise and weakness without any specific, definable problem that can be treated clinically by a health-care professional. The myriad of natural healing alternatives available to us in our time show that the health consumer must make informed choices more than ever before. After all, what are the alternatives in modern medicine? Drugs or surgery - almost always. Today, even many doctors recognize that they must enlist the patient's own resources or the success rate of their therapies will be pretty dismal. Resources like the forces of mind, heart and will are of the utmost importance in healing, (or why would something like the doctors bedside manner be so important for their patients?)

The end of the 20th century has seen man's life span go up marginally, but quality of life go down. Witness our increasingly poisoned environment, cancer at pandemic proportions and heart disease and stroke increasing every year. The only thing we have sure control over is our internal environment. This in the end

can make the greatest difference for the Earth. Because how we eat, drink, dress and buy our everyday products affects how others treat the Earth.

WHY IS PREVENTION BEST?

Perhaps as much as 98% of healing goes on in the preventative stage as part of the Immune Systems' response to conditions in the body. This is to be preferred if at all possible because it is before the burden of sickness has to be carried that the Immune System is the strongest.

Natural things are a great help because they work in harmony with our bodies Immune System. But there are times, especially in emergency conditions that we must respect the signals

NATURAL THINGS ARE A GREAT HELP BECAUSE THEY WORK IN HARMONY WITH OUR BODIES IMMUNE SYSTEM.

our bodies are sending out to us and consult a Medical Doctors, a Chiropractor or a Specialist. One of the many nice things about natural remedies though, is that it can be used by nearly everyone at home and usually they are inexpensive.

Any condition that demands immediate medical intervention like a broken bone, stroke, heart disease and any type of tumor should

not be considered initially for natural treatment. Common sense tells us that natural treatment wouldn't do much good on short notice in these conditions. But in long term treatment, nutrition can be of great service in improving these conditions or even curing some of them.

You see, our bodies are nourished only by that which we feed them on. Good blood, bones, and connective tissue can only be built up by what we eat. The famous saying, "you are what you eat," is very true - and not only do our bodies need proper nourishment but our minds do also.

There was a case of a young woman who had a very good, and active mind but through persistent neglect of her health she became mentally deranged to the point of not recognizing her own family. She walked around as a zombie. Her mother had tried just about everything that the Doctor had recommended and nothing seemed to work. She heard about a place called the Brain-Bio Center in Princeton, New Jersey. Dr. Carl Pfeiffer treated his patients only with nutritional biological means and achieved a very high rate of success. This mother desperately asked the missionary in her church what should be done with her daughter. He said, "What have you got to lose?"

The mother did send her daughter to the Brain-Bio Center, and she came home that afternoon after being treated as an outpatient.

They had simply taken blood and hair samples, seen her nutritional deficiency and treated her accordingly with the right vitamins. She came home with about \$50.00 worth of vitamins which her mother was told to make her take faithfully. So she would make her daughter take these vitamins twice a day. After 2 - 3 weeks of taking these vitamins she woke up one morning, and threw back the covers of the bed and said, "I'm ready to live for a change - what's happening this morning?" all of her former condition was changed and forgotten and to this day she is fine.

We may benefit tremendously from the concept, Let your medicine be your food and your food be your Medicine. - Hippocrates.

Part of our natural ways and means of life - wouldn't that be the ideal way to prevent disease? North Americans have spoken for years concerning *the necessity of eating a better diet, cutting down on saturated fat and cholesterol and eating more fresh fruits and vegetables.*

MORE THAN 80% OF NORTH AMERICA'S POPULATION ARE AWARE, THAT THEY MUST MAKE PERSONAL CHANGES IN THEIR DIET OR IN THEIR LIFESTYLES

Now the revised food guide even recommends 5 servings of fruits and vegetables each day. You could say that modern science has finally

come around to the natural healing position. What has taken them so long? Lots of things actually...things like Doctors only receiving a few weeks teaching on nutrition but years on drugs, chemo, radiation and other radical therapies, a very strong Cattlemen's and Dairymen's Association Lobby in the legislators of North America and our general carelessness. Let's face it: high fat, sugar and salt content in foods makes them taste better, right? But these things are killing us by the millions - so what do we do? Change our diets by re-educating our taste buds to like what is good for us and thus promote healing and prevention of diseases in the first place.

HEALTH IS: THE CONDITION OF BEING SOUND IN MIND, BODY AND SPIRIT, ESPECIALLY FREEDOM FROM PHYSICAL DISEASE OR PAIN: THE GENERAL CONDITION OF THE BODY

According to statistics, though more than 80% of North America's population are aware that they must make personal changes in their diets and lifestyles in order to avoid dangerous disease, fewer than 20% of North Americans are motivated at all to make any change at all in their diet or lifestyle.

In this article we will look at some of those motivators that may just help us to get over our inertia - that we may do what is best for our health, or

at least start moving in that direction.

The Immune System can only handle so much and when it reaches the saturation point, the overflow is known as disease. Let's compare the Immune System with a cup:

WE MAY BENEFIT TREMENDOUSLY FROM THE CONCEPT, LET YOUR MEDICINE BE YOUR FOOD AND YOUR FOOD BE YOUR MEDICINE - Hippocrates

Let's say the cup is half full. The water symbolizes all those environmental poisons and problems that we have little or no control over: polluted water, air and soil. Let's say this cup, (the Immune System) is already 50% full. What are we to do? *Perhaps we could eat organically grown food, live out in a retired spot where the air is cleaner and buy a water purifier for our homes.* But I'm afraid even these, by themselves would not be enough. Well, we can control what goes into our mouths in the form of food and we can reduce or eliminate poisonous substances like tobacco, alcohol, refined sugar and caffeine, etc. In this way, we can prevent the cup from running over and stave off disease.

Now that we have said much about disease and the Immune System, let's define what health is: "The condition of being sound in mind, body and spirit, especially freedom from

physical disease or pain: the general condition of the body." Webster New Collegiate Dictionary. And even more than the dictionary's definition we could say health includes the aspects of energy, vitality and cooperating with the laws of nature in maintaining the body, mind and spirit's balance.

The body and mind need to be nourished and continually built up especially now when degenerative, wasting diseases threaten us.

"An ounce of prevention is worth a pound of cure", as the saying goes because our body's Immune System works so much better in the prevention mode without the extra burden of disease.

Generally speaking, "We are what we eat", and if we expect good quality health we must eat good quality food. Natural remedies, like food left in it's natural state as much as possible, work to deliver to the body and mind what they need.

Remember one thing: to the degree that you faithfully adhere to Health Reform there will be the same degree of health, vitality and energy manifested in your life.

Thomas Edison had predicted.... "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, the diet, and the cause and prevention of disease."

Let us pray the Lord for guidance in all life's matters, including the issue of our own health.

Jerry Eaton

A PERFECT SOLUTION TO THE WORLD'S PROBLEMS



The people of this planet are committing mass suicide. They cannot find solutions to the problems they have created themselves. Man has polluted the world. In Mexico City alone 30,000 children die annually from air pollution. Crime is ever increasing, even children commit murders and acts of violence never heard of before. Wars continue, man is not capable of living in peace with each other. Moral standards is at an all time low. Half of the marriages end in divorce. New diseases like Aids and the flesh eating virus are taking their toll. Hunger is killing millions annually. As the world population is predicted to double in 25-30 years, there will not be enough food for all. Fossil fuel is expected to run out in 20-30 years. But the greatest of all the problems in our world is Psychological. People are depressed, bored and unhappy even in

The new flyer about Christ's second coming; "A perfect solution to the worlds problems" is ready for printing.

It can be made available with your address and telephone number printed on it at \$4.00/100 copies. The existing flyers; Did you know, Life after death, The secret rapture, Who is he(666) are also still available.

*Please send your orders to I.M.S. Publishers,
3897 Bloor St. W. Toronto, Ontario
M9B 1L6.*



The
CANADIAN FIELD CONFERENCE

*will be held in Toronto on **July 7 - 9.***

We are expecting great things from the
Lord at this conference.
Let us pray for these days to be blessed
and spiritually refreshing.