



VIBRANT HEALTH RESTORED

IN ORDER to have good health, we must have good blood; for the blood is the current of life. It repairs waste, and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system.

We are mortal, and must supply ourselves with food that will give proper sustenance to the body.

Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system.

It is a matter of the highest importance. No one should adopt an impoverished diet. Many are debilitated from disease, and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment.

Gluttony is the prevailing sin of this age.

Lustful appetite makes slaves of men and women, and beclouds their intellects and stupefies their moral sensibilities to such a degree that the sacred, elevated truths of God's word are not appreciated.

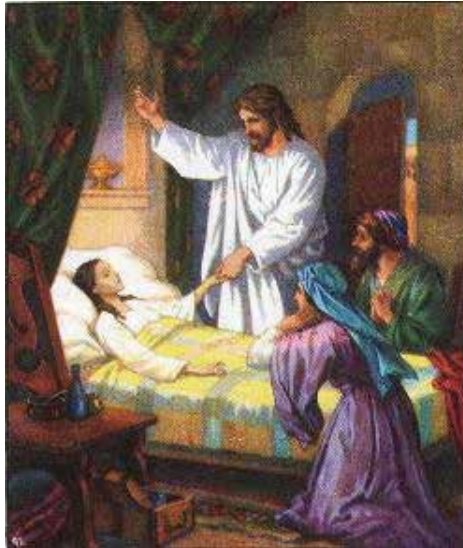
It is of great importance that individually we act well our part, and have an intelligent understanding of what we should eat and drink, and how we should live to preserve health. All are being proved to see whether they will accept the principles of health reform or follow a course of self-indulgence.

Nature's laws are not to be resisted, but obeyed. A close sympathy exists between the physical and the moral nature.

An intemperate man cannot be a patient man. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting.

As we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.

If ever there was a time when the diet should be of the most simple kind, it is now. Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation



to heaven [at Christ's Second Coming].

In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. They constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. God is bringing His people back to His original design.

In order to render to God perfect service, you must have clear conceptions of His requirements. You should use the most simple food, prepared in the most simple manner, that the fine nerves of the brain be not weakened, benumbed, or paralyzed, making it impossible for you to discern sacred things, and to value the atonement, the cleansing blood of Christ, as of priceless worth.

Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow.

The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing.

Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots, are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary.

In warm, heating climates, the less sugar introduced into the food in its preparation, the less difficulty will be experienced because of the heat of the climate.

Respect paid to the proper treatment of the stomach will be rewarded in clearness of thought and

strength of mind. Your digestive organs will not be prematurely worn out to testify against you.

You indulge your appetite by eating more food than your system can convert into good blood. It is sin to be intemperate in the quantity of food eaten, even if the quality is unobjectionable. Many lay upon the digestive organs so great a burden that the vitality of the system is exhausted in the effort to dispose of it. It also has a depressing influence upon the intellect; for the brain nerve power is called upon to assist the stomach in its work.

Overeating has a worse effect upon the system than overworking. That excess food cannot be made into either flesh or blood, and its presence burdens the liver, and produces a morbid condition of the system.

Exercise is important to digestion, and to a healthy condition of body and mind. You need physical exercise. Healthy, active exercise is what you need. This will invigorate the mind. Neither study nor violent exercise should be engaged in immediately after a full meal; this would be a violation of the laws of the system. Immediately after eating there is a strong draft upon the nervous energy. The brain force is called into active exercise to assist the stomach; therefore, when the mind or body is taxed heavily after eating, the process of digestion is hindered.

The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep.

The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled.

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. In order to secure healthy digestion, food should be eaten slowly and allow the saliva to mingle with the food.

The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed.

Take time to eat, and do not crowd into the stomach a great variety of foods at one meal. To eat hurriedly of several kinds of food at a meal is a serious mistake.

For those who can use them, good vegetables, prepared in a healthful manner, are better than soft mushes or porridge. Fruits used with thoroughly cooked bread two or three days old will be more healthful than fresh bread. This, with slow and thorough mastication, will furnish all that the system requires.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change.

There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite.

Disturbance is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused.

If the digestion is feeble, it is better to have the fruit at one meal, and the vegetables at another.

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. Sugar and the milk combined are liable to cause fermentation in the stomach, and are thus harmful.

The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food. All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach.

There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to His laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul.

A continual transgression of nature's laws is a continual transgression of the law of God. Had men always been obedient to the law of the ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not exist.

While sitting at the table we may do medical missionary work by eating and drinking to the glory of God.

Many persons bring disease upon themselves by their self-indulgence.

The mind does not wear out nor break down so often on account of diligent employment and hard study, as on account of eating improper food at improper times, and of careless inattention to the laws of health. Diligent study is not the principal cause of the breaking down of the mental powers. The main cause is improper diet, irregular meals, and a lack of physical exercise. Irregular hours for eating and sleeping sap the brain forces.

Many are suffering, and many are going into the grave, because of the indulgence of appetite. This brings on acute disease, and too often death follows. The delicate organism of the body is worn out by the suicidal practices of those who ought to know better.

Inability to enjoy food, a sleepless night, hours of suffering,—all for a meal in which taste was gratified! These self-murderers have been eulogized by their friends and the minister, and carried directly to heaven at their death. What a thought! Gluttons in heaven! No, no; such will never enter the pearly gates of the golden city of God.

If Paul was in danger from intemperance, said he, 'I keep under my body, and bring it into subjection;' we are in greater danger, because we do not feel and realize as he did the necessity of glorifying God in our bodies and spirits, which are His.

Overeating is the sin of this age.

Disease takes the place of health. A diseased stomach produces a diseased condition of the brain, and often makes one obstinate in maintaining erroneous opinions. The supposed wisdom of such a one is foolishness with God.

"The indulgence of perverted appetite, inflamed the passions of men in the days of Noah, and led to widespread corruption. The same sins of gluttony and drunkenness benumbed the moral sensibilities of the inhabitants of Sodom, so that crime seemed to be the delight of the men and women of that wicked city. Christ thus warns the world: 'Likewise also as it was in the days of Lot: they did eat, they drank, they bought, they sold, they planted, they builded; but the same day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.' [Luke 17:28-30.] God ascribes the fall of Babylon to her gluttony and drunkenness. Indulgence of

appetite and passion was the foundation of all their sins.

Satan is constantly on the alert to bring the race fully under his control. His strongest hold on man is through the appetite, and this he seeks to stimulate in every possible way.

One of the strongest temptations that man has to meet is upon the point of appetite.

Jesus' example declares that our only hope of eternal life is through bringing the appetites and passions into subjection to the will of God.

We must act our part, and divine power, uniting with our effort, will bring victory.

Temperance in eating, drinking, and dressing is essential. Principle should rule instead of appetite or fancy. Those who eat too much, or whose food is of an objectionable quality, are easily led into dissipation, and into other 'foolish and hurtful lusts, which drown men in destruction and perdition.' 1 Timothy 6:9.

Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.

Many desire the final reward and victory which are to be given to overcomers, but are not willing to endure toil, privation, and denial of self, as did their Redeemer. It is only through obedience and continual effort that we shall overcome as Christ overcame.

"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.' [1 Corinthians 6:19, 20.]

"Those who have a constant realization that they stand in this relation to God will not place in the stomach food which pleases the appetite, but which injures the digestive organs. They will not spoil the property of God by indulging in improper habits of eating, drinking, or dressing. They will take great care of the human machinery, realizing that they must do this in order to work in co-partnership with God. He wills that they should be healthy, happy, and useful. But in order for them to be this, they must

place their wills on the side of His will."

HOW AND WHEN TO EAT

It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.

For persons of sedentary habits, late suppers are particularly harmful. At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.

After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.

Many indulge in the pernicious habit of eating just before sleeping hours. They may have taken three regular meals; yet because they feel a sense of faintness, as though hungry, will eat a lunch or fourth meal. By indulging this wrong practice, it has become a habit, and they feel as though they could not sleep without taking a lunch before retiring. In many cases, the cause of this faintness is because the digestive organs have been already too severely taxed through the day in disposing of unwholesome food forced upon the stomach too frequently, and in too great quantities. The digestive organs thus taxed become weary, and need a period of entire rest from labor to recover their exhausted energies. A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal. If a third meal be eaten at all, it should be light, and several hours before going to bed.

In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties.

If those who only eat two meals have the idea that they must eat enough at the second meal to answer for the third meal also, they will injure their digestive

organs.

Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at suppertime; but this meal should be very light.

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food.

In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone.

Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. (Only water, which is a non-food, should be ingested in the middle interval between meals) Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.

The Lord desires His people to be sound on every point in health reform, but we must not go to extremes.

Now the enemy would push you into the opposite extreme if he could, to have a poverty-stricken diet. Be careful to keep level heads and sensible ideas.

The great backsliding upon health reform is because unwise minds have handled it and carried it to such extremes. There are some minds so constituted that they will accept anything that bears the features of rigorous diet or reform of any kind. In all things be true and upright, and you will gain precious victories.

CHILDREN

Habits once formed are hard to overcome. The reform should begin with the mother before the birth of her children; and if God's instructions were faithfully obeyed, intemperance would not exist.

The best food for the infant is the food that nature provides. Of this it should not be needlessly deprived. It

is a heartless thing for a mother, for the sake of convenience or social enjoyment, to seek to free herself from the tender office of nursing her little one.

The character also of the child is more or less affected by the nature of the nourishment received from the mother. How important then that the mother, while nursing her infant, should preserve a happy state of mind, having the perfect control of her own spirit. By thus doing, the food of the child is not injured, and the calm, self-possessed course the mother pursues in the treatment of her child has very much to do in molding the mind of the infant.

The importance of training children to right dietetic habits can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat. The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and less frequently as it grows older. It should not be given sweets, or the food of older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits and will be a blessing to them in after years.

Parents should train the appetites of their children, and should not permit the use of unwholesome foods. But in the effort to regulate the diet, we should be careful not to err in requiring children to eat that which is distasteful, or to eat more than is needed. Children have rights, they have preferences, and when these preferences are reasonable, they should be respected.

Teach your children to abhor stimulants.

The food is often such as to excite a desire for stimulating drinks. Luxurious dishes are placed before the children, spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants. Not only is the appetite tempted with unsuitable food, of which the children are allowed to eat freely at their meals, but they are permitted to eat between meals, and by the time they are twelve or fourteen years of age they are often confirmed dyspeptics (bad digestion).

It is impossible for those who give the reins to appetite to attain to Christian perfection. The moral sensibilities of your children cannot be easily aroused, unless you are careful in the selection of their food. Many a mother sets a table that is a snare to her family. Flesh meats, but-

ter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious. Fine-flour bread does not impart to the system the nourishment that is to be found in unbolted-wheat bread. Its common use will not keep the system in the best condition. Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family.

If in the youth who form and fashion society, right principles in regard to temperance could be implanted. They would then have moral worth and moral integrity to resist, in the strength of Jesus, the pollutions of these last days.

Regularity should be the rule in all the habits of children. Mothers make a great mistake in permitting them to eat between meals. The stomach becomes deranged by this practice, and the foundation is laid for future suffering. Their fretfulness may have been caused by unwholesome food, still undigested; but the mother feels that she cannot spend time to reason upon the matter, and correct her injurious management. Neither can she stop to soothe their impatient worrying. She gives the little sufferers a piece of cake or some other dainty to quiet them, but this only increases the evil.

The greatest danger of the young is from a lack of self-control. Indulgent parents do not teach their children self-denial. The very food they place before them is such as to irritate the stomach. The excitement thus produced is communicated to the brain, and as a result the passions are aroused. It cannot be too often repeated, that whatever is taken into the stomach affects not only the body, but ultimately the mind as well. Gross and stimulating food fevers the blood, excites the nervous system, and too often dulls the moral perceptions, so that reason and conscience are overborne by the sensual impulses. It is difficult, and often well-nigh impossible, for one who is intemperate in diet to exercise patience and self-control. Hence the special importance of allowing children, whose characters are yet unformed, to have only such food as is healthful and unstimulating. It was in love

that our heavenly Father sent the light of health reform to guard against the evils that result from unrestrained indulgence of appetite.

Parents should live more for their children, and less for society. Study health subjects, and put your knowledge to a practical use. Teach your children to reason from cause to effect. Teach them that if they desire health and happiness, they must obey the laws of nature... patiently and perseveringly continue your work.

FRUITS, GRAINS, AND VEGETABLES

The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing.

It would be well for us to do less cooking and to eat more fruit in its natural state.

For a dyspeptic stomach, you may place upon your tables fruits of different kinds, but not too many at one meal.

More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of.

A plain, simple, but liberal supply of fruit is the best food that can be placed before those who are preparing for the work of God.

A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort.

Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry. Bread is the real staff of life, and therefore every cook should excel in making it.

All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it.

Sweet breads and cookies we seldom have on our table. The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability.

Hearty men must have plenty of vegetables, fruits, and grains.

DESSERTS, CONDIMENTS, AND FATS

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition.

Far too much sugar is ordinarily used in food.

Cakes, sweet puddings, pastries, jel-

lies, jams, are active causes of indigestion. Especially harmful are the custards, ice-creams and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.

Sugar clogs the system. Sugar, when largely used, is more injurious than meat.

It is better to let sweet things alone. You do not need them

Plain, simple pie may serve as dessert, but when one eats two or three pieces merely to gratify an inordinate appetite, he unfits himself for the service of God.

If for dessert sweet cake is eaten with milk or cream, fermentation will be created in the stomach, and then the weak points of the human organism will tell the story. The brain will be affected by the disturbance in the stomach.

Condiments are injurious in their nature. Mustard, pepper, spices, pickles, vinegar and other things of a like character, irritate the stomach and make the blood feverish and impure. (An) inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite.

Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The food does not digest, but decays or putrefies and liver and kidney difficulties appear.

Baking powder/Soda in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system.

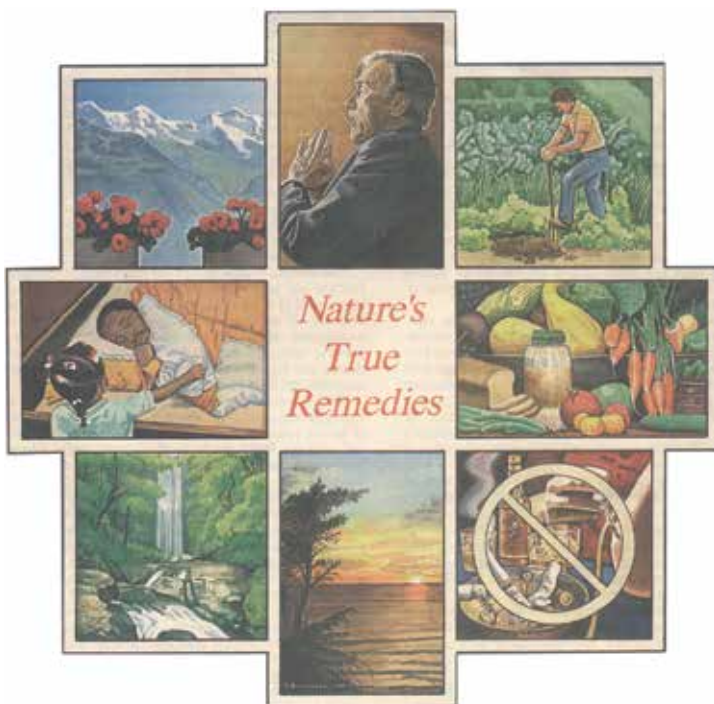
Salt instead of being deleterious, is actually essential for the blood.

Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. The oil in the olives relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming second hand from animals.

Fried potatoes are not healthful, for there is more or less grease or butter used in preparing them.

If milk is used, it should be thoroughly sterilized; with this precaution, there is less danger of contracting disease from its use.

In grains, fruit, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food



With nuts may be combined grains, fruits, and some roots, to make foods that are healthful

FLESHMEATS

God gave man no permission to eat animal food until after the flood. He permitted that long-lived race to eat animal food to shorten their sinful lives (From 900 years to 70 years).

Not an ounce of flesh meat should enter our stomachs.

Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them.

The word of God plainly warns us that unless we abstain from fleshly lusts, the physical nature will be brought into conflict with the spiritual nature.

The prevalence of cancer and tumors is largely due to gross living on dead flesh. People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.

The tissues of the swine swarm with parasites... God said, "It is unclean unto you; ye shall not eat of their flesh, nor touch their dead carcass." This command was given because swine's flesh is unfit for food.

Pork, although one of the most common articles of diet, is one of the most injurious... It would fill the system with scrofula, and especially in that warm climate produced leprosy, and disease of various kinds.

In many places fish become so contaminated by the filth on which they feed

as to be a cause of disease.

In regard to this matter (meat eating) there should be no rash movements. We should consider the situation of the people, and the power of lifelong habits and practices, and should be careful not to urge our ideas upon others, as if this question were a test.

I have seen families whose circumstances would not permit them to furnish their table with healthful food. It was not my duty, nor did I think it was the duty of any one else, to lecture them upon the evils of meat eating.

Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, folk will regard it, as it really is, as an inestimable blessing.

Only one lease of life is granted us; and the inquiry with every one should be, "How can I invest my powers so that they may yield the greatest profit? How can I do most for the glory of God and the benefit of my fellow men?" For life is valuable only as it is used for the attainment of these ends.

This guide has been extracted from "Counsels on Diets and Foods" written over 100 years ago, by Ellen G. White.

"As up to date as today."

SHOULD I QUIT NOW?

The scientific names for Mad Cow Disease includes: In cattle, it is called *Bovine spongiform encephalopathy (BSE)*; in sheep, it is called *Scrapie*; in humans, it is *Creutzfeldt-Jakob disease (CJD)*. All forms are known as *spongiform encephalopathies (SE)*. **It causes the**

brain to fill with holes, like a sponge. The cause is eating contaminated meat (cows, pigs, chickens, or wild, hoofed, animals). No symptoms may appear for years.

You can get CJD from eating any part of an animal. Prions (which cause all SEs) infect every part of the body, not just the brain. Although BSE/CJD attacks brains, it is in every part of the victim. Therefore every part of the animal is affected. None of it should be eaten. This contamination cannot be removed by cooking. The "mysterious agent" that causes SE is not just found in the brain! It has been found in many of the organs and tissues of animals, including the blood and bones. It was confirmed, in 1993, that the disease can be passed from the cow to the calf—establishing that transmission can be by blood. The bones of old cows are one of the major sources of the protein gelatin, used in many foods, including peppermints and gelatin.

U.S. and British sheep were infected at the same time. Both U.S. and British sheep were infected simultaneously back in the 1950s from research waste discarded by scientists trying to determine the cause of Kuru, a New Guinea cannibal disease.

We dare not wait longer before warning the public that it is no longer safe to eat these foods. They must be told that they should stop eating infected meat. This food crisis also includes wild deer and elk.

—Written by Vance Ferrell, author of the book, *International Meat Crisis (In U.S.A., for a copy of this book, send \$7.00 ppd. to Harvestime Books, Box 300, Altamont, TN 37301)*. An abundance of sources will be found in the book.

REPAIRERS OF THE BREACH

P.O. BOX 6878
TWEED HEADS SOUTH 2486 AUSTRALIA

AUTUMN LEAVES

P.O. BOX 654 RANGIORA 8254
NEW ZEALAND

SDA LAY MINISTRY ASSN.

P.O. BOX R 63 (Ranadi)

HONIARA, SOLOMON ISLANDS

THE LAYMEMBERS OF VANUATU

P.O. BOX 576

PORT-VILA, VANUATU

ELEVENTH HOUR MINISTRIES

BOX 615 G.P.O.

SUVA, FIJI

LAYMEMBERS ASSN. OF PNG

P.O. BOX 362

KAINANTU EHP, PAPUA, NEW GUINEA

PRESENT TRUTH MINISTRIES

P.O. BOX 1150

BOROKO NCD PAPUA, NEW GUINEA

NGI LAYMEMBERS ASSN

P.O. BOX 173

BIALLA WNBP PAPUA, NEW GUINEA