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**FOUNDATION**

*The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath  
The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*

# Consecration

Come Out From Among Them,

## AND BE YE SEPARATE

### HEALTH GEM

*Protein and the  
Vegetarian Diet - Part 5*

### GETHSEMANE

THE FINAL •  
**Deception**

The Prodigal Son –  
**REMORSE**

THE WIDOW OF NAIN



# So It Was



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

There are many very important facts in regard to our salvation that we need to know and bring into our lives. In this editorial I would like to address two of these that seem to be misunderstood or misrepresented by some in our beloved church.

First, Jesus came to this world in the nature of fallen humanity, but never sinned. "Clad in the vestments of humanity, the Son of God came down to the level of those He wished to save. In Him was no guile or sinfulness; He was pure and undefiled, yet He took upon Him our sinful nature." Bible Echo, April 5, 1897.

Second, we cannot keep on sinning until the Lord comes. We must be overcomers. Jesus came to show us that through a connection with Him, we could be overcomers in this world. "Jesus took upon Himself man's nature, that He might leave a pattern for humanity...our fallen nature must be purified..." ST Jan. 11, 1883.

In some ways we can be like the Catholic who goes often to the confessional to confess his sins and again be in "good stead" with God. We know that God "is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9. But do we use this as an excuse to fall back into the same sins knowing that God will again forgive us?

Recently, I was brought into contact with a quote that gave me a whole new perspective in regard to our sins here and how they affect the future life in heaven, even though to get to heaven they must

first be confessed and forgiven here.

"Every sin, every unrighteous action, every transgression of the law of God, tells with a thousand fold more force upon the actor than the sufferer. Every time one of the glorious faculties with which God has enriched man is abused or misused, that faculty loses forever a portion of its vigor and will never be as it was before the abuse it suffered. Every abuse inflicted upon our moral nature in this life is felt not only for time but for eternity. Though God may forgive the sinner, yet eternity will not make up that voluntary loss sustained in this life.

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*"The days of probation lost here in acquiring a fitness for heaven, is a loss which will never be recovered."*

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"To go forth into the next, the future life, deprived of half the power which might be carried there is a terrible thought. The days of probation lost here in acquiring a fitness for heaven, is a loss which will never be recovered. The capacities of enjoyment will be less in the future life for the misdemeanors and abuse of moral powers in this life. However high we might attain in the future life, we might soar higher and still higher, if we had made the most of our God-given privileges and golden opportunities to improve our faculties here in this probationary experience...." This Day With God 350.

When I first read these statements, I was greatly saddened, realizing that I

was in my middle thirties before I turned my life over to Jesus. All those earlier years were now seen by me as years that would have a true effect on my eternity ahead. Even after I became a Christian, there were at times sins in my life that I had to ask forgiveness for. And there was the thought that even if I knowingly sinned, God would be there to forgive me if I confessed that sin—and He was. I always had a strong desire, after becoming a Christian, to give up all sin in my life, and I knew that this was the only way to be truly ready for heaven.

I know that heaven will be better than we can even imagine it to be, but it does sadden me that I have had an effect that limits the potential I would have had if I had never sinned. But it also gives me stronger motivation to daily seek the strength of Jesus to keep all sin out of my life.

"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." 1Cor. 2:9.

"Justice, honor, love, and truth are the attributes of God's throne. They are the principles of His government which is to be established on the earth, made pure by the fire of His retributive justice. These are the jewels to be sought after and cherished for time and for eternity. In view of these things,...build your character not after the worldly standard, but for eternity." Letter 41, Dec. 7, 1877, to E.E. Belden, a 19-year-old nephew.

**Our Mission:**

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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**About Hope International:**

We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God's Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

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Subscription Information: See page 29 • Shipping & Sales Tax: See page 29

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# So It Was

By J. N. Loughborough

These words were used by Pharaoh's chief butler when commending Joseph to the king of Egypt as one who could interpret his dreams. He said: "We told him, and he interpreted to us our dreams; to each man according to his dream he did interpret. And it came to pass, as he interpreted to us, 'so it was'; me he restored unto mine office, and him he hanged." Gen. 41: 12, 13. After hearing the facts stated by the chief butler, there seemed to be no question with Pharaoh but that Joseph would give him a correct interpretation of his dream, which so troubled him; and when the interpretation was given, he had no doubt that the thing would come to pass just as had been told him. He said to Joseph, "Forasmuch as God hath showed thee all this, there is none so discreet and wise as thou art." Verse 39.

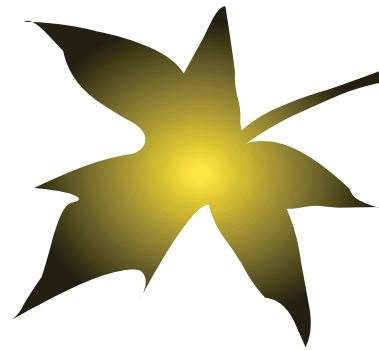
## *Surely God's servants should recognize Divine guidance*

If a heathen king could discern that the power to tell what would take place was proof of divine guidance, surely those professing faith in God and his working should recognize it. The Lord himself reasons with his people respecting the manifestations of his foresight, in these words: "I have declared the former things from the beginning; and they went forth out of my mouth, and I showed them; I did them suddenly, and they came to pass. Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass; I have even from the beginning declared it to thee; before it came to pass I showed it thee: lest thou shouldest say, Mine idol hath done them, and my graven image, and my molten image, hath commanded them. Thou hast heard, see all this, and will not ye declare it? I have showed thee new things from this time, even hidden things, and thou didst not know them. They are created now, and not from the beginning; even before the day when thou heardest them not; lest thou shouldest say, Behold, I knew them." Isa. 48:3-7.



## *Principles established by God never change*

The Lord's revelation of what he would do was through his prophets ("surely the Lord God will do nothing, but he revealeth his secrets unto his servants the prophets." Amos 3:7); and when the thing predicted came to pass, he expected all who professed to be his people to acknowledge it as proof that he spoke the word, and that the instrument through whom he spoke was one of his true prophets. This principle is just as true in these modern days as in ancient times, and should be kept in mind when studying the instruction given by Paul, in 1 Thess. 5:21, to "prove all things" that come in the form of "prophesyings".



## *A prediction of Sister White's concerning the Messenger Party*

As a farther application of this rule, we call attention to a prediction made by Sister White in a vision given in Oswego, New York, June 20, 1855. It related to what was then called "the Messenger Party," which consisted of certain disaffected ones, who, having left the ranks, began a united opposition to the visions, claiming that, when rid of them, the third angel's message would at once "go with a loud cry". This party printed a paper called the Messenger of Truth. From this the party was named. They claimed to have more preachers than were left with us, and tauntingly said to our ministers, "We will follow up and get all your converts." One by the name of Drew put it in these words, "You go ahead and shake the bush, and we will follow up and catch all the birds." The conflict was fierce, and the opposition bitter. As expressed of them by another, "There is nothing to which they will not stoop; and they are never likely to be out of scandal with which to assail those who have incurred their displeasure."

## *The Lord said to let them alone with their slanderous lies*

Until the Lord spoke directly concerning this party, our

leading ministers considered it duty to answer the scandalous falsehoods that were published in the Messenger of Truth. Elders White, Waggoner, Cornell, and Frisbie, and the writer counseled together, and had arranged to write a reply to the malicious fabrications, each taking a separate line of attack. Just at this time the vision (the writer being present) was given in Oswego.

After coming out of the vision, Sister White, speaking to Elder White and me, said, "You brethren are mistaken as to your duty to answer the slanderous writings of the Messenger. It is only a trick of the enemy to divert you from using your time in spreading the truth. When you answer one of their lies, they will manufacture two more. The Lord says to let them alone, and go on with your work as if there was no such people on the earth, and in less than six weeks they will be at war among themselves. The candid ones among them will see their error and come back. The Messenger company will go to pieces, and their paper go down, while the third angel's message will advance more rapidly than ever. When their paper goes down, you will find that our ranks have doubled."

*The cause of present truth advanced in every phase of its work*

And "so it was". We let them alone, and made no reference to them nor their work in the Review. First they complained, then they growled, and dared us for battle. In less than four weeks some of their financial supporters left them, and the dissension and fight was on among themselves. The cause of present truth advanced in every phase of its work. A statement made in the Review, Jan. 14, 1858, just after the Messenger paper "breathed its last", having had a sickly existence of about three years, shows how accurately the prediction made in the Oswego vision was fulfilled.

*If even a heathen king could see, should we not see God's Spirit in our instructions?*

Speaking of the result of the Messenger work, the writer said: "At the time of the disaffection, when the effort was made to break down the Review, the church property at the Office was worth only seven hundred dollars. Since, it has increased to five thousand dollars. Then, there were about one thousand paying subscribers; now there are two thousand plus quite a 'free' list." As the number of paying subscribers to the Review had exactly doubled, so the number of believers had increased more than twofold.

If, in the statement made by the Lord's servant, a heathen king could see proof that he was "a man in whom the Spirit of God is", should we not, as believers in the Bible and the living God, be as ready to acknowledge God's Spirit in the instructions given in these last days through his own humble instrument?



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# The Bible Museum Opened

By A. L. O. E.  
1883

There are many objects of deep interest for the student of Scripture, the accounts of which have been written for our learning, objects which we are intended to contemplate with earnest attention, and from which we may draw spiritual lessons.

## hagar's bottle

An empty skin-bottle is before us, such as is used by Orientals to the present day to carry what they emphatically term "the gift of God": a title to which our Saviour appears to have alluded when He said to the woman of whom He had asked water, "If thou knewest the gift of God", seeking to raise her thoughts from the earthly well to the heavenly Fountain.

### *An Arabian desert – a dreary land of death*

Of the value of water in the wilderness, we, in our moist climate, can scarcely form an adequate conception. Let me briefly quote from a description of traveling in an Arabian desert, given by a graphic author: "On either hand extended one weary plain in a black monotony of lifelessness.....A dreary land of death, in which even the face of an enemy were almost a relief amid such utter solitude..... Day after day found us urging our camels to their utmost pace, for fifteen or sixteen hours together out of the twenty-four, under a well-nigh vertical sun....Then an insufficient halt for rest or sleep, at most of two or three hours, soon interrupted by the often repeated admonition, 'If we linger here we all die of thirst.'"

### *Hagar has given the last draught from the skin-bottle to her Ishmael*

But the scene which rises before us, the wilderness of Beersheba, is not peopled with pilgrims and travelers urging on their weary camels; there are but two figures in it—an exhausted, grief-stricken woman, and the fainting lad at her side. That skin-bottle is in her hands—empty. She

has watched it shrinking as the precious fluid within was gradually used, or wasted by evaporation; dry and parched as is her own tongue, she has feared to relieve her burning thirst lest she should too soon exhaust the priceless treasure. With a sickening feeling of fear Hagar has given the last draught to her Ishmael; and then, with faint hope, squeezed the skin hard with her feverish hands, trying to press out one more drop—but in vain. She looks anxiously around her, but can see no means of refilling that empty bottle. Then, in anguish, Hagar turns from the parched shrub under which she has cast her son; she wanders away—but let the account be given in the touching words of Scripture: "She went and sat her down over against him a good way off, as it were a bowshot: for she said, Let me not see the death of the child. And she sat over against him, and lift up her voice and wept."

### *God heard the cry of Ishmael*

While Hagar was weeping her son appears to have been praying; for it is written, "God heard the voice of the lad." Ishmael's cry was answered: "The angel of God called to Hagar out of heaven, and said unto her, what aileth thee, Hagar? Fear not; for God hath heard the voice of the lad where he is. And God opened her eyes, and she saw a well of water; and she went, and filled the bottle with water, and gave the lad drink." When the cool bubbling liquid filled out the swelling skin-bottle in the hand of the rejoicing, thankful mother, as she bent eagerly over the well, far more emphatically than the first supply was it to her—the gift of God.

### *At times our own bottle is empty and our lips are parched*

There are times when life appears to us as the wilderness of Beersheba did to Hagar and Ishmael. Our troubles may have been of our own making; like the proud youth who had mocked at his brother, we may, perhaps, be able to trace our sorrows to their source in our sin; but whether it be so or not, we stand in a dry, thirsty land, where no water is; we seem to have drained our last drop of earthly

enjoyment—our lips are parched—our bottle is empty—we feel that we can lie down and die! Few pass the meridian of life, perhaps few reach it without knowing something of this desolation of heart, this emptiness of all joy.

### *The Saviour is our well in the desert*

Blessed to Ishmael was the trouble which made him cry unto the Lord; blessed to us these disappointments which dry up our cherished supplies, if in our baffled thirst for happiness we turn to our Saviour in prayer. The same God who gave to Hagar a well in the desert has also a message of mercy for us: "Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." Would we seek more specific direction to the Fountain that bursts forth in the desert, to change that desert to an Eden, and supply our deep thirst for peace and joy? The Saviour Himself repeats the invitation: "If any man thirst, let him come unto Me and drink."

### *We need that by the Spirit our eyes should be opened*

What do we need, dear brethren in affliction, to make us come unto Him in whom the weary find refreshment, and the broken-hearted peace? We need that by the Spirit our eyes should be opened. The Fountain is near us, but we see it not until then. We view the bare waste around us, the withered hopes that strew it; we vainly try to press out one more drop of pleasure from the earthly vessel which once held it, and find the bottle utterly empty and dry. In such moments of dreariness, O Thou who art the Comforter indeed, Thou who canst fill up the empty void, and satisfy the aching soul with abundance, come to us, speak to us, open our eyes to behold the depths of Thy loving-kindness; lead us beside the still waters, and let the promise of our Redeemer be graciously fulfilled unto us: "He that cometh unto Me shall never hunger, and he that believeth on Me shall never thirst."

# Consecration

By Elizabeth Rosser

My Father, take this heart of mine,  
And make it wholly, only thine.  
Oh, may no thought be harbored there  
But those thy searching gaze may bear!

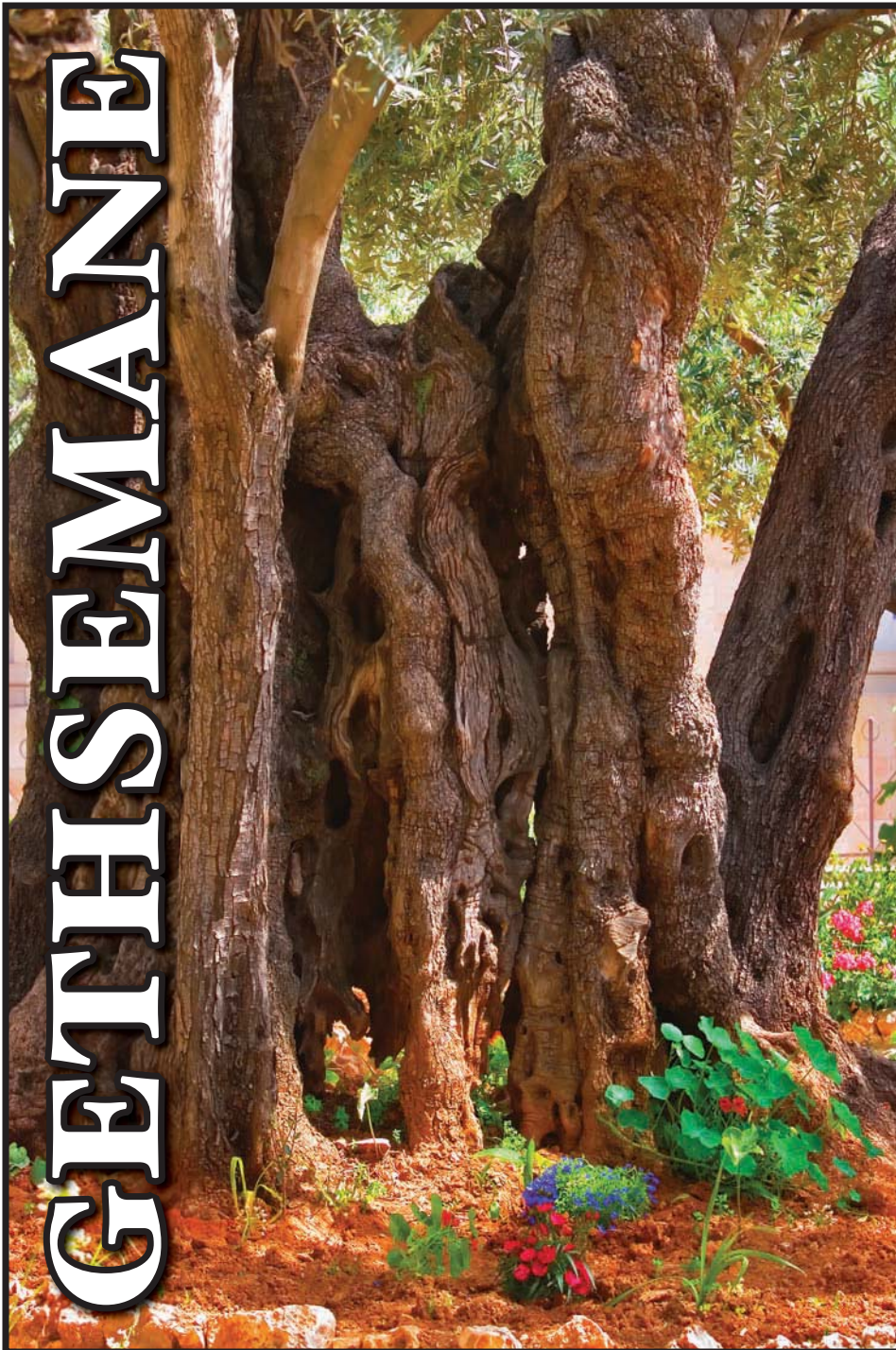
This wayward tongue I pray thee take;  
Teach it to speak as Jesus spake.  
Pluck out the sting that in it lies,  
And check the venom'd words that rise.

Lord, take these hands, these worthless hands,  
Bid them be swift at thy commands  
To soothe the sick, to feed the poor,  
And bring the outcast to my door.

Take thou my feet, and make them be  
Angels of service, Lord for thee;  
Teach them to walk the narrow way,  
Nor in forbidden paths to stray.

Yea, Lord, this heart, these hands of mine,--  
Body and spirit, all are thine;  
For thou didst buy them on the tree;  
I do but give thine own to thee.





Mrs. E. G. White

From the manger to Calvary, Christ's life was one continual experience of disappointment and suffering. Christ was the only begotten of the Father, and yet He was pressed with grief; but His suffering in the garden of Gethsemane was an awful anguish that must ever remain a terrible mystery to the human family. The record says, "Then cometh Jesus with them unto a place called Gethsemane, and saith unto His disciples, Sit ye here, while I go and pray

yonder. And He took with Him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy."

***The curse of the world's iniquity was shadowing the light of His Father's face from His vision***

With what awe, with what reverence, should the disciples have regarded the sufferings of the Son of God! As He drew nigh to the center of the garden, the agony of the sins of the world was weighing upon His divine soul. The curse

of the world's iniquity was shadowing the light of His Father's face from His vision. Oh, how could He escape from it? How avoid standing under the curse that sin had wrought, and being alienated from His beloved Father? He turned to His disciples and said, "My soul is exceeding sorrowful, even unto death; tarry ye here, and watch with Me."

***In his hatred of God, Satan had made iniquity reach into heaven***

At the thought of the grievous character of the guilt of the world, Christ felt that He must go apart, and be alone. The hosts of darkness were there to make sin appear as extensive, deep, and horrible as possible. In his hatred of God, in falsifying His character, in manifesting irreverence, contempt, and hatred toward the laws of His government, Satan had made iniquity reach unto the heavens, and it was his purpose to swell iniquity to such great proportions, that atonement should seem impossible; so that the Son of God, who sought to save a lost world, should be crushed beneath the curse of sin.

***He could not bear that even His disciples should witness His agony as He contemplated the woe of the world***

The working of the vigilant foe in presenting to Christ the vast proportions of transgression caused such poignant pain, that He felt that He could not remain in the immediate presence of any human being. He could not bear that even His disciples should witness His agony as He contemplated the woe of the world. Even His most dearly loved friends must not be in His companionship. The sword of justice was unsheathed, and the wrath of God against iniquity rested upon man's substitute, Jesus Christ, the only begotten of the Father.

***Christ was suffering the death that was pronounced upon the transgressors of God's law***

In the garden of Gethsemane Christ suffered in man's stead, and the human nature of the Son of God staggered under the terrible horror of the guilt of



sin, until from His pale and quivering lips was forced the agonizing cry, "O My Father, if it be possible, let this cup pass from Me:" but if there be no other way by which the salvation of man may be accomplished, then "not as I will, but as Thou wilt." Human nature would then and there have died under the horror of the sense of sin, had not an angel from heaven strengthened Him to bear the agony. The power that inflicted retributive justice upon man's substitute and surety, was the power that sustained and upheld the suffering One under the tremendous weight of wrath that would have fallen upon a sinful world. Christ was suffering the death that was pronounced upon the transgressors of God's law.

***It is a fearful thing for the unrepenting sinner to fall into the hands of the living God***

It is a fearful thing for the unrepenting sinner to fall into the hands of the living God.

This is proved by the history of the destruction of the old world by a flood, and by the record of the fire which fell from heaven and destroyed the inhabitants of Sodom. But never was this proved to so great an extent as in the agony of Christ, the Son of the infinite God, when He bore the wrath of God for



a sinful world. It was in consequence of sin, the transgression of God's law, that the garden of Gethsemane has become pre-eminently the place of suffering to a sinful world.

***No sorrow can bear any comparison with the sorrow of Him upon whom the wrath of God fell with overwhelming force***

No sorrow, no agony, can measure with that which was endured by the

Son of God. Man has not been made a sin-bearer, and he will never know the horror of the curse of sin which the Saviour bore. No sorrow can bear any comparison with the sorrow of Him upon whom the wrath of God fell with overwhelming force. Human nature can endure but a limited amount of test and trial. The finite can only endure the finite measure, and human nature succumbs; but the nature of Christ had a greater capacity for suffering; for the human existed in the Divine nature, and created a capacity for suffering to endure that which resulted from the sins of a lost world. The agony which Christ endured, broadens, deepens, and gives a more extended conception of the character of sin, and of the retribution which God will bring upon those who continue in sin. The wages of sin is death, but the gift of God is eternal life through Jesus Christ to the repenting, believing sinner.

Bible Training School, September 1, 1915.



*Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.*



# The Final Deception

God would “have all men to be saved, and to come unto the knowledge of truth.” 1 Timothy 2:4. But salvation has always ultimately been conditional on man’s willing obedience to God. In speaking to the Israelites through Isaiah the prophet, God said: “if ye be willing and obedient, ye shall eat the good of the land: but if ye refuse and rebel ye shall be devoured with the sword: for the mouth of the Lord hath spoken it.” Isaiah 1:19-20.

## Christ came to destroy the works of the devil

God, throughout biblical history, has always done all in His power to bring man into a saving relationship with

Himself. God’s plea has been, “What could have been done more to my vineyard, that I have not done in it?” Isaiah 5:4.

“The plan of redemption contemplates our complete recovery from the power of Satan. Christ always separates the contrite soul from sin. He came to destroy the works of the devil, and He has made provision that the Holy Spirit shall be imparted to every repentant soul, to keep him from sinning.” *The Desire of Ages*, 311.

## The antediluvians adored nature in place of the God of nature and used His gifts to glorify themselves

As the antediluvians drifted further and further away from God’s plan for their lives, God sought through Noah to awaken them to the direction in which they were heading. “God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Genesis 6:5.

“God bestowed upon these antediluvians many and rich gifts, but they used His bounties to glorify themselves, and turned them into a curse by fixing their affections upon the gifts instead of the Giver. They employed the gold and silver, the precious stones, and the choice wood, in the construction of habitations for themselves, and

By Clark Floyd

endeavored to excel one another in beautifying their dwellings with the most skillful workmanship. They sought only to gratify the desires of their own proud hearts, and reveled in scenes of pleasure and wickedness. Not desiring to retain God in their knowledge, they soon came to deny His existence. They adored nature in place of the God of nature. They glorified human genius, worshiped the works of their own hands, and taught their children to bow down to graven images." *Patriarchs and Prophets*, 90.

### **God chose Noah to proclaim a dual message to the antediluvians**

"Noah was just a man and perfect in his generations, and Noah walked with God." Genesis 6:9. Therefore, God chose Noah to carry a message to the wicked world of that day. Noah was to build an ark, and while building that ark, Noah was to proclaim the destruction of the world by a flood. He was to proclaim this message for "an hundred and twenty years" (Genesis 6:3), the first prophetic time period in the Bible.

"Amid the prevailing corruptions, Methuselah, Noah, and many others labored to keep alive the knowledge of the true God and to stay the tide of moral evil. A hundred and twenty years before the Flood, the Lord, by a holy angel, declared to Noah His purpose, and directed him to build an ark. While building the ark he was to preach that God would bring a flood of water upon the earth to destroy the wicked. Those who would believe the message, and would prepare for that event by repentance and reformation, should find pardon and be saved." *Ibid.*, 92.

### **Noah's message as a proclaiming prophet was to warn, but as a gathering prophet his message was to save**

Therefore, Noah was not only to proclaim God's message of destruction, but at the same time he was to seek to gather aboard the ark those who would turn to God for salvation. Thereby, God established a principle very early in the Bible that is found throughout the Scriptures. Whenever there is a prophetic time period dealing directly

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## **When the Israelites would repent and return unto the Lord in obedience to all He commanded with all their heart, He would again gather them together as His people**

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with His people, He has a prophet who proclaims the beginning of that time period, and at the end God has a prophet who gathers God's people for His purpose.

Noah was both the proclaiming prophet and the gathering prophet in this first, comparatively short, prophetic period. He warned the people regarding the flood, but he also sought to gather them aboard the ark, that they might be saved from the destruction that was to come. "Thus did Noah; according to all that God commanded him, so did he." Genesis 6:22.

### **Abram, God's second proclaiming prophet**

The second prophetic time period dealing with God's people occurs in Genesis, chapter 15. The Lord "came unto Abram in a vision", showing him that he would have offspring more numerous than he could count. God then informs Abram, the proclaiming prophet (see Genesis 20:7) that His people would be in a strange land for a period of four hundred years, but afterward they would "come out with great substance". And Abram, whose name was changed by God to Abraham, "believed in the Lord; and He counted it to him for righteousness." Genesis 15:1, 6, 13-14.

### **Moses was chosen and prepared by God to be the gathering prophet of this time period**

As this remarkable time period draws to its climax, God prepares His gathering prophet. "You remember Moses went into the wilderness and stayed forty years, during which time he put away self, and that made room so

that he could have the presence of God with him." *The Ellen G. White 1888 Materials*, 83. "Shut in by the bulwarks of the mountains, Moses was alone with God. The magnificent temples of Egypt no longer impressed his mind with their superstition and falsehood. In the solemn grandeur of the everlasting hills he beheld the majesty of the Most High, and in contrast realized how powerless and insignificant were the gods of Egypt. Everywhere the Creator's name was written. Moses seemed to stand in His presence and to be overshadowed by His power. Here his pride and self-sufficiency were swept away. In the stern simplicity of his wilderness life, the results of the ease and luxury of Egypt disappeared. Moses became patient, reverent, and humble, 'very meek, above all the men which were upon the face of the earth' (Numbers 12:3), yet strong in faith in the mighty God of Jacob." *Patriarchs and Prophets*, 248-251.

### **The Lord sent an angel to Moses to relate the details of his mission to deliver God's people**

As Moses led the flock of his father-in law, Jethro, he was contacted by the angel of the Lord from a fiery bush. He was asked to gather "the children of Israel out of Egypt". "I have surely seen the affliction of My people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; and I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey...Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people... out of Egypt." Exodus 3:1,

7-8, 10. "And it came to pass at the end of the four hundred and thirty years, even the selfsame day it came to pass, that all the hosts of the Lord went out from the land of Egypt." Exodus 12:41.

Again, the biblical principle is seen: Abraham, the proclaiming prophet, appears at the beginning of the prophetic period, while Moses, the gathering prophet, appears at the end.

### The Lord warned Israel that He would scatter them for their disobedience

From the beginning of Israel's existence as a nation, the people were often scattered as a consequence of their disobedience to God. Notice the very strong statement given to the Israelites after their departure from Egypt: "But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all His commandments and His statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee: . . . the Lord shall scatter thee among all people, from the one end of the earth even unto the other." Deuteronomy 28:15, 64. But when the Israelites would repent and return unto the Lord in obedience to all He commanded with all their heart, He would again gather them together as His people. See Deuteronomy 30:1-3.

### The third time period affecting God's people

In the book of Jeremiah, the prophet proclaims for the Israelites a captivity of seventy years to take place in Babylon. See Jeremiah 29:10. This is the third time period affecting God's people.

"When men's hearts are softened and subdued by the constraining influence of the Holy Spirit, they will give heed to counsel; but when they turn from admonition until their hearts become hardened, the Lord permits them to be led by other influences. Refusing the truth, they accept falsehood, which becomes a snare to their own destruction.

"God had pleaded with Judah not to provoke Him to anger, but they had hearkened not. Finally, sentence was pronounced against them. They were to be led away captive to Babylon." *Prophets and Kings*, 425-426. But there were also "promises of deliverance [which] fell like sweetest music upon the ears of those who were steadfast in their worship of Jehovah." *Ibid.*, 427.

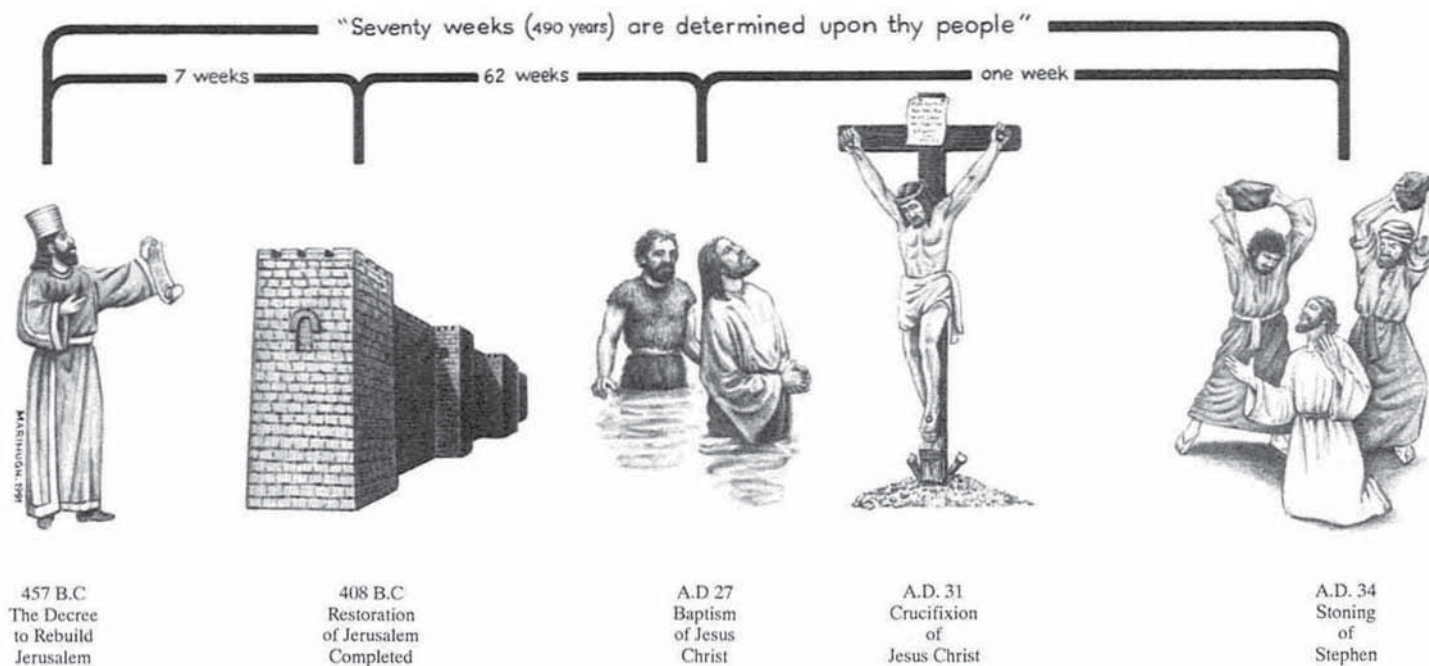
### Daniel's sterling qualities led Cyrus the Great to honor his judgment

Daniel, apparently an ardent Bible student, refers to this time period in Daniel 9 as he seeks, through prayer and

supplication, to have his people brought out of captivity in accordance with the prophecy of this prophetic period. "The deliverance of Daniel from the den of lions had been used of God to create a favorable impression upon the mind of Cyrus the Great. The sterling qualities of the man of God as a statesman of farseeing ability led the Persian ruler to show him marked respect and to honor his judgment. And now, just at the time God had said He would cause His temple at Jerusalem to be rebuilt, He moved upon Cyrus as His agent to discern the prophecies concerning himself, with which Daniel was so familiar, and to grant the Jewish people their liberty." *Prophets and Kings*, 557.

### Jeremiah is the proclaiming prophet while Daniel is the initial gathering prophet

In the books of Ezra and Nehemiah we see the beginning of the re-gathering of God's people: "Now in the first year of Cyrus king of Persia, that the word of the Lord by the mouth of Jeremiah might be fulfilled, the Lord stirred up the spirit of Cyrus king of Persia, that he made a proclamation throughout all his kingdom, and put it also in writing, saying, . . . Who is there among you of all his people? His God be with him, and let him go to Jerusalem." Ezra 1:1, 3. And note in Nehemiah 1:8-9,



the references to the scattering and gathering promises of Deuteronomy 28: “Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying If ye transgress, I will scatter you abroad among the nations: but if ye turn unto Me and keep My commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set My name there.” Jeremiah is the proclaiming prophet while Daniel is the initial gathering prophet.

### **In this prophecy Daniel serves as a proclaiming prophet, and Jesus is the gathering prophet**

Daniel also serves as a proclaiming prophet in Daniel 9:24-27, where the prophecy of the Messiah, as well as the prophecy of the probation of God’s people, is set forth. Four hundred ninety years are given to His people “to make an end of sins...and to anoint the most Holy”. During that time the Messiah would come and then “cause the sacrifice and oblation to cease” through His own death on the cross. (See chart)

Right on time Jesus came to begin His ministry of gathering the people to Himself. John the Baptist actually initiates this gathering process through his message of repentance and the announcement: “the kingdom of heaven is at hand.” Matthew 3:1-3.

But notice the Lord’s statement in Matthew 23:37: “O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!” And in John 12:32, Jesus says “And I, if I be lifted up from the earth, will draw [gather] all men unto me.” Here, Jesus is the gathering prophet.

### **Daniel’s prophecy of the 2300 days**

In 1844, another time period came to its fulfillment. Daniel had prophesied the great time period of 2300 days: “And he said unto me, unto two thousand and three hundred days; then shall the

sanctuary be cleansed.” Daniel 8:14. It had as its object the beginning of a new ministry for Jesus in the Most Holy of the heavenly sanctuary—the judgment of God’s people, a very important and solemn event. See Daniel 7:13. At that time the three angels’ messages of Revelation 14 were to be proclaimed, bringing a revival of interest in the gospel and the second coming of Jesus. This revival of primitive godliness was to be seen in all parts of the world.

### **A special work of purification must be done**

“Those who are living upon the earth when the intercession of Christ shall cease in the sanctuary above are to stand in the sight of a Holy God without a mediator. Their robes must be spotless, and their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort they must be conquerors in the battle with evil. While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God’s people upon earth. This work is more clearly presented in the messages of Revelation 14....When this work shall have been accomplished, the followers of Christ will be ready for His appearing.” *The Great Controversy*, 425.

### **Ellen G. White was called by God to be His end time gathering prophet**

In accordance with His principle of always following a proclaiming prophet at the beginning of a time period with a gathering prophet at the end, God called upon Ellen G. White to gather His people for this last great declaration of truth before the coming of Jesus, so that as many as will might be saved. “Surely the Lord God will do nothing, but He revealeth His secret unto the prophets.” Amos 3:7. And Satan seeks to prevent this gathering by doing away with the gathering prophet, for he knows that “where there is no vision the people perish”. Proverbs 29:18.

“The very last deception of Satan will be to make of none effect the testimony

of the Spirit of God....Satan will work ingeniously ...to unsettle the confidence of God’s remnant people in the true testimony....The workings of Satan will be to unsettle the faith of the churches in them...” *1 Selected Messages*, 48.

### **Without the prophet to give direction, God’s people will flounder and drift, and will miss the gathering**

“Many are going directly contrary to the light which God has given to His people, because they do not read the books which contain the light and knowledge in cautions, reproofs, and warnings.” *5 Testimonies*, 681. Without the prophet to give direction that is so badly needed in these last days, God’s people will flounder and drift and be moved in one direction and then another with all the winds of doctrine that blow around us. We must recognize God’s prophet and be diligent to heed her counsel to us.

A time is coming when “shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory. And He shall send His angels with a great sound of a trumpet, and they shall gather together His elect from the four winds, from one end of heaven to the other.” Matthew 24:30-31.

May God help us now to gather up and live by every word of instruction, reproof, and encouragement which He has spoken to us, that when the angels of heaven shall appear we may be among the multitude of the redeemed gathered up by them to live with Jesus forevermore.



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# COME OUT FROM AMONG THEM, AND BE YE SEPARATE

Mrs. E. G. White.

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? and what concord hath Christ with Belial? or what part hath he that believeth with an infidel? and what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.”

## HOLINESS, MERCY, TRUTH, LOVE, MUST BE BROUGHT INTO THE LIFE

Never was there a time when this warning was more appropriate than at the present time. Far too large a number of professed Christians are Christians only in name. They have no root in themselves. Their hearts are filled with pride, impurity, unholy ambition, self-importance, and love of supremacy. They may have an intelligent knowledge of the theory of the truth, and prove their doctrines to be sound and Scriptural, but they hold the truth in unrighteousness. By their course of action they deny the Saviour. Their hearts are not sanctified through the truth. They are unholy in heart, and

unchristlike in deportment. Unless the spirit and principles that characterized the life of Christ are planted in the heart, they can not control the life. The law of God must be written in the heart, the truth of God must illuminate the soul. Holiness, mercy, truth, love, must be brought into the life. Unless the soul-temple is cleansed from its defilement, unless there is purity of heart, unless earnest efforts are made to meet the standard of God's word, they will never be fitted to be the companions of the pure and holy; they will never wear the white linen which is the righteousness of the saints.

## SOME PROFESS TO BELIEVE THE WORD OF GOD, BUT THEY DO IT NOT

There will always be in positions of trust men who have never overcome self, professors who flatter the pleasure-lover, and court his approval by uniting with him. They determine not to obey the call to come out and be separate, and as a consequence, iniquity abounds. Anything is more acceptable to them than the putting away of the evil thing. They profess to believe the word of God, but they do it not. With a knowledge of sacred truth before them, they cherish sin in the heart. The will of God is known, but rejected, and their hearts become more hard, their consciences more unimpressible, and their ruin more sure than if they had had no knowledge of the truth. These men are not moved by the messages of warning. The terrors of the Lord have no lasting effects upon their minds. The love of Jesus, his pity, his compassion for fallen man, which led him to leave the

royal courts and lay aside his robes of honor, for our sake to become poor, that we through his poverty might be rich; his life of self-denial and self-sacrifice, may be presented before them. His entreaties, his invitations, his rich promises, may be



repeated to them; but their selfish hearts are proof against them all. They feel that God's claims are arbitrary, and the truth finds no place. Let there be more license, less restraint, pleads the carnal heart. The temple of the soul is used for idols, and the truth of God's word has no power to cause them to turn from sin. The indulgence of self, which keeps them in harmony with the world's customs and practices, has a controlling power upon their lives.

## A TISSUE OF LIES IS PLACED WHERE TRUTH ALONE SHOULD BE

Over the lives of very many professed Christians the power of God has but little control. Innumerable favors are bestowed upon them by the God of heaven, without awakening in them one thought of gratitude in return. The love of Jesus is not a ruling principle in the soul, and therefore can not exercise a constraining power upon the life.

A partial surrender to truth gives Satan free opportunity to work. Until the soul-temple is fully surrendered to God, it is the stronghold of the enemy. This influence is leading souls away from the grand old waymarks into false paths. When the mind becomes confused, when



right is considered unessential, and error is called truth, it is almost impossible to make these deceived souls see that it is the adversary who has confused their senses and polluted the soul-temple. A tissue of lies is placed where truth, and truth alone, should be. The word of God is a dead letter to them, and the Saviour's love is unknown.

### CHRIST HAS PLACED BEFORE US THE CONDITIONS OF ETERNAL LIFE

“Come out from among them, and be ye separate.” Will we hear the voice of God and obey, or will we make half-way work of the matter, and try to serve God and mammon? Christ has placed before us the conditions of eternal life. “Thou shalt love the Lord thy God,” he says, “with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself.” “This do, and thou shalt live.” Those who hear from the lips of Christ the words, “Well done, thou good and faithful servant,” will be heroic ministers of righteousness. They may never preach a discourse from the pulpit, but, loyal to a sense of God's claims upon them, and jealous for his honor, they will minister to the souls who are the purchase of Christ's blood. They will see the necessity of carrying into their work a willing mind, an earnest spirit, and a hearty, unselfish zeal. They will not study how best they can preserve their own dignity, but by care and thoughtfulness



will seek to win the hearts of those whom they serve. On every hand the agents of Satan will seek to induce them to sin, but those who will to love and fear God will stand as firm as a rock to their heaven-inspired purpose. Like Daniel, they will refuse to be moved from their convictions of duty.

### LET US CLEANSE OURSELVES FROM ALL FILTHINESS OF THE FLESH

The apostle Paul urges upon us the advantages placed within our reach. “Having therefore these promises, dearly beloved,” he says, “let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” We are to separate from the world in spirit and practice if we would become sons and daughters of God. In his prayer for his followers, Christ asked, “I pray not that thou shouldst take them out of the world, but that thou shouldst keep them from the evil. They are not of the world, even as I am not of the world. Sanctify them through thy truth: thy word is truth.”

### PURE AND HOLY PRINCIPLES MUST TAKE ROOT

There is earnest work before each one of us. Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them. In all our institutions, our publishing houses and colleges, pure and holy principles must take root. If our institutions are what God

designed they should be, they will not pattern after any other in the land. They will stand as peculiar, governed and controlled by the Bible standard. They will not come into harmony with the principles of the world in order to gain patronage. No motives will have sufficient force to move them from the straight line of duty. Those who are under the control of the Spirit of God will not seek their own pleasure or amusement. If Christ presides in the hearts of the members of his church, they will answer to the call, “Come out from among them, and be ye separate.” Partake not of her sin.

### THE WORKER WHO STANDS TRUE WILL BE EXPOSED TO HATRED AND REPROACH

God has a work for his faithful sentinels to do in standing in defense of the truth. They are to warn and entreat, showing their faith by their works. They are to stand as did Noah, in noble, whole-souled fidelity, their characters



untarnished by the evil around them. They are to be saviors of men, as Christ was. The worker who thus stands true to his trust will be exposed to hatred and reproach. False accusations will be brought against him to drag him from his high position. But this soul has his foundation upon the Rock, and he remains unmoved, warning, entreating, rebuking sin and pleasure-loving by his own moral rectitude and circumspect life.

November 28, 1899



*Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.*



fain have filled his belly with the husks that the swine did eat: and no man gave unto him. And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, And am no more worthy to be called thy son: make me as one of thy hired servants. And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son. But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet: And bring hither the fatted calf, and kill it; and let us eat, and be merry: For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry." Luke 15:11-24.

### Enough rules and restrictions!

This story, or parable that Jesus told, was in response to the Pharisee's accusation about Him receiving sinners and eating with them: "Then drew near unto him all the publicans and sinners for to hear him. And the Pharisees and scribes murmured, saying, This man receiveth sinners,

and eateth with them. And he spake this parable unto them, saying..." Luke 15:1-3. Jesus spoke about the lost sheep, the lost coin, and finally the prodigal son.

The Bible says that the younger son had decided that he had had enough of his father's rules and restrictions, and wanted to leave. He demands of his father his inheritance. And, his father gives it to him. The son, excited to be on his way, tears out of the driveway on his camel.

# The Prodigal Son - Remorse

By Joe Olson

"And he said, A certain man had two sons: And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living. And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living. And when he had spent all, there arose a mighty famine in that land; and he began to be in want. And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine. And he would



### The young son wasted all of his inheritance

The scripture says nothing more than this about what the young man did with his money: "And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living." Luke 15:13.

The Bible says that he "wasted" his substance. Verse 14 says that he had "spent all". All of his inheritance was gone. All of his father's money was spent. All of it, the Bible says. The Bible states simply that it was spent on "riotous" living.



## He danced and feasted with his wild companions

Sister White gives us a little more insight into exactly what this “riotous living” was. “The precious years of life, the strength of intellect, the bright visions of youth, the spiritual aspirations—all are consumed in the fires of lust.” *A Call to Stand Apart* 12.

God gives us a little more light on exactly what it was that the money was spent on: “...he danced and feasted with his wild companions...” *A Call to Stand Apart* 13. Then, even a little more light is shone on the situation...“The wealth which he has selfishly claimed from his father he squanders upon harlots. The treasure of his young manhood is wasted.” COL 199.

## He had many sharers of his wealth

Imagine the scenes of revelry, of feasting and drinking and dancing and womanizing. When you have money, you have lots of “friends”, or maybe it would be better to say, “sharers of your wealth”. And these “sharers” are happy to be with this young man. He had a fortune, sister White says. “Money in plenty”, she said. And the Bible said that he spent it all.

## Years of his youth were wasted

Did you ever wonder how long it took him to spend all that “fortune”? I had never really considered that before, but when I did start to think about it, I wondered how many years it was. The Bible doesn’t say. As I read the parable, I kind of got the impression that it was a fairly short period of time. But upon further reading, I was reminded of quotes like these: “The precious years of life, the strength of intellect, the bright visions of youth, the spiritual aspirations—all are consumed in the fires of lust.” *A Call to Stand Apart* 12. “Years” we are told, were wasted. The “bright visions of youth were consumed”.

## He was emaciated with hunger

The Bible says that things had gotten so bad for him that he had to become a servant and feed pigs for a living, and was getting so hungry that he was almost prepared to eat their slop. And this was not because he went hungry for a day or two...He was emaciated! “He was wretched in consequence of privation and was emaciated with hunger.” 3T 101. You do not get “emaciated” in a few days. Especially if you had been “feasting”



for years; it would take a long time to get to an “emaciated” condition. My point is that he had been gone from home for years. Not only had he spent all his fortune, which took years in itself, then he worked for someone else for a long enough length of time to get so poor and hungry and destitute that he was emaciated.

## The son was called “prodigal” because of his waste

Now, whether this was 3, 4, 5 or 10 years, we are not told. But it was a long time. All this “time” was wasted the Bible says. The prodigal son was called “prodigal” because of his waste. His money, his youth, his strength, his abilities, his talents...all were wasted. That is what made him the prodigal son.

## What should we learn from this parable?

There are many reasons that Jesus told this parable to the scribes and Pharisees, and no doubt, these same reasons apply to each one of us today. What can we learn... what *should* we learn from this parable? As a rule, most of us would not consider ourselves “prodigals”. And while it may be true that we might not have gone to the extent that this young man did...have we wasted our time and abilities and talents... and even our money? Do we even think about it? Do we think about how it affects others?

## It is the devil’s plan to keep us “busy”

“Little did the gay, thoughtless youth, as he went out from his father’s gate, dream of the ache and longing left in that father’s heart. When he danced and feasted with his wild companions, little did he think of the shadow that had fallen on his home.” *A Call to Stand Apart* 13. It is the devil’s plan to keep our consciences quieted; to keep us “busy” with the affairs of life; to keep us always looking after what WE want... what WE need... what WE desire...to keep us... selfish.

“Whatever the appearance may be, every life is squandered that is centered in self. Whoever attempts to live his life apart from God, is but wasting his substance; he is squandering the precious years, squandering the powers of mind and heart and soul, and working to make himself bankrupt for eternity.” *General Conference Bulletin*, Dec. 1, 1895.

## It is easy to justify our own actions

It is so easy to feel justified in how we act, how we treat others, how we respond to the needs of others. We can be worse than the prodigal son many times, because we do not see our



own need, our own ragged clothes, and our spiritually emaciated forms. I recently read a story about a family and a frail father. It touched me so much that I wanted to share it with you. It was



such a forceful illustration of how we think of ourselves and not thinking of how we treat others or how it impacts them.

## The Wooden Bowl

~ A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. 'We must do something about father,' said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when you grow up.' The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table.

For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled. ~

## Are you a prodigal son or daughter?

We can get so lost in our own needs and desires and wants, that just like the prodigal son, we lose sight of how our actions impact others. Are you a prodigal with your money? Do you squander all or most of what God gives you on yourself? Are you a prodigal with

your talents? Do you spend most if not all of your abilities getting and doing for yourself instead of for others? Here is a huge one... especially for me over the years - are you a prodigal with your time?

## A true "prodigal" story...

I'd like to tell you another story. This one comes from my own life. When I was much younger than I am today, I had a little boy named Joey. Like most young fathers, I was very busy. I was married, working, gardening, had hobbies, and now a child. I read a lot, I studied, I taught Sabbath School, I preached, I witnessed, passed out literature, etc., etc. And, as many fathers do, I spent more time with my other duties, my other responsibilities, my other desires, than I did with my son.

My mother-in-law, being older and wiser and having experienced these things much earlier in life, tried to correct my wayward path. And, as is typical of many young people, I felt she did not know what she was talking about. So, in a very kind and gentle remonstrance, she took a picture of my little boy and framed it with this story, written by William Livingston Larned. It goes like this:

~ Listen, son; I am saying this to you as you lie asleep, one little paw crumpled under your cheek and the blond curls stickily wet on your damp forehead. I have stolen into your room alone. Just a few moments ago, as I sat reading my paper in the library, a hot stifling wave of remorse swept over me. Guiltily, I came to your bedside.

There were things I was thinking, son; I had been cross to you. I scolded you as you were dressing for school because you gave your face merely a dab with a towel. I took you to task for not cleaning your shoes. I called out angrily when I found you had thrown some of your things on the floor. At breakfast, I found fault too. You spilled things. You gulped down your food. You put your elbows on the table. You spread butter too thick on your bread. And as you started off to play and I made for my train, you turned and waved a little and called, "Goodbye, Daddy!" and I frowned, and said in reply, "Hold your shoulders back!"

Then it began all over again in the late afternoon. As I came up the road, I spied you, down on your knees, playing marbles. There were holes in your stockings. I humiliated you before your friends by making you march on ahead of me to the house. Stockings were expensive - and if you had to buy them you would be more careful! Imagine that son, from a father! It was such stupid, silly logic.

But do you remember later, when I was reading in the library, how you came in softly, timidly, with a sort of hurt, hunted look in your eyes? When I glanced up over my paper, impatient at the interruption, you hesitated at the door. "What is it you want?" I snapped. You said nothing, but ran across in one tempestuous plunge, and threw your arms



around my neck and kissed me again and again, with your small arms tightened with an affection that God had set blooming in your heart and which even neglect could not wither. And then you were gone, pattering up the stairs.

Well son, it was shortly afterwards that my paper slipped from my hands and a terrible, sickening fear came over me. Suddenly, I saw myself as I really was, in all my horrid selfishness, and I felt sick at heart. What had habit been doing to me? The habit of complaining, of finding fault, of reprimanding – all these were my rewards to you for being a boy. It was not that I did not love you; it was that I expected so terribly much of youth. I was measuring you by the yardstick of my own years. And there is so much good and fine and true in your character.

You did not deserve my treatment of you son. This little heart of yours was as big as the dawn itself over the wide hills. All this was shown by your spontaneous impulse to rush in and kiss me good night. Nothing else matters tonight son. I have come to your bedside in the darkness, and I have knelt here, choking with emotion, and so ashamed!

It is a feeble atonement; I know you would not understand these things if I told them to you during your waking hours. But tomorrow, I will be a real daddy! I will chum with you, and suffer when you suffer, and laugh when you laugh. I will bite my tongue when impatient words come. I will keep saying as if it were a ritual: "He is nothing but a boy - a little boy!" ~

### Lost time can never be reclaimed

This "prodigal" father was filled with remorse, as was the prodigal son. My little boy has long since grown up and now he has a little boy. I was the prodigal son with my time and with what I wanted to do. That time can never be bought, or brought back. There are no do-overs when it comes to time. Even in eternity, when time will last forever, whatever wasted moments are spent in this life, they can never be retraced.

And mothers, are you more concerned with how clean your house is, how well your careers are going, how beautiful your yard is, than spending time with your husband or your children? You can never get that time back.

Sons, daughters, are you spending time with your parents while they are still here on this earth?

I have been to more funerals than I care to remember, and I have never, ever heard someone lament that they spent too much time with the deceased. It is always the other way around.

### Examine your life

Look at your life. Are you happy with the way you have "spent" it? The "fortune" in time, in money, in talents, in children, in all the blessings you have been blessed with... Have you, are you, spending it wisely? Have you always spent it wisely? I already know the



answer for me.

The lesson of the prodigal son is for all of us! No matter how we have squandered our "fortunes", no matter how we have wasted our lives, no matter how emaciated we have become, no matter how filthy the rags we are dressed in...Our Father waits to welcome us back.

### Our Heavenly Father awaits our return with open arms

The father in the biblical account of the prodigal son is depicted as waiting, longing, hoping for his child to recognize his condition and return home. The father in this story is God. We have taken all the blessings the Father has so bountifully blessed us with, and have run off to squander them on ourselves. We have wasted all He has given us.

We are told that when the prodigal finally decided to come home that the father could still recognize his son, even though it had been "years": "Not even the degradation of the years of sin can conceal the son from the father's eyes." *A Call to Stand Apart* 13.

And if the devil has not been too successful, we might see our condition, as the prodigal saw his. And we already know if we return to the Father, how we will be received - open arms, the best robe, a ring, shoes, and a feast of rejoicing! "And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him." Luke 15:20.

### Don't waste any more time!

The prodigal returned home, but... while he was yet a "great way off", his father saw him and ran to him. This is our heavenly Father. As soon as we turn to come home, He starts running to us. Don't waste any more time, talents, money or abilities. Turn, and let your Father run to you.



*Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.*

# The Widow Of Nain

By Mrs. L. D. Avery-Stuttle

Woman of Nain, where goest thou  
With all thy friends, a numerous train?  
Grief sits enthroned upon thy brow,  
Thy tears are falling fast like rain—  
Woman of Nain.

Daughter of Nain, why weepest thou?  
The birds sing sweet, the skies are fair,  
All nature smiles in beauty now,  
Autumnal tints are everywhere  
In colors rare.

Widow of Nain, look! O'er the deep  
Blue waters of the shining sea,  
Like starry eyes that never sleep,  
Bright diamonds gleam on Galilee,  
And flash in glee.

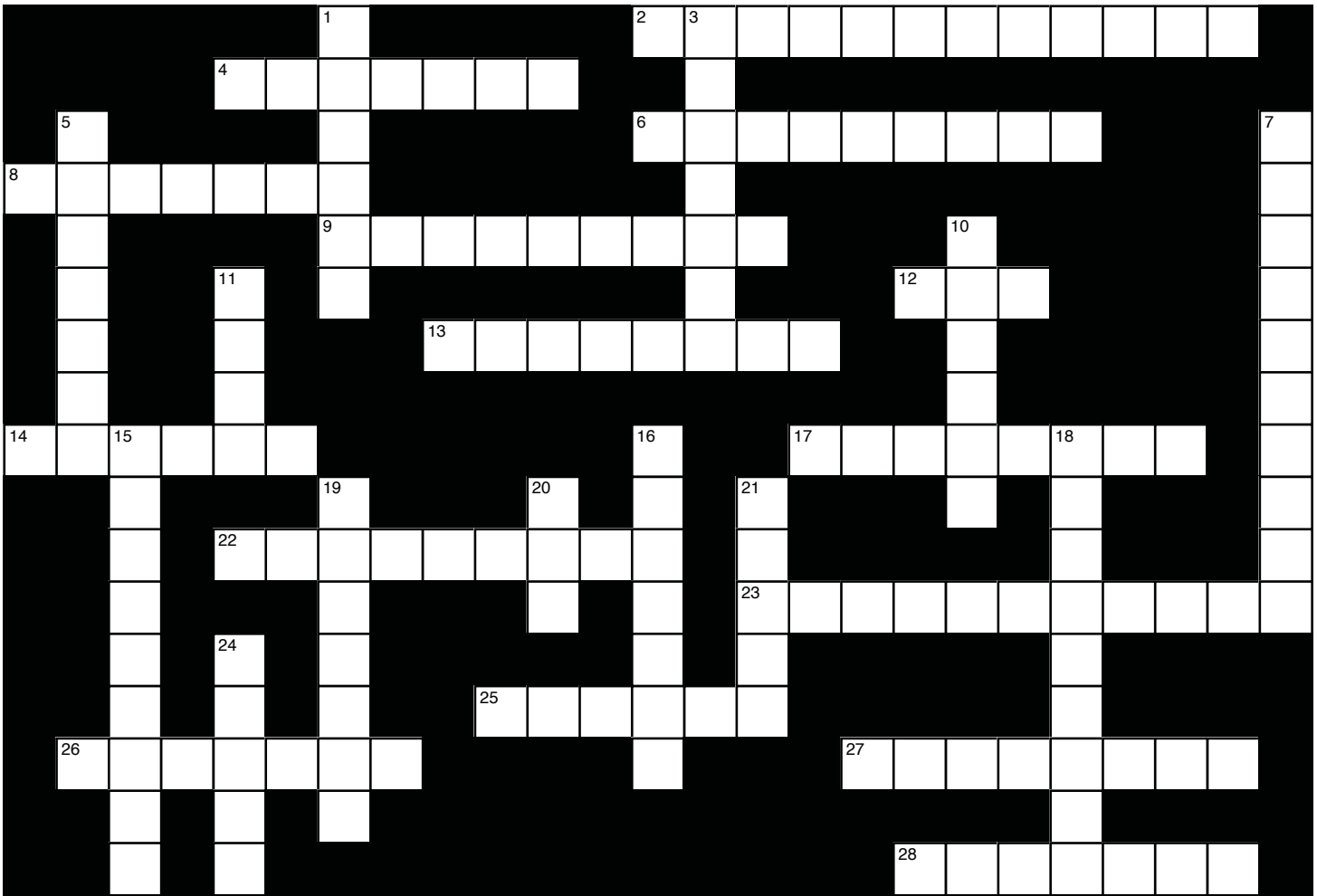
“Yes, but my heart knows naught of joy,  
Knows naught but grief and care and fears;  
I see no more my darling boy,  
The comfort of my lonely years,—  
My meat is tears.”

Hark! O'er the vast assembled throng  
There falls a hush, profound and deep;  
And they who bear the bier along,  
And they who wait, and they who weep,  
A silence keep.

A calm voice speaks; as music sweet,  
That mystic voice: “Young man, arise!”  
The widowed mother springs to greet  
Her son, while halleluiahs rise  
And rend the skies.



# Christian Crossword



## ACROSS

2. Baptism is a symbol of the \_\_\_\_\_
4. They shall build houses and \_\_\_\_\_ them
6. The daughter of Zion is like a \_\_\_\_\_ woman
8. Believe His prophets, so shall ye \_\_\_\_\_
9. Our God is a \_\_\_\_\_ fire
12. I have appointed thee each \_\_\_\_\_ for a year
13. It is possible for Satan to work \_\_\_\_\_
14. God desires that we prosper and be in good \_\_\_\_\_
17. Jesus was fully \_\_\_\_\_ in His baptism
22. If a man makes himself equal to God, it is called \_\_\_\_\_
23. In the grave there is no \_\_\_\_\_ of God
25. The beast power reigns supreme 42 \_\_\_\_\_
26. A beast represents a \_\_\_\_\_
27. He that believes and is \_\_\_\_\_ shall be saved
28. Jacob at Bethel meets God and commands his household to remove their \_\_\_\_\_

## DOWN

1. The Bride of Jesus represents His \_\_\_\_\_
3. When Jesus comes, His reward of \_\_\_\_\_ life will be with Him
5. In vision, a true prophet does not \_\_\_\_\_
7. Without faith it is \_\_\_\_\_ to please God
10. The harlot of Revelation 17 represents the \_\_\_\_\_ church
11. The church waiting for the 2nd coming will come behind in no \_\_\_\_\_
15. In 538 A.D. the pagan Roman empire granted the pope of Rome civil and religious \_\_\_\_\_ over the empire
16. Revelation 14:12 calls us to keep God's commandments as a sign of \_\_\_\_\_ to Him

18. Present your bodies a living \_\_\_\_\_ unto God
19. The lion in the Book of Daniel represents \_\_\_\_\_
20. The \_\_\_\_\_ represents peoples, nations, or language groups
21. The "keys" Jesus gave to Peter were His own \_\_\_\_\_
24. Papal Rome received its authority from \_\_\_\_\_ Rome

## Answers from Christian Crossword published in the September 2010 issue of Our Firm Foundation



## Protein and the Vegetarian Diet - Part 5



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

In wrapping up this protein series we would like to show how important it is to have a realistic idea of the body's true protein needs because of the **damage** that may occur when we eat beyond those needs. There is much more of a chance that you're getting **too much** protein than too little. In fact, it is said that many people actually are suffering from protein poisoning!

### Most people suffer from an overdose of protein

Can you get too much of a good thing? If the "thing" is protein, the answer is emphatically, **yes!** High protein intake forces extra work on the body. It must convert the protein to fuel and eliminate the harmful acids created in the process of digestion. Acid saturation of the body cells, due to excessive protein intake, can quite simply cause death. Perhaps a better question is: how "good" a thing is protein anyway?

In "The 80/10/10 Diet" Dr. Douglas Gram says, "To listen to the proponents of the meat industry, one would think we are in imminent danger of disease and death if we fail to eat meat three times a day. The truth is that **eating meat this often causes the very conditions we're taught to fear.** This is a surprise to most people, who have been taught, *incorrectly*, that they need large amounts of protein to be healthy. Actually, the reverse is true: Most people suffer from an **overdose** of protein each day, and this accounts for a great deal of our ill health.

Too much protein in our diets is associated with all manner of health impairments, including such symptoms as constipation and other digestive disorders that often lead to toxemia (toxic blood and tissues) and, eventually, **cancer**. Autoimmune dysfunction, arthritis, and all other autoimmune conditions, premature aging, impaired liver function,

kidney failure, osteoporosis, and many other degenerative and pathogenic conditions result from eating more protein than we need." (1)

He goes on to say "It is **no coincidence** that fruits and vegetables contain *just* the right amounts of protein to build and maintain the human body. Nor is it a coincidence that the minerals they supply are predominantly the alkaline ones: calcium, sodium, magnesium, and potassium." (2)

### So let's talk about some conditions that may result from too much protein.



#### 1. Osteoporosis. Eat meat - lose bones.

As people on a traditional diet grow older, they often experience "bone loss" or osteoporosis. Bone loss usually occurs more often in elderly women than anyone else, but

almost everyone who eats a high meat-protein diet will suffer from some amount of bone loss, and this includes children as well as mature adults.

"Americans consume more cow's milk and its products per person than most populations in the world. So Americans should have wonderfully strong bones, right? Unfortunately, not. A recent study showed that American women aged fifty and older have one of the highest rates of hip fractures in the world. The only countries with higher rates are in Europe and in the South Pacific (Australia and New Zealand) where they consume even **more** milk than in the United States." (3)

Generally, a high rate of hip fractures is considered a fairly reliable indicator of osteoporosis, or bone loss. It is often claimed to be due to inadequate **intake** of

calcium. Therefore, doctors recommend higher calcium consumption. Since dairy products are particularly rich in calcium, the dairy industry eagerly supports efforts to boost calcium consumption – in the form of their products. There is a problem with this, though, because those countries that use the **most** cow's milk and its products also have the **highest** fracture rates and the worst bone health. What can this mean?

"One possible explanation is found in a report showing an impressively strong association between animal protein intake and bone fracture rate for women in different countries. Authored in 1992 by researchers at Yale University School of Medicine, the report summarized data on protein intake and fracture rates taken from thirty-four separate surveys in sixteen countries that were published in twenty-nine peer-reviewed research publications. All the subjects in these surveys were women fifty years and older. **It found that a very impressive 70% of the fracture rate was attributable to the consumption of animal protein.**

### Animal protein vs. plant protein

These researchers explained that animal protein, unlike plant protein, increases the acid load in the body. An increased acid load means that our blood and tissues become more acidic. The body does not like this acidic environment and begins to fight it. In order to *neutralize* the acid, the body uses calcium, which acts as a very effective base. This calcium, however, **must come from somewhere.** **It ends up being pulled from the bones, and the calcium loss weakens them, putting them at greater risk for fracture.**

We have had evidence for well over a hundred years that animal protein decreases bone health. The explanation of animal protein causing excess metabolic acid, for example, was first suggested in



the 1880s and was documented as long ago as 1920. We also have known that animal protein is more effective than plant protein at increasing the metabolic acid load in the body. When animal protein increases metabolic acid and draws calcium from the bones, the amount of calcium in the urine is increased. This effect has been established for over eighty years and has been studied in some detail since the 1970s.

Summaries of these studies clearly show that the amount of animal protein consumed by many of us on a daily basis is capable of causing substantial increases in urinary calcium. Doubling protein intake (mostly animal-based) from 35-78 g/day causes an alarming 50% increase in urinary calcium. This effect occurs well within the range of protein intake that most of us consume; average American intake is around 70-100 g/day. Incidentally, a six-month study funded by the Atkins Center found that those people who adopted the Atkins Diet **excreted 50% more calcium** in their urine after six months on the diet.” (4)

Medical researcher Dr. Robert Heaney, states, “The more protein you take in, the more calcium you excrete.” His studies have shown that a diet that contains 50% more protein than is needed may result in as much as 1% loss of bone per year. Since almost every woman (and man) in this country consume the 50% in excess protein amount, it is no wonder that bone loss occurs in as much as 98% of the population.

### What are the dangers of the bone loss?

One of the most obvious signs of bone loss occurs around the teeth and under the gum lines of the mouth. As bone is lost or removed from the jaw, the teeth loosen and eventually decay or fall out. Most so-called gum disease in this country actually comes from bone loss.

Another very obvious danger of bone loss is the tendency of older people to crack their bones after a minor fall. The hips especially are susceptible to bone loss in elderly women, and there have been many instances where these women’s hips

have actually snapped under the body’s own weight.

A high-protein diet can cause a total bone loss of 1% or more per year. This means that a normally healthy woman of 25 years could lose up to half of her bone structure by the time she reaches 75 years, if she continues to eat the typical high-meat, high-protein diet of twentieth-century America.



### 2. Kidney Problems

Too much protein can also cause problems with the kidneys, including kidney stones. This agonizing symptom is the result of a crystallized stone trying to pass

through the thin tube in your body (ureter) that transports urine from the kidney to the bladder. In describing the pain involved, the *UCLA Kidney Stone Treatment Center* Web site states, “This is probably one of the worst pains humans experience. Those who have had it will never forget it... The severe pain of renal colic needs to be controlled by potent pain killers. Don’t expect an aspirin to do the trick. Get yourself to a doctor or an emergency room.” (5) According to The China Study, up to 15% of Americans will be diagnosed with having kidney stones at some point in their lives.

Professor W.G. Robertson from the Medical Research Council in Leeds, England, along with his research team, has investigated the relationship between food and kidney stones with great depth and breadth, both in theory and in practice, for over thirty years. “One of Robertson’s charts depicts a stunning relationship between animal protein consumption and the formation of kidney stones. It shows that consuming animal protein at levels above twenty-one grams per person per day (slightly less than one ounce) for the United Kingdom for the years of 1958 to 1973 is **closely correlated** with a high number of kidney stones formed per 10,000 individuals per year.” (6)

Robertson and his colleagues developed a model for estimating the risk of stone formation – with remarkable accuracy. Although they identified six major risk factors for developing stones, animal protein consumption was the major culprit. In fact, consumption of animal protein at levels commonly seen in affluent countries leads to the development of **four of the six** risk factors! “Robertson published findings showing that, among the patients who had recurrent kidney stones, he was able to **resolve** their problem simply by shifting their diet away from animal protein foods.” (7)

“How does this work? When enough animal protein-containing foods are consumed, the concentrations of calcium and oxalate in the urine increase sharply, **usually within hours.**

The individuals in this study consumed only fifty-five grams per day of animal protein, to which was added another thirty-four grams per day of animal protein in the form of tuna fish. This amount of animal protein consumption is well within the levels most Americans regularly eat. Men consume around 90-100 grams of total protein per day, the majority of which comes from animal foods. Women consume about 70-90 grams per day.

When the kidney is under a persistent, long-term assault from increased calcium and oxalate [such as from a diet including meat and dairy products], kidney stones may result.” (8)

### A high protein diet overworks the kidneys

When a high-protein diet is followed, the kidneys soon become overworked as they try to eliminate all the toxic by-



products of protein metabolism. David A. Phillips, a Hygienist author and lecturer from Australia, says, “The premature breakdown of kidneys in the Western world no longer surprises one when it is realized that the body’s **protein** intake has risen **all out of proportion to its needs.**”

This condition is unfortunately compounded when the nature of the protein is more complex and more prone to create a high-acid residue, **such as characterizes animal proteins.**

Dr. Herbert M. Shelton, writing on the effects of a high-protein diet on the kidneys, states: “In middle-aged adults perfectly normal kidneys are the **exception** rather than the rule. By a careful selection of a low-nitrogen (low-protein) diet, **it is possible** to reduce the amount of work required of the kidneys to a level at which they are able to keep the waste products in the blood within normal limits.” (9)

“When people eat too much protein, it also releases nitrogen into the blood or is digested and metabolized. This places a strain on the kidneys, which must expel the waste through the urine. High-protein diets are associated with reduced kidney function. Over time, individuals who consume large amounts of protein, particularly animal protein, risk **permanent loss of kidney function.**

Harvard researchers reported recently that high-protein diets were associated with a significant decline in kidney function, based on observations in 1,624 women participating in the Nurses’ Health Study. The *good* news is that the damage was found **only in those who already had reduced kidney function** at the study’s outset.

The *bad* news is that **as many as one in four adults in the United States may already have reduced kidney function**, suggesting that most people who have kidney problems are unaware of that fact and do not realize that high-protein diets may put them at risk for further deterioration. **The kidney-damaging effect was seen only with animal protein. Plant protein had no harmful effect.**” (10)

“The American Academy of Family

Physicians notes that high animal protein intake is **largely** responsible for the high prevalence of kidney stones in the United States and other developed countries and **recommends protein restriction for the prevention of recurrent kidney stones.**” (11)

### 3. Cancerous Tumors

According to a recent popular survey, one of the things that Americans fear more than death itself is cancer and the painful, lingering death that ensues. Yet we create cancer in our own bodies with every bite we take of processed, refined, and preserved foods. And the biggest offenders are the traditional high-protein foods—cheese, eggs, and especially meat.

In 1982, the National Academy of Sciences suggested that there is a strong link between animal product foods high in protein and occurring cancers of the breast, prostate, and colon. In fact, Dr. T. Colin Campbell, a member of the panel who studied the link between diet and cancer had this to say: “The weight of the evidence certainly points to a link between high-protein foods and resultant cancers.”



### Sufficient protein builds healthy bodies; excessive protein builds tumors.

By now it should be old news that cancer is related to the consumption of animal products high in **fat** (meat, dairy products, eggs, etc.). Heavy beef eating is **directly** related to the high incidence of colon and rectum cancer in this and other predominantly meat-eating populations. In fact, almost ten years ago, Dr. Ernest Wynder announced to the Greater Boston Medical Society that

dietary fat and animal protein *combine* with bacteria in the colon to form acids which are linked to tumor formations. He said that evidence *furthermore* shows that such high-protein, high-fat foods are **also** implicated in tumors of the breast, pancreas, kidneys, ovaries, and prostate.

Malignant tumors require amino acids for growth that **only** protein foods can supply. The high-protein requirement for cancerous growths comes, as a rule, from eating animal carcasses (meat). Tumors have been described by some researchers as “traps” for excess nitrogen in the body. **In controlled experiments, the rate of a tumorous growth increased twice as fast when concentrated protein was added to the diet.**

The demand for protein by cancerous cells is almost **ten times** the amount as required by healthy tissues. Remember this: *Sufficient* protein builds healthy bodies; **excessive protein builds tumors.**

So how do we know this? How was this proven? Dr. Campbell and his research team decided to study the effects of protein and cancer promotion using a powerful carcinogen (cancer-causing agent) called aflatoxin, and monitoring microscopic cells called “foci”. Now, foci aren’t *actually* cancer cells. They are cancer-like cells. They are precursor clusters of cells that grow *into* tumors. While most foci may not become full-blown cancer cells, they are definitely predictive of tumor development. So Dr. Campbell decided that to start the study, they would watch the foci develop and measure how many there were, how big they would become, and try to learn *how* tumors develop and what effect protein may have on this. (12)

### A low-protein diet can override cancer causing effects of carcinogens

To do this, Dr. Campbell and his team of researchers studied two groups of rats. The first group was given *extremely high* doses of aflatoxin and then fed a diet of **either** 5% protein or 20% protein. The second group was given *extremely low* doses of aflatoxin and then fed a diet of either



5% protein or 20% protein. **The results were nothing short of spectacular!**

*"In the animals fed the 20% level of protein, foci increased in number and size, as expected, as the aflatoxin dose was increased. The dose-response relationship was strong and clear."* (13) Ok, this was to be expected. The more cancer-causing agent was given, the more foci grew. Makes sense, right? *"However, in the animals fed 5% protein, the dose-response curve completely disappeared. There was no foci response, even when animals were given the maximum tolerated aflatoxin dose."* (14) Wait a minute! So, when the rats were fed higher and higher doses of the carcinogen, as long as the protein intake was very low, there was no foci development? This was incredible! This result showed that a low-protein diet could **override** the cancer-causing effects of even a **very powerful carcinogen**, aflatoxin.



### Can cancer be controlled through nutrition?

Dr. Campbell began asking: "Is it possible that chemical carcinogens, in general, do not cause cancer unless the nutritional conditions are **"right"**? Is it possible that, for much of our lives, we are being exposed to small amounts of cancer-causing chemicals, but cancer does not occur unless we consume foods that promote and nurture tumor development? **Can we control cancer through nutrition?**" (15)

In the book, he goes on to say: "If you have followed the story so far, you have seen how provocative these findings are. Controlling cancer through nutrition was, and still is, a radical idea. But as if this weren't enough, one more issue would yield explosive information: **did it make any difference what type of protein was used in these experiments?**

For all of these experiments, we were using casein, which makes up 87% of cow's milk protein. So the next logical question was whether **plant protein**, tested in the same way, has the same effect on cancer promotion as casein. **The answer is an astonishing "NO"**. *In these experiments, plant protein did not promote cancer growth, even at the higher levels of intake*. An undergraduate pre-medical student doing an honors degree with me, David Schulsinger, did the study. *Gluten, the protein of wheat, did not produce the same result as casein, even when fed at the same 20% level*." (16)

### All protein is not created equal

So, just to reiterate, they discovered that high levels of milk protein turned foci growth on, but high levels of plant protein did not. So all protein is not created equal after all! He goes on: "We also examined whether **soy** protein had the same effect as casein on foci development. Rats fed 20% soy protein diets **did not** form early foci, just like the 20% wheat protein diets. Suddenly, protein - milk protein in this case - wasn't looking so good. We had discovered that **low protein** intake **reduces**

**cancer initiation** and works in multiple synchronous ways. As if that weren't enough, we were finding that **high protein intake**, in excess of the amount needed for growth, **promotes cancer after initiation**. Like flipping a light switch on and off, we could control cancer promotion merely by changing levels of protein, regardless of initial carcinogen exposure. But the cancer-promoting factor in this case was cow's milk protein. It was difficult enough for my colleagues to accept the idea that protein might help cancer grow, but **cow's milk protein?** Was I crazy?" (17)

Now to understand why this may have been so difficult for Dr. Campbell, you must realize that he grew up on a dairy farm. His whole life he believed cow's milk was nature's most perfect food. He even began his career trying to find a way to increase dairy protein in third world countries to **improve** their health. This

went against everything he had believed and known to be true!

This is where it really starts to get exciting! He says, "Thus far we had relied on experiments where we measured only the **early** indicators of tumor development, the early cancer-like foci. Now it was time to do the **big study**, the one where we would measure **complete tumor formation**. We organized a very large study of several hundred rats and examined tumor formation over their **lifetimes** using several different approaches.

The effects of protein feeding on tumor development were **nothing less than spectacular**. Rats generally live for about two years, thus the study was 100 weeks in length. All animals that were administered aflatoxin and fed the regular 20% levels of **casein either were dead or near death from liver tumors at 100 weeks**.

All animals administered the **same level of aflatoxin but fed the low 5% protein diet** were **alive, active and thrifty, with sleek hair coats at 100 weeks**. This was a virtual 100 to 0 score, something almost never seen in research and almost identical to the original research in India. [Please see The China Study p. 37]

In this **same** experiment, we **switched** the diets of some rats at either forty or sixty weeks, to again investigate the **reversibility** of cancer promotion. Animals switched **from a high-protein to a low-protein diet had significantly less tumor growth** (35%—40% less!) than animals fed a high protein diet [the entire time]. Animals switched **from a low-protein diet to a high-protein diet halfway through their lifetime started growing tumors again**. These findings on full-blown tumors confirmed our earlier



findings using foci. Namely, **nutritional manipulation CAN turn cancer “on” and “off.”** (18)

He states: “Let there be no doubt: cow’s milk protein is an **exceptionally potent cancer promoter** in rats dosed with aflatoxin. The fact that *this promotion effect occurs at dietary protein levels (10—20%) commonly used both in rodents and humans* makes it especially tantalizing—and provocative. (19)

### Why aren’t the doctors warning people?

If you’re like me, after you read that, all you could say was “Whoa!”. All the

ads that promote milk, that show the attractive celebrities sporting milk mustaches, that tout milk as a “miracle” food that will make you big and healthy and strong - to then find out that this product actually



does **none** of this? To learn that these high protein foods such as meat and dairy actually **cause** you to **lose** calcium from your bones, can **give** you kidney stones, can **reduce** kidney function, and worst of all they actually **cause tumors to develop**? How could this be? Why aren’t the doctors warning people? Sadly, many doctors don’t know this information! But why would they? The meat and dairy industries pay good money to have their products endorsed and placed in the “food pyramid” or “basic food groups”, put into the medical textbooks, and promoted as “healthy”.

Not only can a high protein diet contribute to the diseases already discussed, but also: obesity, heart disease, diabetes, multiple sclerosis, etc. The list goes on and on. (For more information, please read The China Study. It will change your life!)

### Protein poisoning

Not only can animal protein cause the diseases above, but when protein

is consumed in greater amounts than can be processed by the body, **toxicity** results from the excessive amount of nitrogen in the blood. This extra nitrogen accumulates as kinotoxin in the muscles and causes **chronic fatigue**.

Proteinosis, or acute protein poisoning, causes headaches and a general aching. Various symptoms of protein poisoning, such as a burning of the mouth, lips and throat, rashes, mucous formation, etc., are very similar to the symptoms attributed to allergies. In fact, many so-called allergies are said to be cases of protein poisoning instead.

A high-protein diet eventually destroys the entire glandular system. It overworks the liver and places a heavy strain on the adrenals and kidneys to eliminate the toxins it creates. In many people, symptoms of arthritis have completely disappeared after they adopted a low-protein diet. It’s also worthwhile to note that ingesting excessive amounts of the sulphur-containing amino-acids (methionine and cysteine) has its own adverse health effects. And generally, only **animal** proteins contain **large** quantities of these amino acids.

### High protein diets

You say, “But I don’t eat a “high protein” diet”. But, by simply following the typical United States diet of heavy animal foods, meat, and dairy, you **are** eating a high protein diet. And you will experience many problems associated with a high-protein diet. The average American woman consumes 50% more protein than the Recommended Daily Amount (RDA), while the typical male will eat almost **double** the RDA. Please remember that all RDAs are already set intentionally “high” under the premise that they want to make sure people get all the nutrients they need. Still, Americans eat above and beyond the **already** high recommendations!

Now, some people increase their protein intake and reduce their carbohydrate intake in a bizarre effort to lose weight fast. On such a diet, weight-loss **does** occur. But so does **health loss**. You see, the body’s first nutrient need is for fuel—carbohydrates. When excessive protein is eaten **instead** of needed carbohydrates, the body will try to convert the extra protein into a *carbohydrate-type* of fuel source. This conversion process is a difficult and energy-expending one for the body, and so a net-calorie or weight loss may occur. (There are other ways the weight loss occurs; this is just the part we’re covering today.)

The problem with this attempt at weight loss with a high-protein diet is that **harmful by-products are produced in the protein to carbohydrate conversion process**. Dr. Robert R. Gross, Ph.D., New York professional Hygienist, stated the problem this way: “The hitch is the *end products* of protein digestion are acidic—urea, uric acids, adenine, etc., which, beyond a certain normal range, will cause degeneration of body tissues, producing gout, liver malfunctions, kidney disorders, digestive disturbances, arthritis, and even hallucinations.”

Dr. Helen C. Kiefer of the Northwestern University Medical School says:

“Proteins, unlike carbohydrates or fats, contain the element nitrogen. When we strip this nitrogen from the amino acid components of proteins in order to convert them to carbohydrates for energy, we run the risk of building up ammonia in our bloodstreams. Ammonia is **highly** toxic.”

### Fooling the Body

High-protein diets for weight-loss are all based on fooling the body. Instead of giving it the carbohydrate fuel it needs, you fill the body with acid-forming protein that must be painstakingly converted into fuel within the body. It’s like pouring water into your gasoline tank and hoping that your car will try to turn it into suitable fuel. Your body does try, but it really can’t be fooled.

Consider this: In the January 1983 issue of the Journal of Nutrition,

the MIT researchers concluded that carbohydrate-starvation caused by a high-protein weight-loss diet actually creates a chemical *imbalance* in the brain. This imbalance drives people to seek out carbohydrates (which is only natural since carbohydrates are our most efficient fuel source). The desire for a predominantly carbohydrate, low-protein diet is inherent in the human make-up, and it cannot be fooled by a high protein diet.

### What about protein supplements?



At this point, I hope that you're already questioning the use of protein supplements. As already stated above, the diseases caused by ingesting **too much**

protein are extremely wide and varied. It is for these, and other reasons, that protein supplements should never be used. Protein supplements, by supplying the body with an excessive amount of nitrogen, throw it out of balance and can actually contribute to **other** nutritional deficiencies. The body must try to eliminate the excess protein it cannot use and an additional burden is placed on the organs.

Also, protein supplements are generally made from fragmented foods such as soy powder, dried egg whites, powdered milk, etc. When foods are eaten in a processed and fragmented state, they tend to **oversupply** the body with *some* nutrients while creating a **deficiency** of other nutrients. Consequently, protein supplements, besides supplying an excessive and harmful amount of protein, also disrupt the body's nutritional balance.

Brewers yeast, a popular high-protein supplement, contributes to uric acid formation in the body. Dried egg whites result in constipation; soy powders have enzymes which actually inhibit the absorption of some of the amino

acids; using powdered milk results in the formation of mucus (to aid in its removal from the body), and so on. These commonly used protein supplements are not necessary and should never be included in the diet.

### The body's need

Obviously the body needs only what it needs and can use no more than what it requires. This "just right" amount of protein has been determined to be about one gram for each five pounds of body weight for mature humans of normal disposition (or 4-7%). The one gram for each two pounds of body weight is about what a **baby** requires for maintenance and **rapid growth**. Obviously adults do not require as much. The belief in a healthy high-protein diet, or that we cannot get too much of it, is **completely untrue**.

How can we make sure that we get enough protein, but not too much? Easy. Just eliminate all sub-standard, harmful, and processed foods from the diet and eat an abundance of fruits, grains, nuts, and vegetables in their purest form. This Creator-approved diet supplies all the essential amino acids that we need for a healthy life. These foods also supply us with an abundance of natural carbohydrates—our body's **number one nutrient need**. In addition, we receive a full array of vitamins, minerals, enzymes, and yet undiscovered elements from these fresh and wholesome foods packaged by God in nature.

I hope you can see that a true protein deficiency on a calorie-sufficient diet is a rarity. Yet cancers and other diseases resulting from a high-protein diet are



all too common. Say "**No!**" to the propaganda and misinformation that is circulating about any supposed benefits of a high-protein diet including meat and dairy, and say "**Yes!**" to a natural, wholesome, health-promoting diet.

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# News Watch

SHARES WORTHLESS  
 stocks tumble assets Crash!  
 deepens Interest rates liquidity  
 in doubt FORECAST



**1. Time Magazine, September 13, 2010—The World, page 17—South Africa**

Paralyzed by Labor Strikes—"The South African government's attempt to quell a three week strike by most of the country's 1.3 million state employees was thwarted Sept. 1, when unions rejected a proposed 7.5% pay hike. President Jacob Zuma, who rose to power with union support, is caught in a bind: his government can't afford to meet the strikers' pay demands, but the lavish lifestyles of his ministers don't help that argument."

**End Time Perspective:** On the March to Death."--Satan is busily at work in our crowded cities. His work is to be seen in the confusion, the strife and discord between labor and capital, and the hypocrisy that has come into the churches. That men may not take time to meditate, Satan leads them into a round of gayety and pleasure-seeking, of eating and drinking. He fills them with ambition to make an exhibition that will exalt self. Step by step, the world is reaching the conditions that existed in the days of Noah. Every conceivable crime is committed. The lust of the flesh, the pride of the eyes, the display of selfishness, the

misuse of power, the cruelty, and the force used to cause men to unite with confederacies and unions-binding themselves up in bundles for the burning of the great fires of the last days-- all these are the working of Satanic agencies. This round of crime and folly men call "life." Ev 26.

**2. Time Magazine, September 13, 2010—The World, page 17—Indonesia**

Blowing its Top—"Mount Sinabung, a volcano that sits along the Sumatra fault, ended 400 years of dormancy on Aug. 29, when it unexpectedly erupted, sending smoke and ash into the sky and causing thousands of people to flee the area. A second eruption the next day killed two people and brought the total number of displaced to 30,000. Indonesia lies above the Ring of Fire, a horseshoe

shaped zone that rims the Pacific Ocean and is known for its high level of volatility. Since 2000, 357 eruptions have occurred there, accounting for 84% of the world's volcanic activity."

**End Time Perspective:** "The coal and oil frequently ignite and burn beneath the surface of the earth. Thus rocks are heated, limestone is burned, and iron ore melted. The action of the water upon the lime adds fury to the intense heat, and causes earthquakes, volcanoes, and fiery issues. As the fire and water come in contact with ledges of rock and ore, there are heavy explosions underground, which sound like muffled thunder. The air is hot and suffocating. Volcanic eruptions follow; and these often failing to give sufficient vent to the heated elements, the earth itself is convulsed, the ground heaves and swells like the waves of the sea, great fissures appear, and sometimes cities, villages, and burning mountains are swallowed up. These wonderful manifestations will be more and more frequent and terrible just before the second coming of Christ and the end of the world, as signs of its speedy destruction." PP 108.

**3. Time Magazine, September 13, 2010—The New Drug Crisis: Addiction by Prescription, by Jeffrey Kluger, page 46.**

"Well-intentioned pain policies plus powerful opiate meds is leading to a national epidemic of pill popping—and accidental overdosing."

**End Time Perspective:** "A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take

Mount Sinabung





the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience.

“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

“Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then

nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used.” CCH 105.

**4. Time Magazine, August 23, 2010—The World, page 14--Mexico**

Supreme Court Rules on Gay Marriages—  
 “Less than a week after it upheld a Mexico City law legalizing same-sex marriage, Mexico’s Supreme Court addressed the rest of the nation. On August 10, the judges ruled by a vote of 9-2 that all Mexican states must recognize gay marriages sanctioned in Mexico City.”

**End Time Perspective:**  
Strange Abandonment

of Principle. “Is there not enough transpiring about us to show us the dangers that beset our path? Everywhere are seen wrecks of humanity, broken-down family altars, broken-up families. There is a strange abandonment of principle, the standard of morality is lowered, and the earth is fast becoming a Sodom. The Sodomitish practices which brought the judgment of God upon the world, and caused it to be deluged with water, and which caused Sodom to be destroyed by fire, are fast increasing. We are nearing the end. God has borne long with the perversity of mankind, but their punishment is no less certain. Let those who profess to be the light of the world, depart from all iniquity.”—RH, Nov. 10, 1884.



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# Ellen White Quotes



■ *“A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve. How important, then, is the development of character in this life.” COL 332.*

■ *“He that is unjust in the least is unjust also in much.’ By unfaithfulness in even the smallest duties, man robs his Maker of the service which is His due. This unfaithfulness reacts upon himself. He fails of gaining the grace, the power, the force of character, which may be received through an unreserved surrender to God. Living apart from Christ he is subject to Satan’s temptations, and he makes mistakes in his work for the Master. Because he is not guided by right principles in little things, he fails to obey God in the great matters which he regards as his special work. The defects cherished in dealing with life’s minor details pass into more important affairs. He acts on the principles to which he has accustomed himself. Thus actions repeated form habits, habits form character, and by the character our destiny for time and for eternity is decided.” COL 356.*

■ *“You should keep off from Satan’s enchanted ground, and not allow your minds to be swayed from allegiance to God. Through Christ you may and should be happy, and should acquire habits of self-control. Even your thoughts must be brought into subjection to the will of God, and your feelings under the control of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way, without any effort at restraint or discipline. If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character. When you decide that as Christians you are not required to restrain your thoughts and feelings, you are brought under the influence of evil angels, and invite their presence and their control. If you yield to your impressions, and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the most unhappy of mortals, and your lives will prove a failure.” 5T310.*

■ *“There is a science of Christianity to be mastered--a science as much deeper, broader, higher than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for we are to do service for God in ways that are not in harmony with inborn inclination. Hereditary and cultivated tendencies to evil must be overcome. Often the education and training of a lifetime must be discarded, that one may become a learner in the school of Christ. Our hearts must be educated to become steadfast in God. We are to form habits of thought that will enable us to resist temptation. We must learn to look upward. The principles of the word of God--principles that are as high as heaven, and that compass eternity--we are to understand in their bearing upon our daily life. Every act, every word, every thought, is to be in accord with these principles. All must be brought into harmony with, and subject to, Christ.*

*“The precious graces of the Holy Spirit are not developed in a moment. Courage, fortitude, meekness, faith, unwavering trust in God’s power to save, are acquired by the experience of years. By a life of holy endeavor and firm adherence to the right the children of God are to seal their destiny.” MH 454.*

■ *“By the laws of God in nature, effect follows cause with unvarying certainty. The reaping testifies to the sowing. Here no pretense is tolerated. Men may deceive their fellow men and may receive praise and compensation for service which they have not rendered. But in nature there can be no deception. On the unfaithful husbandman the harvest passes sentence of condemnation. And in the highest sense this is true also in the spiritual realm. It is in appearance, not in reality, that evil succeeds. The child who plays truant from school, the youth who is slothful in his studies, the clerk or apprentice who fails of serving the interests of his employer, the man in any business or profession who is untrue to his highest responsibilities, may flatter himself that, so long as the wrong is concealed, he is gaining an advantage. But not so; he is cheating himself. The harvest of life is character, and it is this that determines destiny, both for this life and for the life to come.” Ed 108.*

■ “The wheat develops ‘first the blade, then the ear, after that the full corn in the ear.’ The object of the husbandman in the sowing of the seed and the culture of the growing plant is the production of grain. He desires bread for the hungry, and seed for future harvests. So the divine Husbandman looks for a harvest as the reward of His labor and sacrifice. Christ is seeking to reproduce Himself in the hearts of men; and He does this through those who believe in Him. The object of the Christian life is fruit bearing--the reproduction of Christ’s character in the believer, that it may be reproduced in others.” COL 67.

■ “Now is the time to entreat that souls shall not only hear the word of God, but without delay secure oil in their vessels with their lamps. That oil is the righteousness of Christ. It represents character, and character is not transferable. No man can secure it for another. Each must obtain for himself a character purified from every stain of sin.” TM 233.

■ “Let no one feel inclined to hide his light. Those who hide their light so that the world may not distinguish between them and those who walk in darkness will soon lose all power to diffuse light. They are the ones who are represented by the five foolish virgins, and when the crisis comes, when the call is heard “Behold, the bridegroom cometh; go ye out to meet him” (Matthew 25:6), they will arouse at last to find that their lamps have gone out, that they have mixed with the elements of the world and have not provided themselves with the oil of grace. They were lulled to sleep by the cry of peace and safety, and did not keep their lamps trimmed and burning. Aroused to their darkness they plead for oil, but it is impossible for one Christian to impart character to another soul. Character is not transferable. Those who are ease-loving, world-loving, fashion-loving professors of Christianity will not go in to the marriage supper of the Lamb with those who are represented by the five wise virgins. When they solicit entrance they are told that the door is shut. Now is the time to impart light....” TMK 215.

■ “Let none follow the example of the foolish virgins and think that it will be safe to wait until the crisis comes before gaining a preparation of character to stand in that time. It will be too late to seek for the righteousness of Christ when the guests are called in and examined. Now is the time to put on the righteousness of Christ --the wedding garment that will fit you to enter into the marriage supper of the Lamb. In the parable, the foolish virgins are represented as begging for oil and failing to receive it at their request. This is symbolic of those who have not prepared themselves by developing a character to stand in a time of crisis. It is as if they should go to their neighbors and say, Give me your character or I shall be lost. Those that were wise could not impart their oil to the flickering lamps of the foolish virgins. Character is not transferable. It is not to be bought or sold; it is to be acquired. The Lord has given to every individual an opportunity to obtain a righteous character . . . , but He has not provided a way by which one human agent may impart to another the character which he has developed. . . .” TMK 350.

■ “There is a world lying in wickedness, in deception and delusion, in the very shadow of death,--asleep, asleep. Who are feeling travail of soul to awaken them? What voice can reach them? My mind was carried to the future, when the signal will be given. “Behold, the Bridegroom cometh; go ye out to meet him.” But some will have delayed to obtain the oil for replenishing their lamps, and too late they will find that character, which is represented by the oil, is not transferable.” RH, February 11, 1896.



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***Is not a neglect to work as Christ worked, to sacrifice as He sacrificed, a betrayal of sacred trusts, an insult to God? The heart of the true minister is filled with an intense longing to save souls."***

***Quote taken from page 109 of Gifts for God's People by Ellen G. White, available at the Hope International Bookstore for \$12.99 (plus S&H)***