

THE PRESENT TRUTH

Bishop Stephen D. Lewis

Practical Godliness

We don't make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don't be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them. Do not be peculiar for the sake of being peculiar. {Counsels on Health Pg. 438}

We must go no faster than we can take those with us whose consciences and intellects are convinced of the truths we advocate. We must meet the people where they are. Some of us have been many years in arriving at our present position in health reform. It is slow work to obtain a reform in diet. We have powerful appetites to meet, for the world is given to gluttony. If we should allow the people as much time as we have required to come up to the present advanced state in reform, we would be very patient with them and allow them to advance step by step, as we have done, until their feet are firmly established upon the health-reform platform. But we should be very cautious not to advance too fast, lest we be obliged to retrace our steps. In reforms, we would better come one step short of the mark than to go one step beyond it. And if there is error at all, let it be on the side next to the people. {The Story of Our Health Message Pg. 443}

There is real common sense in health reform. People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. Some cannot use milk, while others can subsist upon it. For some, dried beans and peas are wholesome, while others cannot digest them. Some stomachs have become so sensitive that they cannot make use of the coarser kind of graham flour. So it is impossible to make an unvarying rule by which to regulate every one's dietetic habits. {Manuscript Releases Volume One, Pg. 291}

All must now be guarded in regard to embracing the most extreme views upon health reform. The Lord desires to lead us all gently and consistently. It is the enemy who seeks to drive us to extremes. He would be pleased to see the conscientious advocates of health reform require that which God does not require. He would be pleased to see them placing on their own tables and on the tables at the sanitarium food that is not acceptable. Let not those who come to the sanitarium see that Seventh-day Adventists have lost good common sense.

Our institutions are to discard meat. This is a big step to worldly people. Our patrons and guests are to be given plain, appetizing, wholesome food, which will keep the system in health and remove all excuse for meat eating. If sensible arguments are properly used, reforms will be many. But if milk and eggs are discarded, what kind of diet will be represented?

Let no one consider this question as lessening the necessity for health reform. It is but bringing in the threads and weaving the pattern in such a way that health reform will be rightly represented. As Seventh-day Adventists we have no right now to bring stringent rules to bear upon the people. When that which we place upon our tables becomes injurious to health and life, God will reveal this to us. The time has come when health reform will be received in its importance by many in high places and in low places. But we are to allow nothing to eclipse the message we have to bear, the third angel's message, connected with the messages of the first and second angel. We must not allow minor things to bind us in a small circle, where we cannot obtain access to the people at large. {Manuscript Releases Volume One, Pg.292}

Those who come to our sanitariums for treatment should be provided with a liberal supply of well cooked food. The food placed before them must necessarily be more varied in kind than would be necessary in a home family. Let the diet be such that a good impression will be made on the guests. This is a matter of great importance. The patronage of a sanitarium will be larger if a liberal supply of appetizing food is provided.

Again and again I have left the tables of our sanitarium hungry and unsatisfied. I have talked with those in charge of the institutions, and have told them that their diet needed to be more liberal and the food more appetizing. I told them to put their ingenuity to work to make the necessary change in the best way. I told them to remember that what would perhaps suit the taste of health reformers would not answer at all for those who have always eaten luxuries, as they are termed. Much may be learned from the meals prepared and served in a successfully conducted hygienic restaurant. {Counsels on Diets and Foods Pg. 288}

It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai. {Counsels on Diets and Foods Pg. 17}

