

Study Guide: *Story of Our Health Message*

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"It was at the house of Brother A. Hilliard, at Otsego, Michigan, June 6, 1863, that the great subject of health reform was opened before me in vision."-- *Review and Herald*, October 8, 1867

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"We do not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land. But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and is thereby producing an effect which we could not have looked for from any other means.

"As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence; but when placed on a level with the great truths of the third angel's message by the sanction and authority of God's Spirit, and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation, then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our peril."--J. H. Waggoner, *Review and Herald*, August 7, 1866

LESSON ONE--HEALTH REFORM AMONG NON-ADVENTISTS

Reading assignment: pages 13-59

"THE TIMES OF THIS IGNORANCE" (13-27)

1. At the turn of the nineteenth century George Washington was treated not by a physician, but by a _____ in his final illness. (13)
2. What was Washington's last request? (13)
3. What were *six* drugs in common use as medications in 1858? (17)

4. Trace the development of a cure for fevers. (18, 19)

5. _____ was recommended for disease of the lungs (22)

6. Name four foods used by many in the 1840s to "sharpen the appetite." (24)

7. Briefly review the experiences of J. N. Loughborough and J. N. Andrews regarding their diet prior to health reform. (24-26)

"MOVEMENTS TOWARD THERAPEUTIC REFORM" (28-37)

1. In the late eighteenth century what did Dr. William Wright discover regarding the treatment of typhus fever? (28-30)

2. The Austrian peasant _____ early in the nineteenth century treated illness with _____. (31, 32)

3. In the twenty years (1843-1863) before Mrs. White had her most comprehensive health reform vision, more than _____ books were written in America and Europe on the subject of hydrotherapy. (33)

4. Two American physicians who were among the "water cure" pioneers were _____ and _____. (33, 34)

5. What *ten* substances or instrumentalities did Dr. Jackson use in his treatment of patients? (34)

6. Dr. Jackson's adopted daughter _____ associated with him at a water cure establishment at _____ New York, and helped to edit a monthly magazine _____. (34)
7. According to the *Water Cure Journal*, at least _____ hydropathic institutions were operating in the 1850s. (36)
8. An MD degree could be earned at Dr. Trall's school in New Jersey in _____ months. (36)
9. Dr. J. C. Jackson, along with other health reformers, recognized the relationship between obedience to _____ and _____. (37)
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"TEMPERANCE AND DIET REFORMS" (38-49)

1. The drinking customs of society received their first effectual rebuke from _____, one of the signers of the American Declaration of Independence in 1776. (38)
2. In 1814 an effective protest was lodged against the use of intoxicating liquors at _____. Soon after this a protest was lodged against a common practice of providing intoxicants to _____. (39)
3. What reform society was organized in Boston in 1826? In less than a decade what results were they able to report? (40, 41)
4. John Frank Newton, an early advocate of vegetarianism, urged a person practicing it "not to lose his _____ when assailed in arguments by his tenacious opponents with _____ almost _____. (43)
5. The Presbyterian minister _____ began in 1832 to advocate a comprehensive system of healthful living. (45)
6. In 1850 the American _____ Society was organized with Dr. Alcott as president. (46)
7. According to J. C. Porter, writing in 1862, what hygienic reforms were being accomplished by enlightened lecturers and writers? (49)
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"JOSEPH BATES, A HEALTH REFORMER" (50-59)

1. In 1821 Bates resolved never again to drink another glass of _____. (53)

2. In 1823 what further advanced step did he take? (53, 54)

3. On October 4, 1824, Bates made a solemn covenant with God, a portion of which reads, "This day do I with the utmost solemnity _____ to Thee. I _____ all former lords that have had _____ over me, and I _____ to Thee all that I am and all that I have." (54)

4. Immediately after his baptism in 1827, into the _____ Church, Bates began planning to organize a _____. (54, 55)

5. Later, as captain of his own ship, what rules did he lay down for the sailors that were somewhat unusual for his day? (56)

6. What circumstances led Bates to give up the use of tea and coffee? (57)

7. In the year _____ Captain Bates accepted the Advent message and in February, 1843, as he was looking for the imminent return of Christ, what other changes did he make in his diet? (58)

LESSON TWO--ADVENTISTS AND HEALTH REFORM

Reading assignment: pages 60-96

"HEALTH REFORMS AMONG SEVENTH-DAY ADVENTISTS" (60-74)

1. For what reasons did God delay giving the health reform principles to Seventh-day Adventists? (61, 62)

2. Before there was clear evidence that God required abstinence from swine's flesh, Ellen White wrote (1858), "If it is the duty of the _____ to _____ from swine's flesh, _____ will _____ it to more than two or three. He will teach His _____ their duty. God is leading out a _____, not a few separate individuals." (63)

3. In 1848, as first steps in reform, Ellen White was shown that _____, _____ and _____ were injurious to the health. (65)

4. In January 1854, Mrs. White urged again that Christians "should lay aside such

_____ and _____ things as tea and coffee." (70)

5. In 1854 she called for other reforms: "I saw that God would not acknowledge an _____, _____ person as a Christian. . . . Deny the unhealthy appetite. Eat less _____ food, eat _____ food, free from _____." (71)

6. James White saw health reform as progressive: "When we had gained a good _____ over these things [tobacco, tea, and coffee] and when the Lord saw that we were able to _____ it, light was given relative to _____ and _____." (72)

7. In the winter of 1862-63, two of James and Ellen White's children were stricken with _____. Fortunately, the Whites read an article on the treatment of this disease by Dr. _____ of Dansville, New York. This article was published on Jan. 15, 1863, in the _____ *Chronicle*. The doctor advised the use of natural methods instead of drugs. (73)

8. Grateful for the help received, James White published Dr. Jackson's article in the _____ of Feb. 17, 1863, for the benefit of others suffering from diphtheria. (74)

"THE VISION AT OTSEGO, MICHIGAN" (75-85)

1. Mrs. White wrote: "It was at the house of Brother _____ in Otsego, Michigan, June 6, 1863, that the great subject of _____ was opened before me in vision." This was less than two weeks after the _____ Conference was organized. (76)

2. In this vision Mrs. White was shown that "it was a _____ to attend to our _____, and arouse others to their duty." (77) "It is not safe nor pleasing to God to _____ the _____ of health and then ask Him to take care of our _____, and keep us from _____ when we are living directly contrary to our _____." (78)

3. "The more _____ our health, the more perfect will be our _____." (78)

4. Was Mrs. White the first one to advocate the various principles of health reform?

How does J. H. Waggoner clearly show that the outstanding contribution of the *Testimonies* is recognition of health as a religious duty? A very basic statement! (79, 80)

5. When asked about the source of her information, Mrs. White answered,

"I did not read any _____ upon _____ until I had written _____ Volumes III and IV, *Appeal to Mothers*, and had _____ most of my six articles in the six numbers of *Howto Live*." (See 2SM pp. 410-479) (81)

6. Mrs. White had read the article by Dr. Jackson on how to treat diphtheria, but as to his magazine and his books she said, "I did not know that such a paper existed as the _____, published at Dansville, N.Y. I had not heard of the _____ upon health written by Dr. J. C. Jackson at the time of the June, 1863, vision." (81)

7. Mrs. White determined not to read the health works of others until she had fully written out her views, "Lest it should be said that I received my _____ upon the subject of _____ from _____ and not from the _____." (81)

8. "I was _____" she wrote of the Otsego vision. "Many things came _____ my own ideas." (81)

9. After the June 1863 vision, Elder White sent to Dr. _____ of _____, N.Y. (apparently without Mrs. White's knowledge) for some of his health literature. (82)

10. While there is agreement on many points between Mrs. White's writings on health and the teachings of certain other pioneers in the field of health reform, in some instances she positively _____ with them. (85)

"EARLY HEALTH LITERATURE" (86-96)

1. A few months after the Otsego vision what tragic event thwarted Ellen White's plans to write? (86, 87)

2. When their youngest son _____ was prostrated with the same affliction, the Whites decided not to employ the _____ of the time, but rather to use simple _____ in the home. (87)

3. Mrs. White's first publication on health was *An Appeal to Mothers*, which dealt primarily with _____ in children and youth. (88, 89) As she was shown in vision a group of imbeciles "_____ and crimes, and the _____ of _____ were shown me as the causes of this accumulation of human woe and suffering." (89)

4. In the above pamphlet she made her first appeal for a vegetarian diet: "In order to _____ in them [the children] the moral _____, the love of spiritual _____, we must _____ the manner of our _____, dispense with _____, _____, and use _____, _____, and _____ as articles of food." (90)

5. Mrs. White's first comprehensive treatise on the subject of health was published in _____, Vol. 4, in August _____.

6. Of the free use of drugs at that time she wrote, "I was shown that more _____ are caused by drug taking than from all other _____ combined." (91) She wrote further: "Drugs never cure _____. They only change the _____ and _____. Nature alone is the effectual _____, and how much better could she perform her task if left to herself." (92)

7. Review briefly Ellen White's personal battle with becoming a vegetarian. (94, 95)

8. What was the testimony of several who adopted the principles of health reform? (95, 96)

LESSON THREE--CAMPAIGNING FOR HEALTH AND DRESS REFORM

Reading assignment: pages 97-130, 441-445

"LAUNCHING A CAMPAIGN FOR HEALTH" (97-111)

1. Immediately after Mrs. White's article titled "Health" was published in August 1864, why did she and her husband and others go to Dansville, N.Y.? (98)

2. How did Ellen White speak of Dr. H. F. Lay's decision to join the medical staff at Dansville in the summer of 1864? (99)

3. List some features of the Dansville institution. (101)

4. While the Whites were generally well pleased with what they found at Dansville, what did they find objectionable? (102)

5. What did J. N. Loughborough testify as to the effect of health reform upon himself? (103)

6. Mrs. White wrote that the health reform is "a part of the _____ message," and "just as closely connected with it as are the _____ and _____ with the human _____." (105)

7. In 1865, the Whites published a series of six pamphlets titled "Health or How to Live," in which Mrs. White contributed an article to each pamphlet on "Diseases _____." (See 2SM pp. 410-479) Non-Adventist health reformers whose valuable articles were quoted included Trall, _____, _____, _____, _____, and _____. (106)

8. How did the ladies in the Battle Creek church help the health reform work? (107)

"THE POPULAR DRESS REFORM" (112-119)

1. Three distinguished women other than Mrs. White who became a triumvirate of dress reformers were _____, _____ and _____. (113, 114)

2. Dr. Harriet Austin's modification of a more healthful style of dress for women was known as the _____. (115)

3. What were some of the undesirable features of the popular dress fashions of the 1850s and '60s? (112, 117, 118)

4. Though exact styles of the various dress reformers did not prevail, what end results were accomplished? (117, 118)

"THE QUEST FOR MODERATION" (120-130)

1. Earliest Adventist attitudes advocating simplicity in dress were not so much from the standpoint of _____ as against _____ and _____. (120, 121)

2. On May 27, 1856, Mrs. White was shown in vision that "the outside _____ is an _____ to the heart." (121)

3. Summarize the principles given by Mrs. White as a basis for true dress reform. (125, 126)

4. Mrs. White opposed the "American Costume" because of its _____, its resemblance to _____, as being contrary to _____ injunction, and because of the _____ it would raise against those who had a solemn truth to give to the world. (126)

5. As a result of viewing the "American Costume" at Dansville, what steps were Elder and Mrs. James White prompted to take? (127)

6. How did Mrs. White describe the length of women's dress? (129)

7. When Ellen White saw that some were overemphasizing the dress question, what protest did she utter? (129)

"APPENDIX" (441-445)

1. After a few years the whole dress question was dropped because:

(a) "With some there was no _____ and _____ in the preparation of the costume, and those who refused to adopt it caused _____ and _____." (441)

(b) "In recent years a more _____ style of dress has been adopted by the _____." (441)

2. List seven principles which should guide in the selection of attire. (442)

Reading assignment: pages 131-171

"DAYS OF AFFLICTION" (131-142)

1. What were contributing factors to the physical breakdown of James White in the summer of 1865? (131-133)
2. Mrs. White did not unconditionally accept all the practices at Dansville. She said, "We did not feel that there was any necessity of gathering the _____ with the _____." (135)
3. The Whites did not attend many of the lectures at Dansville because of the heated and unhealthy atmosphere of the hall, and because she saw a conflict between Dr. Jackson's philosophy and that "which had been received from _____ and _____ authority." (136) When she was asked to help in plans for a dance, she wrote, "The ideas that are here advanced that we are too _____, and that is the reason why we are invalids, I will not, I cannot admit." (137)
4. In a vision at Rochester following the visit at Dansville, Ellen White "was shown that those who are strongly fortified with _____ and are firm to obey all God's requirements cannot receive that benefit from the popular _____ of the day that others of a different faith can. . . . They have to carry along with them at all times the _____ and _____ everything they hear, that they may choose the _____ and refuse the _____." (141)
5. After leaving Dansville what *two* factors led Elder James White to shrink from all physical exertion? (138)
6. Ellen White's opposition to the theory of inactivity led her to take what course of action regarding her sick husband? (138, 139)
7. Ellen White's vision of December 25, 1865, led to what further step in the health program of the Adventist Church? (140, 142)

"LET US ARISE AND BUILD" (143-155)

1. In 1866 why had the General Conference Committee and the Michigan Conference Committee not met for several months? (143)

2. With such conditions facing the church, what plan was suggested? (144)

3. At the third General Conference Session that followed, Ellen White appealed that Adventists "should have an _____ of their own for the benefit of the _____ and _____ among us." (145)

4. In 1866 a new sixteen-page monthly periodical called *The* _____ was issued at the _____ in Battle Creek, Michigan. (146, 147)

Note the aims of the editor.

5. What efforts were made to assure that *The Health Reformer* would be a professional journal? (149)

6. What prominent names headed the list of those who donated money to establish the Health Reform Institute? (150)

7. When the Health Reform Institute opened in September 1866 there were " _____ doctors, _____ bath attendants, _____ nurse (untrained), _____ or _____ helpers, _____ patient, any amount of _____ and a great deal of _____ in the future of the institution and the principles upon which it was founded." (153)

"THE MINISTRY AS TEACHERS OF HEALTH" (156-171)

1. List the step-by-step advances that were made by the Adventist Church in doctrine and practice prior to health reform. (156)

2. What was the testimony of several ministers who accepted health reform? (156-158)

3. Dr. John Harvey Kellogg summarized the effects of health reform:

"In every _____ of _____ were to be found those who freely acknowledged that they owed their _____ to the light which they had received upon this _____." (159)

4. Ellen White wrote, "Well regulated _____ gives the _____ the idea that he is not totally _____ in the world, that he is, at least, of some _____. This will afford him _____, give him _____ and impart to him _____." (160)

How did she follow this counsel for her own husband? (160-162)

5. Ellen White suggests why the reform dress had been laid aside in 1881: "To those who put it on _____, from a sense of _____, it becomes a grievous _____. Still others, who are apparently the most zealous _____, manifested a sad lack of _____ and in their dress." (168)

6. She said further: "No one precise _____ has been given me as the exact rule to guide all in their _____. . . . Let our sisters dress _____ as many do, having the dress of _____, durable, modest, appropriate for this _____, and let not the dress _____ fill the mind." (169)

LESSON FIVE--HEALTH INSTITUTIONS AND EXTREMES

Reading assignment: pages 172-202

"A LESSON IN INSTITUTIONAL FINANCE" (172-182)

1. With almost immediate success of the Western Health Reform Institute the medical superintendent called for another large building. He was joined by what *two* other leaders in the church? (172, 173)

2. At the first annual meeting held on May 17, 1867, what further reports encouraged such a project? (174)

3. In contrast to these leaders, Ellen White wrote that the Health Reform Institute should be "small at its _____, and cautiously _____, as good _____ and helpers could be procured and _____ raised, and as the wants of invalids should demand." (175, 176) What *three* other valid reasons did she give for misgivings about too large an expansion at this time? (176)

4. Mrs. White emphasized balance regarding the entire work of the church: "Let the health _____ and the health _____ grow up among us as other worthy enterprises have grown taking into account our _____ in the past and our _____ to do much in a short period of time now. . . . Move no faster, brethren, than the _____ of God opens the way before you." (176, 177)

5. In contrast with the amusements at the Dansville institute Ellen White recommended outdoor exercise: "I saw there should be connected with the institute ample _____, beautiful with _____, and planted with _____ and _____. Here the _____ could find work, appropriate to the _____ and, _____, at suitable hours." (178)

6. Though the foundations had begun for the large expansion, what did Elder White counsel those connected with the institution? Why? (179)

7. What notice appeared in the April 7, 1868, *Review and Herald* that had a direct bearing on this institution? (179) In this testimony what financial practice did Ellen White especially warn against in regard to our institutions? (180)

As the result of this counsel what change in financial policy was authorized at the General Conference? (181)

"LOST CONFIDENCE RESTORED" (183-190)

1. What special resolution was passed at the 1869 General Conference regarding Elder James White? (183)

2. What divine interposition came just as it looked like the Health Reform Institute would be closed? (185)

3. What further plans were made by Elder White to assure successful financial operation of the Health Institute? (185)

4. On December 10, 1871, Ellen White was given a vision in which she "was again shown that the _____ is one branch of the great _____ which is to fit a people for the _____ of the Lord. It is as closely connected with the _____ message as the hand is with the body." (188)

5. Ellen White clearly contrasts Adventist health institutions with others: "Most institutions of the kind are established upon different _____ and are _____, making it their object to meet the _____ half way and to so shape their course that they will receive the greatest _____ and the most _____. . . . The _____ at Battle Creek is established upon firm _____ principles." (189)

6. In 1871 Ellen White could list several evidences of God's blessing upon the health work. Give *five* of these. (190)

"OPPOSING EXTREME VIEWS" (191-202)

1. Important visions regarding health reform were given in the years _____, _____, _____, _____, and _____ . (191)

2. Ellen White spoke against "_____ undertaking to treat disease professedly according to the principles of health reform. . . . Let those try to treat _____ who know something about the human _____." (193)

3. Appreciation for Doctor Trall of Dansville led the church to make what potentially embarrassing decision? (194, 195)

Within two or three years what results became evident from this affiliation? (195, 196)

4. Under these discouraging conditions James White became editor of *The Health Reformer* in the year _____. His editorial policy: "*The Reformer* proposes to reach the people with all their _____, and their _____ or the laws of _____, where they are. It will avoid _____ positions, and come as near those who need _____ as possible, and yet be true to the _____ of health _____." (196)

5. How was the difficulty over Dr. Trall's department in *The Health Reformer* resolved? (197)

6. Ellen White united with her husband in an effort to improve *The Health Reformer*, urging that we ought to avoid extreme views: "We should not with our _____ advocate _____ that we do not put to a _____ test in our own families, upon our own _____. This is dissimulation, a species of _____." (197)

7. According to Ellen White the list of injurious articles against which *The Health Reformer* would continue to bear positive testimony included what items? (198)

LESSON SIX--TOWARD WORLD RECOGNITION AND LEADERSHIP

Reading assignment: pages 203-235

"REACHING FOR HIGH STANDARDS" (203-212)

1. By the early 1870s the need for what changes at the Health Institute became apparent? (203)

2. James White wrote in 1874 to Elder Butler, president of the General Conference: "Show me

the _____ and then _____ away. Hustle _____ off to some doctor mill, and get ready. Our _____ are already larger than our doctors." (205)

3. In following through with his convictions Elder White lent _____, a young man of great talent, _____ to meet his expenses in taking a medical education in New York. (205)

4. Even before he had finished his medical course, Dr. _____ was called to succeed James White as editor of *The Health Reformer* and _____ months later the circulation reached _____. (205, 206)

5. In the year 1874 Dr. Kellogg wrote five health tracts. List these: (209, 210)

6. The cause of health reform received further impetus by the preparation and production of the _____ in which recipes and principles of healthful diet were set forth. (210)

7. Dr. J. H. Kellogg was made medical superintendent of the Health Reform Institute in _____, marking the beginning of a new era in the Adventist health movement. (210)

"ON TO WORLD LEADERSHIP" (213-222)

1. Why did Elder James White at this time withdraw his objections to increasing the size of the Health Reform Institute buildings? (213)

2. On April 10, 1878, the new buildings dedicated were called the _____ and _____, a name that had been chosen a year earlier. (214, 215)

3. Recognition was given by the Michigan State _____, who were guests at the institution in May _____. (215, 216)

4. What was the religious program of the Sanitarium? (220, 221)

5. What was the extent of charity work done by the institution in the first twenty-five years of its operation? (222)

6. Describe the steps taken for the care of the worthy poor in 1891. (222)

"UNITING WITH THE TEMPERANCE FORCES" (223-235)

1. One of the first opportunities for cooperating with temperance forces was made possible early in the year _____ in the city of _____, California, where Elders _____ and _____ were conducting a series of meetings. On what basis was this cooperation accomplished? (225)

2. From a vision given on January 3, 1875 (the day before the dedication of Battle Creek College), Ellen White writes: "I was shown that the giant power of _____ will not be _____ by any such efforts as have been made. The work of _____ must begin in our _____, at our _____." (226)

3. Ellen White often spoke on the subject of _____. One of her largest audiences was no less than _____ people on a campground at _____, Mass., in the summer of _____. (228)

4. How was high respect for Ellen White's speaking on temperance illustrated in her own home town of Battle Creek in 1877? (229)

5. The Adventists made a tent available to the Women's Christian Temperance Union for this large temperance rally. What was the chief attraction in the temperance restaurant that was set up? (229, 230)

6. When the American Health and Temperance Association was organized by Adventists in January _____ with Dr. _____ as president, they adopted a far-reaching temperance pledge: "I do hereby solemnly affirm that with the help of God I will wholly abstain from the voluntary use of _____, _____, _____, _____, _____, and all other _____ and _____ in any form." This promise was called the _____ Pledge. (230, 231)

LESSON SEVEN--MEDICAL MISSIONARIES TRAINED FOR SERVICE

Reading assignment: pages 236-270

"TRAINING FOR SERVICE" (236-248)

1. From the first, what divine principle was emphasized in the instruction given Seventh-day Adventists regarding health reform? (236)
2. At the General Conference Session held in May 1868, Dr. _____ was the first man appointed to work in full-time health education. Why was his work discontinued after only three church appointments? (239)
3. In late 1876, *Testimonies for the Church*, No. _____, appeared, in which Mrs. White stated that Jesus "devoted more time and labor to _____ the _____ of their maladies than to _____." (240)
4. To meet the needs for a school for teaching health a "_____ of _____" was opened January 14, _____, with an enrollment of _____ students. (240, 244)
5. In the *Review and Herald* of December 20, 1877, what "plans" and "helps" did S. N. Haskell say had been developed? (241)
6. With the requirements for medical training still quite liberal, why was the degree of MD not given by the school at this time? (243)
7. In the spring of _____ another advanced move was made when the sanitarium made a public call for half a dozen _____ to learn "_____, _____, and the use of _____ and other branches of the _____ medical department." (245)
8. In late 1889 Dr. Kellogg launched the _____ and _____ Missionary School, where young men and women could take special training as _____, _____, _____, and _____." (246, 247)

"TRAINING OF PHYSICIANS" (249-258)

1. How were the first twenty young men and women started on their medical career by Dr. John Harvey Kellogg? (250)

2. In 1884 Ellen White sent a special message to Dr. Kellogg which was published the next year in *Testimonies for the Church*, Vol. 5. What qualifications of Christian physicians did she list? (251, 252)

3. In a special meeting at the sanitarium on August 18, _____, the General Conference _____, the Sanitarium Board of _____, and most of the twenty members of the medical class, with Elder _____, president of the General Conference, made plans for the future. A pledge had been signed by each of the prospective students. Review the *two* major points of this pledge. (256, 257)

This meeting was characterized as "one of the most important meetings ever held in the interests of _____ work, in the history of this _____." (258)

"FOR MEDICAL MISSIONARY SERVICE" (259-270)

1. Ellen White wrote in 1884, "The work of the Christian _____ does not end with healing the _____ of the body; his efforts should extend to the _____ of the _____, to the _____ of the soul. . . . The physician should know how to _____. Prayer will give the sick an abiding confidence; and many times if their cases are borne to the great _____ in humble trust, it will do more for them than all the _____ that can be administered." (259)

2. Review how the union of medical and missionary work was providentially associated with the beginnings of the modern missionary movement outside of the Adventist Church. (259-265)

3. How did the Adventist Church first make a point of contact with medical missionary societies outside of our church in 1891? (265)

4. Though the Adventist Church did not have its own medical school, what specific plans were carried out to provide Adventist medical students in Michigan with a proper environment? (266)

5. Note the *sixteen* rules prepared for the students who attended medical school in Ann Arbor, Michigan. (267)

6. Review briefly the daily program that was followed at the Jefferson St. Home. (268, 269)

LESSON EIGHT--A SEVENTH-DAY ADVENTIST MEDICAL COLLEGE

Reading assignment: pages 271-311

"LAUNCHING A MEDICAL COLLEGE" (271-283)

1. Ellen White answered her own question, "How shall the Lord's work be done?" in the first issue of a new magazine entitled _____, which was launched in January 1891. "There is a way in which many doors will be opened to the _____. Let him become _____ in the care of the _____, as a _____ or learn how to treat disease, as a _____; and if he is imbued with the spirit of _____ what a field of _____ is open before him." (271)

2. What two circumstances opened the way for large city work by Seventh-day Adventists? (275, 276)

3. What *five* lines of work, all free, were begun in rented facilities from the Pacific Garden Mission in Chicago? (277)

This city mission also furnished the _____ necessary for a medical college. (278)

4. With many of the obstacles to obtaining recognition for a medical college removed, application was made to the Illinois legislature for a charter, which was granted on July 3, _____, for what was to be known as the American _____ College. (281)

"VARIANT VIEWS ARISE" (284-300)

1. The 1901 Adventist Church Directory listed in addition to a sanitarium at Battle Creek, Michigan, sanitariums in what *eight* other states? (284)

2. The first overseas medical work was carried on by those who sailed on our first missionary ship _____ in October, _____. On the second voyage Dr. _____ sailed on the boat and located on the island of _____. Other doctors later sailed to _____, and in 1894 Dr. _____ went to Guadalajara, _____. (284, 285)

3. List some of the other countries that early participated in the medical missionary program of the church. (285, 286)

4. Under the auspices of the International Medical Missionary and Benevolent Association, the Haskell Memorial Home and the James White Memorial Home were operated for _____ and _____. (286)

5. Spirit of Prophecy counsel urged that unity was to be maintained between the medical missionary work and the gospel ministry, on the one hand by the ministry who should _____ and on the other hand by the medical workers who should _____. (286)

6. Ellen White sent a special message to the General Conference of 1897 emphasizing a failure on the part of the _____ to follow health principles. (287) In concluding her appeal to all church members she said: "God calls for _____ in our churches. Satan is playing the _____ of life for every soul. He is seeking to _____ humanity whom God _____. But when the _____ is held under the control of an intelligent God-fearing _____ there will be a cultivation of pure spiritual _____." (289)

7. At the 1899 General Conference Session a message was received from Mrs. White warning against extremes by the medical branch of the church: "As new _____ are entered upon there is a _____ to make some one line all- _____; that which should have the _____ place becomes a _____ consideration." (291) She also cautioned regarding work for the derelicts: "The work of seeking the _____ is important, but it is not to become the _____ of our mission." (292)

8. In defending the gospel ministry she continued: "There must be no _____ of the gospel ministry. . . . The _____ of all work is the ministry and its various lines, and it should be kept before the _____ that there is no work more _____ of God than of the gospel _____." (292)

9. The first evidence of separation from the Adventist Church by Dr. John Harvey Kellogg is found in his substituting "International" for Seventh-day Adventist in the name of the medical organization. He explained this later: "The _____ Medical Missionary and Benevolent Association is a unique _____ in the fact that it is, as far as we know at least, the only association which has undertaken to organize and carry forward medical and _____ work _____ of any _____ or _____ control, in home and foreign lands." (293)

10. Another evidence of separation came at the opening of the American Medical Missionary College in 1895. Dr. Kellogg stated, "This is not a _____ school. _____ doctrines are not to be taught in this medical school. . . . It is not to be either a _____ or a _____ or a _____ or any other sectarian school, but a _____ medical college." (294) Ellen White responded, emphasizing that "the _____ people of God" were to "_____ His name by proclaiming the last message of _____" and "by being _____ of the _____ for this time." (295)

11. Mrs. White had further counsel: "If admitting to your classes those not of our _____ will lead to silence on the great _____ that concern our present and eternal good--themes that should ever be kept before the _____ -- let them not be _____." (296)

12. As Dr. Kellogg repeatedly declared the medical work to be undenominational, Ellen White objected: "It has been stated that the Battle Creek Sanitarium is not _____. But if ever an institution was _____ to be _____ in every sense of the word, this _____ was. . . . We are not to take pains to declare that the _____ Sanitarium is not a _____ institution, for this it certainly is." (298)

"STEPS TOWARD UNITY" (301-311)

1. In 1901 there were more persons employed by the International Medical Missionary and Benevolent Association than the _____. (301)
2. What financial factors helped to contribute to the independent attitude of the medical work of the church? (303)
3. Another factor that led to misunderstanding between the General Conference and the Medical Missionary Association was that there was no representative of the medical work on the _____ Committee or on the _____ . (304)
4. The General Conference of _____ was an epochal one in the history of Seventh-day Adventists, as it was a meeting of _____ .
This included enlarging the _____ and a larger representation of the various lines of work. (305)
5. Clearly and definitely underlying counsel for reorganization was the principle that responsibilities should be _____ rather than _____. Yet at this time the medical work was centralizing. (309) On April 16, 1901, Dr. Kellogg outlined the following plan: "All the _____ and _____ shall be incorporated on a similar plan, so that they shall be _____ to this _____ ." (309, 310)
6. Three months later Mrs. White responded: "It has been presented before me _____ that there is not to be a _____ of _____ or a _____ of all the sanitariums with the _____ Sanitarium, so that they shall all be _____ to your _____ ." (310)

LESSON NINE--SEPARATION AND A NEW DIRECTION

Reading assignment: pages 312-342

"FINAL STEPS IN SEPARATION" (312-328)

1. At the 1899 General Conference several messages from Ellen White in Australia especially for the Conference, warning against Dr. Kellogg's pantheistic teachings, were read: "_____ is not God and never was God. The voice of nature testifies of God, declaring His _____; but nature itself is not God. As God's _____, it but bears a _____ of His _____ . . . Christ came to the _____ as a _____ Saviour. He represented a _____ God." (312)
2. At this session Dr. Kellogg presented pantheistic teachings that were at first unrecognized as

such. Note the following: (314)

Righteousness

Justification

Health Reform

3. What series of events caused pantheism to threaten to disrupt the church? (317)

4. Mrs. White warned regarding plans for rebuilding the burned-out sanitarium:

"Last night I was _____ to tell you that the _____ you are making in Battle Creek is not after God's _____. You are _____ to build in Battle Creek a _____ than should be erected there." (318)

5. In his writing of the book _____ Dr. Kellogg again promoted his pantheistic teachings. (319) How did Ellen White work to heal the breach that was developing between the medical missionary work and the church at the 1903 General Conference? (321)

6. At the _____ Autumn Council in Washington, D.C., where the _____ and _____ Publishing Co. and the _____ headquarters had been moved, Dr. Kellogg's book _____ was a topic of controversy. Writing from California, Mrs. White warned regarding pantheism: "Those _____, followed to their logical _____ sweep away the whole _____. . . . They make of _____ the truth of _____ origin, and rob the _____ of God of their past _____, giving them instead a _____." (323)

7. What is the effect of a theory that makes God so large that He cannot sit upon His throne? (324)

8. The outstanding causes of the final separation of Dr. Kellogg from the church were the questions of _____ and _____ . (325)

9. By the year 1906 the medical superintendent of the Battle Creek Sanitarium was declaring that "The _____ does not own the _____ and never can _____ it, for it belongs to the _____." (328)

"A REMARKABLE COINCIDENCE" (329-334)

1. Following counsel given through Mrs. White, Battle Creek College was moved to

_____, Michigan, in _____ and re-established there as _____ . (329)

2. After fire destroyed the Battle Creek Sanitarium in 1902, Ellen White wrote:

"By _____, the Lord removed the great _____ in favor of gathering many students to _____. He swept away the _____ to prevent the carrying out of the _____ that Battle Creek was to be the _____ for the training of _____." (330)

3. With denominational support withdrawn, attendance at the American Medical Missionary College declined. There was a graduating class of _____ in the spring of _____, the last to receive diplomas from the school. (330, 331)

4. That very same year the *Review and Herald* carried the following report:

"September 29 [1910] was a _____ day in the history of our _____ work. A new milestone was passed in the opening of the _____ of _____ our _____ college at _____, California." (333)

"RAPID MOVES IN SOUTHERN CALIFORNIA" (335-342)

1. As early as the summer of _____ Mrs. White was urging a strong medical missionary work to be carried forward in southern _____. She wrote to the General Conference president: "Brother _____, constantly the Lord is keeping southern _____ before me as a place where we must _____ medical _____. Every year this _____ is visited by many thousands of _____." (335)

2. Encouragement was given by Mrs. White that we would be able to purchase land and buildings at unusual bargains. She wrote: "For _____ the Lord has given me _____ that He is _____ the way for our people to obtain _____, at _____, of _____ on which there are _____ that can be utilized in our work." (335)

3. That same year she published *Testimonies for the Church*, Vol. _____. More than _____ of the instruction in this volume was devoted to _____, _____, and _____. (335)

4. In contrast to the building of one large institution in Battle Creek, Ellen White wrote, "_____ missionary work in southern California is not to be carried forward by the _____ of one _____ institution. . . . As soon as _____, sanitariums are to be _____ in _____ places in southern California. Let a beginning be made in _____ places." (336)

5. She also stated: "Our _____ are to be established for one _____--the advancement of _____. And they are to be so _____ that a decided _____ in favor of the _____"

_____ will be made on the minds of those who come to them for
_____. " (336)

6. How were Ellen White's predictions regarding the establishment of sanitariums in California remarkably fulfilled in the following locations:

Paradise Valley (337, 338)

Glendale (341)

LESSON TEN--THE LOMA LINDA STORY

Reading assignment: pages 343-379

"THE CALL FOR A THIRD SANITARIUM" (343-346)

1. For what reason was a search continued for sanitarium property even though by 1904 we had two such properties? (343)

2. When the Loma Linda property was first found, the price was quoted at _____. It was reduced to _____, even though it represented an original investment of _____. Still later the _____ acres of Loma Linda property were offered for the price of only _____. (344-346)

"PURCHASE OF LOMA LINDA PROPERTY" (347-353)

1. Trace the difficult circumstances under which the Loma Linda property was purchased. (347)

2. Corresponding with Elder _____, Mrs. White instructed him to secure an option on the Loma Linda property. She concluded her letter with a call to faith and assurance of God's help: " Here is the _____ of the Lord. Open up every _____ possible. We are to labor in _____, taking hold of a _____ that is pledged to do _____ things for us. We are to reach out in faith in _____, and in _____ and _____. (348, 349)

3. In the face of hesitancy on the part of the leadership of the Southern California Conference, Ellen White wrote positively to Elder Burden, "In regard to the _____ of Loma Linda I will say, _____. . . . I am well _____ that the place is one we ought to have. It is cheap at _____ dollars. We will not _____ you, but will stand back of you, and help you to _____. the _____. " (349)

4. When he could no longer delay the owners of the property, what action did Elder Burden take to hold the property for the church? (350)

5. What was Ellen White's reaction when she first saw this property? (350)

6. At a meeting arranged in the Los Angeles church on June 20, the president of the Southern California Conference stated that Sister White had said that the Loma Linda sanitarium "should be" the principal training school on this coast. What was Sister White's immediate response? (351, 352)

7. Statements of what *two* people helped to turn the tide in favor of securing the institution by the Southern California Conference? (352, 353)

"HOW THE PAYMENTS WERE MET" (354-361)

1. Briefly trace how in the period of less than six months the entire \$40,000 minus \$1,100 discount was raised by the church for the purchase of the Loma Linda property.

"AN EDUCATIONAL CENTER" (362-370)

1. In 1903 Ellen White wrote: "Medical missionary work is yet in its _____. The meaning of _____ medical missionary work is known by but _____." In 1905 she wrote: "Henceforth medical missionary work is to be carried forward with an _____ with which it has never yet been _____." What happened between these two statements that changed the outlook from doubt to optimism? (362, 363)

2. What appeal did Ellen White make to her long-time friend and associate, Elder S. N. Haskell? (363)

3. Shortly after the institution opened in November 1905, how were the workers to demonstrate their missionary spirit? (364)

4. Seven nursing students in the first class joined in introducing Mrs. White's book _____, the profits of which had been dedicated by the author for medical missionary work. (365)

5. In April 1906, plans were laid for an advanced training school at Loma Linda. At this time the sanitarium was dedicated and Ellen White spoke. Of her address she wrote: "I tried to make it plain that sanitarium _____ and _____ were to cooperate with God in _____ not only through the use of the _____ agencies He has placed within our reach, but also by _____ their patients to lay hold on _____ through obedience to the _____ of God." (365, 366)

6. In a calendar for the new school what *four* courses were offered? (369)

"WE WAIT FOR LIGHT" (371-379)

1. What two alternatives regarding school policy immediately faced the organizers of the College of Evangelists? (371, 372)

2. How was practical field work linked with the study program at Loma Linda from the very beginning? (372)

3. At a council held in October 1907, shortly after the second school year began, Ellen White urged the development of "a school of the highest order." She was asked whether this meant only nurses or whether it included qualifications for physicians. She replied:
"_____." (374, 375)

4. In following through on this clear counsel, what organizations beyond the local Southern California Conference were drawn into the financial support of the institution? (375)

5. Why did Ellen White advise caution regarding quick expansion in the early years of the institution? (377, 378)

6. What books appeared from Ellen White's pen during this period with extensive counsel regarding the medical work of the church? (378, 379)

1902

1904

1905

1909

7. A compilation that appeared in 1932 entitled _____ also incorporated many counsels that were given during this time. (379)

LESSON ELEVEN--GROWING PAINS AT LOMA LINDA

Reading assignment: pages 380-413

"A BOLD VENTURE IN FAITH" (380-389)

1. At the 1909 General Conference it was requested that the college in Loma Linda be recognized as "an _____ for the _____ and _____ of both _____ and _____," and that the General Conference "assist the _____ in arranging the _____ and planning for the future _____ of the school." (380)

2. At this time Loma Linda offered only a partial medical training, with plans for students to complete their education in other medical colleges. Elder _____ laid the matter before Ellen White in writing. She responded in an interview: "There are some who may not be able to see that here is a _____ as to whether we shall put our _____ on _____ or depend upon _____. Shall we, by our _____, seem to _____ that there is a stronger _____ with the _____ than there is with God's own people? . . . We need not _____ to men in order to secure _____." (381, 382)

3. Mrs. White also recommended securing a _____. She said, "If you can gain _____ and _____, that will make your work more _____ without tying yourselves to _____, that would be right." (383)

4. On December 9, a charter, secured under the laws of the State of California, authorized the College of Medical Evangelists to grant degrees in the _____ and _____

_____, _____ and _____. (383)

5. When asked regarding her use of the term "a medical school," Ellen White replied in writing: "We must provide that which is _____ to qualify our youth who desire to be _____, so that they may _____ fit themselves to be able to stand the _____ required to prove their _____ as physicians. . . . For the special _____ of those of our youth who have clear _____ of their duty to obtain a _____ education that will enable them to _____ the examinations required by _____ of all those who practice as regularly qualified _____, we are to supply _____, so that these youth need not be compelled to go to _____ conducted by men not of our _____." (386)

6. What three major sources were recommended for financial support of the newly formed medical school? (387)

"FAITH FURTHER TESTED" (390-402)

1. Elder G. A. Irwin, president of the Board of Trustees of the College, compared the importance of the launching of this college to what other major decision by the church? (390)

What were the *three* essential factors for success that he outlined? (391)

2. How did Mrs. White respond to the suggestion early in the development of Loma Linda that part of the seventy-six acres be sold to meet financial needs? (391)

In the ensuing years what was done instead? (391)

3. How did a group of four women help to meet another severe test to the college in 1915? (394, 395, 400, 401)

4. What monument was raised as a result of their work the following year? (401)

5. In 1917 the rating of the College of Medical Evangelists was changed from _____ grade to a _____ grade. Today it has an _____ rating. (401)

"THROUGH 'RIVERS OF DIFFICULTY' " (403-413)

1. In recalling the providential evidences in connection with securing the Loma Linda property, Ellen White wrote: "When He [the Lord] _____ that a certain _____ should be secured for the _____ of His cause and the _____ up of His work, . . . He will make the doing of that work _____, if those who have _____ will show their faith and trust in His _____, and will move _____ promptly to secure the _____ He points out." (403)

2. When a resurvey of medical schools was announced in the year 1934, what feature of the work helped to continue to give Loma Linda an A grade rating? (404)

3. In the year _____ the school of _____ was opened with a beginning enrollment of forty-two students. (406)

4. Why was the name changed to Loma Linda University in 1961? (410)

5. What further important decision was made in the year 1962 regarding the medical training at Loma Linda? (411)

LESSON TWELVE--GOD CONTINUES TO LEAD TODAY

Reading assignment: pages 414-438

"BY THE PROVIDENCE OF GOD" (414-425)

1. Review the events leading to a multimillion-dollar gift for a hospital in Denver. (414-418)

2. Review the series of events that led to the establishment of the Kettering Hospital in Ohio, with the largest single gift ever to come to the denomination. (418-424)

3. What *three* reasons did non-Adventist doctors give to a visiting inspector for preferring to send their patients to the Hinsdale Hospital? (421)

4. How did the Hinsdale Hospital also benefit from the generosity of the Ketterings and other non-Adventists of the community? (419, 424)

5. What other medical institutions were blessed by opening providences of God? (424)

"RETROSPECTIVE AND PROSPECTIVE" (426-438)

1. In speaking of the progressive nature of the message, Mrs. White wrote in 1867: "When we first received the _____ [of Rev. 14], the Lord had many _____ to say to us, but we could not hear them all then. He has led us with a _____ and tender care, _____ by _____, until we have reached the _____ in _____." (426)

2. In the year _____ a full-time qualified physician was appointed as Secretary of the General Conference _____. (428, 429)

3. The temperance work of the church was reorganized in 1932 under the name of the _____ of Seventh-day Adventists. In 1947 the _____ Temperance Association was organized to supervise and promote a world temperance work. (429, 430)

4. Health Literature Through the Years (430, 431)

(Journals and Books)

1866

1890

1896

1904

1905

1948

5. Four books relating to health and the health message have appeared as compilations from Ellen White since her death. Provide information below for each of these: (431, 432)

(Year, Title, Content)

6. Ellen White gives reasons for a change in living habits: "Let it ever be kept before the _____ that the great _____ of _____ reform is to secure the highest _____ of mind and soul and body. All the laws of _____ --which are the laws of God--are designed for our _____. Obedience to them will _____ our _____ in this life and will aid us in a _____ for the _____ to come." (432, 433)

7. Noting the increasing importance of health reform, Mrs. White wrote: "As we near the _____ or _____, we must rise _____ and still _____ upon the question of _____ reform and Christian _____, presenting it in a more _____ and decided manner." (437, 438) She said further: "He who _____ the light which God has given him upon _____ reform has an _____ aid in the work of becoming _____ through the truth and fitted for _____." (438)

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