

LH -131-22-C-3
Time to give up.
Butter, Milk, Cream, & Eggs.
(See also 22-C-5)

LL
N
A

June 7, 1937.

"The Haven"
Maitland Road,
Cooranbong, N. S.W. Australia.

Dear Sister

Your letter of March 24 was handed to me a few days ago by Elder W. C. White with the request that I write to you regarding the matter which you make inquiry about. Elder White is now in his eighty-third year and is devoting all of his time and strength to a series of biographical sketches which have been appearing in the Review and Herald, and which will continue shortly.

> You ask "if the time has now come that we should give up using milk, butter and eggs." You tell us there is quite a stir in the church about this matter.

May I ask you to read carefully statements made by Mrs. White which appear in Volume 7 page 132 and Volume 9, page 162? You will notice that the reason given for the eventual disuse of these articles of diet is the increasing prevalence of diseases among cattle and fowls. You will notice that on page 135 of Volume 7, the statement is made that "the time has not come to say that the use of milk and eggs should be wholly discarded." You will also notice on page 162 of Volume 9 that the "Time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but it is not necessary to bring upon ourselves perplexity by premature and extreme restrictions. Wait until the circumstances demand it and the Lord prepares the way for it."

In addition to this, let me quote a statement which was written to one who was depriving himself of an adequate diet by a too extreme position on health reform. I take this from "Testimony Studies on Diet and Foods" page 20 of the 1926 edition.

"We are to be brought into connection with the masses. Should health reform be taught them in its most extreme form, harm would be done. We ask them to leave off eating meat and drinking tea and coffee. That is well. But some say that milk also should be given up. This is a subject that needs to be carefully handled. There are poor families whose diet consists of bread and milk, and, if they can get it, a little fruit. All flesh-food should be discarded, but vege-

tables should be made palatable with a little milk or cream or something equivalent. The poor say, when health reform is presented to them, "what shall we eat? We can not afford to buy the nut foods." As I preach the gospel to the poor, I am instructed to tell them to eat that food which is most nourishing. I can not say to them, "You must not eat eggs or milk or cream. You must use no butter in the preparation of food." The gospel must be preached to the poor, and the time has not yet come to prescribe the strictest diet.

"The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but my message is that you must not bring yourself to a time of trouble beforehand, and thus afflict yourself with death. Wait till the Lord prepared the way before you. . . .

"I assure you that your ideas in regard to diet for the sick are not advisable. The change is too great. While I would discard flesh-meat as injurious, something less objectionable may be used, and this is found in eggs. Do not remove milk from the table or forbid it being used in the cooking of food. The milk used should be procured from healthy cows, and should be sterilized.

"The time will come when milk can not be used as freely as it is now used; but the present is not the time to discard it

"But I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this. No extremes in health reform are to be advocated. The question of using milk and butter and eggs will work out its own problem. At present we have no burden on this line. Let your moderation be known unto all men."

CDF 206

Pointing out that if proper precaution were taken regarding the safety of milk, it was not necessary to discard its use, Mrs. White wrote in 1901, "The time may come when it will not be safe to use milk. But if the cows are healthy and the milk thoroughly cooked, there is no necessity of creating a time of trouble beforehand." *Letter E & White Letter 397 1901*

Also in CDF 357

You will notice from the statement on page 135 Volume 7 that the articles of food we are discussing were not to be classed with flesh-meat and ~~that~~ they are spoken of as a part of a nourishing and palatable diet in "Counsels on Health" page 114 and 115., and on page 162 of Volume 9.

No extreme views

You have observed also that there are certain cautions given regarding urging unduly the discarding of this article of diet. It would seem, then, ~~that~~ from the counsel which has been given us, that milk, cream and eggs are a part of a nourishing diet; but the time will come, when, because of the prevalence of disease, it will be unsafe to use these and we are to "wait till the circumstances demand it and the Lord prepares the way for it."

it clearly he
 Now you can see from this, ~~Sister Pocock~~, that ~~we~~ *she writes and* are not *there associated with him* in a position to state that such a time has come. ~~because~~ The Lord has not revealed this to us. We are of the opinion that when the time comes that these common articles of diet are unsafe that this will be pointed out to us by those among us who are giving study to the subject of diet and health.

A (*problems*
 It is also clear that certain conditions may prevail in one place which might not prevail in other places. As we give study to this matter we must acknowledge that through improved methods of handling these products and through the elimination of diseased cattle, it would seem that certain of these products are perhaps more safe just at the present than they have been at certain times in the past, or that they will be in the future as disease makes *its* inroads. So our *only* counsel *to you is to study* *can be that* this matter *be studied* with those who are *in touch with* giving study to the matter on diet and health *in Australia.*

With kind regards, I am

Sincerely your brother,

Arthur L. White
 Arthur L. White, Asst. Sec.
 THE ELLEN G. WHITE ESTATE

ALW:r