"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

Prepared under the auspices of the Ellen G. White Estate and the General Conference Department of Health.

"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)

"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)

"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
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 How to 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)

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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)

LESSON FOUR--BUILDING UPON AFFLICTION
"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)

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**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
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)

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**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 __________________ Committee. (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 __________________ Committee 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
1. __________________, 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
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
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)