

Created Whole, with a Warrantee: Part: 19

Jesus Christ Maketh Thee Whole! Acts 9:34

Character Development

Jesus said that what comes out of our mouths is more important than what goes in! “And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man.” Mark 7:20-23. So we best give some serious thought to these things!

Revelation 14:5 “And in their mouth was found no guile: for they are without fault before the throne of God.”

The Character described here does not happen automatically; with our own determined efforts under the molding power of the indwelling Holy Spirit and the enabling of the Blood of the Lamb we must strive to reach that heavenly standard.

“Let us strive with all the power that God has given us to be among the hundred and forty-four thousand.” (RH March 9, 1905).

The selections below are showing us the way our tongues are to be used to the glory of God.

“Let no one think he can overcome without the help of God. You must have the energy, the strength, the power, of an inner life developed within you. You will then bear fruit unto godliness, and will have an intense loathing of vice. You need to constantly **strive to work away from earthliness, from cheap conversation, from everything sensual, and aim for nobility of soul and a pure and unspotted character.** Your name may be kept so pure that it cannot justly be connected with any thing dishonest or unrighteous, but will be respected by all the good and pure, and it may be written in the Lamb's book of life, to be immortalized among the holy angels.”--MS. 4a, 1885.

A truly noble character will not stoop to resent the false accusations of enemies; every word spoken falls harmless, for it strengthens that which it cannot overthrow.—Testimonies for the Church 4:607.

—Cultivate the habit of speaking well of others. **Dwell upon the good qualities of those with whom you associate, and see as little as possible of their errors and failings. When tempted to complain of what someone has said or done, praise something in that person's life or character.** Cultivate thankfulness. Praise God for His wonderful love in giving Christ to die for us.—The Ministry of Healing, 492.

In seeking to correct or reform others we should be careful of our words. They will be a savor of life unto life or of death unto death. In giving reproof or counsel, **many indulge in sharp, severe speech, words not adapted to heal the wounded soul. By these ill-advised expressions the spirit is chafed, and often the erring ones are stirred to rebellion.** All who would advocate the principles of truth need to receive the heavenly oil of love. **Under all circumstances reproof should be spoken in love. Then our words will reform but not exasperate.** Christ by His Holy Spirit will supply the force and the power. This is His work.—Christ's Object Lessons, 337.

Servants of the Wicked One—He who drinks in the spirit of Christ will let it flow forth in kind words, and be expressed in courteous deportment.... **But those who profess the truth and at the same time are rough, and sour, and unkind in words and deportment, have not learned of Jesus; all these manifestations show that they are yet servants of the wicked one.**—Our High Calling, 238.

Sanctified Lips—**The truly converted man has no inclination to think or talk of the faults of others. His lips are sanctified, and as God's witness he testifies that the grace of Christ has transformed his heart.... Those**

only will enter heaven who have overcome the temptation to think and speak evil.—Sons and Daughters of God, 348.

Let those who fear God and believe the truth put a guard on their lips. **Let them be determined not to speak words that will injure the cause of God, or give a wrong representation of the work being done in any of His institutions. Let them be careful not to speak words that will be a temptation to someone else to withhold the confidence and the words of courage that ought to be given to those who have been severely tried, and who, perhaps, have been working early and late to fulfill the many calls of duty coming to them, until it seems as if the mind would give way under the strain.** Often, at such times, false impressions regarding such workers are made on minds by cruel words, full of surmisings. The seeds of suspicion and distrust, like thistledown, are carried far and wide, and can never be gathered up.—Manuscript 94, 1904.

The yoke of Christ is the restraint of the Holy Spirit, and when we become heated by passion, let us say, No; I have Christ by my side, and I will not make Him ashamed of me by speaking hot, fiery words.—Manuscript 73, 1897.

One passionate word will give Satan the advantage and often wound your own soul and turn others away from the light.—The Review and Herald, May 3, 1887.

When one once gives place to an angry spirit, he is just as much intoxicated as the man who has put the glass to his lips. Learn the eloquence of silence and know that God respects the purchase of the blood of Christ. Educate yourselves; we must learn every day. We must come up higher and higher and closer to God. Clear the rubbish away from the King's highway. Make a way that the King may walk in our midst. Put away filthy communications out of your mouth (see Colossians 3:8).—Mind, Character, and Personality 2:582.

Severe tests will come to you. Put your trust in the Lord Jesus Christ. Remember that by vehemence you will wound yourself. **If under all circumstances you will sit in heavenly places in Christ, your words will not be charged with bullets that wound hearts and that may destroy life.**—Mind, Character, and Personality 2:578.

Evilspeaking is a twofold curse, falling more heavily upon the speaker than upon the hearer. He who scatters the seeds of dissension and strife reaps in his own soul the deadly fruits. How miserable is the talebearer, the surmiser of evil! He is a stranger to true happiness.—Testimonies for the Church 5:176.

Those who speak as Christ spoke will never plant bitter words like barbed arrows in the wounded soul. "The Lord hearkened and heard." Will you bear in mind that the Lord hears the words we speak, and is acquainted with the spirit that prompts our actions? ... Is it not Christlike to speak kind words, comforting words, even though you feel inclined to do otherwise?—The Review and Herald, May 26, 1896.

Work disinterestedly, lovingly, patiently, for all with whom you are brought into contact. Show no impatience. Utter not one unkind word. Let the love of Christ be in your hearts, the law of kindness on your lips.—Welfare Ministry, 76.

A Meek and Lowly Spirit—**As you go to the one you suppose to be in error, see that you speak in a meek and lowly spirit; for the wrath of man worketh not the righteousness of God. The erring can be restored in no other way than in the spirit of meekness, gentleness, and tender love. Be careful in your manner. Avoid anything in look or gesture, word or tone, that savors of pride or self-sufficiency. Guard yourself against a word or look that would exalt yourself, or place your goodness and righteousness in contrast with their failings. Beware of the most distant approach to disdain, overbearing, or contempt. With care avoid every appearance of anger; and though you use plainness of speech, let there be no reproach, no railing accusation, no token of warmth but that of earnest love.**—VSS 134.

Above all, let there be no shadow of hate or ill will, no bitterness or sourness of expression. Nothing but kindness and gentleness can flow from a heart of love. Yet all these precious fruits need not hinder you from speaking in the most serious, solemn manner, as though angels were directing their eyes upon you, and you were acting in reference to the coming judgment.—Testimonies for the Church 2:52.

So does what goes in have a connection with what goes out? Yes, it does; it has a direct connection!

"Those who indulge in meat eating, tea drinking, and gluttony are sowing seeds for a harvest of pain and death. The unhealthy food placed in the stomach strengthens the appetites that war against the soul, developing the lower propensities. A diet of flesh meat tends to develop animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding truth. "The word of God plainly warns us that unless we abstain from fleshly lusts, the physical nature will be brought into conflict with the spiritual nature. Lustful eating wars against health and peace. Thus a warfare is instituted between the higher and the lower attributes of the man. The lower propensities, strong and active, oppress the soul. The highest interests of the being are imperiled by the indulgence of appetites unsanctioned by Heaven. CD 382.

A Quick Look at the Animal Factor in our world today.

Mooove Over Milk!

101+ REASONS NOT TO CONSUME DAIRY PRODUCTS

- 1) Nature tells us that mammals wean their offspring from milk during infancy.
- 2) The milk of each species is 'designed' for that species.
- 3) There is no nutritional need for humans to consume milk beyond infancy.
- 4) Consumption of dairy products has been linked to heart disease.
- 5) Animal fat is the most addictive of all food substances.
- 6) 80% of all cows in the U. S. may have Bovine Leukemia Virus.
- 7) Raising farm animals for milk or flesh is an extremely inefficient way to feed humans.
- 8) Consumption of dairy products has been linked to atherosclerosis.
- 9) The first slaves were 'farm' animals; they were the model for human slavery.
- 10) Infectious diseases in farm animals are commonly spread by feeding dead animals, animal feces, and/or contaminated water to living animals.
- 11) The grazing of farm animals leads to 'dust bowls' and desertification.
- 12) Consumption of dairy products has been linked to breast cancer.
- 13) Cow's milk should be consumed by calves.
- 14) Bovine Spongiform Encephalopathy (BSE-'Mad Cow Disease') may be a world-wide epidemic.
- 15) The dairy industry sees cows as "milk machines."
- 16) Consumption of dairy products has been linked to colon cancer.
- 17) Animal proteins, such as the casein in milk, are among the most powerful antigens known, causing a variety of serious allergic reactions. It also has been shown to 'turn on' cancer.
- 18) The same farming practices that led to BSE (Mad Cow) in Britain have existed in the U. S. for decades.
- 19) Dairy cows go to the slaughterhouse as soon as their production drops off.
- 20) 50% of U. S. cows may have Bovine Immunodeficiency Virus (BIV).
- 21) Cows, like all other animals, are sentient: they do experience discomfort and pain.
- 22) Contrary to traditional belief, many infectious diseases can cross the 'species barrier.'
- 23) Cows, like most mammals, love and care for their young.
- 24) BSE (Mad Cow) and the human equivalents --kuru, Gerstmann-Straussler Syndrome (GSS), and Creutzfeldt-Jakob Disease (CJD)-- may have a common cause, the "prion."
- 25) The dairy industry is a major polluter of the environment.
- 26) Consumption of dairy products has been linked to prostate cancer.
- 27) Female dairy calves replace their mothers as working slaves.
- 28) As of March, 1996, only 2,791 bovine brains had been tested for BSE in the U. S.; or about .000027 % of the 108 million cattle in America.
- 29) The most disease-prone animals on earth are farm animals and humans.

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- 30) Most dairy cows are slaughtered while still 'teenagers' in 'human years.'
- 31) BSE has not yet been found in cow's milk, but new tests were begun in England when previous tests were deemed unreliable.
- 32) Consumption of dairy products has been linked to baldness.
- 33) Human slaves have also been used as "milk machines."
- 34) Infectious disease is the third leading cause of death in the U. S.
- 35) The 'prions' suspected to cause Spongiform Encephalopathies are animal proteins, and are not destroyed by pasteurization or cooking.
- 36) Lactose intolerance, the allergic response to milk sugar, is probably the least of our worries when it comes to the risks of dairy products.
- 37) Consumption of dairy products has been linked to liver disease.
- 38) Rainforests, and their resident wild life, are destroyed to create temporary grazing land for cattle.
- 39) Pasteurization kills *some* infectious agents, but also destroys nutrients and increases the carcinogenicity of animal proteins.
- 40) The Dairy Council supplies schools with false information about the benefits and risks of dairy products.
- 41) Many of the infectious diseases with suspected human/farm animal connections have no known cure.
- 42) Consumption of dairy products has been linked to kidney disease.
- 43) Animal agriculture is responsible for at least 60% and possibly 90% of all pollution to American lakes and streams.
- 44) The structure and characteristics of BIV are closely related to those of HIV.
- 45) Many male dairy calves are slaughtered immediately after birth for "bob veal."
- 46) Streptococcus bacilli such as Strep B cause mastitis in cows and can be fatal to human infants.
- 47) Consumption of dairy products has been linked to gallstones.
- 48) Many farm animals are so disease-prone they must be given heavy doses of antibiotics just to keep them alive until they go the slaughterhouse.
- 49) Dairy products are often contaminated with toxic and carcinogenic agricultural chemicals, such as pesticides, herbicides and fungicides.
- 50) Male dairy calves rarely spend more than a few hours with their mothers.
- 51) Human deaths due to infectious disease increased 58% between 1980 and 1992.
- 52) Consumption of dairy products has been linked to numerous allergic reactions.
- 53) Veal calves are fed a diet lacking in iron, so that they will be anemic, and their flesh will be nice and white on the consumer's plate.
- 54) The GAO reports that somewhere between 6.5 and 81 million Americans experience food-borne illnesses every year.
- 55) Consumption of dairy products has been linked to ovarian cancer.
- 56) In 1985, in Chicago, over 16,000 confirmed cases of Salmonella poisoning were attributed to contaminated, pasteurized milk.
- 57) Listeriosis, caused by a bacteria in Mexican cheese, has affected thousands in southern California.
- 58) Over 50% of all antibiotics manufactured in the U. S. are fed to farm animals.
- 59) Consumption of dairy products has been linked to asthma.
- 60) Veal calves typically suffer from "scours" or constant diarrhea.
- 61) The antigenic milk protein *casein* was used to make glue, before it came to be used as a "binder" in processed foods.
- 62) Brucella, or undulant fever, is caused by a virus that can survive in cheese for up to six months.
- 63) Consumption of dairy products has been linked to strokes.
- 64) Many banned agricultural chemicals are still used outside the U. S., and find their way to American tables via imported animal products.

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- 65) Cancer is the 2nd leading cause of death in American children.
- 66) Veal calves are kept in veal crates so small they can hardly move, keeping their muscles weak, and their flesh 'tender.'
- 67) Consumption of dairy products has been linked to ulcers.
- 68) Many infectious agents responsible for diseases with suspected human/farm animal connections, have incubation periods as long as twenty years.
- 69) There has been no long-term study regarding the safety of Bovine Growth Hormones (BGH) for the consumer of dairy products.
- 70) Some Staphylococci bacteria survive pasteurization.
- 71) Cow's milk contains 300 times as much casein as human mother's milk.
- 72) Consumption of dairy products has been linked to arthritis.
- 73) Campylobacter (*Vibrio Jejuni*), considered the most frequent cause of bacterial diarrhea, is common in raw milk and poultry.
- 74) Veal calves live in almost total darkness for their entire 15-16 week lives.
- 75) The veal industry would not be profitable, but for the steady supply of male dairy calves.
- 76) Land used to graze cattle could end human starvation were it used to grow plant foods, and gradually allowed to revert to natural forests and plains.
- 77) There are many *better* sources of calcium than dairy products.
- 78) Consumption of dairy products has been linked to diabetes.
- 79) The dairy industry measures % of fat in its products by *weight*, giving a false impression of safety to consumers.
- 80) When measured properly, by calories, dairy products are seen for what they are: far too high in saturated fat.
- 81) There are so few 'inspectors' per animal in the meat and dairy industries, that the value of inspection is almost non-existent.
- 82) 'Normal' cholesterol levels in the U. S. are 150-330. Healthy levels are 50-150.
- 83) Consumption of dairy products has been linked to osteoporosis.
- 84) Osteoporosis is *not* a disease of calcium deficiency; it is characterized by calcium *loss* (resorption), primarily because of (a) lack of exercise, (b) use of drugs--especially, caffeine, nicotine and alcohol, and (c) excess protein in the diet.
- 85) The dairy industry is the most heavily subsidized of all farming endeavors, and the federal subsidies are set up so as to reward the production of high fat products.
- 86) There is *no* cholesterol in fruits, vegetables, legumes and grains.
- 87) There is a tragic myth about protein that abounds....we are told to be concerned about getting enough protein, when in reality, *excess* protein in the diet is a major health problem, although it is virtually ignored.
- 88) Consumption of dairy products has been linked to abnormal sexual development.
- 89) Vegetarians can expect to outlive meat-eaters, on average, by about eight years; vegans (those who consume *no* animal products), outlive meat-eaters by 15 years.
- 90) Nature and all life belong to God and is our teacher and our sustainer, not our enemy, our servant or our possession. God cares about His creatures.
- 91) Consumption of dairy products has been linked to impotency.
- 92) Obesity is linked with consumption of refined and processed foods including high fat foods, and animal products, especially dairy products.
- 93) Consumption of dairy products creates excess mucous, an ideal breeding ground for infectious agents.
- 94) The health 'benefits' of yogurt have not been clearly established; yogurt remains a dairy product, with all the risks and problems associated with such foods.
- 95) Dairy products are an unnatural, illogical, addictive, high risk choice of food.

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96) Dairy farmers are by and large good people who have been influenced by cultural myths and misled by the food and agriculture industries; it would be to their long-term benefit and the benefit of all involved, if they would consider replacing their dairy operations with sustainable, environment-friendly, health engendering plant-based agriculture.

97) The 'natural' diet of the human species (what most humans have eaten for most of human 'history') is at least 80-90% vegetarian. The 'ideal' diet for humans (based on un-biased, comprehensive studies) is probably 100% vegetarian, or vegan.

98) Consumption of dairy products has been linked to cervical cancer.

99) All nutritional needs, protein, calcium, omega 3 and 6 fatty acids, iron, can be easily met on a vegan diet.

100) Milk, butter, and ice cream are not health foods; there are delicious, safe, nutritious and satisfying whole plant substitutes for dairy and indeed, all animal products.

101) Cows do not exist just to serve as wet-nurse slaves for unweaned humans.

102) Most Persons of African descent do not tolerate milk or dairy products!

103) When we look at the long-term history of man it can be seen that massive epidemics of plagues and deadly diseases only arose as man began to keep more and more animals in smaller areas—animal 'farms' were never ideal for health of man or animals.

104) Today the systems of raising animals for their products or consumption of their flesh causes heart sickening cruelty on a level never before seen on this earth.

105) The God who sees the sparrow fall will not turn a blind eye to man's cruel indulgences—surely we reap what we sow by this cruelty, in disease and suffering on our race.

The State of Animals:

This article has facts from USA, BUT as you well know, cattle grazing and animal raising has not done good for any country's environment either and contagious animal disease is rampant worldwide! God gave us this warning:

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." CD 349.

Millions of people in the world that never heard that warning, now avoid animal products and eat a plant-strong diet because of this—too bad that Adventists who should be the head are now the tail in following God's counsel! Some facts:

Over 100 million chickens die per year of chicken leukemia. About 235 million chickens die each year from all causes—many of which are transmittable to humans.

Thousands of chickens contaminated or stained with feces are shipped every day instead of being condemned, 81 federal inspectors testified.

Approximately 40 million hogs and piglets die of disease on our farms each year and never (we hope) reach the meat market. About 3.25 million that do reach the slaughterhouse are rejected in part or total by meat inspectors.

Approximately 2.5 million beef livers are rejected annually by federal meat inspectors because they have cancer, abscesses, or parasitic worms. The rest of the carcass is, however, allowed to be sold for human food.

Over 71 thousand cattle were sold for human food in 1967 after malignant eye tumors were discovered. (Only the eye itself was condemned.)

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In January 1993, contaminated hamburgers were the cause of the biggest outbreak ever of the deadly bacteria, E Coli 0157:H7. The outbreak killed four children and hospitalized 500 people.

In 1993, the USDA temporarily closed 30 beef slaughterhouses after inspectors revealed contaminated carcasses at dozens of plants.

Two cattle diseases, Bovine Immunodeficiency Virus (Cow AIDS) and Bovine Leukaemia Virus, have been discovered in the US. BIV & BLV are widespread and suspected of being transmitted to humans through the ingestion pathway.

Over 50,000 cases of food poisoning are reported every year, and the actual incidence of food poisoning is estimated to be ten times this figure.

Meat, eggs and dairy products are the primary sources of food poisoning. Professor Richard Lacey of the University of Leeds has stated that "more than 95% of food poisoning is derived from meat and poultry products."

Pesticide residues in foods include PCBs and dioxin. These are found in highest concentrations in meat, fish, and dairy products.

Studies have shown these toxic chemicals can be passed on from pregnant women to infants during both pregnancy and lactation and may damage the developing nervous systems. Hall has stated a vegetarian diet minimizes the risk of contamination. (1992)

Nearly 40% of the World's grain and nearly 70% of U.S. grain feed are fed to livestock.

Almost half of the energy used in American agriculture goes into livestock production. It takes the equivalent of 50 gallons of gasoline to produce the red meat and poultry eaten by the typical American each year — and twice that much to process, package, transport, sell, store, and cook it.

Livestock agriculture takes nearly one-third of California irrigation water which amounts to about 190 gallons of water per meat-eating American per day—twice the daily water usage in the average American home.

Half of the continental US is used for feedstock, pasture, and range. Half of US cropland grows animal feed and hay. This land is eroding quickly. For each pound of red meat, poultry, eggs, and milk, farm fields lose five pounds of prime topsoil.

270 million acres of public land in the western US are leased to ranchers for grazing. Already, 10% of this land has been turned into desert by livestock; 70% is severely degraded.

Livestock produces 158 million tons of waste per year, some of which contaminates underground water tables with nitrates. Animal waste and feed fertilizers account for 40% of the nitrogen and 35% of the phosphorous released into American rivers, lakes, and streams.

Cattle emit one-third of a pound of methane for every pound of beef they yield, contributing to climate change. This, along with the fuel used in livestock farming, gives every pound of meat the effect of a 25-mile drive in a big car. It is animal agriculture that is by far the biggest source of pollution and producing more harmful gasses in our world today, not cars, and yet the powers that be turn a blind eye to this as they too are 'riotous eaters of flesh' (Proverbs 23:20).

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." CD 349.

"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who

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ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them." CD 382.



How to Keep Sick!



A dozen special rules for all you folk who hate to hear about 'Health Reform'. By the way, if you would rather be well, just reverse these suggestions. Here are the Rules:

1. Keep the windows closed at all times, especially when you sleep. Fresh air would keep you healthy.
2. Keep Sunshine out of your home! Germs don't like sunshine and it could even kill some of them!
3. Never take a deep breath; that would give your lungs some needed exercise and besides you might pop a button on your tight clothes; and of course, never exercise your body, just watch TV all day!
4. Don't disturb the flies; you'll miss a lot of filth if you do.
5. Never take a bath; soap and water are enemies of disease.
6. Keep a dirty house; dirt and disease go hand in hand.
7. Eat as much junk food, sweets and fizzy drinks as you can, they are sure to keep you sick.
8. Avoid fresh fruits and vegetables; they have power to keep you healthy.
9. Eat as much fried and greasy food as you can get; that way you clog your body and prevent wellness from setting in.
10. Sugar is the best friend of people who want to get sick and stay sick; in fact it and artificial sweeteners are able to do the job better than any other thing you can eat.
11. Eat lots of dead animal flesh; there is no way meat from a dead animal can make you healthy, and besides, animal flesh carries many diseases you might never get if you did not eat it.
12. When anyone says or does something nasty to you, never forgive them; carrying a grudge invites serious disease.

For more information visit: www.hygienic-healin.com

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