

Health Quotes 'n' Notes™

Simple Remedies



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**A compilation of E.G. White
and Bible texts**
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DISCLAIMER: This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Simple Remedies

Introduction

First of all, learn about your body. In fact I encourage you to take a physiology course and read some books on the subject. I even decided it was so important I took a course from The Total Health School of Nutrition, and I have friends who went to Meet Ministry. Even a simple book like Health Power, by Dr. Deihl, can also be a great tool for busy learners. “Men and women should inform themselves in regard to the philosophy of health. The minds of rational beings seem shrouded in darkness in regard to their own physical structure, and how to preserve it in a healthy condition. The present generation have trusted their bodies with the doctors and their souls with the ministers. Do they not pay the minister well for studying the Bible for them, that they need not be to the trouble? and is it not his business to tell them what they must believe, and to settle all doubtful questions of theology without special investigation on their part? If they are sick, they send for the doctor--believe whatever he may tell, and swallow anything he may prescribe; for do they not pay him a liberal fee, and is it not his business to understand their physical ailments, and what to prescribe to make them well, without their being troubled with the matter?” {Counsels on Health pg. 37}

Secondly, don't be afraid of your doctor! “Cancer is often curable if detected early enough. Unfortunately, many patients are not mindful of the importance of early detection. Time and time again I have been forcibly impressed with this sad reality. In addition to my work in general internal medicine, I work in the field of gastroenterology. I have many patients who come to my office complaining of intermittent bleeding from the rectum for perhaps a year or more before seeing me or any other physician. Some put off that doctor's visit because of simple procrastination, while others may have delayed because of the fear of cancer. Still others may have dismissed the seriousness of this warning sign, thinking it was due to a minor condition like a hemorrhoid. Only after they start having pain or other symptoms do they finally decide to have me evaluate

the bleeding problem. By this time, for many, it is already too late.” Dr. Neil Nedley, Proof Positive. Don’t be afraid to ASK questions! Be firm about wanting to deal with the real cause of the problem, not just taking something that masks the symptoms.

“In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself, I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body. I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs, and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather.

I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided--pure air, pure water, and the healing, precious sunlight ...There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves, but man’s extremities are God’s opportunities. If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption...God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I

believe in calling upon the Great Physician when we have used the remedies I have mentioned.” {2 Selected Messages pgs. 296-7}

Why are we sick?

Because we do not learn and adhere to the laws of health and nature we get sick or hurt. When someone jumps off a cliff and breaks a leg – they have succumb to the law of gravity. The same is true of MOST disease and sickness. Sometimes it is someone else who breaks them. IE: Car accidents, and our parents mistakes. And occasionally there are cases like Job, who did not receive a natural consequence, but was affected by an external source – in this case Satan. “Many have inquired of me, ‘What course shall I take to best preserve my health?’ My answer is, Cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food; dress healthfully, which will require modest simplicity; work healthfully; and you will not be sick. It is a sin to be sick, for all sickness is the result of transgression. Many are suffering in consequence of the transgression of their parents. They cannot be censured for their parents’ sin; but it is nevertheless their duty to ascertain wherein their parents violated the laws of their being, which has entailed upon their offspring so miserable an inheritance; and wherein their parents’ habits were wrong, they should change their course, and place themselves by correct habits in a better relation to health.” {Counsels on Health pg. 37} For more information on why we get sick, see the book “Pathways to Health and Happiness.” (also called Ministry of Healing)

Charcoal

For Indigestion & Inflammation: “I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent. Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation...” {Letter 100, 1903} “A brother was taken sick with inflammation of the bowels and bloody

dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used." {Letter 182, 1899}

Charcoal Poultice for Inflammation & pain: "One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, [IT IS OF INTEREST TO OBSERVE IN CONNECTION WITH THE SEVERAL E. G. WHITE STATEMENTS CONCERNING THE VALUE OF CHARCOAL, THAT AS WELL AS BEING A PRODUCT OF FREQUENT MEDICAL PRESCRIPTION, A 1,160-PAGE PROFESSIONAL WORK, CLINICAL TOXICOLOGY OF COMMERCIAL PRODUCTS (WILLIAMS AND WILKINS, 1957) ADVISES AS AN ANTIDOTE FOR MANY KNOWN POISONS AND FOR ALL POISONOUS SUBSTANCES OF UNKNOWN

INGREDIENTS A “UNIVERSAL ANTIDOTE” OF FOUR PARTS, TWO OF WHICH ARE ACTIVATED CHARCOAL.—WHITE COMPILERS.] and the patient slept, the turning point came, and recovery was the result. To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm.” {2SM 294}

Brother Thompson’s son: “The lad had fallen on a stone, and the knee was seriously injured and much enlarged. The doctors had attended him, but had done him no good, and he was then going about with a crutch. Sara took the case in hand, and worked with him in our own house twice a day. About one hour each day was occupied in giving him treatment. It was a stubborn affair, but for weeks most thorough treatment was given him with hot and cold applications, and pulverized charcoal dipped in hot water and used as a poultice. He is a very bright, promising lad, and this accident was a great affliction to his parents; but the swelling is now removed, and he is as active and healthy a child as you would wish to look upon.” {Letter 72, 1898}

Charcoal and Flaxseed for insect bites: “We need a hospital so much. On Thursday Sister Sara McEnterfer [A TRAINED NURSE ... WHO ACCOMPANIED MRS. WHITE. - WHITE ESTATE COMPILERS.] was called to see if she could do anything for Brother B’s little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.” {2SM 299}

“I have ordered the same treatment for others who were suffering great pain, and it has brought relief and been the means of saving life. My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstance; for his help was needed in clearing the land I said to him, “Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand.” This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work.” {2SM 295}

For unknown pains: “On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.’ I replied, ‘Send to a blacksmith’s shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.’ {2SM 295}

Charcoal Poultice: Mix a little water into some charcoal to make a paste. Spread paste onto a piece of moist, strong paper towel or cotton cloth (will get stained). Fold in half to cover charcoal. Place poultice on affected area and cover with cloth that extends one inch over all edges. Hold it on with bandage or tape. Leave on for a few hours or overnight as needed. Charcoal is often provided to the military for emergency use and it can be made in wilderness

settings. With no side effects (except occasionally causing a mark on the skin) it is a valuable resource.

Eucalyptus Oil

For coughs and colds: “I cannot advise any remedy for her cough better than eucalyptus and honey. Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on. I have had considerable trouble with my throat, but whenever I use this I overcome the difficulty very quickly. I have to use it only a few times, and the cough is removed. If you will use this prescription, you may be your own physician. If the first trial does not effect a cure, try it again. The best time to take it is before retiring...I have already told you the remedy I use when suffering from difficulties with my throat. I take a glass of boiled honey, and into this I put a few drops of eucalyptus oil, stirring it in well. When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results. I ask you to use the same remedy when you are troubled with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it. Again, take warm footbaths into which have been put the leaves from the eucalyptus tree. There is great virtue in these leaves, and if you will try this, you will prove my words to be true. The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs.” {2SM 300-1}

Hydrotherapy

Introduction: “Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.” {MM 57} “In health and in sickness, pure water is one of heaven’s choicest blessings. Its

proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.” {MH 237}

Water on the inside: “Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.” {2SM 296}

Fevers: “I feel that the ice used is a mistake. The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, Do not apply ice to the head (but cool water); apply hot fomentations (to the bowels, stomach, and liver). This will quell the fever much sooner even than cold. The reaction after the cold applications raised the fever, in the place of killing it. This direction has been given me again and again. In some cases the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often the system has no power for this taxation. Brother Herbert has low vitality. Some cases may endure this other kind of treatment, but I greatly fear for Brother Lacey, if it is continued. Use hot water; in nine cases out of ten it will

do a more successful work than the cold ice would do. I cannot now write out all the cases I have handled under the light given me of God, but every case has worked favorably. I have given these directions to physicians of repute, those not of our faith and those of our faith, and in every case, even in fevers, they have reported success in treating with hot water in the place of cold water or applications of ice.” {20MR 278}

For extreme fever: “In the winter of 1864, my Willie was suddenly and violently brought down with lung fever. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he, too, might die. We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the Lord in behalf of the child. We called in a few who had faith to unite their prayers with ours. We had a sweet assurance of God’s presence and blessing. The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed rational as ever. He suffered severe pain in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm. We expected the crisis would come the seventh day. We had but little rest during his sickness, and were obliged to give him up into others’ care the fourth and fifth nights. My husband and myself the fifth day felt very anxious. The child raised fresh blood, and coughed considerably. My husband spent much time in prayer. We left our child in careful hands that night. Before retiring my husband prayed long and earnestly. Suddenly his burden of prayer left him, and it seemed as though a voice spoke to him, and said, ‘Go lie down, I will take care of the child.’ I had retired sick, and could not sleep for anxiety for several hours. I felt pressed for breath. Although sleeping in a large chamber, I arose and opened the door into a large hall, and was at once relieved, and soon slept. I dreamed that an

experienced physician was standing by my child, watching every breath, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, "The crisis has passed. He has seen his worst night. He will now come up speedily, for he has not the injurious influence of drugs to recover from. Nature has nobly done her work to rid the system of impurities." I related to him my worn-out condition, my pressure for breath, and the relief obtained by opening the door. Said he, 'That which gave you relief, will also relieve your child. He needs air. You have kept him too warm. The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous and destroy life. Stove heat destroys the vitality of the air, and weakens the lungs. The child's lungs have been weakened by the room being kept too warm. Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease. And yet in most cases air and light are excluded from the sickroom at the very time when most needed, as though dangerous enemies.' This dream and my husband's experience was a consolation to us both. We found in the morning that our boy had passed a restless night. He seemed to be in a high fever until noon. Then the fever left him, and he appeared quite well, except weak. He had eaten but one small cracker through his five-days' sickness. He came up rapidly, and has had better health than he has had for several years before. This experience is valuable to us." {2SM 305}

For lung problems: "My husband and myself were urgently requested to go from Battle Creek to Allegan, in the case of Dr. Lay's wife, to pray for her, for there was little hope of her life. We went about 35 miles. No one had been in her room to see the woman but her husband, Dr. Lay, and the physician in that place. We inquired the reason of her prostration. They said it was hemorrhage from the lungs. My husband inquired, 'What are you doing?' Dr. Lay responded, 'Putting on cold compresses.' We then told the doctors that they were doing the worst thing for the woman that they could do. They should keep hot water bags to her feet, and hot water bags to her lungs and stomach. The cold water or ice water to the lungs was diverting the blood from limbs

and body to meet the cold application, and another hemorrhage would certainly appear soon. ‘Why,’ the doctors said, ‘this is sensible; why did we not consider, and reason from cause to effect?’ The cold was immediately replaced by hot, and she was much more comfortable. She had been lying [in bed] for three days. They had not dared to move her for fear of hemorrhage. Her clothing was removed the next day, and she began to feel natural. Dr. Lay said, ‘You have, by your counsel, saved the life of my wife.’ He was the most grateful man I ever saw. She lived for about twenty years after that sickness.” {20MR 278-9}

Warm water of most benefit: “I might present case after case of a similar character. When I have taken treatment at the sanitarium, Dr. Kellogg has always told the head nurses to allow Sister White to prescribe her own treatment. They used to give me cold (ice) applications to my head, but it was always an injury to me, and I changed them to warm applications to the spine and head, and to the eyes hot salt water fomentations, but seldom ever cold. I have had inflammation to the eyes, but hot applications were used, and with good success.” {20MR 280}

Miscellaneous: “If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly. When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.” {2SM 296}

Herbs

Introduction: “If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption...God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would

be in much better health than they are today.” {MM 230} “There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.” {Manuscript 73, 1908}

Tea: “A cup of tea made from catnip herb will quiet the nerves. Hop tea will induce sleep.” {2SM 296}

Ginger: “In regard to our using spice, I plead not guilty. We have not had spice in our house for ten years, except a little ginger, which we have always used to some extent.” {15MR 245} “Sara bought a bottle of milk and some warm water this morning. I put ginger in it and it went well.” {11MR 70} Ginger aids in stomach ailments. I have found a little ginger in warm water very helpful in motion sickness or other nausea. Several herb books also recommend this. There are many books are herbs, remember it is vital we determine WHY we are sick and deal with the cause as well as dealing with the symptoms. To only treat symptoms is in error, whether it be with medication or herbs. Herbs do NOT replace the natural laws.

Miscellaneous

“Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly. When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained. There are many more simple remedies, which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves; but man’s extremities are God’s opportunities.” {PH 144}

Lemon Juice: “I use lemon juice freely. It is the best thing you could use for rheumatism, for your head, and for malaria.” {Letter 119, 1896} The third day when the aromatic odor of the cigars came to me I became stomach-sick. The most intense pain pierced my eyeballs and back of the eyeballs in my head. It seemed that

the top of my head was crashing like broken glass...Large drops of perspiration stood upon my face and my entire body broke out in profuse perspiration. Then came a confused noise in my head and I became blind and fainted entirely away. In half an hour I revived by lemon juice being pressed in my mouth. I knew as soon as I revived that it was the smoking of cigars which had thus affected me.”
{11MR 122}

Approved Advanced Treatments

(for a Medical Professional to administer ONLY! I put these in only to confirm that some of these treatment are acceptable. There are some who think there are moral implications with advanced treatments, here we see God allows for extreme measures in extreme situations.)

Blood Transfusions: “There is one thing that has saved life--an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it.”
Medical Ministry, pp. 286, 287 (To Dr. D. H. Kress).

Intense Hydrotherapy: “We had confidence in the use of water as one of God’s appointed remedies, but no confidence in drugs. But my own vital energies were too much exhausted for me to attempt to use hydropathic remedies in my husband’s case; and we felt that it might be duty to take him to Dansville, N. Y., where he could rest, and where we could have the care of those well skilled as hydropathic physicians. We dared not follow our own judgment, but asked counsel of God, and after prayerful consideration of the matter, decided to go. My husband endured the journey well. We remained in Dansville about three months. We obtained rooms a short distance from the institution, and were both able to walk out and be in the open air much of the time. Every day, excepting Sabbath and first day, we took treatment. Some may have thought that when we went to Dansville and placed ourselves under the care of physicians, we had given up our faith that God would raise my husband to health in answer to prayer. But not so. While we did not feel like despoiling the means that God had placed in our reach for

the recovery of health, we felt that God was above all, and that He who had provided remedial agencies would have us use them to assist abused Nature to recover her exhausted energies. We believed that God would bless the efforts we were making in the direction of health.” {LS 169}

There are other advanced treatments, but this booklet is on the simple remedies. This booklet is for your information and is educational ONLY.

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