

God selects a non-stimulant Diet

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Rev 14:6,7 In the last great gospel message, we are urged to give glory to God.

1 Cor 10:13 Even in our diet we must glorify God.

1 Cor 6:19,20 Our body is the temple of the Holy Ghost. We must glorify Him physically as well as spiritually.

1 Cor 3:16, 17 If we defile the body temple, God will destroy us.

Ex 20:13 We must not kill even by slow suicide.

Prov 20:1; 23:29-33 We are warned against the use of wine and strong drink

Isa 65:8 Now, sweet wine is recommended. Fermented is condemned.

Isa 28:1, 7 When the judgment is impaired, how can one glorify God?

Hab 2:15 We must not serve liquor, sell it, or vote for it.

1 Cor 6:9,10 Drunkards excluded from the kingdom.

Howard M. Kelley, M.D., Prof of Gynecology in John Hopkins University, said in World's Work, Feb. 1928; "Even a pint of beer will lessen physical powers from 10% to 15%. One spoon full of liquor lessens the ability to think and act quickly.

Alcohol has a narcotizing effect on the brain and nervous system. The brain's decisive power is paralyzed. How can a Christian resist temptation with his brain benumbed.

Deut 29:18-20 God will blot out our name if we use "gall and wormwood" (margin, any poisonous herb).

A very small dose of tobacco increases the work of the heart by contracting the arteries and raising the blood pressure. Janeway has shown that a single cigar or cigarette causes a rise of blood pressure 10-15 points. Eventually the effect is permanent and the work of the heart more than doubled.

Health Culture Magazine: "Tobacco is admitted as cause of upward of eighty diseases, including blindness and cancer of the lip and tongue."

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The New York Medical Journal: "When the Europeans first visited New Zealand, they found the natives the most finely developed and powerful men among the islands of the Pacific. Since the introduction of tobacco, for which these men developed a passionate liking, they have, from this source alone, become decimated in numbers and so reduced in stature and physical well-being as to be an altogether inferior type of man."

Dr. A.M. Campbell's experiments in 1935 proved that nicotine passes through the nursing mother's milk to the child and is injurious to the child.

The French Scientist, C. Fleig, by repeated experiments on guinea pigs, proved that tobacco smoke will kill baby guinea pigs. If the mother guinea pig inhaled dense tobacco smoke, her offspring were sometimes born dead. If they lived, their size was notably smaller than the average and they seldom lived long.

Prof Lorand of Carlsbad, whose medical advice is sought from all over the world, in one of his recent books, states how amazed he has been to find the number of women coming to him, once famously beautiful, who have in a few short years become prematurely old, weakened, and most unattractive in appearance from using tobacco.

In Paris where women have been smoking longer, feminine mustache in young women is quite noticeably frequent.

W.A. Bastedo, Prof of Pharmacy in Colorado University: "Coffee is a drug. Those addicted to its use are drug addicts."

Taber's Medical Dictionary: "A cup of coffee contains one and one half grains of caffeine (the drug). It is related to the purin bodies so that coffee increases the production of urinary acid (burdening the kidneys)."

Dr. W.G. Thompson of Cornell University: "Tea retards the activity of digestion and may cause gastric irritation, catarrh, and constipation. The effect of the tea habit on the nervous system is to over stimulate and then depress it, first producing restlessness, worry and insomnia, and finally muscular tremors, sensory disturbance and palpitation."

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Dr. HW. Wiley, Ex-Chief of the U.S. Bureau of Chemistry: "This country is full of tea and coffee drunkards. Both are dangerous and detrimental drugs. Caffeine has a direct tendency to create Bright's Disease."

Condiments. Dr. IH Kellogg: "Mustard, pepper sauce, horse radish, and other condiments of all sorts should be rigorously excluded from the table. The essential oils found in condiments are all irritant poisons. And when taken internally produce irritation of the delicate structures with which they come in contact. Man is the only animal that deliberately commits suicide by self-poisoning."

Dr. Sutherland: "Peppers, (red, white, and black) mustard, ginger, allspice, cloves, nutmeg, mace, are deadly poison. Their volatile oil is taken up by the bloodstream. High blood pressure, Bright's Disease, result."

Dr. Sutherland: "Acetic Acid (vinegar) is worse than alcohol. It hardens the arteries and liver. Irritates the kidneys." Vinegar pickles are unwholesome.

Rom 13:11-14 Awake out of sleep, make not provision to fulfill the lusts of the flesh.