



The Four Angels' Messages

A Monthly Magazine

It is the Three Angels' Message of Revelation 14 empowered by "another angel" (Revelation 18:1) producing the Loud Cry, which is yet future, but now is the time of preparation, which is the purpose of this publication.

The Seventh-day Adventist Church Not Babylon ?

Ellen White

Those that have published the Loud Cry tract have not consulted me upon the subject. They have quoted largely from my writings and put their own construction upon them. They claim to have a special message from God to pronounce the Seventh-day Adventist Church Babylon, proclaim her fall, and call the people of God out of her, and try to make the Testimonies substantiate their theory. These publications are misleading minds and increasing the prejudice <already existing,> that we cannot get access to <them,> to present the message God has given in warnings to the world of altogether a different character than the ideas presented in these pamphlets.

I arose at half past two o'clock; I could not sleep; the burden was upon me. The history of the children of Israel urged itself upon my mind, and many points were so clearly pressed upon me that I dared not keep silent. I wrote 23 pages between three o'clock and half past twelve o'clock. My spirit was stirred within me. I felt a burden for the people of God, not only on account of this one production, but for many of such matters which are coming to the people, claiming to be messages from God. "By their fruits ye shall know them."

A number of these pamphlets came to the post office, with instruction to

(Continued on page 4)

- Authorized KJV vs Catholic Bible
- Healthy And Delicious Recipes
- Heavenly Health
- How Do You Resolve It?
- Keep the Sabbath Holy
- Making It Plain
- Natural Remedy
- Natural Vitamins
- News and Comments
- Protestants Revive Futurism to

- Neutralize Historicism
- Questions and Answers
- The Holy Spirit Agrees with the Word
- The Omega Apostasy
- The Seventh-day Adventist Church Not Babylon
- The Uses of Water In Health and Disease
- Watchman, Let Him Declare What He Seeth

**A Publication By Seventh-day Adventists
For Seventh-day Adventists**

Dear Brothers and Sisters ...

Jerry O'Donnell

Our YouTube channel (an Internet thing) has not been drawing much attention for a number of reasons, yet a miracle happened recently that we want to show our appreciation to God for. We used to have hundreds of views at one point and had several thousand followers. The followers are still there, but there are times we struggle to get into double digit views these days.

One factor is that when we upload videos, the checkbox that allows for monetization remains unchecked on purpose. That means YouTube cannot intermix commercials into our videos. Those who are listening to religious material, especially on the Sabbath, can appreciate that. So many other Seventh-day Adventist ministries are all about getting that cash from YouTube, so they check the box to allow monetization. It is bad enough that on Sabbath that there is a commercial, but when the commercials are suggestive, or promote gambling and drinking, and interrupt, on average, every six minutes, we definitely do not need to be seeing that garbage on the Sabbath, or any other time. It also breaks the spirituality of the message. Such ministries are so hungry for that funding that they are willing to sacrifice the spiritual things, and think they are doing God's work. So, that means we are considered "freeloaders" by YouTube and are not promoted very well. This has become more and more aggressive over the last few years.

A second factor is that we are not ones to promote sin, nor make people comfortable in their sins. We call sin by its right name. And YouTube has given us a black mark as

we do not promote the alphabet community. We do not attack the community, but there certainly is nothing enticing in the video for them. And those types are what YouTube told us are videos not inviting of inclusiveness.

But a third factor, that could be controlled by us, is the fact that I hit hard on date setters, those that hype up video content, those that even lie about the content in their titles by stating something sensational when it is not that topic at all, etc.

Seventh-day Adventists who chase after trying to know when Sunday law is going to come in, when the second coming might be, when the close of probation may occur, etc., do not like pure Bible and Ellen White content sermons. Even then when a title that seems "sensational" is used, there are no changes in the number of our views. There was a sermon on Revelation 12, so the title that was chosen, "The United States Saves the Church", did not draw attention despite it being in the category that a lot of Seventh-day Adventists chase after. Another title was "Last Days" because the message was on all the verses containing the phrase "last days". So, the titles did not lie, despite being "sensational" titles, and yet they were among our worse number of views.

Now despite all of that, a couple in Canada heard an unofficial prayer request. It seems that the remote on the video recorder stopped working, no matter what we tried to do to rectify the situation. Therefore, the last few videos show me turning it on and off directly at the camera. It is

(Continued on page 35)

The mission of The Four Angels' Messages Ministry is to alert as many Seventh-day Adventists as possible to see the need of living the Three Angels' Messages, be well-studied in the messages of all four angels, to get ready and be ready very soon to go and preach them, even being active now. It is our belief that not only are we the last generation, but the mark is soon to be forced upon us, and publications like this shall be targeted. So while the presses can run, let us awake to our high calling, despite others who want to remain asleep. Keep in mind, the final movements of the message are described thus:

“Are we hoping to see the whole church revived? That time will never come.” {1SM 122.1}

“We must enter upon the work individually.” {1SM 122.2}

We are not against conference churches as there are some still faithful, but most are not.

About The Four Angels' Messages Ministry

This ministry is founded by Jerry O'Donnell upon the necessity to raise the standard higher and higher. It is a non-profit, Seventh-day Adventist volunteer organization who love God's church and love the people, hating to see a single person deceived.

Subscription and Donations: Although we are volunteers, the cost of

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vide a donation, we definitely would welcome such and would put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

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the postmaster to hand them to Seventh-day Adventists. The people of Wellington are full of prejudice. The circulation of D.M. Canright's falsehoods has created prejudice; and it is next to impossible to reach the people, and everything of this character creates the suspicion that we are working under cover. These pamphlets and telegraph dispatches from Brother Caldwell are of a character to confirm their suspicions. All these things are closing the doors of the people against us. The way is being hedged up by just such things.

These men that think they are doing God service are working on the enemy's side, not on God's side. Yesterday I sent 23 pages of manuscript to <Melbourne to> be prepared to come before the people. Prior to this I sent a number of pages treating on the same subject. It will not be <prepared> to go in this month's mail.

A little leaven of false doctrine, under the inspiration of satanic agencies, may work much harm to these who are not rooted and grounded and unmovable in present truth. No one can be safe now unless riveted to the eternal Rock. We have every reason to be grateful and trustful in God. The Lord Jesus knoweth them that are His. He died to save a lost world, and He is gathering out from it an army to serve under His banner. And He will present to Himself a glorious church without spot or wrinkle or any such thing.

I understood that both these men were at the General Conference, that is, Stanton and Caldwell. Could they not discern there the revealings of the Spirit of God? Could they not see that God was opening the windows of heaven and pouring them out a blessing? Why was this? Testimonies

had been given correcting and counseling the church and many had made a practical application of the message to the Laodicean Church and were confessing their sins and repenting in contrition of soul. They were hearing the voice of Jesus, the heavenly Merchantman, "Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me."

These brethren <who claimed to have this wonderful light> had the very same work of repentance and confession to do, thus clearing the rubbish from the door of their own hearts, and opening the door of their hearts to welcome the heavenly guest. Had they placed themselves in the channel of light, they would have received the most precious blessings from heaven. They would have seen that the Lord was indeed gracious, manifesting Himself to His people, and [that] the Sun of Righteousness had risen upon them. This was precious merchandizing actively carried on. The counsel of Christ to the Laodicean Church was being acted upon, and all who were feeling their poverty were buying gold (faith and love), white raiment (the righteousness of Christ), and eye salve (true spiritual discernment).

Why did not these brethren fall into line, and place themselves in the channel of light? They were poverty stricken and knew it not. They were not working in Christ's lines, were not softened and subdued by his Holy Spirit, and were so blinded [that] they could not see the strong beams of light that were coming from the throne of God upon His people. They heard not the voice of the true Shepherd. They were listening to the voice of a stranger.

When I consider the infirmities of these misled brethren, I feel deep sorrow of heart that they did not plead with God, "Bless me, O God bless, now I see my error. Thou art communicating to Thy people the richest truths ever committed to mortals. These people are not Babylon, for Thou hast given to them righteousness and peace and Thy joy, that their joy may be full." Oh why did they not open the door of their heart to Jesus? Why not [have] removed right there all that obstructs the bright beams of the Sun of Righteousness, that they might shine to the world? While God's blessing was penetrating everywhere, while His presence was consecrating and sanctifying souls unto Himself, why did they not place their souls in the channel of light? It was because Satan had cast his hellish shadow athwart their pathway to obstruct every ray of light.

How could they come from that meeting when the power of God was revealed in so marked a manner, and proclaim that the loud cry was that the commandment-keeping people were Babylon? Satan was saying that same thing to Christ when Joshua stood before the angel. Satan was declaring his sins to be so great that he should not be restrained from destroying him. The words of Christ are applicable to these brethren, and to all who shall advance similar sentiments. "The Lord rebuke thee, O Satan, even the Lord that hath chosen Jerusalem, rebuke thee: Is not this a brand plucked out of the fire? Now Joshua was clothed with filthy garments and stood before the angel."

Who clothed him with filthy garments? "And he answered and spake unto those that stood before him, saying, Take away the filthy garments from him. And unto him he

said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with a change of raiment. And I said, let them set a fair mitre upon his head. So they set a fair mitre upon his head, and clothed him with garments. And the angel of the Lord stood by. And the angel of the Lord proclaimed unto Joshua saying, Thus saith the Lord of Hosts; if thou wilt walk in my ways, and if thou wilt keep my charge, then thou shalt also judge my house, and shalt also keep my courts, and I will give thee places to walk among these that stand by."

The work of Satan is to cover the repentant, believing, commandment-keeping people of God with defiling garments. <Jesus Christ commands them to be clothed with His righteous garment, woven in the loom of heaven.> What have our brethren Stanton and Caldwell been doing? If they had been commissioned of God to do this work, they would not need to appropriate the writings of Sister White without consulting her or saying a word to her. If they have so large confidence in the work the Lord has given her to do, why did they not advise with her and see if this wonderful message was in accordance with the instruction given her of the Lord? Why did they not have wisdom to work in the right way? But this is a spurious message, of the same character of similar messages that men have claimed to have of the Lord. It is not as the bright shining of a candle lighted from the divine altar.

When the Lord gives His people light, it is light. It is not darkness and error, leading directly away from the true light which God has sent to strengthen and bless and give hope to his people. [These men had no right to appropriate] the Lord's goods entrusted to his humble servant to

trade upon and improve by trading upon them, [and] to place [them] in the framework of their errors, making it appear to all who shall read these productions that it is the voice of God from heaven giving the “Loud Cry”, that the church, His chosen people, who are keeping His commandments, are Babylon, and His people are called to come out of her.

I have no such message to give; but one of an entirely different character. My work is to seek to save lost, perishing souls, and [to] teach them as did Paul who says, “I kept back nothing that was profitable unto you, but have shewed you, and have taught you publicly and from house to house, testifying both to the Jews and also to the Greeks, repentance toward God, and faith toward our Lord Jesus Christ... I take you to record this day that I am pure from the blood of all men. For I have not shunned to declare unto you all the counsel of God. Take heed therefore unto yourselves, and to all the flock, over the which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood. For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock.”

Now he brings before them another class: “Also of your own selves shall men arise, speaking perverse things, to draw away disciples after them. Therefore watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears.”

In all ages of the world there have been men who think they have a work to do for the Lord, and show no respect for those whom the Lord has been using. They do not make right applications of Scripture. They wrest

the Scriptures to sustain their own ideas. Whatever may be the claims of those who draw away from the body to proclaim theories of their own invention, they are in Satan’s service, to get up some new device to divert souls from the truth for this time. Beware of those that arise with a great burden to denounce the church.

The chosen ones who are standing and breasting the storm of opposition from the world, and are uplifting the down-trodden commandments of God to exalt them as holy and honorable, are indeed the light of the world. How dare mortal man pass his judgment upon them, and call the church a harlot, Babylon, a den of thieves, a cage of every unclean and hateful bird, the habitation of devils, making the nations drunk with the wine of her fornication, confederating with the kings and great men of the earth, waxing rich through the abundance of her delicacies, [and proclaiming that] her sins have reached unto heaven and God hath remembered her iniquities? Is this the message we have to bear to Seventh-day Adventists? I tell you No! God has given no man any such message.

Let these men humble their hearts before God, and in true contrition repent that they have even for a time stood by the side of the accuser of the brethren who accused them before God day and night.

We are sorry to be compelled to leave the work of preparing manuscript for The Life of Christ.

It seems almost impossible that anyone who had a genuine experience in the faith should suggest such erroneous applications of Scripture as applicable to God’s commandment-keeping people. Supposing this spurious message is

the one everyone must hear for this time, "Come out of her my people," where shall we go to? Where shall we find the purity, goodness, and holiness where we shall be secure? Where is the fold where no wolves will enter?

I tell you, my brethren, the Lord has an organized body through whom he will work. There may be more than a score of Judases among them; there may be a rash Peter who will under circumstances of trial deny his Lord; there may be persons represented by John whom Jesus loved, but he may have a zeal that would destroy men's lives by calling down from heaven fire upon them to revenge an insult to Christ and to the truth. But the great Teacher seeks to give lessons of instruction to correct these existing evils. He is doing the same today with his church. He is pointing out their dangers. He is presenting before them the Laodicean message.

He shows them [that] all selfishness, all pride, all self-exaltation, all unbelief and prejudice, which is cherished, which leads to the resistance of truth and turns away from the true light, is dangerous, and unless repented of, they will be left in darkness as was the Jewish nation. Let every soul now seek to answer the prayer of Christ. Let every soul echo that prayer in mind, in petitions, in exhortations, that they all may be one as Christ is one with the Father, and work to this end. In the place of turning the weapons of warfare within our own ranks, let them be turned against the enemies of God and the truth. Echo the prayer of Christ with your whole heart: "Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we are. I pray not that thou shouldst take them out of the world, but that thou shouldst keep them from the evil."

He then offers His prayer to interpret the process through which His followers are sanctified: "Sanctify them through thy truth."

The door of the heart must be opened to the Holy Spirit, for this is the sanctifier, and the truth is the medium. There must be an acceptance of the truth as it is in Jesus. This is the only genuine sanctification: "Thy word is truth." O read the prayer of Christ for unity, "Keep through thine own name those whom thou hast given me, that they may be one, as we are." The prayer of Christ is not only for those who are now His disciples, but for all those who shall believe on Christ through the words of His disciples, even to the end of the world. Jesus was just about to yield up his life to bring life and immortality to light. Christ, amid his sufferings, and being daily rejected of men, looks down the lines two thousand years to his church which would be in existence in the last days, before the close of this earth's history.

The Lord has had a church from that day, through all the changing scenes of time to the present period, 1893. The Bible sets before us a model church. They are to be in unity with each other, and with God. When believers are united to Christ, the living vine, the result is that they are one with Christ, full of sympathy and tenderness and love. When anyone is drawing apart from the organized body of God's commandment-keeping people, [and] they begin to weigh the church <in their human scales,> and begin to pronounce judgment against them, then you may know that God is not leading them. They are on the wrong track.

Constantly, men and women [are arising] who become restless and

uneasy, who want to set up some new contrivance, to do some wonderful thing. <Satan watches his opportunities to give them something to do in his line.> God has given to every man his work. There are opportunities and privileges in the church to help those who are ready to die, and [to] inspire the church with zeal, but not to tear the church to pieces. There are plenty of opportunities in the church to walk in Christ's lines. If the heart is full of zeal to press on to a deeper sanctification and holiness, [then] work in that line in all humbleness and devotedness. The church needs freshness and the inspiration of men who breathe in the very atmosphere of heaven, to vitalize the church, notwithstanding the tares are among the wheat.

If good men and humble men will take up their duty just where it is, to help those who are ready to die, they will be a great blessing to the church. There are unconverted men in the church, and if those who are so longing to show their zeal for the Lord will seek these poor souls and work with patience and perseverance to win them to Jesus, God would work with them. "Ye are laborers together with God," not to tear down and destroy, but to restore. "Make straight paths for your feet, lest that which is lame be turned out of the way." There is an abundance of work that is needed to be done in home missions, and in exercising the talents God has given us for wise improvement. We may become skillful as a tradesman in his business by practice. We want to become skillful in [the] trade of working to bless souls, learning to save souls. This requires prayer, and earnest, persevering effort, and a willingness to work in a humble way.

If the money that has been needlessly expended in the doing of works that God has not sent men to do at all, had been employed economically in ways that are simple and safe for the progress and upbuilding of Christ's kingdom in the world, instead of helping Satan to cast upon the kingdom of Christ reproach, and clothing His church with filthy garments as Satan is doing, and urging them into false positions by using the reproofs and corrections that God has given them to show them their sin; what a great work would have been laid upon the foundation.

"Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble, every man's work shall be made manifest; for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is." I would caution all believers to learn to maintain a godly jealousy over yourselves, lest Satan shall steal your heart away from God, and you slip unconsciously into work in Satan's lines, and not perceive [that] you have changed leaders, and be in the treacherous power of a tyrant.

We are as a church to be wide-awake, and to work for the erring among us, as laborers together with God. We are furnished with spiritual weapons, mighty to the pulling down of the fortress of the enemy. We are not to hurl the thunderbolts against the church of Christ militant, for Satan is doing all on this line he possibly can, and you who claim to be the remnant people of God had better not be found helping him—denouncing, accusing and condemning. Seek to restore, not to tear down, <discourage,> and destroy. [Manuscript 21, 1893]



Protestants Revive Futurism to Neutralize Historicism

By Leroy Edwin Froom

As became apparent in Volume 2 of Prophetic Faith, the Reformation of the sixteenth Century, which gave birth to Protestantism, was not only based on the Bible but guided and motivated by the prophecies. Indeed, it was the virile interpretation of prophecy that added strength to the Reformation, leading the Reformers to separate from the established church of Antichrist. On the other hand, the Preterist and Futurist counterinterpretations of the Jesuits sought to undo the damage by marrying the prophetic application to Rome, and by splitting the essential unity of Protestantism. The vague concepts of the Preterists conceived the Apocalyptic predictions as having been fulfilled in the early centuries. This, as we have seen, was gradually accepted by the rationalistic wing of Protestants on the Continent.

But now, for the first time, Catholic Futurism, initially projected by Ribera about 1585, began to obtain a foothold and then gain momentum among Protestants in Britain. Thus the same concept that sought to break the force of the Reformation view of the papal Antichrist, by assuming a future infidel antichrist, was again invoked to weaken the force of the great evangelical advent and prophetic awakening. Protestant expositors, some leaning toward

Rome and some prompted by rationalistic concepts, joined hands in the attempt perhaps unwittingly to promote the Jesuit position. This, moreover, came to be tied inseparably with the Oxford Tractarian Movement of the Anglican Church, wherein ninety tracts were scattered by the hundreds of thousands to favor Rome and to disprove the Protestant concept of Antichrist, as will be noted shortly.

The Rome of the sixteenth Century had felt the force of these prophecies and had sought to evade them in Counter Reformation days. There was no way out but to deny their application to Rome. Their inescapable existence in Scripture could not be gainsaid, as they were assuredly there. So the Jesuit Champions of Rome denied that the prophecies referred to the Roman Catholic Church and its head. They pushed them aside – one group thrusting them forward and the other backward – shifting them out of the entire field of the Middle Ages. As to Babylon, they evaded application by interpreting it to mean pagan Rome, not papal. They also denied the year-day principle.

But now, in the nineteenth Century in Britain, the Futurist concept was again revived, by Samuel Maitland, James Todd, William Burgli, John

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Darby of the Plymouth Brethren, and the renowned John Henry Newman. It was espoused by opposite parties, by those who, though Protestants, disavowed the Reformation and referred to it as an "unwarrantable schism." These leaned strongly toward Rome. But it was also espoused by others, who, though likewise Protestant, held that the Reformation stopped short of its mark, with much of Babylon still in the Reformed churches. Such refused to believe their brethren had come altogether out of Babylon.

However, both parties appealed alike to the authority and tradition of the primitive church that had expected the Antichrist to be an individual, atheistic blasphemer, whose tyranny would last three and a half years, and be exercised just prior to the advent. They chose to go back to the undeveloped concept of the nature and length of: the Christian dispensation held by the early church. They denied the progressive interpretation that had added fact to fact and principle to principle, and perspective, as history fulfilled, clarified, and confirmed the great positions held in common by the growing body of Historical School interpreters through the centuries.

It all started in 1826, the same year that Irving's English translation of Lacunza appeared, with its Futurist elements. Maitland's Enquiry into the generally received year-day view of the 1260 days of Daniel and the Apocalypse was then released, followed by later Enquiries. In these, Maitland had militantly assailed the whole Protestant application to the Roman Papacy of the symbols of the little horn, Daniel's fourth beast, the Apocalyptic Beast, and Babylon holding that a personal and avowedly infidel antichrist was meant, and asserting that the prophetic days of its dominance were simply literal days. Arid, nearly contemporaneously with Maitland's first book, Burgh, of Ireland, likewise published his pamphlet on the Antichrist. Then came Todd's large treatise, re-enforcing the others and laying the foundation for Newman's major positions.

The contrast between Lacunza and Lambert on the one hand, and Maitland, Burgh, and Todd on the other, is impressive. The three Protestants were now excusing the Papacy from any connection with the predicted Christian apostasy, the Beast, or Babylon; while the two Catholic writers, on the contrary, had declared that its resemblance to that

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So, if you are missing an issue or think we have stopped mailing out the publication, please let us know and complain to your local postal office. Several subscribers have been impacted by the lack of proper delivery services despite years of successful deliveries.

This also ends up costing us because if it is a return piece of mail, we paid for delivery services that was not completed. Also, our willingness to send out replacement copies means extra postage. Do not feel guilty, but these are the days we are dealing with.

There are enemies of the message everywhere, knowingly and unknowingly.

apostasy had been so marked for centuries that the application was manifestly to papal Rome.

One major point in the attack by the English recruits to the Futurist School was the marked discrepancy among the Mistoricists, or expositors of the Historical School, on various points of prophetic interpretation, such as the seals and the Two Witnesses, and the manifestly unsatisfactory nature of their explanations on some of these points. This was seized upon by both Maitland and Todd, and the novelty of the year-day principle asserted, as if it had never been applied before the time of Wycliffe and Brüte. This Historical School view, nevertheless, in a degradable but steady advance.

The Futurist scheme had now received the support of prominent Church of England clergymen. But while these Protestant Futurists had borrowed from Lacunza, they rejected that which cost him most in taking his stand on the prophecies, the admission that the Roman church is Babylon. In preference to this, the Protestants joined Cardinal

Bellarmino in the expectation that Rome will fall away from her present faith before the days of Antichrist.

The inroads of the Futurist theory also served to divert attention and understanding from the relationship of the seventy weeks to the terminus of the 2300 years. If the seventieth week is separated from the sixty-nine weeks, then the inseparable relationship of the remaining 1810 years of the 2300 is hidden, and the divine harmony and understanding of the whole is ruptured. By fixing the eyes upon a transcendent future, one obscures the epochal events of the present. And when the 2300 days are conceived of as but literal time, any consideration of a nineteenth-century terminus is obviously puerile. Confusion of the Historical School of interpretation, and its final breakdown, is now definitely under way.

{1946 [Leroy Edwin Froom](#), *The Prophetic Faith of Our Fathers*, Volume 3, 655.1 to 658.2}



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The Omega Apostasy

Jerry O'Donnell

Only those who have a Catholic understanding of the Seventh-day Adventist structure or those who think that to criticize the structure is to criticize God even when the structure is in error, or who are truly brainwashed by the Conference into allegiance, are the ones that say, "I know there are problems in the church." There are more than problems in the church! We are in apostasy. Until we realize that, we will be deceived. I say this for the sake of saving souls. The apostasy was prophesied to happen, and we ought to be happy about it because it is part of the final stages of ushering in the second coming! Jesus is coming soon. Now, how we react to the apostasy can determine our eternal destiny.

This is what Ellen White prophesied: "Be not deceived; many will depart from the faith, giving heed to seducing spirits and doctrines of devils. We have now before us the alpha of this danger. The omega will be of a most startling nature" {1SM 197.4}.

On the other hand, we have numerous Seventh-day Adventists who are aware of the apostasy and are jumping ship, as it is said, for other organizations offering a purer option; however, that is wrong as well. If that was the solution, then all the specific apostate activities predicted to happen to the structure would be meaningless. We would be safe under a different structure and would not need those warnings of drums coming into the church, an attack on the heavenly sanctuary, forgetting how the Lord has led us, every uncouth activity being blamed

on the movement of the Holy Spirit, and so on.

Ellen White specifically warned about jumping into a new organization: "The Lord has declared that the history of the past shall be rehearsed as we enter upon the closing work. Every truth that He has given for these last days is to be proclaimed to the world. Every pillar that He has established is to be strengthened. We cannot now step off the foundation that God has established. We cannot now enter into any new organization; for this would mean apostasy from the truth. Manuscript 129, 1905" {2SM 390.1}.

The happy medium is to recognize we are in apostasy, that we do not need conference approval to spread the gospel, including conducting our own evangelistic meetings and including conducting our own church services with like believers when what the conference offers nearby is contradictory to the truth. Contradictory includes also avoiding the doctrines uniquely held by Seventh-day Adventists and presenting Sunday style sermonizing.

Remember, "I saw the necessity of the messengers, especially, watching and checking all fanaticism wherever they might see it rise. Satan is pressing in on every side, and unless we watch for him, and have our eyes open to his devices and snares, and have on the whole armor of God, the fiery darts of the wicked will hit us. There are many precious truths contained in the Word of God, but it is 'present truth' that the flock needs now. I have seen the danger of the messengers running off from the important points of present truth, to

dwell upon subjects that are not calculated to unite the flock and sanctify the soul. Satan will here take every possible advantage to injure the cause" {EW 63.1}.

Now, this article is unable to address every aspect of the omega apostasy, but what it will address is the fact that we are not to go and join a purer organization for Seventh-day Adventists or even form one of our own. It is one thing to have an "irregular line ministry" {20MR 143.2}, one in which operates in a manner God approves of while possibly not receiving the blessing of the Conference, and that of becoming an independent atom thinking that you, alone, or your small group, are the only ones left.

In our day and age, when apostasy has been predicted, and now is being fulfilled, for human beings without the use of a prophet, or direct act of God, to go and form their own organization, it is not of God. And if it is not of God, that leaves one other source, no matter how much the members adhere to following God's Word.

In fact, we have a number of examples to show of great apostasy

in history and yet no new "church" was formed out of it.

Take for instance the "church" in the days of Joshua and Caleb. As one reads from Numbers 13:25 to Numbers 14:10, these two were quite faithful to God. They held to the truth. They presented present truth. They presented godly expectations. And without an iota of scripture, which really did not exist yet, though all did see the hand of God work mightily, "all the congregation bade stone them with stones" (Numbers 14:10). When the congregation is willing to stone the messengers of truth, the congregation indeed is in apostasy. However, we do not see Caleb and Joshua going off with their families to form a nation of their own or even a small community. In fact, they suffered through the same forty years of wandering around in the desert with the only blessing being that they did not join the rest of the congregation in death.

Our next example is King Saul, where, not once, but twice, he gathered his army to go and chase David. "And Saul spake to Jonathan his son, and to all his servants, that they should kill David" (1 Samuel 19:1). David even found asylum with the

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Philistines (1 Samuel 27:1), however it was not with the intent to set up a new nation under God. And that is the point. David did not try to start a new nation, of which, with his popularity of killing Goliath, and King Saul being a poor king, David could have massed together more than his own soldiers to form a new nation, but he did not.

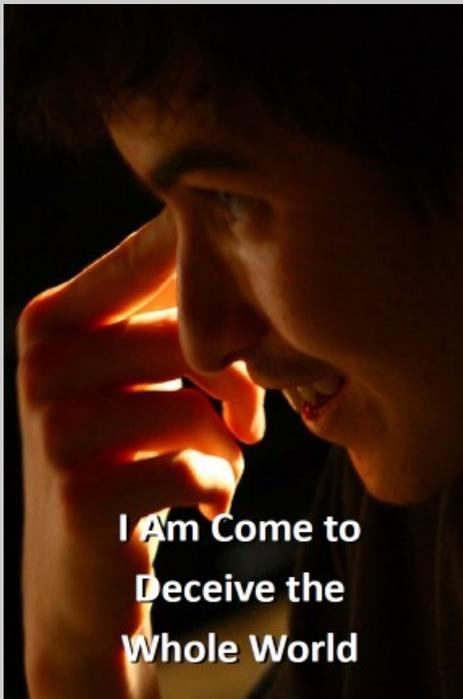
Then, much later, we have King David and Absalom (2 Samuel 15:13-14). Israel was going to be broken up into North and South, eventually, so King David could easily have surrendered Israel and gone and formed a new nation under God, but he did not.

And the next generation under Solomon was with great apostasy. "For it came to pass, when Solomon was old, [that] his wives turned away his heart after other gods: and his heart was not perfect with the LORD his God, as [was] the heart of David his father" (1 Kings 11:4). With paganism involved, which is a change in religion, technically, we do not have anyone rising up and forming a different nation. Despite the widespread apostasy, all worked within the system.

Let us not forget the apostasy under Ahab and Jezebel. "And Ahab called Obadiah, which [was] the governor of

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[his] house. (Now Obadiah feared the LORD greatly: For it was [so], when Jezebel cut off the prophets of the LORD, that Obadiah took an hundred prophets, and hid them by fifty in a cave, and fed them with bread and water.)” (1 Kings 18:3-4). And we get upset when godly ministers are removed, especially over the tithes question, when back then, removal was through execution! Yet, Elijah does not receive a message to go and form a new nation.

And then the greatest example of apostasy happened during the first coming of Christ. “Behold, we go up to Jerusalem; and the Son of man shall be betrayed unto the chief priests and unto the scribes, and they shall condemn him to death, And shall deliver him to the Gentiles to mock, and to scourge, and to crucify [him]: and the third day he shall rise again” (Matthew 20:18-19). To kill the Son of God is as in apostasy as one can get, yet Jesus never encouraged anyone to go and form a new nation and call people into that nation. In fact, Jesus specifically instructed, “Go not into the way of the Gentiles, and into [any] city of the Samaritans enter ye not: But go rather to the lost sheep of the house of Israel” (Matthew 10:5-6).

Now, before we continue, let us address two possible concerns that we indirectly raised. The first is that there were indeed two nations supposedly under God at one point: Israel and Judah. Although it is true that there were two different territories with two separate kings, keep in mind that it was not directed

of God to be a good thing. Yes, it was prophesied to happen, but that does not make it right with God. Both territories were in apostasy doing their own things, even without consulting God. Neither formed a “purer” Israel. In fact, it could easily be said, “See! This is what happens eventually when human beings step out without God’s direct involvement.” Even the purer Seventh-day Adventists fall into the trap of human error. Remember, great apostasy and a little error are the same in the eyes of God.

But then there is Jesus who said, “upon this rock I will build my church; and the gates of hell shall not prevail against it” (Matthew 16:18). And to Israel, Jesus said, “Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof” (Matthew 21:43). And we agree. So, instead of going to any organization now existing or forming a new one by the hands of men, let us pray that Jesus visits again and sets up a new one as this example brings out that it took God Himself to set up a new organization, the Christian Church. In other words, without even a prophet today, people are gathering away from the Conference into purer organizations, some calling the Conference Babylon, and are enjoying fellowship, not realizing that such is not where the truth was originally deposited. This church has even a God-given name to it. Putting other words on the name to show how it is purer does not match the God-given name.

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But some sincere Seventh-day Adventists will claim that Ellen White prophesied that it would happen; however, despite their sincerity, they are wrong. They take the words “We hoped that there would not be the necessity for another coming out” from the writings of Ellen White out of context. Here is the full context and you will see it is more of an offhanded smack in the face rebuke of what happened in Minneapolis as opposed to being a prophesy:

“I then felt my spirit stirred within me, and I bore a very plain testimony to these brethren. I told them a little of how matters had been carried at Minneapolis and stated the position I had taken, that pharisaism had been at work leavening the camp here at Battle Creek, and the Seventh-day Adventist churches were affected, but the Lord had given me a message and with pen and voice I would work until this leaven was expelled and a

new leaven was introduced, which was the grace of Christ” {11MR 229.1}.

“I was confirmed in all I had stated in Minneapolis, that a reformation must go through the churches. Reforms must be made, for spiritual weakness and blindness were upon the people who had been blessed with great light and precious opportunities and privileges. As reformers they had come out of the denominational churches, but they now act a part similar to that which the churches acted. We hoped that there would not be the necessity for another coming out. While we will endeavor to keep the unity of the Spirit in the bonds of peace, we will not with pen or voice cease to protest against bigotry....” {11MR 229.2}.

It got so bad that Ellen White further stated, “It is working upon wrong principles that has brought the cause of God into its present

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embarrassment. The people have lost confidence in those who have the management of the work. Yet we hear that the voice of the Conference is the voice of God. Every time I have heard this, I have thought it was almost blasphemy. The voice of the Conference ought to be the voice of God, but it is not, because some in connection with it are not men of faith and prayer, they are not men of elevated principle. There is not a seeking of God with the whole heart; there is not a realization of the terrible responsibility that rests upon those in this institution to mold and fashion minds after the divine similitude. – Manuscript 37, 1901, p. 8 (April, 1901, Talk by Mrs. E. G. White in the Review Chapel regarding the Southern work)” {ChL 20.4}. Yet, there is no direction given to form a new organization. A prophet in the midst at the height of the alpha apostasy, and yet there is nothing given in the form of instruction to create a new Seventh-day Adventist structure.

In fact, Ellen White stated, “God is leading out a people. He has a chosen people, a church on the earth, whom He has made the depositaries of His

law. He has committed to them sacred trust and eternal truth to be given to the world. He would reprove and correct them. The message to the Laodiceans is applicable to Seventh-day Adventists who have had great light and have not walked in the light. It is those who have made great profession, but have not kept in step with their Leader, that will be spewed out of His mouth unless they repent. The message to pronounce the Seventh-day Adventist Church Babylon, and call the people of God out of her, does not come from any heavenly messenger, or any human agent inspired by the Spirit of God” {2SM 66.2}.

And to form or even join a “purer Seventh-day Adventist structure” is to play God. As stated before, it needs to be a direct act of God to conduct such an important task, as humans are prone to error. “God will use ways and means by which it will be seen that He is taking the reins in His own hands” {TM 299.2}. Stop trying to take the reins in human hands and let God lead instead!



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Heavenly Health

Reen Swindle

In Search of Comfort

Comfort. People are searching everywhere for comfort – well, almost everywhere. When, as children, we fall down and get hurt we immediately seek comfort, usually from mom or dad, or whoever our caretaker is at the moment. Sometimes that person would try to comfort us with something like candy or a cookie or some other reward to distract us from our discomfort and then tend to our physical wounds, if there were any. So, sometimes the comfort we receive from another person could be inappropriate. Or it just might be the wrong being we turn to for comfort, and when we seek comfort from the wrong person or place, that can cause even more hurt further along in our lives.

As we grow older, we tend to fill these comfort vacancies in our lives ourselves with many things we do not even think about, such as habits, rituals, our appearance through clothing, hair, make-up, spending money on things we do not really need “just because”, food, partying, socializing, even with the wrong people, and sometimes with all its accouterments like drinking and drugs. And along with the socializing comes adopting some of the habits of those new acquaintances; many times even from people you have never even met, say like, on social media platforms of any kind. We do not even know the majority of those whom we have labeled as friends in those groups, which some have as many as hundreds, or even thousands!, and yet many turn to them when they want, or need advice, and many times share

intimate details of their lives and family members with them. Why is that? Is it because these people have displayed infinite wisdom in all matters of life? No. Most likely it is because we have already shared enough of our life situations with them that they can predict the direction of the conversation so we are convinced they “know” and care about us. And since we have already bestowed the title of *friend* upon them, they become our confidantes, one in whom we have “full belief; trust; reliance; fully assured”, according to Webster's dictionary. After all, what are friends for?

Let us look at some other ways we might also be seeking to fill this deficit of comfort in our lives. Pets, and even inanimate objects that we form strong bonds with, such as a special teddy bear or other stuffed animal that we turned to in our childhood when we had a crisis. As adults, inherited keepsakes might fill the vacancy of the teddy bear; or any collectible items that might remind us of lost loved ones seem to be a big hit with those still searching for comfort. Certain popular holidays provide a huge comfort to multitudes, regardless of what the truth is about the history, or beginning, of that event, and the seeker knows it is not truthful, so that adds another troubling twist, we are actually attempting to comfort ourselves with known lies, and we are OK with that. Comfort at any cost? Sadly, it would seem that way.

But how did we all get so caught up in this search for comfort which seems to run our lives, but that we

do not really even recognize as such? When did we develop such a blinding deficit? Is it not like running out of gas in your vehicle and getting a red light on the dash warning us of its happening? That red light is clearly marked, so we know what it is for. So, then, are there no warning lights for running out of comfort and we have to go out searching for a fill-up somewhere, anywhere? Sometimes even in the dark?

We have no further to search, than our Bibles (Please read and study for yourself, John 14:16,26; 15:26; and 16:7), but sadly, I just learned from a quick online search that Bible ownership is dwindling:

“Recent data sheds light on the current state of Bible ownership. A 2021 report from the American Bible Society found that approximately **87% of American households** possess at least one Bible. This reflects a decrease from earlier studies where ownership rates were above 90%.”

But of that 87%, how many actually study; and of those who study, how many really get down to truth, and actually live those truths? In these truths is where we find the comfort so many are frantically trying to discover through various decoys. We say we are Christians, but when we realize what it takes to be like Christ, we back away. He lived His life here on earth with no comfort, owning

nothing, yet He loves us so much He went away so the Comforter, His Spirit, could come to us and be with us all the time, in every circumstance.

We do not need family heirlooms, or trinkets, or closets stuffed with clothing, or old worn out teddy bears from our childhoods to offer imaginary comfort – we have already been promised authentic Comfort far beyond our understanding, from Jesus Christ our Saviour. So, what is stopping us from accepting the real Comforter? – All of the shallow sparkle and cuteness and sentimentality of the literal pile of false comforters we have put between us and our Saviour blind us from reality. It is time to give them all up to the trash heap, from which they came.

There is no way to have Heavenly Health without truth, and there is no way to have truth while clinging to lies. It is truly time to clean house, brothers and sisters. Once we rid ourselves of the burden of the world's garbage, we will be able to find and enjoy true Comfort.

Matthew 11:29, 30, “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke [is] easy, and my burden is light.”



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Healthy And Delicious Recipes

Lisa O'Donnell

Vegan Custard

Ingredients

- 2 1/2 cups oat milk, full fat*
- 1/2 cup cornstarch
- 1/2 cup granulated sugar**
- 1 teaspoon pure non-alcoholic vanilla extract

Instructions

1. Whisk the plant milk and cornstarch until smooth.
2. Transfer to a medium pot and add sugar.
3. On medium heat, whisk until smooth.
4. Bring to a simmer and continue whisking for 5 minutes until thickens.
5. Remove from heat and stir in the vanilla.
6. Place in a bowl with saran wrap to avoid a film.
7. Let cool.
8. If it is too thick, add 1/4-1/2 cup more oat milk.

9. Store in the refrigerator for 2-3 days.

Notes

*You may use another milk but it should be a richer milk with fat as it is best. You can use canned coconut milk but it will taste like coconut while being thicker.

**If you need to substitute the sugar, you could add a few tablespoons of pure maple syrup. You can use coconut sugar but it will give the custard a brownish color.

~~~~~

Corn starch is a ubiquitous ingredient in kitchens around the world. It is used as a thickener, a binder, and a dusting agent in countless culinary creations. It adds texture to soups, sauces, gravies, and puddings. It helps bind ingredients together in baked goods and dumplings. And it provides a crispy coating to fried foods.



# Natural Vitamins

Jerry O'Donnell

## Benefits of Eating Rice

### General Benefits

- **Good source of energy** – Rice is rich in carbohydrates, which are the body's main fuel, especially useful if you are active.
- **Naturally gluten-free** – Safe for people with celiac disease or gluten sensitivity.
- **Easy to digest** – Especially white rice, making it helpful during illness or for sensitive stomachs.

- **Low in fat and cholesterol-free**  
Supports heart-healthy eating when not cooked with excess fats.

### **Brown Rice & Whole-Grain Rice Benefits**

- **Higher in fiber** – Aids digestion, helps prevent constipation, and promotes gut health.
- **Supports heart health** – Fiber, magnesium, and antioxidants help lower cholesterol and blood pressure.
- **Helps with blood sugar control**  
Slower digestion means fewer blood sugar spikes compared to white rice.
- **Rich in nutrients** – Provides B vitamins, magnesium, phosphorus, manganese, and iron.

### **White Rice Benefits**

- **Quick energy** – Digests faster, useful for athletes or after workouts.
- **Fortified with nutrients** – Often enriched with iron and B vitamins (like folate and thiamine).
- **Helpful during recovery**  
Common in bland diets (e.g., for diarrhea or nausea).

### **Specialty Rice Varieties**

- **Black and red rice** – High in antioxidants (especially anthocyanins), which fight inflammation.
- **Wild rice** – Higher in protein and fiber than most white rice varieties.

### **Things to Keep in Mind**

- **Portion size matters** – Large servings can contribute to weight gain.

- **Blood sugar impact** – White rice has a higher glycemic index; pairing it with protein, vegetables, or healthy fats helps.
- **Arsenic content** – Rice can absorb arsenic; rinsing rice well and cooking in extra water (then draining) can reduce this.

### **For Energy & Athletic Performance**

#### **Best choices**

- **White rice**
- **Jasmine or basmati rice**

#### **Why**

- Fast-digesting carbs = quick energy
- Low fiber, so less stomach discomfort before or after workouts

#### **Tip**

- Pair with lean protein, like tofu
- Ideal **post-workout** to replenish glycogen

### **For Weight Loss**

#### **Best choices**

- **Brown rice**
- **Basmati rice**
- **Wild rice**

#### **Why**

- Higher fiber keeps you full longer
- Lower glycemic impact (especially basmati)

#### **Tip**

- Stick to approximately ½ cup cooked per meal
- Add lots of vegetables to increase volume without extra calories

### For Blood Sugar Control / Diabetes

#### Best choices

- **Brown basmati**
- **Parboiled (converted) rice**
- **Black or red rice**

#### Why

- Slower digestion
- Lower glycemic index than regular white rice

#### Tip

- Always eat with protein + healthy fat
- Avoid large portions of short-grain white rice

### For Heart Health

#### Best choices

- **Brown rice**
- **Red rice**
- **Black rice**

#### Why

- Fiber helps lower cholesterol
- Antioxidants support blood vessel health

#### Tip

- Cook with olive oil and add legumes (lentils, beans)

### For Sensitive Stomach / Recovery

#### Best choices

- **White rice**
- **Rice porridge (congee)**

#### Why

- Very easy to digest
- Gentle during illness or digestive upset

#### Tip

- Combine with broth or soft vegetables

### Bonus: Healthier Cooking Tips

- Rinse rice well before cooking
- Cook in extra water and drain to reduce arsenic
- Cool cooked rice and reheat later to increase **resistant starch** (good for gut health!)



# *The Uses of Water In Health and Disease*

*Dr. John H. Kellogg, M.D.*

## ***The Hygienic Value of Water*** (Pages 21 to 22)

If we except pure air, it may safely be said that no other element in nature sustains so important relations to the living system as does pure water. An individual will live much longer on water alone, than if deprived of drink.

Water constitutes a large proportion of all our food, varying, in grains and vegetables, from fifteen to more than ninety percent. If the water thus contained in solid food were wholly removed, an individual would

doubtless be enabled to subsist longer on water only than on solid food so treated. Though water undergoes no change in the body, and hence takes no part in the development of force, it is absolutely essential to the performance of the vital functions, being necessary to enable the various organs to perform their offices in the maintenance of the vital activities.

The circulatory system is especially dependent upon this element. Water is the menstruum which floats the blood corpuscles and the varied nutritive and excrementitious

elements which form the blood. By its aid, the nutrient particles destined to enter into the structure of the body are conveyed to the most minute and remote fiber of the intricate human mechanism where repair or growth is demanded. No other element in nature is so well suited to this exact purpose as water. It is so limpid and mobile that it can circulate through the most delicate capillaries without friction, and can even find its way, by osmosis, into parts inaccessible by openings.



## ***How Do You Resolve It?***

*Jerry O'Donnell*

*It is one thing to know some verses that help a person stay in the faith, but it is another thing to know the Word in such a way that when a verse seems contradictory to know how to resolve it. True Seventh-day Adventists do not ignore verses. It is our hope that this section will help answer some of those challenges that we may come across personally or be used by others against our beliefs.*

### ***What Day Did Jesus Die?***

Matthew, Mark, and Luke state that Jesus died on the day of Passover.

Matthew 26:2, "Ye know that after two days is [the feast of] the passover, and the Son of man is betrayed to be crucified."

Mark 14:12, "And the first day of unleavened bread, when they killed the passover, his disciples said unto him, Where wilt thou that we go and prepare that thou mayest eat the passover?"

Luke 22:15, "And he said unto them, With desire I have desired to eat this passover with you before I suffer:"

It appears that John is stating that Jesus died on the preparation of the Passover, which would be the day before, creating an apparent contradiction.

John 19:14, "And it was the preparation of the passover, and about the sixth hour: and he saith unto the Jews, Behold your King!"

It all comes down to the assumption made by the writer, due to how expensive it was to write every word out, in which by stating the phrase, "it was the preparation of the Passover", that the reader would understand what is meant by it. There are many assumptions by the

writers in the Bible that make understanding of the true meaning subject to interpretation. In comparing scripture with scripture, as directed by Isaiah 28:9-10, the truth does come out. My interpretation and your interpretation are meaningless because there would be no standard to identify which opinion is right, if either one is right.

Before we address the apparent contradiction, here is another example of a story with an assumption being made by the writer. Jesus is found to be hungry. "And seeing a fig tree afar off having leaves, he came, if haply he might find any thing thereon: and when he came to it, he found nothing but leaves; for the time of figs was not [yet]. And Jesus answered and said unto it, No man eat fruit of thee hereafter for ever. And his disciples heard [it]" (Mark 11:13-14). In reading these verses, it appears that Jesus is dumb. Please forgive me for saying it that way, but that is how atheists and others read these verses and make fun of Jesus over it, trying to discredit being the Messiah, let alone, the Son of God. In reality, the assumption that is made by the writer thinks that you should know that fig trees produce fruit and then leaves. So, seeing the leaves, there should have been fruit on the tree, however, the tree lied by having leaves only. This is why Jesus cursed the tree, symbolizing the nation of Israel. But at first glance at the story, we probably did not know that piece of information. We may even have had sympathy for the tree and were left confused, even possibly thinking Jesus indeed had a temper, which He did not. The assumption on the part of the writer just made us look like fools until we had studied it out and

realized that important piece of information.

The same is with the phrase, "it was the preparation of the Passover". You and I at first glance may think that John is referring to the Passover "day", when he was not. Keep in mind that Passover started at sunset Thursday night, probably around 6:00 pm. To reenact the Exodus, the meal was eaten after sunset according to all of the rules. All the gospels agree that Jesus died at 3:00 pm. Jesus did not just die randomly at 3:00 pm. That happens to be when the sacrifices of the priests were offered for all of Israel. In this case, still being the day of Passover as there were still three hours until sunset, the sacrifice about to be offered was the Passover lamb. But the real Passover Lamb died on the cross. So, the phrase should explicitly state, "it was the preparation of the Passover sacrifice, or offering". While the priest was preparing to slay the Passover Lamb, Jesus died, and that act of the priest was interrupted, for "the veil of the temple was rent in twain from the top to the bottom" (Mark 15:38). Again, "Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent" (Matthew 27:50-51). So, the priest may have prepared the 3:00 pm sacrifice of the Passover lamb, but was unable to execute it.

Therefore, what we have is that Matthew, Mark, and Luke tell us that Jesus died on the day of Passover. John is telling us that while the priest is settling the Passover lamb to be sacrificed at 3:00 pm on the day of Passover, Jesus died. There is no contradiction, especially when Matthew and Mark confirm that at

that very moment, in addition to Jesus dying, an act of God in tearing the veil also occurred. Who cares if the veil is torn at any other time of the day. It would be more alarming during the sacrificing time because the congregation would be staring at the priest, the objects in the courtyard, the veil behind him, and

the veil then tearing. God performs miracles that need to be told to others in front of witnesses.

So, while everyone is sacrificing lambs Thursday night, the priest would then sacrifice the nation's lamb Friday afternoon, all taking place on the day of Passover.



## Authorized KJV vs Catholic Bible

Jerry O'Donnell

*If you are using anything but the KJV, you are using a Catholic influenced Bible, which strategically twists and leaves out key words and verses so as to make even the ecumenical movement between religions outside of Christianity possible. And Ellen White does identify not to use them for reliability: "Wycliffe's Bible had been translated from the Latin text, which contained many errors." {GC 245.1}. Latin is Catholic or which most modern versions rely upon.*

### What Did Jesus Call Sinners For

In **Mark 2:17**, some versions of the Bible leave the call of Jesus very ambiguous to the point that a person could conclude that all who try to be righteous will be lost while the sinners are the ones going to Heaven. Other versions of the Bible have the sinners being called to action, and if they respond to that action, they then may join the righteous on the way to Heaven. That call is a call to repentance. Repentance is a cessation of sinning. If a sinner ceases from their sins, they then become righteous by the grace of God, Who provides forgiveness, justification, and even sanctification, which makes people righteous, hence, the phrase, "Christ's righteousness". Keep in mind, "Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous" (1 John 3:7). It sure

does not make sense that righteous people are going to be lost and active sinners get to take their sinning to Heaven, therefore, the call to action of repentance is the correct understanding.

#### King James Version: Mark 2:17

"When Jesus heard [it], he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance."

#### In Error:

**American Standard Version:** And when Jesus heard it, he saith unto them, They that are whole have no need of a physician, but they that are

sick: I came not to call the righteous, but sinners.

**Anderson New Testament:** And when Jesus heard it, he said to them: Those who are well have no need of a physician, but those who are sick. I have not come to call righteous men, but sinners.

**Aramaic Bible in Plain English:** But when Yeshua heard, he said to them, "The healthy have no need for a physician, but those who have become very ill; I have not come to call the righteous, but sinners."

**Berean Literal Bible:** And Jesus having heard, says to them, "Those being strong have no need of a physician, but those being sick. I did not come to call the righteous, but sinners."

**Berean Study Bible:** On hearing this, Jesus told them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

**Catholic Public Domain Version:** Jesus, having heard this, said to them: "The healthy have no need of a doctor, but those who have maladies do. For I came not to call the just, but sinners."

**Christian Standard Bible:** When Jesus heard this, he told them, "It is not those who are well who need a doctor, but those who are sick. I didn't come to call the righteous, but sinners."

**Contemporary English Version:** Jesus heard them and answered, "Healthy people don't need a doctor, but sick people do. I didn't come to invite good people to be my followers. I came to invite sinners."

**Darby Bible Translation:** And Jesus having heard [it] says to them, They that are strong have not need of a physician, but those who are ill. I

have not come to call righteous [men], but sinners.

**Douay-Rheims Bible:** Jesus hearing this, saith to them: They that are well have no need of a physician, but they that are sick. For I came not to call the just, but sinners.

**English Revised Version:** And when Jesus heard it, he saith unto them, They that are whole have no need of a physician, but they that are sick: I came not to call the righteous, but sinners.

**English Standard Version:** And when Jesus heard it, he said to them, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners."

**GOD'S WORD® Translation:** When Jesus heard that, he said to them, "Healthy people don't need a doctor; those who are sick do. I've come to call sinners, not people who think they have God's approval."

**Good News Translation:** Jesus heard them and answered, "People who are well do not need a doctor, but only those who are sick. I have not come to call respectable people, but outcasts."

**Holman Christian Standard Bible:** When Jesus heard this, He told them, "Those who are well don't need a doctor, but the sick do need one. I didn't come to call the righteous, but sinners."

**International Standard Version:** When Jesus heard that, he told them, "Healthy people don't need a physician, but sick ones do. I did not come to call righteous people, but sinners."

**Lamsa Bible:** When Jesus heard it, he said to them, Those who are healthy need no doctor, but those who are

seriously sick; I came not to call the righteous, but the sinners.

**Literal Emphasis Translation:** And Jesus having heard, says to them, Those being strong have no need of a physician, but rather those having badly. I did not come to call righteous ones, but rather sinners.

**Literal Standard Version:** And Jesus, having heard, says to them, "They who are strong have no need of a physician, but they who are ill; I did not come to call righteous men, but sinners."

**Mace New Testament:** Jesus hearing this, said to them, they that are in health, have no need of a physician, but they that are sick: I did not come to call the righteous, but sinners.

**NET Bible:** When Jesus heard this he said to them, "Those who are healthy don't need a physician, but those who are sick do. I have not come to call the righteous, but sinners."

**New American Standard Bible:** And hearing this, Jesus said to them, "It is not those who are healthy who need a physician, but those who are sick; I did not come to call the righteous, but sinners."

**New Heart English Bible:** And when Jesus heard it, he said to them, "Those who are healthy have no need for a physician, but those who are sick. I came not to call the righteous, but sinners."

**New International Version:** On hearing this, Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

**New Living Translation:** When Jesus heard this, he told them, "Healthy people don't need a doctor—sick people do. I have come to call not those who think they are righteous,

but those who know they are sinners."

**Weymouth New Testament:** Jesus heard the words, and He said, "It is not the healthy who require a doctor, but the sick: I did not come to appeal to the righteous, but to sinners."

**Worrell New Testament:** And Jesus, hearing it, says to them, "Those who are well need not a physician, but those who are sick. I came not to call the righteous, but sinners."

**Worsley New Testament:** Which Jesus hearing, saith unto them, They that are in health have no need of a physician, but they that are ill: I came not to call the righteous, but sinners.

**Close, but not quite:**

**Young's Literal Translation:** And Jesus, having heard, saith to them, 'They who are strong have no need of a physician, but they who are ill; I came not to call righteous men, but sinners to reformation.' [A person can reform but not repent of their sins. See the *Making It Plain* section for more details.]

**Correct, This Time:**

**A Faithful Version:** And after hearing this, Jesus said to them, "Those who are strong do not need a physician, but those who are sick. I did not come to call the righteous, but sinners to repentance."

**Amplified Bible:** When Jesus heard this, He said to them, "Those who are healthy have no need of a physician, but [only] those who are sick; I did not come to call the righteous, but sinners [who recognize their sin and humbly seek forgiveness]."

**Bishops' Bible of 1568:** When Iesus hearde that, he saide vnto them:

They that be whole, haue no nede of the phisition, but they that are sicke: I came not to call the righteous, but sinners to repentaunce.

**Coverdale Bible of 1535:** When Iesus herde that, he sayde vnto the: The whole nede not ye Phisician, but they that are sycke. I am not come to call the righteous, but the synners to repetaunce.

**Geneva Bible of 1587:** Now when Iesus heard it, hee sayde vnto them, The whole haue no neede of the Physicion, but the sicke. I came not to call the righteous, but the sinners to repentaunce.

**Godbey New Testament:** Jesus hearing, says to them, They that are whole have no need of a physician, but they that are sick. I came not to call the righteous, but sinners to repentaunce.

**Haweis New Testament:** And when Iesus heard it, he said unto them, They who are in strong health have no need of a physician, but they who have illness: I came not to call the righteous, but sinners to repentaunce.

**New King James Version:** When Iesus heard it, He said to them,

“Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentaunce.”

**Smith's Literal Translation:** And Iesus having heard, says to them, They being strong have no need of a physician, but those being affected: I came not to call the just, but the sinful to repentaunce.

**Tyndale Bible of 1526:** When Iesus hearde yt he sayde vnto them. The whole haue no nede of the phisicio but the sicke. I came not to call the rightwise but the synners to repentaunce.

**Webster's Bible Translation:** When Iesus heard it, he saith to them, They that are in health, have no need of a physician, but they that are sick; I came not to call the righteous, but sinners, to repentaunce.

**World English Bible:** When Iesus heard it, he said to them, "Those who are healthy have no need for a physician, but those who are sick. I came not to call the righteous, but sinners to repentaunce."



## ***Keep the Sabbath Holy***

*Jerry O'Donnell*

*Yes, we brought this topic back from the chopping block after finding a new approach and a reader sharing their interest in the article.*

### ***Make Friday the Preparation Day.***

On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness, and that all the cooking is done. Let the boots be blacked, and the baths be taken. It

is possible to do this. If you make it a rule, you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other

worldly employment. Before the setting of the sun, let all secular work be laid aside, and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment. {CG 528.2}

In many families [on Sabbath] boots and shoes are blacked and brushed, and stitches are taken, all because these little odds and ends were not done on Friday. They did not "remember the Sabbath day to keep it holy." ... {CG 528.3}

On Friday the clothing of the children is to be looked after. During the week they should be all laid out by their own hands under the direction of the mother, so that they can dress quietly, without any confusion or rushing about and hasty speeches. {CG 528.4}

There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. {CG 528.5}

Many dismiss the list provided here of activities to be conducted on the preparation day because we live in modern times now. Taking baths having gotten a whole lot easier, so a quick shower during Sabbath hours on a Friday night instead of earlier before sunset is excused because the washtub and boiling of water is no longer required. Today, we have many clothes to choose from and are usually ready to just pick something out of a closet in the morning and throw it on. And many other excuses for other things not being done on the preparation are also given so as to save it for the Sabbath.

The lack of laying out the clothing and the lack of taking care of the baths or showers on the preparation day diminishes the sense of preparing for the Sabbath. In other words, modern conveniences have stolen the activities of preparation for the Sabbath, which goes beyond just the physical preparations.

Although some may argue that it is not a sin to take the shower Friday night after the Sabbath has begun, there is loss in a spiritual sense for the reverence of the Sabbath hours. In other words, these preparations that do not seem to be so strictly exercised today among many Adventists make the Sabbath day just the day we stop working, waiting for the Sabbath to be over, and start doing our own thing once again. The preparation day has lost its purpose of preparing. But when we do those preparatory tasks with the mindset of "I am preparing for the Sabbath even in those things that really do not need to be done ahead of time, but can be, I am treating the Sabbath as holy as possible", there will then be a greater build-up of recognizing that the Sabbath as a special day is set aside. Thankfully, there are still some Seventh-day Adventists that do a full preparation ahead of time and are well blessed for it.

And one final word on the subject of preparation, ask yourself if grudges were dealt with between brethren and sisters. Let us carry no mental weight, like holding a grudge, going into the Sabbath. And if that person we need to be at peace with is outside the home, it is not like we have to saddle up a horse and ride a distance. Phone calls make it very convenient to apologize.



# Questions And Answers

*Allow at least three (3) months before your question may appear.*

**Question:** Did God make the dinosaurs?

**Answer:** Evidence appears to be clear that dinosaurs indeed walked the earth, unless the grandest of all satanic illusions has been taking place these so many centuries as the large creatures that God buried have been, and are still being unearthed.

The Bible says in regarding Jesus, "All things were made by him; and without him was not any thing made that was made" (John 1:3).

Keep also in mind that "The magicians did not really cause their rods to become serpents; but by magic, aided by the great deceiver, they were able to produce this appearance. It was beyond the power of Satan to change the rods to living serpents. The prince of evil, though possessing all the wisdom and might of an angel fallen, has not power to create, or to give life; this is the prerogative of God alone. But all that was in Satan's power to do, he did; he produced a counterfeit. To human sight the rods were changed to serpents. Such they were believed to be by Pharaoh and his court. There was nothing in their appearance to distinguish them from the serpent produced by Moses. Though the Lord caused the real serpent to swallow up the spurious ones, yet even this was regarded by Pharaoh, not as a work of God's power, but as the result of a kind of magic superior to that of his servants" {PP 264.2}.

Could humans have cross-bred creatures? If that is the case, the creatures used were still originally created by God.

"Every species of animals which God had created was preserved in the ark. The confused species which God did not create, which were the result of amalgamation, were destroyed by the flood. Since the flood, there has been amalgamation of man and beast, as may be seen in the almost endless varieties of species of animals, and in certain races of men" {1SP 78.2}.

[Here is a series of questions and answers that we can benefit from that was printed over a hundred years ago and still applies to us today. From Alonzo T. Jones, March 8, 1898 in *The Advent Review and Herald*.]

**Question:** What is right breathing?

**Answer:** Exercising the abdominal muscles."

**Question:** What is wrong breathing?

**Answer:** "The use of the top of the lungs."

**Question:** What is the right way and manner of speaking?

**Answer:** "By using the abdominal muscles."

**Question:** What is the wrong way?

**Answer:** "To use the top of the lungs and the throat."

**Question:** Where are the words to come from?

**Answer:** "Let your words come from deep down."

**Question:** Where shall they not come from?

**Answer:** "Not from high up. Not from the throat, nor from the upper extremity of the vocal organs."

**Question:** What is to do the work?

**Answer:** "The abdominal muscles."

**Question:** What is not to do the work, not to be worn?

**Answer:** "The lungs and throat, the vocal organs."



## Making It Plain

*Jerry O'Donnell*

### ***What Is the Difference Between Repentance and Reformation?***

In the Bible versions of this publication in this issue, one of the versions substituted the word "reformation" for the word "repentance" and we commented that it was close but not quite satisfactory. Here, we would like to expand that reason.

In general, "repentance" is an inward transformation while "reformation" is an outward change, usually caused by repentance but does not have to be. In other words, some people choose to reform over a habit but not repent of it. They still want to do it, but have chosen for one reason or another to either stop the bad habit, or start a good one. The most successful over-comers of bad habits, and the ones successful in implementing a good habit, are those who do repent, though.

This is what the Bible says about the word "repent", or a form of the word, as you hopefully notice that the heart (which is the thoughts and feelings) is affected:

- Genesis 6:6 And it repented the LORD that he had made man on the earth, and it grieved him at his heart.

- Hosea 11:8 How shall I give thee up, Ephraim? [how] shall I deliver thee, Israel? how shall I make thee as Admah? [how] shall I set thee as Zeboim? mine heart is turned within me, my repentings are kindled together.
- Acts 8:22 Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.

This is what the Bible says about the word "reformed", as you hopefully notice that it refers to external activity:

- Leviticus 26:23-24 And if ye will not be reformed by me by these things, but will walk contrary unto me; Then will I also walk contrary unto you, and will punish you yet seven times for your sins.

So, although it is true that repentance usually causes a reformation, a reformation can take place without repentance, especially under pressure, or bribe. A drinker is willing to stop drinking if threatened by a spouse that they will leave. The drinker may not repent but will reform for the sake of not wanting to

lose their spouse. Likewise, if a chronically lazy person were offered a good paying job but must show up on time to continue to receive such payment, the desires or need for the money may cause that person to get out bed early enough to make it to work on time, which is a reformation, but not repentance. In both cases,

inside, they still desire to either drink, or be lazy in regards to getting out of bed – you know the type, which will sleep until noon. The desires of the heart not changing is not acceptable to God. Repentance is required, and not reformation alone.



## Watchman, Let Him Declare What He Seeth

*This section is not about revealing the apostasy and creating ill feeling towards the conference. It is to make sure that no one is caught up in those that participate in the apostasy. That is what it means to "Declare What I See" because God says, "When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked [man] shall die in his iniquity; but his blood will I require at thine hand" (Ezekiel 3:18). We have enough to worry about our own life; we do not need your (in general) blood to be on us too.*

Nothing to report, which is a good thing.



## News and Comments

### November 30—People

#### **Bride-to-Be Cheats on Fiancé During Bachelorette, Then Blames Sober Friend for Not Stopping Her**

The article has two main wrong thoughts being exercised and prevalent even among Christians. Yes, a drunk bride-to-be engaged in activity she should not have done, and would not have done, probably, if sober. However, to turn around and blame others for her own poor choices is on her, and is not a friend's responsibility. Christians cannot claim, "The devil made me do it!" The second item is that one person, in the after discussion, said to let the bride-to-be alone, for it was her last night to have fun. How wrong of a thought that is, yet many Christians fall into the same trap. "Oh, I see and believe that truth but let me have one last enjoyment before committing to it." It is the same principle. There is no wonder why we do not know the day or hour of Christ's return or our own personal

death. If we did, we would sin right up to the end before becoming holy. So, with a marriage to be entered into, to say, "Let me enjoy myself before making the commitment official" shows the lack of actual true commitment that should have been made beforehand. The ceremony just makes it official, but in the eyes of the beholder and God, that commitment, especially after agreeing to get married, should have already been entered into. Anything short of that is adultery and grounds for separation, which, as the groom, in this case, has the right to move on and away from this foolish woman. Though he has the right, that does not mean he has to exercise it, but would not be wrong to exercise it. Thank God that God is very merciful, but there is a limit, especially when we try "turning the grace of our God into lasciviousness" (Jude 1:4), which is using grace to allow sinning. Let us not be found cheating on our husband, Jesus Christ (2 Corinthians 11:2).

# *The Holy Spirit Agrees with the Word*

*Ellen White*

The Lord Jesus in His providence has wrought in your midst. He has sent His messengers to present to you the treasures of His Word. He has opened the Scriptures to your understanding, and you have felt that it was your privilege to take them just as they read. We have felt to thank the Lord that from you has gone forth the Word of God, because you have been holding forth the words of life to others. It is a precious privilege to be entrusted with work for God, to be laborers together with God.

The Holy Spirit always leads to the written Word and calls the attention to the great moral standard of righteousness. To be honored of God in thus being privileged to testify of the truth is a wonderful thing. Said Christ to His disciples just before He ascended up and the clouds of angels received Him out of their sight, "Ye shall be witnesses unto Me both in Jerusalem and in Judea, and in Samaria, and unto the uttermost parts of the earth." They were qualified by the heavenly endowment of the Holy Spirit to testify of Christ.

I wish to impress upon you the fact that those who have Jesus abiding in the heart by faith have actually received the Holy Spirit. Every individual who receives Jesus as His personal Saviour, just as surely receives the Holy Spirit to be his Counselor, Sanctifier, Guide and Witness. The more closely the believer walks with God, the clearer his witness, and, as a sure result, the more powerful will be the influence of his testimony upon others of a Saviour's love; the more he will give evidence that he prizes the Word of God. It is his meat, it is his drink, to satisfy the thirsty soul. He prizes the privilege of learning the will of God from His Word.

Some souls who claim to be believers have slighted, and turned from, the Word of God. They have neglected the

Bible, the wonderful Guidebook, the true tester of all ideas, and claim that they have the Spirit to teach them, that this renders the searching [of] the Scriptures unnecessary. All such are heeding the sophistry of Satan, for the Spirit and the Word agree. Say the Scriptures, "To the law and to the testimony, if they speak not according to this word, it is because there is no light in them." He only is a free man whom the truth makes free.

Although you are a little world in yourselves in your island home, yet the tempter is there; he lays his net to ensnare souls. But the Lord loves you, and His guardian angels are around about you. If you are doers of the Word, you will obey the instruction of Jesus Christ. He says, "My sheep hear my voice, and I know them, and they follow me. And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand."

We are not able to keep ourselves; we are kept by the power of God. Our Redeemer has all power in heaven and in earth, and if we do just as Jesus tells us to, we shall be kept safe in His love. In our own strength we are perfect weakness; but when we put our whole trust in Jesus Christ, we are kept by His power, for He is fully able to keep every soul who puts his trust in Him.

The peril to which every soul is exposed is very great. The great adversary of God, and the enemy of man, is watching to find an opportunity to take us when we are off our guard. Jesus has told us of our danger and warned us against the wily foe. He has repeatedly enjoined upon us the duty of always watching and praying, lest we enter into temptation.

Believe in Jesus, trust in Jesus with living, constant faith, and rely without doubt upon Jesus to keep and save you.

One mighty to save has hold upon you; and as long as you will submit to be led by Him, to learn of Him, to confide in Him, He will keep you from falling; and when God engages to keep you, He is a sure defense. He is a strong fortress, and as you confide in Him, you are perfectly secure. His Word is pledged in your defense, if you will believe in Him. Simply trust in God, and obey His commandments, and you are saved by the merits and intercession of Jesus Christ.

Christ said to Peter, "Satan hath desired to have you, that he may sift you as wheat; but I have prayed for thee, that thy faith fail not, and when thou art converted, strengthen thy brethren." Very precious to Jesus are the souls for whom He has given His life. Jesus knows the value of the human soul, for if we are obedient to the commandments of God, we shall be capable of immortality. When the soul is lost through sin, the most valuable object in the world is lost.

Every son and daughter of Adam who is blessed with reasoning powers has endowments and capabilities by which he may make progress. He may be elevated and ennobled and sanctified, and hold converse with God. Heaven has manifested an intense interest in the work of developing the moral image of God in man. We must see the value that God has placed upon man. Human beings may come into possession of immortality, the life which runs parallel with the life of Jehovah. They may live as long as God lives. When we consider these things, we are filled with awe and reverence. It means very much to be a child of God, an heir of God, and joint heir with Jesus Christ.

Will not old and young in your island home seek the Lord? Will you not strive most earnestly for the crown of immortality? Will you not hate sin, and pray most earnestly that you may have a sense of its exceeding sinfulness? Will you not hate that which caused the death of the Majesty of heaven, the Son of God? Always bear in mind the fact

that there is something God hates with a perfect hatred, and that is sin. It will prove the ruin of thousands, yea, millions of souls, because they choose to sin, and in sinning make themselves characters after Satan's likeness, and such, unless they repent, forsake sin, and believe in Jesus Christ, will never find a place in heaven.

I speak to all upon the island. Out of Christ you are lost, helpless, undone and must perish. You see now why Christ has cautioned, warned, and entreated you to repent of sin, for it is that you shall not lose eternity out of your reckoning. When Christ gave His life for you, it was that He might place you on vantage ground and impart to you moral power. By faith you may become partakers of His divine nature, having overcome the corruption that is in the world through lust.

If we come in contact with sinners who are hardened and bold in sin, they will seek to lead you to be as bad as themselves; but it is for you to heed the caution and the instruction of the Word of God, "When sinners entice thee, consent thou not." Send up your prayers to heaven that you may be delivered from temptation. Pray, pray, and put your will on the side of God's will. Oh, be sure and pray for the Lord to give you His grace to resist the devil, who caused the fall of Adam and Eve in Eden, and [who] with all his deceptive power will try to make of none effect the restrictions and commandments of God.

It is a terrible thing for human agents to sin, and to crucify to themselves the Son of God afresh and put Him to an open shame. I have a message from God to you. It is, "Behold the Lamb of God which taketh away the sins of the world." When you behold Him in His matchless love, bearing the sins of the world, when you behold Him exercising His compassion and love for sinners and realize that it was for you that the innocent, holy, undefiled Lamb of God stood as one guilty to endure your punishment, that you who are sinful and

deserving [of punishment] might stand innocent, clothed with the garments of Christ's righteousness, your heart will be melted by His incomparable love, and you will accept Him as your sin-pardoning Saviour. You must not walk in darkness.

God has given you wise counselors, those who love and fear Him, and those who love the souls of all for whom Christ died. Do not turn from counsel, but take hold of words of instruction. The Lord is soon to come, make no delay. Come to Jesus every day, and tell Him you want strength, you want heavenly wisdom to understand what is sin and how to forsake it. You cannot take your way and do your will and be perverse in spirit, and yet love Jesus and be acknowledged of Him as His child.

You want heaven; well, Jesus wants you to have heaven, and to enjoy its glories, or He would not have given His precious life to save you. Jesus is near you, inviting you to come unto Him that you might have life. Come just as you are every day. Come to Jesus confessing your mistakes, your errors, and your sins. Come with true contrition of soul; seek pardon, and Christ will forgive you your sins and let the bright beams of His righteousness shine into your hearts and minds. May the Lord bless you and make you complete in Jesus Christ is my prayer.

{Manuscript 1, 1894}



*(Continued from page 2)*

not completely unprofessional, but it does not look the best, either. Yes, it could be edited out, but there are better uses of time. So, it was mentioned that this is a poor ministry that does not have the means to freely replace video recording equipment when it still, technically, works. And just like that, this couple sent a money transfer to cover the cost of the video recorder. Seeing it was earmarked for that specifically, I had no other choice but to replace the faulty device. For someone to be

## ***Ellen White Abbreviations In this Issue***

**1SM** - Selected Messages  
Book 1

**1SP** - The Spirit of Prophecy  
Volume One

**2SM** - Selected Messages  
Book 2

**11MR** - Manuscript Releases  
Volume Eleven

**20MR** - Manuscript Releases  
Volume Twenty

**ChL** - Christian Leadership

**CG** - Child Guidance

**EW** - Early Writings

**GC** - The Great Controversy  
(1911)

**PP** - Patriarchs and Prophets

**TM** - Testimonies to Ministers  
and Gospel Workers

within the viewership in another country, watching at that right moment, as many folks are not always viewing every video, and willing to pay the extra amount, as there is a big difference in the exchange rates (almost 25% in Canadian money), it has been considered a miracle.

May we appreciate everything, small or great, that the Lord provides in each of our lives on a daily basis.



# Natural Remedies

Reen Swindle

**COMMENT:** *In these times we live in, even access to natural supplements will become increasingly difficult to access, so we are going to try our best to use the most natural means possible to deal with health situations.*

## **Tired, Hurting Feet?**

What do foot-friendly shoes look and feel like? They are comfortable, with no pressure on the joints, pinching on the sides or slippage at the heel. “They should be wide, have a toe box with enough space for the toes, be made of a breathable material, such as leather or canvas, and ideally have a heel no

higher than 2.5 centimeters,” says Emma McConnachie, who works with the Royal College of Podiatry in London, U.K. “Shoes with laces that come up over the middle of the foot will provide the best kind of support.”

