

Health reform is indeed the right arm of the third angel's message, but it must be conceded that attempts to develop a strong right arm have often been misdirected. We need to begin from a right foundation.

The Bible teaches us that God formed man from the dust of the ground. The ground upon which man walks is still the basis of life upon this planet. It is literally true that the ground contains all the properties essential for the human body. Man has sought out many inventions. He knows how to get many of these properties out of the earth. Science has also found out much information about the minerals and vitamins essential to the function of the human body. But the physio-chemical features of the human body are so intricate and marvelous that the greatest scientists will freely admit that what they do not know about it is far greater than what they do know about it. The simple fact is that God never intended that man should extract properties from the earth and administer them to the body in precise dosages. No one knows enough about the needs of the body to do it anyway, and it is certain that no one ever will.

God designed that plants should extract the needed elements from the soil, and that man in turn should eat of their products and receive every needed element of life. Only a plant can synthesize all the elements that a man needs for the healthy maintenance of life.

The blood, which is the life of the flesh, is made up of the food of which a man eats. It is impossible to have good health without good blood, and equally impossible to have good blood without good food. This is so self-evident that no demonstration of the obvious is necessary. But many have failed to realize a truth that should be just as apparent: **Food can be no healthier than the soil upon which it is grown.** All food comes from the soil. Blood is made up of food. Therefore, blood draws its elements from the ground. People's blood can be no healthier than the soil which raises its food. Poor soil can only produce poor blood, and poor blood means poor health.

Does not the Spirit of Prophecy tell us that agriculture is the A, B and C of education? Then if we leave out the foundation, what sort of health reform



Down in the Garden

THE BASIS OF HEALTH REFORM

By Robert D. Brinsmead

structure can we expect? Some time ago, an intelligent doctor wrote to *Present Truth* and expressed his doubts that soil and its proper treatment had anything to do with present truth. We have no hesitation in saying that as surely as health reform is the right arm of the body of present truth, just so surely is the matter of proper treatment of the soil a vital part of present truth. If any reader should doubt this, let him take the *Index* of the Spirit of Prophecy and do a little research. He will soon

discover some amazing statements about the importance of agriculture.

Just a few years ago, a certain man with some letters after his name wrote an article in *The Review and Herald*. He contended that the quality of soil made no difference to the quality of food—that a carrot is a carrot no matter what soil it is grown upon. Now it makes no difference if the good gentleman had letters after his name as long as your arm. He was a man deficient in practical experience or observation in the field of his writing. He was the product of those scientific years when men, in the flush of scientific exaltation, thought that they had the wherewithal to manipulate all the forces of nature according to their desires. That thinking is now repudiated, and scientific men are now very much aware that man must live with nature and respect her laws. Otherwise she will not much longer tolerate him upon this planet.

Why, any intelligent man who has reared horses or cattle, knows that the beast can only be as good as the soil upon which it gets its grass. Does the learned gentleman mean to say that grass is grass, no matter upon what kind of soil it is raised? Every grazier knows that grass well grown is high in protein and will grow a larger beast than grass of the same variety grown on poor soil. On the coastal regions of Australia, the grass is more green and lush than the country further inland, because the rainfall is higher on the coast. But it is well known after generations of breeding that cattlemen cannot raise a beast on the coast with the same quality bone formation as the inland beast. Why? Because the soil on the coast is more depleted of minerals through the heavier rainfall. Although the cattle get far more to eat on the coast, they are always much smaller than cattle from the tablelands. The simple fact is that the grass is only as good as the soil upon which it is grown.

In New Zealand it was found that much of the soil was deficient in the trace element called molybdenum. And it was also demonstrated that children who eat food grown on such soil have poor teeth.

I have been a banana grower. In our area there are two main types of soil. The poor forest land grows a clean-skinned banana. It will carry to

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the ends of the earth without spoiling. It consequently sells for a better price because it looks much nicer. But it tends to be tough and rubbery to eat (like the bananas sold on the West Coast of the U.S.A.). Bananas grown upon the richer soil will not carry nearly as well. They ripen and spoil more easily. Hence they are not as good for market; but they are much better to eat.

Is a carrot a carrot, irrespective of where or how it is grown? In our country, if one is buying carrots to juice, he must be very discerning to buy carrots which come from certain districts. Some carrots are bitter, and none but the very determined will drink juice made from them. Other carrots, even of the same variety, grown on a different soil, are very sweet and beautiful for juice.

Here is a simple experiment that may be tried by anyone in any part of the world: Take produce grown on good soil, and feed it to livestock. Then take the same produce grown on poor soil, and feed it to the same kind of livestock. Soon will be seen the living proof that a beast can be no better than the soil from which it derives its food. In his book, **Healthy Soil, Healthy People**. Dr.

W. E. Shewell-Cooper (M.B.E., N.D.H., Dip. Hort., F.R.S.L., D.Litt.) cites findings from tests made on certain vegetables grown on good soil and poor soil. Some of the differences are astounding. Food grown on healthy soil contains much greater quantities of essential elements.

The conclusion is this: Only healthy soil can produce healthy people. A proper health reform program must commence from the soil and build upon that as the only true foundation. Proper treatment of the body must include proper treatment of the soil. This is the missing ingredient in the right arm of the third angel's message. When God created man, He placed him in a garden. He was told to dress it and keep it. Since that time, man has sought out many inventions. He has imprisoned himself and polluted his environment with great cities of steel and concrete. But in the last remnant of time, God is calling His people out of the cities and into the garden. Every Adventist home should be in a retired spot. That home should be in itself a church where the father is the priest, a school where the parents are the teachers, and a medical missionary outpost where the inmates know the simple remedies which God has provided. Such homes must have some ground where, as the Spirit of Prophecy says, God's people will **learn** to raise fruits and vegetables free from disease.