

CANCER

IS THE CAUSE KNOWN = ???

IS THERE A NATURAL REMEDY = ???

CANCER

**-What hope for a
permanent cure?**

• How to Cope with Worsening
Food Shortages. ●●●●

• Do I Have to Believe -----

How Cancer Is Treated??

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(This is not meant for general distribution - but for
those who claim to believe the "SPIRIT OF PROPHECY.")

FOREWORD:

The word "CANCER" is used to attract attention. But we are much more Interested in "HEALTH." Our Philosophy has HEALTH = always been = find out how to cure "CANCER" and you need never get it. If the Heroic Method of "CURING" Cancer is used when you do not have it - should it not Prevent you from getting it? After all - what is the CAUSE of Cancer = so we know (A) How to Prevent it. (B) How to Cure it.

FOR EXAMPLE = if those who cure Cancer - like HOXSEY and MAX GERSON + others who use NATURAL TREATMENTS = if they say Cancer CANNOT be cured without IODINE in some Form = then surely the taking of IODINE should at least HELP to PREVENT it even as IODINE prevents GOITER and IMBECILIC-MONGOLISM. (Also very definitely related to Heart-Trouble and Obesity. IODINE is the GOVERNOR of the Body functions + Metabolism.)

IODINE = comes in the form of 5% Iodine - 10% Potassium Iodide in water = called: "LUGOL SOLUTION." (No prescription required.) Thyroid is another form. Max Gerson, M.D. = recommends 3 drops LUGOL'S - 6 times daily. That sounds like a heap of IODINE. Or THYROID 1 Gr. 5 times daily. Then slowly taper off. The START should be as gradual as the FINISH. You are playing with Dynamite when you are playing with IODINE no matter what Form. Medical information indicates it should be STARTED slowly as well as ENDED slowly. WATCH-YOUR-PULSE. You could Die with your Boots on. Do not fool around with ERRATIC on and off taking of IODINE. Take it STEADY or not at all.

DULCE or KELP = are the Natural forms of IODINE. But some cannot assimilate it in that Form. It is said that HONEY helps the Assimilation. Some VITAMINS they recommend MILK to help the Assimilation. See 9T:162-3.

It is patently obvious that we have much to Learn, and much to Unlearn. EW 67. In the Babble of Voices today we need the Science of the Testimonies to keep our Compass on Course. Let us thank God we have this to go by. BUT REMEMBER = be very suspicious of Books she NEVER SAW - NEVER WROTE. Such as CDF + CH. (See Copyright date - !!!) She said if you want to know what she wrote - see her PRINTED WORKS = Books that SHE printed - that SHE edited. Such as "Disease + It's Causes." "How to Live." MH. SG.

CANCER - CAN IT BE PREVENTED OR CURED - ???

The Mind enslaved to ORTHODOXY in MEDICINE OR RELIGION = sees no "CURE" outside of the Establishment. Although this smug Theory has been Exploded again and again - men still hold to it. And will Die for it. For Eternity.

NOTHING = has been proven more, than the VANITY of the SUPERSTITIOUS REGARD in which they hold their LEADERSHIP. For 300 Years + more = the CAUSE of PLAGUE-MEASLES--SCURVY = were known + publicized. It took striking SAILORS and informed CITIZENS to FORCE the PREVENTION of these Scourges by CITRUS Vitamin "C" [Heard the latest Educated Ignorance that still does not know the "VALUE" of Vit.C?] = SAUER-KRAUT on Ships as a PREVENTATIVE of SCURVY = and with the MEDICS + CLERICS FIGHTING IT Tooth + Nail = they finally ENFORCED = SANITATION! [Which now the Medics attribute to themselves! Great Heros!] And who does not know the Scandal of BLOOD-LETTING - now replaced by the SUPERSTITION of BLOOD-TRANSFUSIONS when BEET-EXTRACT has been proven to be far SUPERIOR. Or, if you need Blood - the Testimonies say to take GRAPE-JUICE into which you Whip a raw EGG! CD 204,367. MM 286. SM 2:302-3.

ALL THROUGH HISTORY = true Science and true Religion has been found OUT of ORTHODOXY. And WHY - ??? For 2 Reasons:
[1] The Money-Mad Monks teach "for Hire" = which means = their FIRST regard is NOT for TRUTH = but for ACCEPTANCE. Hence UNPOPULAR TRUTH must go underground while the SHOW goes on. Hence PSYCHOLOGY takes the Throne.
[2] TRUTH must FORCE its way through ERROR - hence TRUTH does not pay in [A] Honor. [B] Returns. So the PARDON-MONGERS + the TETZELS cater to the WEAKNESSES of men. A Sanctimonious CEREMONY (like MORMONISM + the High Church of England can display) = to SOOTH the violated Conscience and STIFLE all urging to OVERCOME - by the Spirit of God! They would be the LAST to admit it = but they are "SELLING INDULGENCES" as verily as any SIN-FORGIVING PRIEST! Thus they have what they want - a LICENSE to go and Sin some more! As the Money in the Casket rings - your Soul to Heaven springs. It is on this Point - the Point of TITHE-PAYING = that LUTHER launched his FIRST ATTACK! And NOTHING will make the PRIESTS-RABBIS + MONKS any more FIGHTING-MAD! This must be our next DEFENSE! How can anyone be Blessed to lend Influence or Support to an Evil Work? "THE CHURCH IS - WHERE THE TRUTH IS." Tithe, we are told over + over again = is ONLY for the TRUTH! What else?

"FIND THE TRUTH - AND YOU FIND THE CHURCH."

"THE CHURCH IS - WHERE THE TRUTH IS."

ROMANISM = and those who follow in the Track of
ROMANISM = settle for the Slogan of the Dark Ages:

"THE TRUTH IS - WHERE THE CHURCH IS."

"Choose ye this Day!"

"THE INTERNATIONAL ASSOCIATION OF CANCER VICTIMS + FRIENDS"
155-D South Highway 101, Solana Beach, Calif. 92075 =

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WE ALSO HAVE = the same blanket permission from DR. ROYAL LEE for any of his Publications while he was alive.

WE ALSO HAVE = the same blanket permission from DR. EDWARD L. CARL of "PORT OF HEALTH" Apdo. 5-46 (PHONE: 15-30-13) GUADALAJARA 5, Jalisco, Mexico for all his splendid articles as they appeared in "HERALD OF HEALTH" P.O. Box 552, Mount Ayr, Iowa 50854. (Double permission from H.Needham.)

IT IS TIME = to join this Procession with our Tithes and Offerings. For the Health Work was never to be separated from the Ministry. Those who did - separated from God. Let us get the Help we need now in TITHES + OFFERINGS so we have active Helpers here to Roll out these Papers. "There are fearful WOES for those who preach the Truth, but are not Sanctified by it, and ALSO FOR THOSE who consent to RECEIVE + MAINTAIN the UNSANCTIFIED to minister to them in word + doctrine. I am alarmed..." 1T:261-2.

"Their example + influence have raised doubts... STUMBLING over these BLIND Teachers... We have wronged the CHURCH of God, in that we have not spoken out BEFORE." 1T:234.

"In this fearful Time, just before Christ is to come the second Time, GOD'S FAITHFUL PREACHERS will have to bear a still more pointed Testimony than was borne by John the Baptist... and those who preach SMOOTH THINGS, God will not acknowledge as His shepherds. A fearful WOE is upon them." 1T:321. "For REBELLION is as the Sin of WITCHCRAFT." 1T:323.

THOSE WONDERFUL NEUTRALS =

I used to admire the Church-Member who would be a Friend of both Parties. He would Smile at the Church Apostates leading the Flock to Perdition = he would Smile at us and give Ear to all we had to Say. We did not say it Right - granted. It took Time to develop our Knowledge and ^{be} put into our Place by hard Facts and Knocks. We had to learn our Lessons. Some of us = using Methods we learned from the Adventists = would bear down cruelly on one who disagreed with us.

Not any more do I envy the Neutral - not never no more. He is in fact a cold Fish = without any Feeling. For if he FELT the HORROR of giving people WRONG DOCTRINE and POISONOUS DRUGS - in the Name of God =

Causing people to Sicken and Die = both PHYSICALLY and SPIRITUALLY = how could he so casually face the matter without INDIGNATION?

WHAT PREACHER WILL PREACH THIS = ???

"THE WRATH OF GOD. I saw that His ANGER was DREADFUL + TERRIBLE... TERROR seized me, and I fell upon my face before the Angel + begged of him to cause the sight (of the 7 Last Plagues) to be removed, to hide it from me, for it was too dreadful. Then I realized as never before, the importance of SEARCHING the Word of God carefully, to know how to ESCAPE the PLAGUES." EW 64-5.

"When the Lord first gave me Messages... I often softened them DOWN... Jesus... looked upon me with a FROWN... Oh... that dreadful FROWN!" EW 76-7.

"... and they left WITHOUT A SHELTER from the BURNING WRATH of God, in the 7 Last Plagues." EW 44. "THEREFORE what is done to rescue Souls from the coming STORM OF WRATH must be done BEFORE Jesus leaves the MOST HOLY PLACE of the Heavenly Sanctuary." EW 48.

ALWAYS = ALWAYS = ALWAYS = "It has ALWAYS been the Characteristic of FALSE PROPHETS that they see Visions of PEACE; and they will be saying, "PEACE + SAFETY," when sudden DESTRUCTION comes upon THEM. The TRUE will boldly REPROVE sin and WARN of coming WRATH." EW 139.

"... in the Spirit + Power of ELIJAH to herald the Day of WRATH." EW 155. "ALL HEAVEN was moved with INDIGNATION." EW 215. "... the Heavenly HOST were filled with INDIGNATION." EW 220,177. "... with DISGUST." EW 228, 246.

I USED TO BE ACCUSED = of being far too gentle with people. Of being too patient to explain our Position. I myself did not know the Answer - but slowly it came to me. Why the same man who is TOO BLUNT - is also TOO GENTLE.

I HAVE SEEN THE ADVENTIST = as I saw too many of our own people on this 1974 Trip = bear down at once on any who disagreed in the slightest - with our Position. They learned well - from the Adventist Preacher.

I HAVE BEEN TERRIBLY EMBARRASSED = and have had to turn around and embarrass them = when one well-meaning Bro. or Sr. would = "GIVE THEM HELL!" and then turn around Smiling graciously at HOEHN = you go ahead and PROVE what I just said! Looking for a Whipping Boy.

I HAVE FELT LIKE SAYING = and have said it in the Past = if YOU want to open the Subject your Way - you go ahead... and finish the Job. [Which you have done already.] You get them to Bristle + Brace themselves = ready to Oppose and Fight every Word we now say. That is poor Psychology. It is no Psychology at all. It is imitating the blundering Adventist Preacher who for YEARS + YEARS + YEARS has done like NICHOLS of the R&H = BOASTED that for 32 Years he NEVER showed the WRONG in the SHEPHERD'S ROD DOCTRINE! [How could he - when they were Teaching the SAME THING!] So it was sufficient - not to PROVE anything - but call them "WHELPS!" + "WOLVES!" in Sheep's Clothing. "POSSESSED by the Devil!" "Purple Heads!" "Accusers of the Brethren!" and a few other Scurrilous Invectives and Tearing down Tirades. Leaving the entire Church rabble-roused, without having actually PROVEN anything!

WE DO NOT NEED OUR PEOPLE = to follow that Method. The Order is given in EW 102,62. We do not get PERSONAL. We are VERY IMPERSONAL. We are to [1] LISTEN to the other Side. [2] CHECK with them if they know what they are Teaching, or what they have been Taught. Make SURE that YOU know and that THEY KNOW - what their Position is. [3] Then PROVE to them that they were taught WRONG. That their Leaders deceived them, humbugged them, hornswoggled them, bamboozled them, duped them, tricked them, beguiled them. But FIRST you PROVE to them exactly WHY + HOW. So that they should AGREE with you.

YOUR FIRST MOVE IS = as in the Case of the MAXWELL BOOK. You ASK them what happens when Christ comes - ???

You are an Adventist, or you claim to be an Adventist, you claim to go by the SoP. Alright - what does the SoP teach on the Coming of Christ? He tells you, you tell him. Let him be astonished that YOU know MORE than he does. You should. You STUDIED it - he did not. He just went by that Preacher. HOWEVER = they do have enough BASIC KNOWLEDGE not only to get by - but many times astonish you in what they actually know. IN ANY CASE = you will put them SOLIDLY on YOUR SIDE =

BY SEALING THE SUBJECT WITH SoP PROOF = without fail, they will appreciate some good REFERENCES that prove that you KNOW what you are Talking about - that you are not just Talking into the Air.

THEN YOU BRING FORTH = Testimony proof [so far you need not say WHO or WHERE - all very IMPERSONAL] = show them PROOF from the Writings that THE TIME WILL COME when the WHOLE WORLD will be Deceived by FALSE CHRISTS = by FALSE HEALINGS - by FALSE RAISING OF THE DEAD - that this is the GREATEST DELUSION EVER TO BE VISITED UPON MAN!

THERE IS NO REASON BUT THAT = he should AGREE WITH YOU! He is learning a new Respect for you. He heard horrible things about you + your Movement. But he is getting to Believe that YOU KNOW EXACTLY what you are TALKING ABOUT! You have COMMAND of the Testimonies - you never read one Statement that did not apply - you are on the Ball!

YOU HAVE BROUGHT OUT = that "WE" were taught this = "WE" were WARNED about this "...almost OVERMASTERING DELUSION." coming on the World + the Churches. So far, no matter what he may Think of your CAR or the COLOR of your HAIR = he is FORCED to begin to have a HEALTHY RESPECT for what you KNOW of this Subject - for you came there = PREPARED! And the Holy Spirit adds CONVICTION. Alright then - that is PHASE ONE. He is ON-YOUR-SIDE. He cannot be otherwise. IF YOU HAVE TIME [Usually you do not at a Meeting, but if you do] = go into some little details to CONVINCE HIM WITHOUT A DOUBT IN HIS MIND = that you are BOTH IN AGREEMENT about this "DEVIL'S TRAIN" and what they will be Teaching - as shown in EW 262-5,88. GC 624.

LET HIM KNOW = that YOU KNOW = the Testimonies. Not in an Arrogant way = but on a Level with him = do not look DOWN upon him if you can help it. Sometimes it is not easy to show your CONTEMPT for IGNORANCE - but hold yourself. There was a Time -6- when you knew no Better.

TRY TO REASON WITH HIM DURING THIS STAGE = that he will accept - not YOU = but the Testimonies. VERY IMPERSONAL. Now you turn the Tables. Now you ask him if he read that MAXWELL BOOK. YOU ARE STILL VERY IMPERSONAL. You are not talking about HIM = if he has or has not co-habited with 17 Women during his Life-time. YOU ARE NOT interested in any of that. ALTHOUGH YOU KNOW = his natural CROOKEDNESS may prevent him from accepting STAGE TWO.

STAGE ONE HE HAS TO BE WITH YOU - HE HAS NO CHOICE = he is an Adventist - he claims to believe the Testimonies, alright = here are the Testimonies. TESTIMONIES that he recognizes were not exactly found OVERNIGHT. TESTIMONIES that if he knew the TIME you had to take to DIG THEM OUT= he would find it hard to Believe the not HUNDREDS but THOUSANDS of Hours of Research this Represents. NO MATTER what he thinks of you PERSONALLY - he HAS to Respect you IMPERSONALLY. For up to now you have been IMPERSONAL. See you keep it that Way. Any PERSONALITIES - let it come from the other Side.

LIKE STEPHEN = giving a run-down of what they KNEW was the Truth = when they began to Murmur at the Truth, and Stephen knew his Hour had come - then SUDDENLY he became VERY PERSONAL! "*Ye Stiff-necked KILLERS + MURDERERS!*"
Call them any NAME you want - it would FIT LIKE A GLOVE!

BUT THIS HAS TO BE AFTER THEY TURN AGAINST YOU! Not before. Give them the benefit of the Doubt. NOW-YOU-ASK-THEM = did you READ that MAXWELL BOOK - ??? [Most likely not!] Then turn to it = what do you Think of This - ??? And what about THAT - on page 60,69,78,94.

"MAN THE WORLD NEEDS MOST." FREE! "FAITH FOR TODAY."
P.O.Box 100, Thousand Oaks, Calif. 91360. [May take a month. Ask for 2 - DO NOT give any but to Adventists, so they will Know what their New Religion is! DO-NOT-ADD-SIN-TO-SIN by contaminating the World with THAT BOOK! Or that HMSR BOOK - same Doctrine. "ONE WORLD - shadowey pages - shadowey Doctrine - p.318.]

YOU ARE STILL NOT PERSONAL =so far you have stood to one Side. [A] Does he believe the Testimonies? Does he believe the References + the Teaching you showed him? [B] Does he know what MAXWELL-RICHARDS-CLEVELAND = are now Teaching? VERY IMPERSONAL - ?!! NOT YOU - NOT HIM! He need not take it PERSONAL! You were not PERSONAL! You are only SAYING + PROVING what "THEY" did - !!!

ALL HE NEED SAY IS = Yes - I see what the TRUTH is =
[A] I see how they have departed from the Faith [B]. It
is too Bad that "THEY" have done this - but Sure as there
is a God in Heaven = "WE" will NOT go along with "THEM!"
[In case Fat-Head the 13th once Fooled you on the Presi-
dent's Page some Years back about "WE" + "THEY" = see
over 100 "THEM-THEIR-THEY-THESE" or related Terms - over
100 Times in 6 Pages! 2T:439-444. NOW when you Read the
Testimonies = Read them with your eyes OPEN!]

SO FAR YOU HAVE STOOD TO ONE SIDE LIKE A STRANGER FROM
ANOTHER WORLD MERELY REPORTING WHAT YOU SAW BEING DONE =
if he wants to get on his Snotty High-Horse, get Hot-
Headed, impetuous, unruly, fire-eating + Peppery =
and start getting PERSONAL - that is his Business and
his Sin - !!!

HE DID NOT HAVE TO IDENTIFY HIMSELF WITH THAT REBEL
CREW! He did not have to be ONE with THEM! In their
ADVENTIST WATER-GATE COVER-UP! Or else he can be SHOT
DOWN with the SHRAPNEL MEANT FOR THEM! If he chooses
to run out there where the Bullets are Flying - and
throw up his hands to Shield them and COVER-UP for
them - then let him be an Accessory before the Fact as
well as an Accessory after the Fact = in Aiding + Abett-
ing a Crime against Humanity. MURDER - ACTUAL MURDER!

YES - ! WE MAY BE GUILTY OF THIS - THAT - OR THE OTHER
THING = but I do not Remember that we were Guilty of
MURDER! And this Crime of theirs = is not like the
MURDER of ONE - but MANSLAUGHTER INDISCRIMINATELY WITH
KNOWLEDGE AFOREHAND! Just imagine sending forth that
"BOOK of a New Order" SM 1: 204 = by this "New Organi-
zation" that we are NOT-TO-JOIN! SM 2:390. By the TRUCK
LOAD + by the TON = over the largest Telecast Programme.
PASSED by the General Conference. PASSED by all the
BOOK COMMITTEES. PASSED by your local PASTOR. And also
"PASSED" by YOU - ??? You will DARE to pay God's TITHE
for THAT BOOK - or for FIGHTING THE TEACHING OF THAT
BOOK - ??? "CHOOSE ye this Day!"

*"NOT ONE in that vast assembly dared utter ONE WORD for
God + show his loyalty to Jehovah. What astonishing de-
ception + fearful BLINDNESS... This BLINDNESS + APOSTASY
had not closed upon them SUDDENLY... they remained
NEUTRAL... ALL ISRAEL IS SILENT..." 3T:280-1. RH A1:135.
Shall it be so with us - ???*

LEAVE THEM !!! "God says, "Ye are my witnesses." You are to act in My place... Even though you may not feel able to speak a word to those who are working on wrong Principles, LEAVE THEM. Your withdrawal + silence may do more than words. Nehemiah refused to associate with those who were untrue to Principle, and he would not permit his workmen to associate with them... DARE TO BE A DANIEL. DARE TO STAND ALONE. Thus, as did Moses, you will endure the seeing of Him who is invisible. But a COWARDLY and SILENT RESERVE before evil associates, while you listen to their devices, makes-you-one-with-them." SDA-BC 3:1155. RH May 9, 1899.

"With Divine help we are to form our opinions for ourselves as we are to answer for ourselves before God." GC 598.

"Again + again the history of Christ's withdrawal from Judea has been repeated... LEAVE THE CHURCH of their Fathers, that they may render OBEDIENCE." DA 231-2.

"God will restrain His ANGER but little longer. His WRATH BURNS against this Nation + especially against the RELIGIOUS BODIES... Satan exults." EW 275.

AHAB (General Conference President) JEZEBEL (married to a Harlot Church) = "... and nearly the WHOLE OF ISRAEL" = oppose ELIJAH = ALL THIS UNDER THE TITLE OF: "THE LAODICEAN CHURCH: "The Message to the Church of the Laodiceans is a ... Message TO BE borne TO His people by MINISTERS WHOM HE HAS CALLED to warn the people is NOT a Peace-and-Safety Message... WHAT GREATER DECEPTION can come upon human minds than a CONFIDENCE that they are RIGHT when they are ALL WRONG!... It is not enough to merely PROFESS to believe the Truth. All the Soldiers of the Cross of Christ virtually obligate themselves to enter-the-Crusade against the adversary of souls, to CONDEMN wrong + sustain Righteousness... BREAK their spiritual SLUMBER... Those who will not ACT when the Lord calls upon them... will walk in DARKNESS, for the LIGHT will be withdrawn. The evidence given one Day, if REJECTED, may NEVER be REPEATED... (I wonder how many of us know what that means?)

"This Message must be borne TO a Lukewarm CHURCH by God's Servants... will AROUSE to action + lead to SELF-ABASEMENT + confession of SINS... BUT-THE-GENERAL-SLAUGHTER-OF ALL THOSE WHO DO NOT THUS SEE... and BEGIN at My Sanctuary... (then) their CONFESSIONS are TOO LATE." 3T:252-271.

NO STRAIGHT TESTIMONY - NEUTRAL - INDIFFERENT = THE
CURSE OF GOD RESTS ON PRIEST + PEOPLE AS ONE = 3T:269.

"CURSE ye Meroz, said the Angel of the Lord, CURSE ye bitterly the inhabitants thereof; because they came not to the Help of the Lord, to the Help of the Lord against the mighty." Let the INDIFFERENT ones AROUSE, and ACT their part in the work of the Lord, lest this CURSE be against them... let no one... block the Way by CRITICISM". RH A4:455. Sept. 30, 1902.

"All Heaven is interested in the CHARACTERS you are FORMING... A spotless CHARACTER is as precious as the Gold of Ophir... CHARACTER cannot be bought; it must be FORMED by stern EFFORTS to resist temptation. The FORMATION of a right CHARACTER is the WORK of a LIFETIME... The excellence of CHARACTER that you possess must be the result of your own EFFORT." RH A1:455.

THE CERTAIN CURE FOR CANCER = of the Soul =

"Man has Fallen, and his is a WORK of a LIFETIME, be it longer or shorter, to RECOVER from that FALL, and REGAIN, through Christ, the image of the DIVINE... he mercifully sends Rays of LIGHT to show man his true Condition. If he will not walk in the LIGHT, he manifests a pleasure in DARKNESS. He will not come to the LIGHT = lest his DEEDS shall be Reproved." RH A2:73.

THE CURE FOR THE OTHER CANCER = is the same.

[1] Recognition of NEED. [2] Be willing to DO something about it. [3] Be willing to take your Medicine. [4] LEARN what to do every Day.

[A] Cleansing. [B] Building. [C] Restoration. And may God bless you as you Try.

THE CANCER JOURNAL = has Books galore - describing the latest Cures. DO NOT FAIL TO GET THIS ONE =

"Has Dr. Max Gerson a True CANCER CURE?" by S.J. Haught [Newspaper Reporter. Over 1/4 MILLION in Print. 95¢ = London Press, 7311 Fulton Ave., North Hollywood, Calif]

Ask your Church + Medical Leaders why they do not Sell it.

THE BEST TRACT I ever saw on the CAUSE + CURE of Cancer was put out by "THE RELIGIOUS LIBERTY + TEMPERANCE ASSOC." Rt. 2, Box 128, CLARKSVILLE, ARK. 72830. It has been reprinted. Sorry, I cannot locate my Copy. It was by a Dr. (Manks...) The Theory was that you put into a Jar of Water some SALT every Day - the Water will get so Loaded with

Saline Solution it cannot hold any more - and will start depositing on the Sides of the Glass until you cannot see the Water at all, for the Crust of Salt.

THEN WHEN YOU REVERSE the Process - every Day you take OUT a Teaspoon of Water - and put back IN another Teaspoon of clear Water = the Day will come when it will be all Water again = with no Salt on the Glass.

THIS is how you GET CANCER = by a CUMULATIVE PROCESS of an ACCUMULATION of CHEMICAL DEPOSITS foreign to the Body = that the Body was UNABLE to get Rid of through Natural Processes of Elimination, [including Skin + Lungs] and is "Stuck" with them = so Nature stuffs them into a SECONDARY ORGAN, or into a Sack = called: "A TUMOR." This is Nature's way of protecting itself.

THIS IS how you CURE CANCER = by slowly, Day by Day = taking OUT what you had put IN = over a long Period of Time. A Teaspoon full a Day.

THIS CAN BE DANGEROUS = YOU ARE PLAYING WITH FIRE = a too sudden release of POISONOUS WASTES = [not that you can necessarily avoid it or control it] but you should be AWARE of it so you know what it is liable to DO. To be Forewarned is to be Forearmed.

SUPPOSE YOU GO = on an all-Liquid Fast. LONG-EXTREME-TOTAL FASTS are Dangerous and against the Testimonies. Empiric or Heroic Methods can be Worse than Fatal. What is Worse than Fatal? Well = how would you like to be MENTAL - ???

LOW BLOOD SUGAR CASES = cut off Food completely = can do irreparable Damage to the Brain. I have seen it. THEREFORE the Danger of plunging such a person into a prolonged Fast = or any Fast.

AN ALL-LIQUID FAST = is quite another matter. The System is not being STARVED. It is being FED - but no Bulk or Roughage. WHAT DOES THAT DO - ??? In the little Experimenting I did = provided it is done Right = the Patient can Pass a heap of PUS. Perhaps a whole Pint in 7 Days.

DR. ALVAREZ = of the Mayo Clinic in a Syndicated Article = spoke of "PUS SACKS" in the Colon = that the Medical Profession does not know what they are for. I knew at once. The learned Doctor said that X-RAYS would show them up = FILLED + IMPACTED = they would Operate - clean them out, but after doing it for many Years - advised against it,

as the Shock of the Operation counteracted any Good it might have done. What he was talking about was a long + slow IMPACTATION of DEHYDRATED PUS that was Nature's way of seeking an Emergency channel of escape which could easily turn into a Tumor.

AN ALL-LIQUID FAST = of the right Ingredients - has a different + quicker re-action. Potent liquids. Herb Teas. Molasses. Sorgum. Malt. Honey. Bran Tea. With Cream or Milk. Fruit or Vegetable Juices. Maple Syrup.

IN 5-7 DAYS = depending on the make-up of the Individual, and what he takes = one of these Colon Sacs = may Burst + empty itself into the Colon. There may be a passing of as much as a Pint - of Pus flecked with Blood. Do not Panic. Thank God. This may not be the Best way to unload Old Drugs = but it is one Way.

IN A CASE OF THIS KIND = I would take PSYLLIUM SEED or SARAKA (Sap of a Tree found in Russia - bought in the Drug Store) = BOTH do essentially the same thing = put a teaspoon full in a Glass of Water = watch the Glass fill with a JELLY. This JELLY does not Digest = but passes through as a SOFT BROOM = pushing all in front of it. HOW MUCH TO TAKE - ??? See Directions.

IN SOME CASES = this is an effective Substitute for an Enema. ANOTHER "SURE-CURE" [for some people] to Flush the System = EQUAL or much Better than an ENEMA for some Cases = SOFT WATER = [CH 62.]

"Drafts of clear, HOT WATER taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of GOOD." SM 2:297. CDF 303,419.

DEPENDING ON THE SIZE OF THE PERSON = "more or less" could mean a full quart for some = this should act as an ENEMA = within 30 minutes. Especially if you Bath the thick Part of the Limbs at the same Time. [Cold or Laodicean Temperature.]

BEFORE WE LEAVE THE SUBJECT OF WATER = mine is a Family of Physicians + Medical Practicioners = so I often rub Shoulders with Doctors. One in Charge of REST HAVEN (SDA) for a Time = told me that he was at his Whits End = did not know what to do with some KIDNEY-BLADDER-LIVER Cases.

THEN HE REMEMBERED = the Testimony Instruction as shown above = so he set 1 Canadian GALLON (5 American Quarts)

on their Bed-Side Table every Morning = told them to Drink all of it between Meals. Some with Horror would say they cannot drink Water = certainly could not Drink all of that. He replied: "That is why you are here, because you do not drink Water."

THEN HE ADDED = "Have you ever heard of anyone DROWNING themselves by drinking too much WATER?" They replied that they had not. So he said = "Try to DROWN yourself by drinking this good Water." All of it.

AND IF NOT = what was left at the End of the Day - they would give them INTRAVENOUSLY. And if they Refused that = they would have to go Home = this was the Method used here.

HE ALMOST LEPT WITH EXUBERANCE = as he told me he NEVER LOST A CASE! That men that you could Smell ten feet away = [and Women] = would be cleared up in short order. Nothing to it = never Failed. NOT ONLY were they Cured - but they learned an invaluable Lesson that = [A] Would benefit them for the rest of their Lives. [B] They could tell others. So they do not have to break down like that.

And that is all on the Subject of INTERNAL use of WATER.
EXCEPT TO SAY = that instead of drinking straight WATER = many of our people use HERBS = or a LEMON DRINK = or perhaps put some MOLASSES or something in it. I am not prepared to say anything about that. No comment.

Except I could venture the Opinion that MEDICATION of any Kind is a Delicate function. If you hit it Right = FINE. If not = too Bad. I just do not know.

I know that AER WAERLAND = who captivated most of the people of the SCANDINAVIAN-NORDIC-GERMAN WORLD = recom= mends an ORANGE half an hour before Breakfast.

I know that I brought down HIGH-BLOOD PRESSURE with a MASTER-HERBALISTS recommendation of 1 tbs. GARLIC to each Glass of Milk. She said Minced = but I found if the Cloves are cut length-wise ALL the Essence goes into the MILK as you bring it just to a Boil. I prepared 2 or 3 Glasses at one Time - enough for the Day. To be taken 2 or 3 Times a Day - one Glass. [Chew the remains and see there is no "GARLIC" left. Also with this method = the Odor seems to be gone.]

I BROUGHT THE BLOOD-PRESSURE DOWN = in 10 Days. But it bounced right up again. -13-

THE MEDICAL DOCTOR HAD AN IDEA I WAS USING NATURAL

REMEDIES = so when the Blood-Pressure bounced back up = he Growled at me that I should take some Oranges = he was in no Mood to tell me Why. I did it - and it Worked! The Pressure went down - and stayed down.

WARNING = this Master-Herbalist who prepares all the Medication for the Naturopathic Doctors in a large City = said NOT to use this GARLIC METHOD for more than a few Weeks - else you will Thin down the Blood too much. And you had better be careful about mixing any Natural Treatment with DRUGS. It is either one or the other.

Many Medications = it is best to lay off for a Spell.
Not all = some you dare not.

COPY OF A LETTER = SUBJECT = CANCER = PRINTER = 1974.

I guess I will have to start from the Beginning. I was holding Meetings with the DUKHOBORS [Doukhobors] of Canada. I was about to take the Bus when a Doukhobor came in a hurry - wanting to know what to do for "ECZEMA" on his hands. I told him we usually hit that from the INSIDE. Work from the Stomach. He said this is different - he was working bagging CHEMICALS at the Big Trail Plant, and so he has POISON in the Skin.

SO I SAID = Well, that's different. The Bus was ready to go - we only had Seconds = so I said: "Make a Poultice of CHARCOAL + OIL and put that on." And I was gone.

ABOUT 4 YEARS LATER = a man approached me in Grand Forks. Do you know who I am? No. Do you remember the man you talked to in Nelson when you took the Bus? About my Hands? I said - Yes, now I remember.

HE SAID THIS ADVISE I GAVE HIM = he thought it was the Stupidest thing he had ever heard in his Life. Shortly after = his hands began to act up again = he went to another Doctor. He was always going to "ANOTHER DOCTOR." And using all the Salves + Medications imaginable. Nothing helped, except for a Time. Always he remembered that CHARCOAL - but knew it could not Help. Again and again he did this - ever new Doctors - ever new Medication. Ever remembering that CHARCOAL - knew it could not Help.

THEN HIS HANDS = got so Bad = he was literally raking the Skin off = but he knew that CHARCOAL could not Help.

CHARCOAL = SM 2:287,294 [with SMARTWEED. in FOMENTATIONS.]
295 [for SNAKEBITE. for FEVER.] 298 [for INDIGESTION. with
OLIVE OIL.] 299 [for BLOODY DYSENTERY. for BOWEL INFLAM-
MATION.] 300 [with FLAXSEED.] LLM 259-261.

HE WAS RAKING HIS HANDS = and he knew = the CHARCOAL could
not Help. But finally he thought; Well = it cannot harm,
either. So he put it on - ONCE. And never had it Trouble
him again, and that was about 2 years later.

CHARCOAL = a local Elder. Lots of Money. Went to all Kinds
of Doctors. SDA Doctors. INCURABLE case of MUCOUS-COLITIS.
The one who put me out of Church. Went to the RCMP to try
to put me in Jail. Tried to stop my Mail. Had to leave
that District.

CHARCOAL = read of it in my Papers. Took WILLOW CHARCOAL
3 LARGE [or 6 SMALL] Tablets a Day. [Or after each Meal?]
DOCTORS EXAMINATION = CLEARED in 30 Days - !!!

CHARCOAL = BEWARE of cheap Health + Drug Store type = USA.
Almost killed me, rolled up in a Ball in the Stomach. BE-
WARE. INVESTIGATION reveals it could be CEDAR - !!! BE
SURE it is HARDWOOD. Some made from Vegetables. May be
alright. Do not know.

TESTIMONIES DO NOT SAY = to take CHARCOAL. They say put
WATER on it = and DRINK-THE-WATER!

DO NOT KNOW = how to find out. Do you - ???

CHARCOAL = the Soldier sees others Drop. He hears no Bul-
lets. No Shooting, but they drop Dead. Ah! GAS - !!! So
he quickly dons his GAS-MASK + goes through = where
others drop Dead. What made the Difference? 2 inches
long - 2 inches thick - the Snout on the GAS-MASK =
what is in it - ??? CHARCOAL! Special Type. Picks up
POISON in the Air = or in Water. Wet or Dry.

CHARCOAL = UNIVERSAL POISON ANTIDOTE. Always keep it
on hand. Sr. White said it is a MIRACLE CURE! WATER-
SUPPLIES POISONED - filter through CHARCOAL.

CHARCOAL = works INSIDE = works OUTSIDE.

CANCER FROM CHEMICAL FUMES + CONTACT = PRINTING =
"INSPIRATION BOOKS" = try CHARCOAL = INSIDE = OUTSIDE.

EVEN IF NOT FROM PRINTING CHEMICALS = [or Chimney-Sweep.]
ANY DISEASE = can be benefited by EMPTYING THE PORES. The
Pores are the "Second Kidney." CLEANING the PORES rejuven-
ates the entire System. NATURE STORES POISON IN THE FAT!
I told this to an Adventist Doctor. He laughed in my Face!

I told him I read this from DR. ALVARAZ! He kept on laughing. I told him that is WHY the BIBLE says eat no FAT! It is Nature's way of getting POISON OUT - ~~through the PORES~~ so the first line of Defense is the FAT = from the FAT to the PORES! He never stopped Laughing. I said this is in the TESTIMONIES! He laughed Louder than ever!

'Tis a Fool!' Had to go to AFRICA and got a Belly-full of FLOURINE he was taking = and got "POLIO"/=CHARCOAL FULL-BODY PACK = might have Saved him from going around in a Wheel-Chair for the Rest of his Life.

NATURAL TREATMENT CENTERS = claim they cure every single Case of "POLIO" = by Restoring, Re-Activating the PERISTALTIC CONTRACTION ACTION TO EXPEL BODY-WASTES with CALCIUM! If they catch it in Time. No delay. I did it with a Wet-Pack of LEMON-JUICE in WATER laid along the length of the Spine = used an ELECTRIC-IRON to INFRARED HEAT IT! All the Symptoms of POLIO stopped then and there. What hasn't been done all through History = with that Sort of Treatments. Or did you not know that was in the TESTIMONIES - ??? Did you ever see the name in the Testimonies = "HYDROPATHY?"

DO YOU KNOW THE HISTORY OF HYDROPATHY - ??? How this English Manufacturer treated EVERYTHING with WATER-THERAPY. Never lost a Case of SCARLET FEVER - MEASLES - CHOLERA - when they were dying like Flies in England. I have his Book. A very Rare volume. Full of Wisdom. PORTIONS should be PRINTED. The PRINCIPLE he used is ETERNAL - it will never Die. WE NEED A CENTER for a TRAINING SCHOOL. To get ready for the Time of Trouble. Soon we will have to deal with RADIO-ACTIVITY. And they will be dying like Flies - all around us. All over the World. THAT, TOO = is in the SPIRIT OF PROPHECY given for just this Time. "HEALTH REFORM IS TO PREPARE A PEOPLE." What people? "GOD'S PEOPLE." Whoever + wherever = they are. When we see them go thru the Plagues - then we will see: "THE REMNANT." 144,000 from all the World. Called: "PHILADELPHIANS." WTF 14.[Footnotes.] MH 516. AA 588,590-1. Rev.3:7-13. RH A3:44. TM 446. 5T:297,475,752. GC 430,433,435,560, 619.[I dare you to find: "GOD-NEW JERUSALEM" anywhere else but under PHILADELPHIA! Rev.3;12. 14;1.] EW 15, 30,254.[Who else is kept in "THE HOUR OF TEMPTATION?" Rev.3:10. Who else has to contend with those who say they are "JEWS" but who LIE = -16- "and ARE NOT!"Rev.3:9.]

PHILADELPHIA = BEAUTIFUL PHILADELPHIA - !!!

We should put out a Special Paper on "BEAUTIFUL PHILADELPHIA!" In the meantime = anyone looking up these References + 50 more of the same = will have to Conclude that "LAODICEA" the "SPEWN OUT CHURCH" is going to be the Church "TRIUMPHANT" in spite of all the Bible + the Testimonies have to say about it = is NOT following the SoP. but merely following the thing they constantly deny = they are following: "A MAN!" - the MAN = URIAH SMITH! Such people prefer: "BIBLE READINGS" to the Word of the Lord! [or else D+R.] that lone man = URIAH SMITH'S MYTHS! Taken captive in Satan's Snare.

"Every MEMBER of His church MILITANT =
must manifest the same Qualities =
if he would JOIN the church TRIUMPHANT."

FCE 179.

THERE IS SOMETHING TO JOIN?

"The Watchers become weary, and fall Asleep.
At MIDNIGHT the Cry is heard... "Go ye OUT =
to meet Him." The Sleepers... spring to
their feet. They SEE the PROCESSION moving on =
(+The WISE.)... JOINED the Throng...
and the Door was SHUT." COL 406.

WHAT DO THEY JOIN - ???

"Casting off man's binding Rules and cautious
movements, they will JOIN the ARMY of the
Lord." 7T:27.

WHO ARE THEY TO JOIN - ???

"If a Brother... is teaching Truth =
(those who are in responsible positions)
ought to take their Stand =
at his Side." TM 110. 1893 GW 130. GW 142-3.

IS THERE A MOVEMENT TO COME - ???

"A MOVEMENT shall come." GC 464.

WHAT DO OUR PEOPLE DO - ???

"A GREAT MOVEMENT... Our people were
moving into LINE." TM 515.

WHAT IF OUR PEOPLE FAIL - ???

"Then the condition of THE CHURCH will Testify =
(but)... if CHURCH MEMBERS do not act
the part God has assigned them =
the MOVEMENT of HEALTH REFORM will go on =
WITHOUT THEM, and it will be seen that God
has REMOVED their Candlestick out of its Place.
Those who refuse to receive + practice the LIGHT
will be LEFT in the background." MEDICAL EVANGEL-
ISM 46. Ms.78,1900. -17-

LEFT TO WHAT - ???

"They seemed INDIFFERENT + CARELESS =
They were not RESISTING the DARKNESS =
The ANGELS of God LEFT these...
The Angels LEFT those who made NO EFFORT...
and they were LEFT BEHIND in DARKNESS...
LEAVING THESE... to the CONTROL of EVIL
ANGELS." 1T:180-2,187.

WHO IS TO LEAD OUT NOW - ???

"Men of CLEAR UNDERSTANDING are... TO LEAD OUT
in a work of thorough REFORMATION." TM 514.

WHAT IF THE LEADING MEN FAIL - ???

"Even if all our leading men should refuse...
The Lord will RAISE-UP-MEN who will give
the people the MESSAGE for this Time...
Thank God that a work is being done =
OUTSIDE of THE CHURCH." TM 107,127.

HOW FAR OUTSIDE - ???

"If His people will not follow in His way =
the Lord will employ HEATHEN PRINCES to
do His will." NL 54. THE CHURCH #5. p.2.
Ms. 14,1901.

"Remember that the church MILITANT = IS NOT the church
TRIUMPHANT." FCE 294.

COULD LANGUAGE BE CLEARER - ??? HERE IS THE CHURCH
TRIUMPHANT = Beautiful Philadelphia. SM 1:63 [Who is
that Church shown there? Rev.3:7 - ???] 122 [That old
Church will hinder you MORE than the World!] 127 [Are
we going to "CHEER ON!" (with MAXWELL!) a "HALF-DEAD"
Christianity? SHARING in its Guilt = SMILING on its
Falsehoods? "I know thy Works... I will spew thee OUT!"

ALVIN BAIN of RFD #2, Hancock, Maryland 21750 has an
Open Question to ask of every Seventh-day Adventist
Minister:

You asked us to leave our Jobs for the Truth =
Will you leave your Job - for the Truth - ???

MARIE IRELAND of -Box 105 Steiner Rd. RD #2, Valencia,
Pa. 16059 has this Question to ask of God's people:

We left our Church to join the Truth =
We understood this was Noble + Necessary =
Should we not do this again =
Leave our Church = to join the Truth - ???

THE CHURCH IS - WHERE THE TRUTH IS =

FIND THE TRUTH - AND YOU FIND THE CHURCH =

THERE IS NO OTHER =

CANCER = you can get Oceans of Information today by reading the Books by Experts. I will try to fill in some missing Pages. Do you by chance get the CASE-FILE? By SHROCK. Also called THE REGISTRY = OCTOBER 1974. About CLAY internally + externally. I knew of Clay long ago. Especially HOT MUD BATHS for cleaning PORES. It is hard to explain until you have experienced it yourself. How Clay = if it dries on the Skin - will SUCK out the Pores. Your skin never felt so good.

THE BIBLE + HERBALISM = is full of Instruction to use OIL - anointing the Sick with OIL means much more than a CEREMONIAL CLEANSING. Consider your Pores, they say on the Head - the Pores can become so solidly IMPACTED = it cuts off the Hair from growing through. The FIRST thing they try to do is to "Loosen the Scalp." By Massage, by Oils. There are very Rare + very Expensive Oils in the Art of HERBALISM.

YOU CAN USE = the Cheaper Oils - Oils that would never do = TRY THIS = have yourself anointed with Oil. That cheap Oil, that heavy Oil. That Oil that will never do. That will SOIL your bed + other Clothes. Jump in a Hot Tub or Hot Shower = WASH IT OFF. Use a better quality Soap. YOU WILL FIND = you never saw such BABY-SOFT skin in all your Life! The EXCESS + CRUDE is gone = and the FINE PART of the Oil was driven IN = IN to the Pores! So it does its work of LOOSENING the IMPACTATION, so that other Waste can come OUT of the Fat! Put the SECOND KIDNEY to work! The real importance of this it is impossible to over-estimate. This is what HYROTHERAPY was all about.

STEAM BATHS = a great mistake is made to anoint AFTER = it should be done BEFORE. DRIVE-IT-IN! Perhaps the really fine Oils would be best put on AFTER as they may EVAPORATE and be gone. AROMATIC OILS.

AT REST HAVEN SANITARIUM = I was close to the Medical Staff being related to the Doctors and could talk their Language. After about 2 weeks of HOT LAMPS + STEAM BATHS, I told the Head of that Department in confidence that he ought to track down a SOUR SMELL which is common to places always enveloped in STEAM + WET. It could be Lactic Plaster or Gyproc Crack-Filler. He said: "Do you know what it is?" I said, No - what? He said: "It is you = after about 10 Days of Steam-Baths, Hot Lamps + Massage =

(This is a Center-Page lift out Sheet = some will also
be printed Separate. This is a Repeat of Page 31-2 of
HOEHN PUBLICATIONS #308.) Box 1270, Grand Forks, BC
Canada. VOH 1HO.

SURVIVAL CAKE.

Ann DeMichael's Offering at the Bible Camp - OHIO 1974.

3 Tbs. FLAXSEED.	2 Tbs. BUCKWHEAT.
3 Tbs. SESAME SEED.	2 Tbs. CORNMEAL.
3 Tbs. CHIA SEED.	2 Tbs. BARLEY FLOUR.
3 Tbs. SUNFLOWER SEED.	1 Tbs. RICE BRAN.
3 Tbs. POPPY SEED.	1 Tbs. BREWER'S YEAST.
2 Tbs. MILLET.	1 Cup WHEAT GERM.

INGREDIENTS + AMOUNTS are FLEXIBLE according to =

[A] Taste. [B] Availability. [C] Cost in your area.

FRESH GRIND all Seeds that can be Ground. Or do them in
a Blender. [All Treatment Centers that cure Cancer and
other Degenerative Diseases with Natural Methods = BAKE
IN THE SAME HOUR THEY GRIND! Some Seeds such as FLAXSEED-
start to go RANCID the same Day. Thus defeating your
purpose. The Body throws out ALL OILS for that Meal!
As a Self-Protective measure. The Word is: "FRESH!"]

MIX THOROUGHLY all the above in a large Mixing Bowl.
Set to one side. SEPARATE 6 large or 8 medium size Eggs.
[Due to Disease in Old Hens - we recommend SMALL EGGS
ONLY! Young Hens. More Vitality!] CDF 204,352-3.

Beat the Egg YOLKS together with:

1 Tbs. liquid LECITHIN.	¼ Tsp. ANISE OIL or other
2 Tbs. OIL.	FLAVORING to Taste.
4 Tbs. MOLASSES or SORGUM.	½ Cup of DRIED FRUIT such
1 Cup grated Apples, Pears,	as Currants, Raisins,
Cottage Cheese, Bananas.	Dates, Apricots, Prunes.

[Any one or mixture to the amount shown above.]

Beat together. Then add to the SEED FLOUR in the BIG
MIXING BOWL. Stir in well. Set aside. NO SUGAR.

Beat the EGG WHITES until they reach a Peak. Then fold
in very lightly with the rest of the ingredients and
BAKE in a rectangular greased Cake Pan or use a Tube Pan.
370° Oven for about 55 minutes. Enjoy the "CAKE OF YOUR
LIFE!" Serve with thin Cream, Honey or Maple Syrup.

[This will be the FIRST thing snatched off your Table!]

[Center one =]

TRY OUR HIGH-IQ DROP-COOKIES.

SMARTENING BISCUITS.

VITALITY NUGGETS.

THE REASON FOR THE BASIC-MIX =

FLAXSEED = what Race-Horse Owner is not aware of what

FLAXSEED will do for a Horse? Put Sparkle in his Eyes - Shine to his Hair. Great curative Powers have been contributed to FLAXSEED. It is said to have healed ULCERS - CANCERS. $\frac{1}{2}$ to 1 Cup FLAXSEED in a Gallon of Water = brought just to a Boil in the Evening. Next Morning beat in the Juice of a Grapefruit. Or use Lemon or Orange juice as desired. Strain out the Seeds. Offer to the Patient - ask him if he knows what it is - ??? Sweetened with Raw Honey - he could not guess.

After he knows what it is - leave the Seeds in. Take this during the Day. It is the Master Herbalist Grand-Mother's SURE-CURE for almost anything. SOOTHING to Irritated Stomach. Mildly LAXATIVE. HEALING. GENTLE. Do not ever forget this Weapon in the Fight against Disease.

ROMMEL = do you Remember when ROMMEL had the Isle of Crete surrounded? Waiting for them to say: "UNCLE!" ?

They were STARVING = then suddenly Science knew exactly what FOODS had the MOST VITALITY = when they Hired swimmers, Greeks + Turks = to swim out to the FORTRESS with Pontoons on each Side - 150 pounds of VITAL FOOD in each Pontoon, low in the Water. If he got back alive through the Search-Lights from Submarines, War-Ships = they would receive \$1.00 a Lb. = \$300.00.

WHAT WAS THE MOST VITAL FOOD KNOWN TO NUTRITIONAL SCIENCE?

Honey + Poppy Seed. Need we say more?

SESAME SEED = has long been known for its valuable Oil and Calcium content. Alkaline.

CHIA SEED = has many of the same Properties as FLAXSEED.

WHEAT GERM = did you see the Olympic Champions who steamed ahead of all their Fellows and took the Gold

Medals - ??? Again + again we heard = WHEAT GERM! HEART TROUBLE came when they took it OUT of Flour. Must be FRESH to be of any Value. This is the finding of the SHUTE BROTHERS CARDIOLOGICAL RESEARCH INSTITUTE - London, Ontario. Where they lead the World in HEART RESEARCH. Canada.

[Center two =]

[Valuable Idea = keep basic seed Mix in 2-Quart Sealer. Can see it as you Mix it. Always ready. DO NOT GRIND till last Minute. Perhaps should use Gallon Sealer.]

BACHELOR'S DELIGHT =

Many a Bachelor is stopped Dead when the Recipe says:
"Take a clean Dish...." And I am afraid too many will
throw up their hands in despair when they read about
"Folding in.." the Egg-Whites. Gentle - mind you....

BE SURE + WRITE + LET ME KNOW HOW YOU MAKE OUT =

Take the same basic Ingredients shown on Center Page
ONE. DO NOT GRIND. Leave the Seeds whole. You might
mix in some Rolled Oats. And $\frac{1}{2}$ or 1 Cup of Whole
Wheat Flour. Throw in the RAISINS and EGGS - throw
[no Shells of course.] them in WHOLE. Never mind Beating them up. Of course
if you can Grate them up - FINE - but rather than do
without - throw the Apples or Pears in - in CHUNKS!

Now I am NOT saying this is Best - mind you. I am say-
ing this is a whole lot Better than ANYTHING you are
likely to Buy at the Market - any Market. You have
this Mix all together - Pan greased with LECITHIN =
sprinkle some HEALTH FOOD STORE "BAKING POWDER" over
the Lot - whip it all together = and get it in the
Oven = SAY = !!! Are you in for a Surprise - !!!
You never knew you could whip up something like that!
Good enough to show off to the Ladies!

I made it twice now - and both times it went up just
Dandy! Nice and Golden! Good enough for the Queen of
England! Slurp it with thin Cream. Delicious! BE SURE
and let me know if you can make it this way - also.
[You could use Yeast in place of NO ALUM Baking Powder.
You could sprinkle just a bit of Golden Yellow Sugar
on the Top to give it a nice Crust.]

This is the most Compatible Mixture.

THE NAVY = put volunteers for Submarine Duty = in
Test Chambers to see how long they could take it.
WITHOUT PRIOR WARNING = men will go Berserk. Suddenly.
I think it was about 30 Days. They DOUBLED that Time =
HOW - ??? With Cottage Cheese. Good for the NERVES.
If you try - you might be able to obtain a better
Cheese - called: "BAKER'S CHEESE." Keeps better if you
pour thin Cream over it. See 9T:162-3. 1909. One of the
LAST things written on Health. MM 274. 7T:135. We do
NOT believe in any SOYA PRODUCTS nor do we buy ANY so-
called "MEAT IMITATIONS" from HELL-th Food Manufacturers.
Why not make your own - ??? Turn the Page and see how.

[Center three =]

[SOYA= has Anti-Enzyme POISON on outer Shell. Dr. Royal Lee WARNED of this for 50 Years. See PREVENTION. July 1974. p.164-5. Much - much MORE! No Space - no Time.]

[GLUTEN= the Adventist Hoax. TESTIMONIES= White Flour is no Good! THE ADVENTIST= washes all he can OUT of it = and then it becomes WONDERFUL! He will Save the World with it! Sure have to ^{be} a MORONIC-IMBECILE to fall for that! Did you ever read PREVENTION about GLUTEN - ???

A REAL MEAT SUBSTITUTE:

Ann Demichael says = take "SURVIVAL CAKE" basic Mix of SEED FLOUR. Instead of FRUIT = try VEGETABLES. 1 Cup of grated Carrots. [We do not mix Fruit + Vegetables. CDF 112-3,309,411. Some cannot use any BEANS nor Peas, nor Vegetables. CDF 322-3,198. NEVER FRY! 323,354. If you do not want to start up the Oven - heat in Frying Pan with MILK-CREAM-BUTTERMILK. Could add some Oil. This is not FRYING = this is BOILING. BAKING IS BEST.]

MEAT PATTIES = beat any "HELL-th" Food Junk you ever saw in your Life! [1] Take basic SEED FLOUR MIX. [2] Prepare any BEANS or PEAS or LENTILS of 49 VARIETIES. Cooked stock. [3] MIX in to "SURVIVAL CAKE" basic Recipe INSTEAD of Fruit. [4] You could try MORE + LESS - until you hit a good basic Balance. Let us know what you come up with. Send us a Sample. [Finely shredded = could be used RAW-??] [Sorry = I was thinking of VEGETABLES. How about GRINDING Peas + Beans - ???] WE DO NOT BELIEVE = in ruining NUTS by BAKING them if it can be avoided. HOWEVER = there is something about BAKING, in the midst of STEAM + MOISTURE = that does not do the Harm of FRYING. So NUTS can be used with CAUTION. Especially PEANUTS - are not a NUT - but a LEGUME = treat them as PEAS + BEANS. Not the best for you. CDF 364. [See other Books. See INDEX.]

FRUIT TARTS= Try this = [A] Basic Seed Flour Mix. [B] Mix in = NUTS-COTTAGE CHEESE- OR - ??? [C] Put in Cup-Cake Pan = push aside Center = fill in with FRUIT. NO SUGAR! Use DATES for Sweetening. DO NOT HEAT HONEY! BEEES DIE ON HEATED HONEY! [Heated in Boiling Water is O.K.] Can you whip Cream with Honey? Serve that on the FRUIT-TARTS. With shredded Coconut? With Carob?

VEGETABLE TARTS = you can have all sorts of Fun mixing in cooked Vegetable Stock. POTATOES-TURNIPS-BEETS- [Mixing Celery + Tomatos makes Mock-Salmon.] Well - have Fun! At least you know what went in it. CDF 354. [Center four =]

the Pores soften their Impactations and hence the SOUR ODOR. This is of major Importance in the Curative process. The CLEANSING of the Pores.

HYDROTHERAPY TEACHES = that COLD is Acid-producing = HEAT is Alkaline. So you want as little COLD as possible. Yet Nurses have told me they have literally BOILED the Flesh on occasion = but HEAT alone will not do NEAR the Good - of Alternating - HOT + COLD. That by using COLD you at once get Results = which are not obtained by HEAT alone.

I THEORIZED = that this must be due to MECHANICAL action. Like opening + closing a Hand. The Mouth of the Pore - opening with HEAT = closing with COLD = gives a SQUEEZING action which also works in the OILS and WATER = to add CHEMICAL action to MECHANICAL.

TESTING THIS THEORY = I got myself Lobster-Red in the Tub = jumped out and sponged myself off with ICE-CUBES in the Water = WATCHING just to raise GOOSE-PIMPLES. That is all - no more. More Fleshly areas will require more COLD - watch for the Goose-Pimples. Then BACK in to the HOT WATER. Doing this probably 4 to 6 Times = in about an Hour = I brought out that SOUR ODOR it took 10 Days to 2 Weeks to produce at the Clinic!

NOW I SEE = in the Cancer Journals - induced FEVER to BURN OUT CANCER! [Virus + body-wastes.] Also used for many other Ailments ever since man was on the Earth. Sure beats taking a Pill - take a Bath!

THE LONG SOAK = after this Experience I was surprised and pleased to find that this was the very discovery of Dr. LUST of the NATUROPATH Magazine. THE LONG SOAK. They used to Sell a Booklet on the Subject. Have the Water come to the back of the Tub by a Hose - keep it at Blood-Temperature. There must be an Attendant to see that you do not go Unconscious and slip under the Water. THIS METHOD requires you staying in the Water for HOURS. Finally the Water will get golden Yellow and the Attendant cannot stay in the Room for the Smell. Just imagine the relief of the System to be FREE of that Load!

OF COURSE = there must be Trained + Competent Personal on hand to check out the HEART CONDITION + the STRENGTH of the Patient to see just how much they can take. In some Cases they may have to do a Limb at a Time.

STEAM-BATH SPAS = are coming into real Vogue again = Hot-Baths, Mud-Packs, and Massage. With Oils + Herbs. We have a Strong backing in some of the Young Doctors who have come from Europe. We could open a SPA!

PROPHETIC TIME IS SCREAMING = that we need a TRAINING CENTER. All across America our people are writing Letters in favor of such a CENTER. A SCHOOL OF THE PROPHETS. The little Taste they had of a 2 or 3 day Meeting = led them to see they wanted MORE = they want to come to a TWO-WEEK COURSE. They want to come from AFRICA - from INDIA. And go back and Teach their own people.

WHERE ARE YOU = who have TITHE salted away? I cannot but Wonder at the HARD + CRUEL HEART of one who has God's Money stuffed in a Sock - watching Souls pass into Eternity - UNFEELING at their Loss. Some who have held out THOUSANDS = if we but Teach their way = I have one word for them: *"Thy money perish with thee!"*

THEN WE WOULD BE NOTHING = but another "ADVENTIST" Church! Like the Catholics - to PLEASE the ITCHING EARS.

"... there be some that Trouble you, and would PERVERT the Gospel of Christ. But though we, or an Angel from Heaven, Preach-any-other Gospel unto you than that which we have Preached unto you, let-him-be-Accursed..."

"For do I now... seek to PLEASE men? for if I yet PLEASED men, I should not be the Servant of Christ." Gal.1:7,8,10.

"No fear of giving offense, no desire for friendship or applause, could lead Paul to withhold the Words that God had given him for their Instruction, Warning, or Correction. From His servants today God requires FEARLESSNESS in Preaching the Word." AA 394.

A TRIBUTE TO HEALTH PIONEERS = a Cancer-Breakthrough - !!! It cost RODALE = \$300,000.00 to Fight the Medical Octopus. It cost DR. WILBORNE = \$30,000.00 = he WON = but he LOST. So many WIN = but are left Sucked dry = by the unfeeling Monster whose Days are Numbered. For God will speak to them with 7 Plagues. *"Since thou hast not HATED BLOOD = even BLOOD shall be given thee to DRINK."*

THE LATEST VICTIM OF THE OCTOPUS = is TOBE of Canada. But, as the Catholics of the DARK AGES found = others stand up to face the MEDICAL MOLOCH + they will WIN!

A CANCER BREAKTHROUGH = Many of you have heard of the Dr. Wm. D. Kelley Book: "ONE ANSWER TO CANCER." \$1.25.

BUT MOST OF YOU DO NOT KNOW = that the real Secret of his discovery - he did not Dare put in the Book.

THE MEDICAL OCTOPUS = stopped many a thing from being Printed = which later can be printed FREELY = as a Record of the COURT-CASE! NOT PRESENTED AS TRUTH DOGMATICALLY = but by way of PUBLIC INTEREST + NEWS.

THEREFORE THE REAL SECRET OF THE KELLEY DISCOVERY = is incorporated in a Series of Press-Interviews. So with the Book = BE SURE to get the 3 Interviews with Dr. Kelley. (50¢ each from Cancer Journal.) (Do you appreciate the Honor extended to us to Re-print these findings? How long will this Press stand Idle? It is Time now - not just for TITHE - but the Call now is for PROPERTY. For soon this World will be so RADIO-ACTIVE and ROVING MOBS going around = your Property will be of NO VALUE whatsoever! SELL IT NOW!)

"The Angel said, "Destruction is coming like a mighty Whirlwind." I begged of the Angel to pity + to save those who loved this World, who-were-attached-to-their Possessions + were not willing to cut loose from them and sacrifice to Speed the Messengers on their way to feed the hungry Sheep who were perishing for want of spiritual Food.

"As I viewed poor souls dying for want of the Present Truth + some who PROFESSED to believe the Truth were letting-them-Die... soon the overflowing SCOURGE would pass over and sweep their possessions ALL away, and then it will be TOO LATE to sacrifice earthly goods, and lay up Treasure in Heaven...

"The Angel said, "Can such enter Heaven?" Another answered, "No, never, never, never..." "Are all Messengers?"... "No, no; God's Messengers have a MESSAGE."

"Think ye that any will be COMPELLED to sacrifice? No, no. It must be a FREEWILL Offering. It will take all to buy the Field." EW 49-51. See 56-8.

THE PART LEFT OUT = of this momentous Series of Testimonies dealing with the SEALING TIME and the MESSENGERS of God that will appear at that Time = LEFT OUT of EW 48 = showing the Duty to Speed the Swift Messengers in the Time of the Sealing - in the Time of a World-Wide KILLING "PESTILENCE!"

THERE ARE 200 TITHE STATEMENTS NEVER COMPILED TOGETHER
YET = BUT THIS IS ALL ANY REALLY NEED TO KNOW ABOUT TITHE
AND PROPERTY = in the SEALING TIME it will go to the
"SWIFT-MESSENGERS" = they did not like that and CUT IT
OUT of EW 48 = but you can now find it in RH A1:11. Or
on page 32 of the "PRESENT TRUTH" Series that we hope
to Print or have Printed = as soon as some one sends
us \$500.00 Tithe to do it. 88 pages.

THIS TESTIMONY OF THE SEALING = and this World-Wide
Killer-Pestilence = that will leave so many Dead Bodies
strewn around this World they will: "... not be lamented,
gathered, nor buried; but their ill savor will come up
from the face of the WHOLE EARTH. Those only who have
the SEAL of the LIVING GOD, will be SHELTERED from the
Storm of WRATH, that will soon fall on the Heads of
those who have rejected the Truth." In Hope. EGW.
"Present Truth" p.32. RH A1:11. Jer.8:2. TM 420.
1T:268. SG 4:58. PT 22.

THE KELLEY SECRET = Sept.-Dec. 1970. Jan. - April 1971.
Jan. - Feb. 1973. The discovery that =

MUCUS ON THE VILLI = the Plastic-Varnish-tough-Film =
keeps the VILLI like tiny Fingers - from absorbing the
Nutrients from Food or Vitamins. YOU STARVE ON A FULL
STOMACH! This was known, of course = for a long Time.
But what was not known - was what to do about it.

"COMFREY + PEPSIN" is the Secret = my Research seems
to indicate the "PEPSIN" is of the CORTISONE FAMILY =
the digestive Juice of Calves but most likely Pigs.
I THINK YOU CAN = find one from Calves.

BUT FROM RESEARCH DONE BY PAPAYA-PAPAIN PROTEOLYTIC
ENZYME INTERESTS = SO WELL KNOWN THAT EVEN WEBSTER'S
COLLEGIATE DICTIONARY LISTS ITS ACTION AS BEING =
"... apparently intermediate in action between PEPSIN
and TRYPSIN... A DIGESTIVE."

THEREFORE FOR VEGETARIANS = here is a PROPHYLACTIC or
ACTIVE DIGESTANT that could work to remove that FILM.
*** COMFREY must be the Root. It is MUCILAGINOUS and
clings to the intestine Walls - and is its only Function.
*** PAPAYA does the DIGESTING. I would like to see an
Experiment whereby PAPAYA would be tried instead of
PEPSIN. *****COMFREY ROOT TABLETS can be bought in
Canada from "NEW LIFE BIO-ORGANIC PRODUCTS" Vancouver, BC.
or from = "VITALITY PRODUCTS LTD." Vancouver, BC Canada.

LEST WE FORGET = we have 2,000 New Names = only one Copy = this is the ONLY-MAILING-YOU-WILL-RECEIVE = unless you Write. Do not delay. You must Write.

CONFREY ROOT - PAPAYA = chew them together thoroughly. You can obtain PAPAYA anywhere's. Get the better Quality. AMOUNT - ??? I do not know. Not critical.

BE SURE = to get the Magazines to find out what else to do. For CHAPARRAL = write + ask for WHOLESALE LIST = CHAPARRAL WESTERN CORPORATION, 4822 N. 27 Ave., Phoenix, Arizona. 85017.

RALLY ALL YOUR FORCES - CONSERVE ALL YOUR ENERGY = Sr. Digitale, Star Rt.2, Jackson, Calif. 95642.

REMINDS US of the Testimony instruction to clothe the Limbs well to "EQUALIZE THE CIRCULATION." Where there is Good Blood plus Good Circulation = there can be no Disease. That even men do not cover their Limbs well enough. Pity the Fool that has to UNDRESS to be in Style. "It is IMPOSSIBLE to have HEALTH when the EXTREMITIES are habitually COLD... Perfect health requires a perfect Circulation." CH 92-3.

LOW BLOOD SUGAR = since the latest discoveries of LOW BLOOD SUGAR being more prevalent than DIABETES = and RELATED to DIABETES = since over 90% of ALCOHOLICS + the INSANE = lack SUGAR to the Brain =

[SUGAR the body makes from Protein + Fat - NOT Sugar from the Store.] Natural Body [Liver-Pancreas] Sugar is needed for the well-being of the Brain =

I COULD NOT HELP BUT WONDER = COLD LIMBS contribute to: "A multitude of women (who are) NERVOUS + CAREWORN" = CH 93. Because their BLOOD CIRCULATION is being IMPAIRED due to uncovered Limbs, tight clothing, lack of Fresh Air.

NOT ONLY THEN = are we faced with LOW SUGAR in the Blood causing MENTAL TROUBLE = but if the BLOOD does not reach the Brain in Quantities - THAT-COULD-BE-A-FACTOR-TOO! CHILLING THE LIMBS - seems to CONGEAL the action of the Blood - "...the CIRCULATION is not EQUALIZED." 2T:531. Causing HEADACHE + INDIGESTION. NERVOUSNESS + COUGHING. The HIPPIE WOMEN are not so Dumb after all.

I MEANT TO WRITE = about a momentous Discovery = but now as I turned to the Testimonies - it sort of took

THE WIND OUT OF MY SAILS = I was going to tell you of a man who worked in the Big Chemical [Fertilizer + Insecticide Chemical] Plant = who knew his Health was going down Hill = but stayed on as long as he could = for the Big Money. Finally the Doctors pushed him out = he could take no more. Among other things = Irreversible, incurable = SILICOSIS. A Name as dreaded as CANCER = and as Fatal.

HE BOUGHT A RANCHETTE = and went there to Die. He had played with Odds = but the Odds were now all stacked against him. He was on his way out - feet first.

ON THE RANCH = against the Mountain = there was a Water-Fall. Every morning without fail = he took a Cold Dip in that Water-Fall. Summer + Winter - right in the Ice.

I HAVE KNOWN = other people who have done that. One built a Ramp from his Bungalow right into the Lake = all Year long - even if he had to Chop a Hole in the Ice. [I know you are Shivering at the very Thought = so am I.] There is a "POLAR BEAR CLUB" in Vancouver, BC = every New Years Day they meet for a Public Dip into the Brine.

THESE PEOPLE SEEM = to Bound with Energy. Energy in Reserve. All day long. This SILICOSIS Case = after two Years - cleared up = 100%! MEDICAL RECORDS are BULGING with such Evidence = which too often remains BURIED = because no DRUG COMPANY can possibly make a BIG PROFIT with that Knowledge.

IT IS EXACTLY THE SAME WITH "I AM SAVED!" in Theological Circles. Although it is a dangerous DRUG [COL 154-5.] = still, like BEER-WINE + VODKA + TOBACCO = it SELLS. Even if it is no Good for you - we must Cater to the Popular Demand. WHO WILL PAY for Teaching AGAINST it - ??? WHO WILL PAY for the Truth on WATER-THERAPY - ??? That was why the Lord planned this to be done with TITHE! Because the TRUTH is NEVER a paying Proposition. And so the Profit-Mongers scurry like the scrubby Rats they are = over to the common Market-Place. To see what is the most PAYING brand to SELL. This is PSYCHOLOGY. The opposite of the UNPOPULAR Religion of Jesus Christ.

1962 COUNCIL OF LAODICEA - RED REPORT =

"I know we must Preach the Truth =	The
without OFFENDING. I can Teach	"IN-COMMON"
the "MARK OF THE BEAST" =	MARKET!
without offending Catholics!"	SDA Brand.

Ah! Yes! Even so. But was he Preaching THE TRUTH - ???

MARY ROCK SMITH, R.2, Box 94 A, Elsinore, Calif.92330.
would call them: "The Old Buzzards."

[Webster]= BUZZARD: A Bird that lives off the DEAD.

[Not good enough to be put in CS 107.]= "This is the Condition of THE CHURCH of which Christ speaks when he says, "I know thy WORKS, that thou hast a NAME that thou LIVEST, and art DEAD." RH A2:423. Sept.2,1890.

"Yes, there are many among us as a people,
Many who CLAIM to be ALIVE =
while they are DEAD." TM 155.

"I call upon all... to AROUSE =
and arise from the DEAD." TM 451.

"The facts concerning the REAL CONDITION of the PROFESS-
ED people of God, speaks more loudly than their PROFES-
SION, and make it evident that some power has cut the
Cable that anchored them to the Eternal Rock, and that
THEY are drifting away to Sea - without Chart or Com-
pass." R&H. July 24,1888. COR 36.

WHAT IS THE ANCHOR? The Worship in the MHP. EW 256.
WHEN WAS THE ANCHOR CUT? R&H. GC SESSION. June 19,1970.
p.9,10. LESLIE HARDINGE. SAME AS BRINSMEAD-WRIGHT - !!!
NOW THEY ARE IN THE "OUTER COURT" OR 1st. APARTMENT!
Where Satan waits them. EW 56,261,78. 1846 BROADSIDE.
THEY HAVE CUT THE ANCHOR + ARE DRIFTING FROM SEA TO SEA.

"As a people, we are... spiritually DEAD =
Their Faith is DEAD = because it is not
sustained by WORKS... Spiritual DEATH is
coming upon us... saying that WE-ARE-SAVED!...
All such... are represented by the man who
built his House upon the SAND... Those who
have a NAME to live - but are DEAD!" RH A1:208-9.

"By their SILENCE + INDIFFERENCE." [Same.]

NEWS FOR THE PUBLIC RELATIONS DEPT. =

"BLESSED are ye that HUNGER now...
BLESSED are ye, when men shall HATE you...
Rejoice ye in that Day...
But WOE unto you that are RICH...
WOE unto you that are FULL...
for ye shall MOURN + WEEP.
WOE unto you, when all men shall
SPEAK WELL of you! for so did their Fathers =
to the FALSE PROPHETS." Luke 6:20-26.

THE OLD BUZZARDS = "I am Saved!" = alive = but DEAD - !!!

"THEY are of the World: therefore speak they
of the World, and THE WORLD heareth them."

1-John 4:5.

THEY FAILED IN 1888 - THEY FAILED IN "KEY '73." WHY - ???
BECAUSE THEY WANTED THE "LOUD CRY" - with no "MIDNIGHT CRY!"

"Every WIND of Doctrine will be Blowing =
Those who have rendered supreme Homage =
to "SCIENCE FALSELY SO-CALLED" will NOT
be the LEADERS then...

In the LAST SOLEMN WORK = few GREAT MEN =
will be engaged. They are... INDEPENDENT =
and He CANNOT-USE-THEM." 5T:80.

"CHAFF LIKE A CLOUD will be borne away on the [SCIENTIFIC!]
WIND = even from places where we see only floors of RICH
[and increased with Goods!] RICH (?) WHEAT." 5T:81.

"The Call to this great + solemn work =
was presented to men of LEARNING + POSITION =
But they SEPARATED from God, yielded to the
[Public Relations] INFLUENCE of THE WORLD =
and the Lord REJECTED THEM!... have exalted SCIENCE
and lost sight of the GOD-OF-SCIENCE." 5T:82.

"Here we see that THE CHURCH... THE ANCIENT MEN...
[The Old Buzzards]... THESE DUMB DOGS that would not BARK
... all perish together... RINGLEADERS in APOSTASY and...
INDIFFERENCE... Their wicked course He will TOLERATE NO
LONGER, and in His WRATH he deals with THEM = without
Mercy." 5T:211-2.

"The SEAL of the living God is upon HIS PEOPLE.
THIS SMALL REMNANT..." 5T:213.

THIS SMALL REMNANT WILL BE HATED + PERSECUTED = BECAUSE:

"The Gospel of Christ CANNOT be Preached =
without Offense." (†Luther in GC 165.)

"HE FEARLESSLY ATTACKED the speculative... PHILOSOPHY and
THEOLOGY... HE DENOUNCED such Studies... LIGHT + DARKNESS
cannot harmonize. Between Truth + Error there is an irre-
pressible CONFLICT. To uphold + defend the one is to
ATTACK + OVERTHROW the other." GC 126.

"... obliged to LEAVE the Church of their Fathers =
that they may render OBEDIENCE." DA 232.

WHILE THE CONFERENCE MEN BRAY LOUD + LONG LOOKING TO LEAD
A GREAT MULTITUDE THAT NO FROOM CAN NUMBER = THE TRUTH IS:

"TRUTH is no more desired by the MAJORITY today than it
was by the PAPISTS... Those who present the Truth for this

time SHOULD-NOT-EXPECT to be received with greater favor than were earlier Reformers... the SAME ANTAGONISM still exists, and will be manifested to-the-End-of-Time." GC 144.
You can find a Preacher=(car-loads of them)= if you go looking for him = that will Preach other than this = but that will not change the matter.

"The Prince of Heaven was called BEELZEBUB = and His disciples will be represented in like manner." DA 355.

"If Nathanael had TRUSTED (to the TRUSTEES! TM 361,376, 386,106,146.) for guidance, he would NEVER have found Jesus... While they TRUST to the guidance of HUMAN AUTHORITY = NONE will come to a saving Knowledge of the Truth. LIKE NATHANAEL, we need to study God's Word FOR OURSELVES... in the secret place of Prayer." DA 140-1.

"The true followers of Christ... These do not WAIT for Truth to become POPULAR." GC 460.

"The followers of Christ + the servants of Satan CANNOT Harmonize... "All that will live godly in Christ Jesus SHALL suffer PERSECUTION." GC 507.

"No man can serve God without enlisting against himself the opposition of the Hosts of Darkness." GC 610.

"But so long as Jesus remains man's intercessor in the Sanctuary above... A FEW MEN will HOLD IN CHECK a powerful current of Evil." GC 610-11.

And no more so than in the Medical Profession.

THE CURE OF WATERPATHY = Water-Cure by Sabastian Kniepp= and untold MILLIONS of others that have served their Generation with this Knowledge as it unfolded through the Centuries = have given us a Legacy that is ours to Develop with Modern Technology.

"A COLD or cool Bath is an excellent TONIC = WARM Baths open the Pores, and thus aid in the elimination of IMPURITIES. Both WARM and NEUTRAL Baths soothe the NERVES + EQUALIZE the CIRCULATION." MH 237.

THE NORDIC PEOPLE HAVE ALWAYS = employed WATER-CURE. For Cancer or any Cure = I would go after the Pores. Soft Water kept at Room-Temperature = take a Sponge-Bath first thing in the Morning. If your Energy is Low - do not worry about BATHING - worry about WETTING.

WET [do not worry about "WASHING!"] =
WET your arms to the Elbow = one Arm with one Side of
the Wash-Cloth = turn it over and WET the other arm.
RINSE it out well = do the Elbow to the Shoulder =
RINSE again. You are only unclothed to the Waist = now
slip on your Undershirt = DO-NOT-DRY! You want to be WET!

Then do the bottom Half = then the Feet. You are not
worrying about WASHING = you are worrying about WETTING.
A TONIC to the NERVES via the PORES!

DO NOT FORGET = try anointing with OIL. Try HERB TEAS
in place of Water. My own M.D. brother when Pre-Medic =
said he learned in Medical School = one of the BEST ALL-
AROUND "MEDICATION" = OUTSIDE the Body = was EPSOM SALTS.
But it was so CHEAP = they did not RECOMMEND it. For people
could Buy it themselves. SO IF THEY DID PRESCRIBE IT =
they would have it COLORED = PINK=ORANGE-BLUE-GREEN =
so you do not know what it is. And maybe put some PER-
FUME or something = in with it. That way you can pay
a DOLLAR for something that costs 1¢.-

AND IF YOU THINK this is UNCOMMON = you surely know NOTHING
about the PHARMACOPOEIA. Or how they rake in their MILLIONS.
NO WONDER they are out to KILL = if this "OUR CRAFT" is
in Danger.

But they are not all like that. Some are Human.
The Stories I could tell you about SDA Doctors = I would
NEVER go to an SDA Hospital or an SDA Doctor = NEVER - !!!
One of those LOMA LINDA GRADUATES = "College of Medical
Evangelists" = left me flat on my back FOR YEARS = and
did NOTHING for me with the WORKMAN'S COMPENSATION BOARD.
That same BASTARD would have given a Lady = CANCER = if
he had his "DEEP-X-RAY" way = when all it was - was a
CYST! [An inside-out PIMPLE!] Which another Doctor took
care of in "10 Minutes" in his Office! And there was NO
RETURN! And this BASTARD - son of the Devil! Was going
to give so many "DEEP X-RAY" Treatments for so many Weeks
at so much a Shot! No Wonder the Spirit of God led EGW to
write: "This is MURDER = ACTUAL MURDER!" MM 139,228.

I KNOW ONE DOCTOR [my own Brother] = who wrote that his
"MAIN WORK" was "UNDOING THE UNSCRUPULOUS WORK of other
Doctors." When I read that = I said: "Oh! Oh! You won't
last Long!" SUDDENLY = he had to LEAVE that Town = no
doubt given: "48 Hours!" Or else the FRAME. If only some
of these Doctors would TALK! And if you were half-awake =
you would have heard them TALKING - by the HUNDRED!

NATIONAL HEALTH FEDERATION BULLETIN, PO Box 688, 212 West Foothill Blvd., MONROVIA, Calif. 91016 [Membership \$5.00 a Year.] Have all sorts of M.D. Doctors + others who come to Witness for the Truth. Even some SDA. Have you ever been to their Meetings? Heard their Lectures?

"Never fail to show that there is a marked DIFFERENCE between the one who serves God + the one who serves Him not." MH 180.

"The EXTERNAL application of WATER is one of the EASIEST + most satisfactory ways of regulating the CIRCULATION of the BLOOD." MH 237. (Best liquid possible for cleansing body Tissues. CDH 420-1. ML 139. Te 101.)

TIMELY WARNING against "TOXIC METALS" Anthony Tucker. Ballantine Books. 02560-1-\$1.25.

Anyone interested in Preventative Medicine as the Ultimate Creed of SURVIVAL - should read this Book prepared by the "FRIENDS OF THE LAND." Herein = if you look closely = you will find the Cause of Cancer. One major Cause - at least. With 1 out of 4 going with this dread Disease = it is Time to believe what was in the Testimonies all the Time = as the Medics chanted in Chorus: "THE CAUSE OF CANCER IS NOT KNOWN!"

FROM "DISEASE + IT'S CAUSES" Pages as marked = You find some of this in SG 3+4 = HEALTH SECTION. SM 2:?
"PORK... SWINE'S FLESH... SCROFULA = LEPROSY = CANCER."
p.12-4. [p.28 = WARNING against over-heated "GREASE" and "INDIGESTIBLE SPICES" now known to build up that PLASTIC COATING on the little Fingers of the VILLI!]

"Food cooked in a FASHIONABLE MANNER" = if you want to do that - then DIE! "THEIR OWN CRIMINAL MANAGEMENT." p. 39,41. "DRUGS" = swallowed "IN BLIND CONFIDENCE." p.51. "He makes the case a GRAVE one." p.52. ["GRAVE" is right!] "The Doctor's FASHIONABLE POISONS" produce "USELESS WRECKS... various DRUG-DISEASES." p.52-3.

Have some one in the Family that is "IMBECILIC" - here's how! p.54. Somebody "DERANGED?" p.57. CALOMEL-NUX VOMICA-OPIUM-p.57-64. These DRUGS can "CRIPPLE, PARALYZE, DESTROY HEALTH FOREVER = but it NEVER CURES." p.64.
"... TORMENTS the system as long as there is a particle LEFT in it. It ever lives, not losing its properties by its LONG STAY in the living system. It INFLAMES the Joints, (Inflammatory Rheumatism?)... ROTTENNESS into the BONES. (Arthritis?) It frequently manifests itself in TUMORS, ULCERS, and CANCERS = YEARS AFTER it has been

introduced into the System." p.65. "DISEASE + IT'S CAUSES."

See somebody in Church with their eyes "GLASSY?" Here's how. p.65. We call it the "DRUG STARE." "Her MIND was a COMPLETE WRECK." p.65. FOR CANCER see 4T:635. SM 2:449.

HOW TO HELP THEM? "BATHE frequently in pure soft WATER followed by gentle rubbing." DC 59. SM 2:446.

IF WE SET UP A CENTER = to Train others to give these Treatments - will the Adventists come = to try to STOP us? As NICHOLS + the R&H hamstrung HOXSEY from the Rear? Because he used Sr. White's RED CLOVER BLOSSOMS - ???

YOU SAY WE ARE IN DANGER OF THE CATHOLICS - ???

"As the storm approaches (Adventists)... JOIN the ranks of the OPPOSITION... THEY become the MOST BITTER ENEMIES of their former Brethren... THESE APOSTATES..." (Are "Men of Talent + PLEASING address..." Yes - that was the object of their miserable LIVES - TO PLEASE! "MEN-PLEASERS." Graduates of PSYCHOLOGY.) GC 608.

AND WHAT ABOUT THOSE WHO KNOW THE TRUTH IN THIS TIME - ???

"ALL WILL BE UNMASKED... They CANNOT remain SILENT." GC 606,609. (They have "NOTHING to do with CONSEQUENCES.")

SURVIVAL CAKE.

Ann DeMichael's Offering at the Bible Camp - OHIO 1974.

3 Tbs. FLAXSEED.	2 Tbs. BUCKWHEAT.
3 Tbs. SESAME SEED.	2 Tbs. CORNMEAL.
3 Tbs. CHIA SEED.	2 Tbs. BARLEY FLOUR.
3 Tbs. SUNFLOWER SEED.	1 Tbs. RICE BRAN.
3 Tbs. POPPY SEED.	1 Tbs. BREWER'S YEAST.
2 Tbs. MILLET.	1 Cup WHEAT GERM.

INGREDIENTS + AMOUNTS are both FLEXIBLE according to:
(A) Cost in your area. (B) Taste. (C) Availability.

FRESH GRIND all Seeds that can be Ground. Or do them in a Blender. [All Treatment Centers that cure Cancer and other Degenerative Diseases - BAKE IN THE SAME HOUR THEY GRIND! Some Seeds such as FLAXSEED - start to go RANCID the same Day. Thus defeating your purpose. The Body throws out ALL OILS for that Meal! The ONUS is on the word:FRESH!]

MIX THOROUGHLY all the above Ingredients in a large Bowl. Set to one side. SEPARATE 6 large or 8 medium size Eggs. [Due to Disease in Old Hens - we recommend SMALL EGGS ONLY!] [Young Eggs.]

SURVIVAL CAKE (cont'd.)

Beat the Egg YOLKS together with:

1 Tbs. liquid LECITHIN. 1/4 Tsp. ANISE OIL or other
2 Tbs. OIL. FLAVORING to Taste.
4 Tbs. MOLASSES OR SORGUM. 1/2 Cup of DRIED FRUIT such as
-----*:* Currants, Raisins, Dates,
1 Cup grated Apples, Pears, :*: Apricots, pitted Prunes, etc.
Cottage Cheese, Bananas, :*:-----
[Any one of these may be used in the amount of 1 CUP.]

MIX ALL ABOVE TOGETHER WELL. Then add to the SEED FLOUR
in BIG MIXING BOWL. Stir in well. Set aside.

Beat the EGG WHITES until they reach a Peak. Then fold
in very lightly with the rest of the ingredients and
put into a well greased rectangular Cake Pan or Tube
Pan. BAKE in a 370° F oven for about 55 minutes. Enjoy
the "CAKE OF YOUR LIFE!" Serve with thin Cream.

NO SUGAR. The above requires NO SWEETENING except per-
haps RAW TUPELO HONEY or other HONEY or Maple Syrup.

WE DO NOT KNOW WHY = but BEES will eat SUGAR - any Kind
of SUGAR and THRIVE on it. But when they eat PASTEURIZED
HONEY - they turn up their Toes = and DIE! We do not
know WHY. Therefore we do-not-cook-or-bake-HONEY!

You can CAN Fruit without SUGAR - and add Honey later.
HONEY can be liquified without harm in HOT WATER.

VEGETABLE SURVIVAL CAKE =

Instead of grated Apples and other FRUIT = substitute
equal amount = grated CARROTS. Try it. For Fun even
try POTATOES - PUMPKIN - SQUASH - using TOMATO + some
CELERY = you can even get a SALMON SUBSTITUTE! [For
more Protein try Lentils-Peas-Beans. Nuts with care.]

HUXLEY was very liberal in Diet - but he allowed NO
TOMATO for Cancer Patients. Cancer is a LIVER DISEASE
and the ACID in cooked Tomatoes IRRITATES the LIVER.
[So does cooked Spinach + Rhubarb. ACID.]

Please forgive me for bringing it in at this Point =
BUT I DARE NOT pass by this Subject. If I would pre-
arrange my Papers, [Which I have NO TIME to do] = I
would have brought this in sooner. But better Late than
NEVER!

WE WILL NOW GO TO THE OTHER END OF THE PROBLEM =

HEMMORRHOIDS = you can get the most beautiful case of Hemorrhoids you ever heard of = hanging out and Bleeding = by going on a CLEANSING FAST - !!!
Yes you can.

I met a JW Woman who was as Mad as she could get. Went on this certain "Cleansing Fast" and had her Insides hanging out. Was so thankful to the Doctors who "Saved" her by Operation, even though this left her Crippled for Life. At least she could get by.

NOW I NEVER SAW IT IN PRINT YET = but there is Nothing to HEMMORRHOIDS = no more than there is to POLIO = if you catch it in Time. And do the right Thing. Right now.

HANG OVER A TABLE = have the Table next to a Sofa or something. Get your Insides sliding down-hill = and pulling your bleeding Hemorrhoids back in.

THAT RING = you have to help them past that Ring. You need some Lubrication. DO NOT USE VASELINE. Natural cooking FAT of any Kind - is 4 times Better. This is about the only place that I would recommend CRISCO. [COTTONSEED OIL - the Hardest OIL to Digest?] Anyway = here it is Tops.

IN ORDINARY CASES = and with little Children = a Dab on the End of your Finger [You can get soft thin Rubber-Plastic Gloves for this - be sure to Lubricate well. But do not waste any Time for that.] a Dab on the End of your Finger = put it EXACTLY in the right Place. Get another Dab - 1/3rd. of a Tsp. Slide it right in. Then back to get more Lubrication = MAKE SURE you get past the Ring. That is all. Wipe away the Surplus. It will take care of itself. Splendidly.

REMEMBER NOW = BEFORE you have to go to the Toilet = you LUBRICATE like that. AND AFTER. That way no dry STOOLS will PULL your Insides out. LUBRICATE FIRST.

REMEMBER NOW = 90% of people get HEMMORRHOIDS at some Time or other = so it is about Time we knew what to do for it. IF YOU FEEL = a pulling sensation in that Region. You are not quite Sure why or what = LUBRICATE! PAST THAT RING = and you will probably forget all about it. May have to do it twice or three Times.

A REAL BAD CASE = you may have to Doctor it for a Week or two. TEACH THIS = -33- to little Children.

II ALMOST FORGOT =

MY "TWO MINUTE SERMON ON CANCER" = that I gave Hundreds of Times. Before an Audience of 100. At a Bible Camp of 55. Many of them Doctors + Nurses. No one Challenged me yet. They might Shoot me in Secret = but they cannot Challenge me in Public Debate. For they do not have a Leg to stand on.

I TAKE YOU TO THE HIGHEST COURT IN THE LAND =before the US CONGRESS. The Senator in Charge of the Hearings asked a Question that we would all like to Ask. And he asked it of the one we would like to Ask also. The Doctor in Charge of CANCER RESEARCH.

HOW DO YOU GO ABOUT TRYING TO CURE CANCER - ???

Oh! That's Simple! We take Test-Animals [Rats + Mice.] We give them Cancer - and then we try to Cure it.

YOU GIVE THEM CANCER - ??? Yes.

HOW DO YOU DO THAT - ??? Oh! That's Simple! We slit the Skin - slip in a piece of Coal-Tar, and that's it! He's had it/!!!

COAL-TAR - !!! Yes. WHAT ABOUT THE COAL-TAR DERIVATIVES

[Today they brag of making 2300 things from COAL-TAR.]

WILL ANY OF THEM CAUSE CANCER - ??? Yes.

ALL OF THEM - ??? Yes. WHICH OF THESE IS THE WORST - ???

Here he named two Food Colors. One was RED = the other ORANGE. That a certain HELL-th Food Factory was using = "By the Ton" = to make Rolled Oats or Soya LOOK-SMELL- and TASTE = like the South End of a PIG going North =

I WROTE TO THESE "IMAGE OF THE WEENIE-BEAST" PEOPLE = and asked them if the ORANGE + RED COLORS they were using were CARCINOGENIC or NOT - ???]See p.28. "ARE WE GETTING THE FACTS?" = CANCER = FACTS + FALLACIES = RODALE PRESS = 1969. E-447.

THEY HAD AN ARRANGEMENT = whereby the WIZARDS that COOKED the STUFF up in their ISA.65:2-4,12-15. 66:1-6,15-24.

WITCHCRAFT KETTLES = would Reply to all Letters and assured me the Stuff was Safe for the Government said so!

BUT THAT SAME GOVERNMENT DAMNED + BANNED THAT STUFF =

a short while after. How many THOUSANDS or MILLIONS have the Seed for the Plagues now in their Bodies? MM 160,229. CDF 386. [Even though the RUSSIAN GOVT. SNEERED that American Manufacturers NEVER would Stop making the like = they had a STRANGLE HOLD on the American Govt. = yet they broke it!]

LEST WE FORGET =

ADDENDUM = so many Times when we write a Paper = we later Wonder why we forgot this, that, and the other Thing. Before we obtained this Press -- or learned how to run it [Still seems like a Dream] = we inquired of the Experts if we could not set up the Masters = DIRECT!

THEY SAID = absolutely not. You have to type it all out and then Copy it. [As is the usual case. Even a number of Times.] I said if I have to do that = I would NEVER get done. I do not Type. I only Plunk. So once over is all I can do. Could I not cut the Masters + paste them together again - ? They said I might - if I used the right Cements. But there would be a Streak in the Middle.

THEN I THEORIZED = if I have been Setting up Papers for so many Years - surely I can go to the Middle, turn around and do the other Side = and Regulate the other Half - ? I tried it = and it works. But once in a while I get caught = as in this Case - so I have to Insert an ADDENDUM.

I GUESS I WONDERED = [As the saying goes=] "A Hundred-Thousand Times" = WHY Sabbastian Kniepp and "HYDROPATHY" and so many others - wrap a person in what they call a "COLD COMPRESS." There is nothing COLD about it. They wrap you in a Cold Wet Sheet = but in a matter of Minutes, that Sheet is WARM - in fact they NESTLE you in = WARNING you of the DANGER of COLD. Even packing HOT WATER BOTTLES all around you. This is anything BUT a "COLD COMPRESS." So what is the Idea of the Cold at all - ??? It is in fact a "WARM COMPRESS."

IT TOOK ME = [As the little Girl would say=] "A Thousand Million Years" = to finally see through it all! As I said before = MECHANICAL ACTION is added to CHEMICAL ACTION. THAT INITIAL WET-SHEET = the COLDER the BETTER = gives a SHOCK to the little PORES = as they CLOSE. And grab a Mouth-full of WATER = as they do. FORCING that Water = by pumping ACTION = into + around the IMPACTATION in the Pores - then the WARM that follows helps to LOOSEN it all up. The real Secret of "WASHING" and "CLEANSING" and EMPTYING those Pores. SABBASTIAN KNiePP said the DISCOLORATION of those Sheets would not WASH OUT! In Cases of heavy Tobacco users + Old Impacted Drugs = they would have to SOAK the Sheets in HERBS - to get them Clean! At once a Testimony to the effective working of the "COLD-PACK" and also the Power of Herbs!

THEREFORE = if one is going to use OIL or HERBS at all, they should be put on BEFORE the Cold-Sheet. Put on WARM, or even HOT = and then the ICE-COLD-SHEET. So when the Pores close - they grab a Mouth-ful of OIL or HERBAL ESSENCE = along with the WATER. You can actually feel a Tickling sensation as the Wet-Sheet gets WARM and the Pore Impactations get a Loosening-up going over.

STEAM BATH = there could be nothing better than to follow a Session of this Kind - with a Steam-Bath and alternative Ice-Cold sponging. Or as the Fins + Russians do - Roll in the Snow.

HOT-MUD-BATH = I would never forget the additional MECHANICAL action of a MUD-BATH = letting the Hot-Mud Dry under Hot-Blowers = the Clay goes into a Squeezing action = together with its Absorption [hence Cleansing] Abilities. ADD OIL + CHARCOAL to the CLAY-PACK = and you have an unbeatable Team working for you. For NOTHING = [I Repeat:] NOTHING can take the place of WATER-OIL-CLAY-HERB-CHARCOAL PORE-CLEANSING as once done in Adventist Institutions before they did it all with a PILL. [And Soothsayed away any discomfort with a convenient SLEEPING-PILL. So the Nurse can complete her Rounds.] What a Sad Day when they all bowed low before the Holy Cow of Science falsely so-called.

"THE CHURCH IS CORRUPT" = because of her Members who DEFILE their bodies + pollute their Souls... it is in vain to deceive ourselves... the BLINDEST presumption.... There are men among us in RESPONSIBLE POSITIONS... They are WISE above what is Written... THIS UNBELIEF... is taught in most of our Schools... THOUSANDS... give heed to LYING SPIRITS... in the GARB of RELIGION... THE SPIRIT OF ANTI-CHRIST... I know that MANY think FAR-TOO-FAVORABLY of the present Time. These... will be engulfed in the general RUIN... In the mighty SIFTING soon to take place... Every WIND of Doctrine will be blowing. Those who have rendered supreme Homage to "Science falsely so-called" will NOT be the Leaders THEN... THEY did not keep pace with the LIGHT... In the last-solemn-Work FEW GREAT MEN will be engaged. They are SELF-sufficient, INDEPENDENT of God, and he cannot-use-them." 5T:79,80. [You may have use for them = but God has NO-USE-FOR-THEM!]

WE HAVE NOW COVERED = the Theory + the Fact = of PORES carrying away dangerous Poisonous Wastes + Drugs by

Nature's arrangement of setting the Pores in a Buffer Zone of Fat = into which the Waste is Programmed - ready to escape via the Pores when man earns his Bread by the SWEAT of his Brow. Hence the Artificial "FEVER" induced by WATER-THERAPY. To Cleans = restore - Rebuild.

WE REMEMBER = Sr. Digitale's reminder to DRESS WARM = "Proper COTHING is one of the basic Factors in the promotion of HEALTH..." J.H.Kellog.

"It was the adversary of all good who instigated the Invention of the ever-changing FASHIONS... a legacy of Woe, in a RUINED constitution, PERVERTED habits, and FALSE IDEAS of Life... It is IMPOSSIBLE to have HEALTH when the extremities are habitually COLD... Perfect health requires perfect circulation." CH 91-3.

In the Chilled areas - Blood moves "SLUGGISHLY" = the Stomach, Liver + Brain are affected, and "GLOOM" settles on the spirit. MH 273.

BEWARE of Air being "DEAD" = in the Bed-Chambers. AIR the Bedding + the Room. IN THE FLU EPIDEMIC = Dr. Defoe of the Famous Quintuplets = saved ALL his Flu Cases = by OPENING THE WINDOWS in Sub-Zero Weather - !!! That was his main "MEDICATION!" Light Soups + keep the Bowels open. "Go to the Pot - when you Ought."

CONSTIPATION = can be caused or prevented by TRAINING. That Hot-Drink first thing in the A.M. Ought to Work. If not - consider taking 8 raw Prunes daily. Or Figs.

LEMONS + GRAPEFRUIT = the easiest way to prepare them is peel them THINLY with a Razor-Sharp Knife. Leaving as much of the WHITE as possible. BIOFLAVONOIDS. Then slice into sections. There is no loss or "Bleeding" if the knife is Sharp. Also you can cut in half - and the other Half will keep - for DAYS! Try it and see.

THE BIG HEALTH STORE GYP - !!! I knew that the Cheapest source of "VITAMIN C" - was from PAPRIKA. So the Health Food Store does not push it, as you can buy it Cheaper in the Grocery Store. (We now hear it is best to use in the Cooking - not Raw. Or perhaps mix it and let it soak in Cottage Cheese - ahead of Time.)

I READ A LOT LATELY = about using more Vitamin C. The Human cannot make it. One article by an Assistant to Linus Pauling really convinced me. So I looked in PRE-VENTION to order some

SINCE STUDYING THE TESTIMONIES = has Sharpened my Awareness of the Meaning of Words = I NOTICED THAT = it is NOT "Vitamin C = FROM Rose Hips" = but "Vitamin C = WITH Rose Hips." So, being of a suspicious Mind = I sent an Order + asked if this is Store-Boughten "ASCORBIC ACID" such as one buys in the DRUG-STORE at many a Bargain = with "SOME" Rose Hip added - one Horse + one Rabbit - ??

AND SURE ENOUGH = !!! That's all any of it is! How it is made I do not yet know = but Linus Pauling has been saying for a long Time - buy it from the Drug Store by the Pound - a FRACTION of the Price! Well = look into it. Some Stores like SEARS - sell it as "NATURAL" as anyone.

ABOUT VITAMIN C = a good article. PREVENTION = Nov. 1974. p. 71. Those who know say to use 1,000 mgs. or more a Day. I had Ringing in the Ears for Months - one Day I took more "C" than any time in my Life - Wonder of Wonders! The Ringing STOPPED! At least for a while.

BRAN = PREVENTION = August 1974. p. 85. EVERYONE should read this Article! Less Gas, Cramps, Heartburn, Colic, Wind, Nausea, Bloat. Beats a "SOFT DIET." Takes "Adjustment Period" to get used to it. Start with one Tsp. a Day = slowly work to 8 to 10 well-rounded. I wonder what "Wheat Germ" would do instead? Same amount? BRAN seems to cure the worst case of DRY STOOLS - unruly Bowels. Helps for GALL BLADDER + even APPENDICITIS.

BACK TO COLD LIMBS + DRESS FOR BLOOD CIRCULATION = also as a major aid in Liver, Pancreas, Bladder, Digestion Aid = buy an Electric "BED SHEET" = from SEARS or WARDS. The Kind that is advertised heavily in HEALTH Publications = I was going to act as Agent - had \$20.00 worth of advertising Literature. Threw it all away. It is noisy - burns out. Yes - they will fix it - but the ones I bought from WARDS YEARS AGO - will OUTLAST this kind 10 to 1 - 1 BUY IT FOR A DOUBLE-BED. When one Element burns out - use the other. Until you get one = you can get by with an Electric Blanket = put it below you - Heat must go UP. This is INFRA-RED. This is SOOTHING - HEALTHY. Will do everything some of those expensive DIATHERMY Machines will do. It is HEAT = and it goes through FLESH = if it can go UP! Which is the way HEAT goes - is UP! Bring yourself to a SWEAT - then turn it Low for the Rest of the Night. It may take 1 to 2 hrs. to get the Heat through. It may take a Month to get your System so you only -38- use it on LOW. All night.

I have ask that my name be removed from your mailing list (which you have not done). I have ask the Post Office to return your junk. I still keep receiving it. This is to inform you that from now on when it arrives in the mail it will go directly into the trash can. Costing you the postage, plus the cost of publication etc. (un-opened of course)! Naturally this card is being mailed from a different state, and I am not revealing my name or address. I suppose Canada can handle one more mental patient. I hope they treat you well when you get in.

 'Tis an unsigned Fool! Like another Adventist Slob that sent a Package to Look + Sound like a Bomb. The Police are still investigating. Those Preachers are the world's Experts at Rabble-Rousing, Hate-Mongering, Character-Assassination. While tongue-in-cheek they say: "DO NOT CONDEMN!"
 But which they themselves do not intend to ever practice.

THE MESSENGERS •• WHO WILL FINISH THE WORK

"His disregard of HEALTH REFORM unfits him to stand as the Lord's MESSENGER." 6T:378. "Even those who do not profess to be Christians (Hippies) treat the subject with-greater-respect than do some of our own people, and these are going IN ADVANCE of us. WHY? I inquire = are some of our Ministerial Brethren SO-FAR-BEHIND - ???" 6T:299. "Making NO ATTEMPT to Reform, (Merely Bawling for the "POWER" like Elijah's Baal-Priests = with no attempt to Reform anything!) = they are growing WORSE + WORSE. But the people of God are not to Walk in Darkness. They are to Walk in the Light = for they are REFORMERS." CH 425. 7T:62,67. PK 675,678. NL 106.

Cancer's Warning Signals*

1. Unusual bleeding or discharge.
2. A lump or thickening in the breast or elsewhere.
3. A sore that does not heal.
4. Change in bowel or bladder habits.
5. Persistent hoarseness or cough.
6. Constant indigestion or difficulty in swallowing.
7. Change in size or color of a wart or mole.

* As listed by the American Cancer Society.