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Sanctity of Life

After hearing Mr. Thomas L. Rodgers of Bountiful, Utah tell the following story, I felt driven to really study the Word of Wisdom, as recorded in Doctrine and Covenants 89:1. I will first review his story, then share what I learned about the importance of the Word of Wisdom.

Mr. Rodgers has been diagnosed with cancer. He has been under treatment for several months, and his situation has been serious. Despite his ongoing treatments, he has a strong faith in the Word of Wisdom and its teachings.

In February, 1990, Mr. Rodgers was diagnosed with terminal cancer. Tumors in his groin, breast, lung and liver had grown to a critical size. One morning in January, 1991, Mr. Rodgers awoke with severe chest pains, and pain in the arms and other places in his body. His wife, Betty, recognized him as her partner of 15 years. He had already suffered the devastation that illness brings - bedridden for many months, suffering from the relentless pain of arthritis and hemorrhoids, strokes, plus legs clustered with varicose veins & 100% overweight. One morning in January, 1991, Mr. Rodgers awoke with severe chest pains, pain in his arms & other places in his body. He was admitted to the hospital. There the doctors told him he had suffered a heart attack.

It is important to remember that the Word of Wisdom is a valuable resource for those facing terminal illness. For Mr. Rodgers, it provided comfort and guidance during his difficult time.

The Word of Wisdom is a compilation of the knowledge and wisdom of early Mormon leaders. It is a valuable resource for those facing terminal illness. For Mr. Rodgers, it provided comfort and guidance during his difficult time.

Nearly three years later, his weight has dropped from 265 pounds to 180. He is trim and vigorous looking, though he does still have a very slight speech delay problem. He still has cancer, but he now feels much better. He continues to live a healthy lifestyle and has maintained his weight.

His father was also diagnosed with cancer and received the same treatment. Mr. Rodgers is grateful for the support and love of his family and friends during this difficult time.

The Word of Wisdom provides guidance and wisdom for those facing terminal illness. It is a valuable resource for those in need of comfort and guidance during these difficult times.

Study the Word of Wisdom, as given to the Prophet Joseph Smith, Jr., 27 February 1833, in Kirtland, Ohio, and see what new light it sheds on this revelation. In looking at the Word of Wisdom, we can see how the Lordirtyards the choice of foods we eat. Keep in mind: "...HE IS THE SAME; yesterday, today, and forever."

Now please note: In Vol. 1 of "A Companion To Your Study of The Dec" by Daniel Ludlow, published 1978, p. 1171, it states:

"A word of Wisdom, for the benefit of the council of high priests, assembled in Kirtland, AND the church at large, and the saints in Zion. (Given to the church at large, and the saints in Zion."

Verse 1. "A word of WISDOM, for the benefit of the council of high priests, assembled in Kirtland, AND the church at large, and the saints in Zion."

Verse 2. "To be sent greeting: NOT by commandment or constraint, but by revelation AND the word of WISDOM (common sense), showing forth the order and will (WILL means 'thus saith the Lord')... These four words constitute a COMMANDMENT..."

Verse 3. "Given for a principle WITH PROMISE (promise from God, not the medical community or such), adapted to the CAPACITY of the weak AND the WEakest (God makes no qualifying statement here but indicates this promise is to ALL who heed this advice. Might it not include the physically or mentally ill, those born in some way deficient and even the animals we are designated as stewards over? (V.14...and ALL wild animals that run or creep on the earth.)) of
All Saints, who are or can be called saints." (As stated by the Lord, All means All who follow God's health plan, regardless.) Geo. Q. Cannon, in LJS, pp. 129-30, states:

"On the 27th day of Febr. 1833, [Kirtland, Ohio] the Prophet received the Word of Wisdom, warning the people to abstain from impurities and grossness in their food and drink (what about the food additives and chemicals today, the impurities & grossness?) and promises them rich blessings of physical STRENGTH & PROTECTION from the power of the adversary as a reward for their obedience. (How profound? Via obedience of the Holy Ghost coming through unde- filled, HEALTHY bodies and minds.) The delivery of this revelation to Joseph marks another step in God's divine plan for man's eventual elevation to divine acceptability."

Before this date, tea, coffee and even tobacco were considered among basic household food commodities, used by many if not most.

Joseph F. Smith, in CR, Oct. 1913, p.14 states:

"The reason undoubtedly why the Word of Wisdom was given - as not by 'commandment or restraint' was that at that time, at least, IF it had been given as a commandment it would have brought nearly every man, addicted to the use of these noxious things, under condemnation; so the Lord was merciful and gave them a chance to overcome before He brought them under the law. Later on, it was announced from this stand, by President Brigham Young [JD 12:118] that the Word of Wisdom WAS a revelation AND A COMMAND of the Lord."

In JD Vol.12, pg. 37, Pres. B. Young speaks of the importance of one's diet..."You mothers and daughters...you get up each morning and have your cup of tea, your fried ham, your cold beef and mincemeat and every possible crumb into the stomach, until you surfeit the system & lay the foundation for disease & early death. ...Mothers in Israel, such a course engenders disease, and you are laying a foundation that will cut off one-half or two-thirds of the lives of your children; and yet another healthy country than ours cannot be found upon the face of the earth, if the people would learn to live prudently."

Pres. Young then compares foreign lands/people who, of necessity, live for years on only a portion of what they need & who are yet more of us who deny ourselves on improper diets. He continues, speaking to church members in Granite Stake at that time (and therein for the church at large) "...to look at the surroundings, out of doors, you would not think they had more than one bean to a pint of water, but go into their houses and you will find beef, pork, apple pie, custard pie, pumpkin pie, mince pie, & every luxury, and they live so as to shorten their days and the days of their children. (Comparable to 'the king's table' of Daniel's time) You may think that these things are not of much importance...but let the people observe them and they lay the foundation for longevity, and they will begin to live out their days, not only a hundred years, but, by and by, hundreds of years on the earth.

Do you think they will stuff themselves then with tea and coffee, and perhaps with a little brandy...and then beef, pork, mincemeat and pastry, morn and night? No! you will find they will live AS OUR FIRST PARENTS DID, on fruits and on a little simple food, and they will never overload the stomach."

On p.118 and 119 Pres. Young states further:

"The strength, power, glory and might of the one who adorned the form and constitution of man have vanished away before the blighting influences of inordinate appetite & love of this world. Doubtless we are about the best looking people today upon this foot-stool, & about the healthiest; but where is the iron constitution, the marrow in the bone, the power in the loins, and the strength in the sinew & muscle of which the ancient fathers could boast? These have, in a great measure, passed away; they have decayed from generation to generation, until constitutional weakness and effeminacy are bequeathed to us through the irregularities and sins of our fathers. The health & power & beauty that once adorned the noble form of man MUST AGAIN BE RESTORED to our race; and God designs that we shall engage in this great work of RESTORATION (The gospel 'restoration' is much broader than just gospel ordinances and organization). Then let us not trifle with our mission, by indulging in the use of injurious substances. These lay the foundation of disease and death in the systems of men, and the same are committed to their children, and another generation of feeble human beings is introduced into the world...they are not prepared for life, but for the grave; not to live five, six, eight and nine hundred years, but to appear for a moment, as it were, and pass away."

Now, when a person is fifty years of age he or she is considered an old man or woman; they begin to feel decrepit, & think they must feel old, appear old, & begin to die. Premature death is in the marrow of their bones, the seeds of early dissolution are sown in their bodies, they feel old at fifty, sixty & seventy years, when they should feel like boys of fifteen, sixteen, & seventeen. Instead of feeling decrepit at those years they should feel full of strength, vigor, and life, having attained to early maturity, prepared now to enter upon the duties of a long future life. When two hundred years have been attained, they SHOULD then feel more vigorous than the healthiest of men do in this age at 45 years."

Verse 4. (ORIGINAL first verse). "Behold, verily, thus sayeth the Lord unto you: (These words imply a command.) In consequence of evil & designs which DO & WILL (yet to come) exist in the hearts of conspiring men in the last days, I have warned you, (God has ALREADY warned them two years earlier - Do & Will) and FORBID and/or entities to ensnare us that they may profit...given specifically TO US in the latter-days, of things to come like food adulterations [additives, processing, chemicals, DNA tampering, steroids, irradiations, etc.] that we might regard this & beware by giving YOU (those who understand & follow it) this word of Wisdom by revelation.
Verse 5. That inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet (not acceptable because it destroys health, is costly & blocks our ability to receive promptings of the Spirit) in the sight of your Father, only in assembling yourselves together to offer up your sacrifices before him.

Verse 6. And, behold, this should be wine, ye, PURE wine of the grape of the vine, OF YOUR OWN MAKE. (not made harmful through processing or adulterating it by men for profit.)

Verse 7. And, AGAIN, (repeated warning) strong drinks are not for the belly, but for the washing of your bodies. (for antiseptic use OUTSIDE of our bodies to kill germs. It would harm the beneficial elements inside our bodies.)

Verse 8. And, AGAIN, tobacco is not for the body, neither for the belly, and is not good for man, (not good inside OR outside our bodies) but IS AN HERB for bruises and all SCAB cattle, to be used with judgment and skill.

Verse 9. And, AGAIN, HOT drinks are not for the body or belly. (God essentially repeats/emphasizes v.7 and 8 to show the importance of what goes into our bodies.)

Verse 10. And, AGAIN. (He says 'and, AGAIN' four times - v.7,8,9,10) so similar instructions have been given previously in some way.) verily I say unto you, ALL WHOLEsome herbs (whole or raw foods) GOD HATH ordained for the constitution, nature and use of man. (What is the difference between constitution & nature? Might constitution refer to our physical health and nature to our emotional temperament? Might GOOD health grant us peace within OUR selves and more understanding, patience and caring of others?)

Verse 11. EVERY herb IN THE SEASON thereof: and EVERY fruit in the SEASON thereof (God surely knew about our refrigeration, freeze dry, irradiations of and chemical additions to today's foods, so why the statement 'in the season thereof'?) Every herb and fruit has its seasons of peak nutritional benefits. Harvesting foods in our bodies and preparing our bodies for the coming season. Processing food kills most of the vitamins & nutrition benefits. Cold weather requires food that gives body & mind warmth & stamina to offset the cold and lack of sunshine (darkness) outside our bodies. Hot weather brings us sunshine's Vit.C and herbs & fruits that keep our bodies cool INSIDE to counter or balance the heat outside. In spring we have early GREENS cleansing our bodies and thinning our blood before summer's heat. In the fall the melons, etc. tunes up bodies [thickens our blood] for winter. Then comes the harder fruits and veggies [that will keep for months and still retain LIFE, i.e. will reproduce if planted] thickening our blood to take us through winter months with health and vigor. So 'IN THE SEASON THEREOF' indicates that God created specific plants, for specific areas, to keep us healthy AND HAPPY year round IF used 'in the season thereof'. ALL THESE to be used with PRUDENCE (wisdom & knowledge of) and THANKSGIVING. (Thankfulness for the God's foresight in preparing our bodies to handle the coming seasons.)

Verse 12. Yea, FLESH ALSO of beasts and of the fowls of the air, I, the Lord, have ORDAINED (given permission or authority) for the use of man WITH thanksgiving; NEVERTHELESS (but?)...God is cautioning us, they are to be used SPARINGLY: (WHY flesh of beasts and fowls SPARINGLY?) 1 Cor.15:39 explains,

"All flesh is NOT the same flesh: but there is one kind of flesh of men, another flesh of beasts, another of fishes, and another of birds. (We mortals CAN survive by eating meat BUT NOT optimally. Verse 13 explains when to use them WHEN IT IS NECESSARY and that I would rather that we NOT eat flesh.)"

Verse 13. And it is pleasing unto ME (The Lord) that they SHOULD NOT be used, ONLY in times of winter, or of cold, or famine.

(What righteous person would not want to 'please' the Lord? We remember that God is the same yesterday, today and tomorrow and that TRUTH does not change. Read Paul in Romans 14:20) -

"it is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth, or is offended or is made weak." (God here identifies flesh and wine as detriments that causes us to become ill or weak.)

In Moses 2:29-30 is recorded -

"And I, God, said unto man: Behold, I have given YOU every herb bearing seed, which is upon the face of all the earth, and every tree in the which shall be the fruit of a tree yielding seed; to YOU it shall be for meat. (The definition of 'meat/meat offering', as defined in our Bible dictionary, refers to plants more than flesh.)

And to every beast of the earth, and to every fowl of the air, and to every creature that creepeth upon the earth, whom I have granted life, there shall be given every clean herb for meat; and it was so, even as I spake." (DC 89:14 states this also. Why didn't God include flesh in this admonition if it was good for man or beast?)

Verse 14. ALL GRAIN is ordained for the use of man and of beasts, TO BE THE STAFF OF LIFE, not only for man but for the beasts of the field, and the fowls of heaven, and ALL wild animals that run or creep on the earth. (Grains are THEE BEST for ALL of us, man or beast. Perhaps, when the day comes that we do not kill or eat flesh - become gentler, beasts will have no fear of us and will become
inclined the same way until the lamb and the lion CAN be at peace and lie down together, all very naturally.)

Verse 15. And THESE hath God made for the use of man ONLY IN TIMES OF FAMINE, AND excess of hunger. (We refer to grain/s as "It" and animals as 'they' so God here refers to the animals. Have any of us had famine or excess of hunger when NO OTHER FOOD was available to eat? Note that He says Famine AND excess of hunger. He does not say famine OR hunger. Eskimos and certain other groups have lived where vegetables and fruits do not grow but US? Note the VERY short life span of people on all-meat diets.)

Note what D&C 59:16-20 tells us -

16. "Verily I say, that inasmuch as ye do this, the FULNESS of the EARTH is yours, (the plants...the abundant life) It is interesting to read what Brigham Young says of our stewardship of the earth, as found in Hugh Nibley’s book, "Brigham Young Challenges The Saints", first 2 chapters not included here) the beasts of the field and the fowls of the air, & that which cibeth upon the trees & walketh upon the earth:

17. Yea, and the herb, and the good things which come OF the earth, whether FOR food or FOR raiment (clothing), or FOR houses, or FOR barns, or FOR orchards, or FOR gardens, or FOR vineyards; (covers everything, does he not?...from the EARTH.)

18. Yea, ALL things which come OF the earth, IN THE SEASON, THEREOF, were made FOR THE BENEFIT and the USE of man, both to please the eye and to gladden the heart; (to reduce stress and, interestingly, He does not include animals in any of these things for animals surely DO NOT come 'of the earth').

19. Yea, FOR food & FOR raiment, FOR taste & FOR smell, to strengthen the body & to ENLIVEN the soul.(To give us TRUE JOY)

20. And it pleaseth GOD that HE hath given ALL these things unto man; for unto THIS END were they made (LIVING foods that are not cooled to death were created for this very purpose) to be used with judgment. NEITHER BY EXORPTION." (Exortion would certainly relate to the abuse and killing of animals. UC 59:6 gives specific instructions to the Saints:

"...Thou shalt not steal; neither commit adultery, NOR KILL, NOR DO ANYTHING LIKE UNTO IT." (No matter what the degree of it. We are not to do it!)

Verse 16. ALL GRAIN IS GOOD for the food of MAN, also the FRUIT of the vineyard; which yieldeth fruit, WHETHER IN the ground or ABOVE the ground: (Why no mention of flesh being good for us?)

Verse 17. NEVERTHELESS, (to sum it all up, even disregarding what has already been stated, He tells us-) WHEAT FOR MAN, and corn for the ox, AND oats for the horse, and rye for the fowls and for wine, and for ALL beasts of the field, and barley for ALL useful animals, and for mild drinks, as also other grain.

(This is the fourth time that the Lord tells us that GRAINS are best for us. In verse 14 God adds that GRAIN is best for animals, too. Why isn't meat included if its good for us?)

Verse 18. And ALL saints who remember. (remember' indicates that these know about God's health laws and are following them) to keep and DO these sayings, walking in OBEDIENCE to the commandments, SHALL RECEIVE health in their navel and marrow to their bones; ("SHALL" denotes the future. Those who take His word and fully obey HAVE THIS PROMISE...FROM GOD. He doesn't say 'may' receive or 'will perhaps' receive or 'can receive'. He says they SHALL receive! 'In their navel' would cover childbirth...strong, healthy babies and mothers recovery from childbirth. 'Marrow in their bones' would indicate speedier recoveries when injured or ill, even some restoration of health as we consider the word 'to' their bones rather than 'in' their bones. 'MARROW TO' rather than 'IN' indicates 'added to' - restore the muscles and sinews. Review verse three again for emphasis. Again, GOD makes this promise.)

Verse 19. And shall find WISDOM and great treasures of knowledge, even HIDDEN treasures:

( Be prompted/led to avenues of learning and understanding that sheds new light, new perceptions on what we are studying and pondering, even to personal revelation as in 1 Nephi 10:19 -

"For he that DILIGENTLY seeketh SHALL find; and the mysteries of God shall be unfolded unto THEM, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times TO COME; wherefore, the course of the Lord is one eternal round."

In Bro. Richard G. Scott's remarks, May 1994 Ensign, p.7, half way down, he recalls the Lord talking to Paul who had pled thrice that 'a thorn in the flesh' be removed. Bro. Scott proceeds to tell us, "He wants YOU to LEARN HOW to be CURED when that is HIS will and HOW TO obtain strength to live with your challenge when He intends it to be an instrument for growth. [CAN be an opportunity to learn]. In either case, the REASON WILL support you..." Bro. Scott states that "LASTING" relief IS available on conditions established by the Lord. Help from the Lord ALWAYS follows ETERNAL LAW. The better we understand that law, the easier it is to receive His help."

A saying, often quoted, is, "It is great to BELIEVE IN CHRIST but its greater still to BELIEVE CHRIST!" To actually believe what CHRIST SAYS and TEACHES versus what churches or the world teaches, CHRIST SAYS and TEACHES versus what churches or the world teaches, is of paramount importance. Others may lead us from the truth if sought, will be confirmed by the Holy Ghost. Keep in mind that the Lord is the SAME, YESTERDAY, TODAY AND TOMORROW, that He taught & teaches the same doctrine in ALL DISPERSIONS...as stated in 1 Ne 10:18-19 and DC 20:17 (Alma, Chapt.32, explains how to find these 'great treasures of knowledge, even hidden treasures' First, by faith. WAKE UP AND TRY the words of the Lord if we WANT...
to believe/ to learn more. Then, THINK about what we are learning. If we are LEARNING from it, we are not resisting the PROMPTINGS of the Holy Ghost. THEN we begin to feel that it must be GOOD, for it enlarges our soul, our understanding, our well-being, until it becomes delicious to us and we want to know/grow more.

Harold B. Lee, in ENSIGN, Jun 1971, p. 10 cautions us thus -

"Let no one think that ‘learning by faith’ is an easy way to gain knowledge unto wisdom. From heavenly instructions and experiences of most anyone seeking DILIGENTLY for heavenly direction, one may readily understand that learning by faith requires the binding of the WHOLE soul through worthy living to become attuned to the Holy Spirit, the calling up from the depths of one’s own mental searching, and the linking of our own efforts to receive the true witness of the Spirit." GONE HIDDEN TREASURES (DC 89:19) await those who ‘follow the commandments’ and desire then enough to follow these steps.)

Verse 20. And shall run and not be weary, and shall walk and not faint. (Again, SHALL indicates a restoration of health. Many dedicated, faithful members of the Church adhere to the ‘Word of Wisdom’ AS THEY KNOW IT but still cannot walk, see or hear normally, cannot ‘run and not be weary and walk and not faint’, but are crippled with disease, numbed limbs & senses, or other afflictions - even to being helpless? WE MUST keep in mind that it is GOD making these promises to us, that this revelation was given FOR US in THESE latter days. DC 104:14-17 does not refer to Church Welfare -

v.14. "I, the Lord, stretched out the heavens, and built the earth, my very handiwork; and all things therein are mine. (DC 89 was given to the WORLD.)

v.16. But it must needs be done in MINE own way; and behold this is the way that I, the Lord, have decreed to provide for my saints, that the poor shall be exalted, in that the rich are made low. (one is no more important than another in the sight of God nor to be without.)

v.17. For the EARTH is full, and there is ENOUGH AND TO SPARE; (No need for ANY people of ANY area to be hungry if they follow God’s food plan.) yes, I prepared ALL things, and have given unto the children of men to be agents unto themselves." [No need to be hungry or helpless or violent or hopeless.]

Verse 21. And the LORD, give unto THEM (all those mentioned in verses one and three) a PROMISE, that the DESTROYING ANGEL (angel of death) SHALL PASS BY THEM, as the children of Israel, and NOT SLAY THEM. Amen.

DC 82:10 and 104:15-17 gives the Lord’s position very plainly.

"I, the Lord, am bound WHEN YE DO AS I SAY; but when ye do NOT what I say, ye have NO promise." v.15 - "And it is MY purpose to provide for my saints, for all things are mine.

v.16 - But it must needs be done in mine own way; and behold this is the way that I, the Lord, have decreed to provide for my saints, that the poor shall be exalted, in that the rich are made low.

v.17 - For the EARTH is full, and there is enough and to spare; yea, I prepared all things, and have given unto the children of men to be agents unto themselves."

DC 89:21 is a most interesting statement and contains a very remarkable promise. In the church seminary supplemental student manual [Religion 301]-OLD TESTAMENT: GENESIS - 2 SAMUEL that Gospel Doctrine teachers use, we find the following statement on page 54, bottom of the second column:

"During the first 2200 or so years of the earth’s history, i.e., from the fall of Adam to the ministry of Melchizedek, it was a NOT UNCOMMON occurrence for faithful members of the Church to be translated & taken into heavenly realms without tasting death. Since that time there have been occasional special instances of individuals being translated, instances in which a special work of the ministry required it. ‘...Methuselah, the son of Enoch...of his loins.’ (Moses 7:27) (McConkie, Mormon Doctrine, p.804), and Alma 22:14 "...that he breaketh the bands of death, that the grave shall have no victory...". Pondering this 'hidden mystery' causes me to ask, "Were they all translated at once or one by one as each gained sufficient faith and purity to part the veil? To cover 700 years indicates individual worthiness. However, it done? Could we? Their 'world' must have been similar to ours. There were righteous Saints among them, just as now. Noah’s people ‘ate, drank, and were merry’ right up to Noah’s departure...not unlike us, today. And God is making this astounding promise to us, TODAY so it must be possible to achieve it."

In the Sept. 1980 Ensign, Article on Melchizedek, p. 14 - "We learn that Melchizedek was spiritually prodigious as a child (JST, Gen. 14:26,34,11:33-34). "Melchizedek was a man of faith,...AND HIS PEOPLE manyJOIN TO HEAVEN". (JST, Gen. 14:26,34). ...In fact, this miracle of both Melchizedek & Enoch preparing & then seeing translated an entire city into the presence of God is indeed a feat so powerful that none should misunderstand. Read DC 89: 21 again. And John 8:51 says: "If a man keep my saying, he shall never see death." And Paul states in 1 Cor.15:26, "The last enemy that shall be destroyed is death."
Ezek.18:22 says: "For I have no pleasure in the death of him that dieth, saith the Lord God: wherefore turn yourselves and LIVE. And Romans 6:23 - "For the wages of SIN is death: BUT THE GIFT OF GOD is eternal LIFE through Jesus Christ our Lord." He received the Ten Commandments on Mt. Sinai. Throughout history, societies have interpreted them quite literally, all except THOU SHALT NOT KILL. This one has been interpreted BY MAN to mean that we should not kill another human being but Christ said, "THOU SHALT NOT KILL." (He did not say that HE would not command people to be killed [as when Israel was commanded to kill all the inhabitants of certain areas or Nehi to kill Laban] but HE tells US not to do so unless commanded to. Pres. Kimball instructed us to NOT go hunting UNLESS we NEEDED the meat for food. Is no other food available? And have we been instructed to plant gardens?) D&C 59:6 adds emphasis - 'Thou shalt not...kill, NOR DO ANYTHING LIKE UNTO IT!' (Like ABORTION and INFANTICIDE [partial birth abortions], abusing or maiming our children today and animals?) The Book of Moses covers, essentially, the first six books of Genesis but is included in our standard works today and shows us that He is teaching the same things then & now. Moses was shown ALL the creations of God and told that it was good but no mention is made of MEAT of beasts for man, only herbs and fruit. God’s first instructions to Adam and Eve were that they should multiply and REPLENISH the earth. (Would 'replenish' mean to Kill God’s creatures? There was no fear of death, no killing, in the Garden of Eden. AFTER Adam came to earth God told him, in Gen. 3:2-10 & 15: 3. Every MOVING thing that liveth shall be meat (food) for you; (if necessary, to survive) even as the green herb have I given to you all things. 4. But FLESH WITH the life thereof, which is the blood thereof, shall ye not eat. 5. And surely YOUR blood of YOUR LIVES will I require, at the hand of EVERY BEAST will I require it, 6...7. And YOU, be YE fruitful, & multiply; & bring forth abundantly in the earth, (crops) & multiply therein. (Prosper.) 8...9. And I, behold, I establish MY covenant with you, and with your OFFSPRING after you (Same, yesterday-today-tomorrow). 10. And with EVERY living creature that is with you, ...from all that go out of the ark, to EVERY beast of the earth." Now v.15 - "And I will remember my covenant, which is between me and you and EVERY LIVING CREATURE OF ALL FLESH;..." (In the temple we learn that the animals, etc. were created...that THEY might have JOY IN THEIR POSTERITY." Slaughtering them now brings JOY? especially after God has COVENANTED with each of them? The Biblical term 'meat' means herbs - the fruit and vegetables which he has indicated HE created for US, those things that are grown in the soil.) In Rev.5:11-13 we read of God’s creatures - man and beast - giving praise unto His, which denotes love and intelligence from all and would indicate that animals are more than simply 'dumb animals' devoid of feelings or intelligence.

Today we live in a 'killing' frenzy - killing each other, our yet unborn babies, slaughtering animals needlessly, waging war, knowingly promoting fatal lifestyles, numberless murders depicted on TV programs, suicides, depleting the oceans, cutting down forests, etc. Have we become a nation without conscience? a nation without gratitude or appreciation of what God has created and given us dominion over? Might God have given us dominion over them that we might learn from them...language as dolphins show us? or radar and homing in abilities from the birds? Might we learn to live in other realms and to communicate in other ways? God tells US that ALL THAT HE HAS IS OURS. Just imagine what that implies! The cost of good health today, not just monetarily, should be given our most serious consideration. Statistical evidence surfacing now is showing that we pay an extremely high health price for eating alot of meat and/or animal-source products. It poses, then, the question, "Does 'eating the flesh of the land' cause many of us to 'die by the sword'? Food costs would drop dramatically following God’s diet plan. Our health would improve markedly. One would soon recognize an increase in zest for life, with normal appetites and weight. Society's 'nature and constitution' would improve if we followed a non-violent eating plan. Two percent of our tillable land goes to raise fruits, herbs and grains, (the Divine Cardiologist’s dream) while ninety eight percent goes to raise meat. All people of the world could be fed following God’s food/health plan and with no killing or violence. The Prophet Jos. Smith, traveling with the brethren to Zion’s Camp, prevented them from even killing three rattlesnakes that they found in their camp. He said, "Leave them alone. Don’t hurt them! How will the serpent ever lose its venom, while the covetousants of God possess their possessions, and continue to make war upon it? Men MUST become harmless before the brute creation, and when men lose THEIR vicious dispositions & cease to destroy the animal race, the lion and the lamb can dwell together, and the sucking child can play with the serpent in safety." (Church Hist., Vol. 2, p.71 & Teachings of the Prophet Jos. Smith by Jos.Fielding Smith, p.71) A few weeks after returning home from this march, Joseph received a letter from Lyman Wight, who’d been sent to visit Indian church members some distance away. The 1843-44 years were severe drought years. Lyman traveled by ox to visit them and found them truly suffering and in want of food. He killed his ox to provide them food, then wrote to Joseph, apologizing for killing an innocent ox. Joseph instructed William Richards to let Bro. Wight know that he was not under condemnation for shedding innocent blood under those circumstances. We can realize some of Joseph’s frustra-
tions in not being able to share with the church members more of what he knew when we read the 5 Febr 1844 entry in his personal journal - "...evening with Hyrum and Sidney and the 12 and their wives at John Taylor’s at 5 pm at supper - very pleasant time. I prophesied in the house that 5 years would not roll round before this company would all be able to live without cooking."

(L.D.S. Church Archives, Salt Lake City, Utah.)

In the story of Daniel, Shadrach, Meshach and Abednego - young Hebrew prisoners of King Nebuchadnezzar of Babylon. Daniel 1:11 - we read that the king decreed that they should eat the meat of the king’s table for three years. (The same rich, meaty foods so prevalent today). In the account Daniel pleads with the chief eunuch to let them eat their own diet of PULSE (grains/herbs) instead of the king’s diet. The chief eunuch over Daniel and his companions finally grants their wish - FOR 10 DAYS ONLY. But after that 10 days they stood out in every way healthier over the others. The account indicates that they had been eating their diet of ‘pulse’ even before this. Their pulse diet is the same as the word of wisdom diet the Lord has seen fit to share with us in these latter days.

Today, information coming to us from the Dead Sea Scrolls, sheds new light on certain Bible translation errors and omissions. In the Gospel Doctrine Student Manual, 1st Kings to Malachi, p.116, Apostle James E. Talmage, speaking at General Conference in 1916, states:

"...there are those now living - aye, some here present - who shall live to read the records of the Lost Tribes of Israel, which shall be made one with the record of the Jews, or the Holy Bible, and the record of the Nephites, or the Book of Mormon, even as the Lord hath promised Josepah."

It is likely that some of the surviving information fulfills that prophecy and even changes some of our most venerated Bible stories. An instance is the story of Christ feeding the 5,000 with ‘five loaves and two fishes’ and of Christ appearing, after his resurrection, to his apostles and asking for a piece of ‘fish’.

Hugh Nibley’s book THE PROPHETIC BOOK OF MORMON explains that it was the custom in Christ’s time for bakers to give away any unsold loaves at day’s end because the old bread did not sell well the next morning. The loaves were made in large, ROUND barley loaves and another sourdough type bread was made in LONG LOAVES WITH SLASHES cut in it which made it resemble a fish, hence, it came to be called a ‘fish’. (The fish symbol, incidentally, represented FIRE, on the braal of the Nephites, not death. Our french bread today, its long shape and slashes, is a carry-down of that custom.) When Christ appeared to His disciples after his resurrection, He asked them if they had a piece of ‘fish’ or bread.

Insight (wisdom) mentioned in D&C 89 comes by really searching, studying and pondering prayerfully, our own scriptures. - In Mark 6:30, Christ asks his disciples, "...How many loaves have ye? go and see. And when they knew, they say, Five, and two fishes." (seven loaves). Then follows the story of feeding 5,000. Verse 44. "And they did eat of THE LOAVES (no mention of fish), was about five thousand men." There are several references to SEVEN loaves in the scriptures: Mark 8:5-6, Matt. 15:34, 36, etc. Reference is made of ‘and several small fishes’ (loaves).

Right after feeding the 5,000 Christ told his disciples how to get on a ship which they do and Christ goes into the mountain. When evening comes He sees them floundering aboard ship and goes to them walking upon the water. The men see him and are afraid, thinking that he is a spirit. He speaks to them and gets aboard the ship and says, 'Be of good cheer, it is I, fear not.' Verse 30. 'And they were astonished, and they marveled, saying one to another, Who can this be? For he teacheth as one having authority, and not as the scribes.' Verse 52, says, 'For they considered not the miracle of the LOAVES...’ (again, no mention of meat or real fish, though Christ had just fed the 5,000 a day or so before).

Regarding John the Baptist living on locusts and honey in the desert. New light shines there, too. John was an Essene would not have eaten meat. There is a tree that grows in that region called a honey-locust tree. It has long pods with nut like seeds within it embedded in a honey like syrup that is edible. In the Philippines a tree grows that is very similar to the honey-locust called a tamarind tree - long pods with seeds in a syrup that is edible.

Hebrews 12:16 tells us that Esau sold his birthright for a morsel of meat. Study Hebrews 11 thoroughly, then ask yourself the question, "What was that promise that was saved for now? Where do we find that promise?" Then read again DC 89:21.

Most of the Biblical errors can be attributed to the Vatican because they had the records, the writings, in their possession through the years and centuries. It may be of interest to read the Oct. 1993 Conference Ensign - Pres. Hinckley’s talk, last page and first column...says we are not living the Word of Wisdom. I also have a letter written by Pres. Joseph Fielding Smith, dated 30th December 1966, stating to a mother in Arizona.

"This is my answer to you in relation to Pres. Brigham Young’s statement that mothers should not feed their small children meat. Yes! Small children do not need the flesh of animals. May I add also that adults would be better if they would refrain from too much eating of meat. As far as I am concerned the eating of meat should be very sparingly. In fact, I will be contented if the Millenium was to be ushered in next week. When is it, we will learn that the eating of meat is not good for us. Why do we feel that we do not have a square meal unless it is based largely on meat? Let the dumb animals live. They enjoy life as well as we do.

In the beginning the Lord granted to man the use of flesh of certain animals. (‘clean’ animals)...Gen. 6:1-6, but with so many fruits of the soil & from the trees of the earth. why cannot man be content? Naturally, in times of famine flesh of animals was perhaps a necessity, but in my judgment, when the Millenium reaches us, we will live here in need of killing dumb, innocent animals & eating them. If we’ll take this stand...we may live longer. Signed JFS.

L.D.S. Doctor Kenneth Johnson has authored a very good book "The Word of Wisdom Food Plan". He quotes several latter-day prophets regarding the Word of Wisdom. Also the book "New America" by John Robbins, gives excellent information & documentation of the health research being done showing the harmful
effects we absorb into our bodies by eating animal-based products. John Updike's book "14 Days to Good Health" is excellent, too.

It is so important to know the truth. Knowing the truth lets us be free to take charge of our own lives and well-being. Old diseases are making enormous comebacks now and in much more virulent strains for which there is no cure and which killed within days or even hours. We must become GOOD stewards of our own health and earth as well as over the animal creations. God has provided a simple effective way to do it.

For 50 years the medical community has worshipped their 'Magic Bullets' approach to health care, ignoring the life-giving herbs and herbal remedies. Their 'magic bullet arsenal' consists of hormones, antibiotics, steroids, drugs, toxic concoctions, etc., ALL of which are foreign elements to our bodies. Our bodies were designed for LIVING plants and fruits. Three-fourths of ALL pharmaceuticals are fed into livestock. There, the bacteria learns to adapt and survive, and becomes resistant to our antibiotic pills or shots. We are seeing the ripple effects of consuming animal-based foods plus the harmful chemicals, steroids, etc. given animals to increase milk and meat production.

GOD GAVE US AN IMMUNE SYSTEM BUT WE ARE KILLING OUR OWN IMMUNE SYSTEMS by consuming animal based foods and all the toxic chemicals added to it in the animal feed and production. Relying on doctors' 'magic bullets' will no longer protect us from new disease strains. We must become aware of deceptive information from 'conspiring men and industries' that harm us instead of relying on government sources to inform us. Many cases of Salmonella poisoning are being reported as flu (symptoms can be similar).

All the ancient prophets made prophetic statements about our day. A few that come to mind follow. You can check the sources...

"...Israel will lie in a pit as a stoned man." (die-coffins)
"These places would be laid waste without war." (sickness)
"The very elect shall be deceived." (following unsavory eating habits in families for generations for lack of information.) Jeremiah said that when we've killed all the animals, the land will be desolate.

Hosea 4:6 - "My people are destroyed for lack of knowledge..."

New evidences of the hazards of eating meat, milk & egg products (even honey...bees & flies surround dead flesh and is carry diseases back to the hive) only one of the reasons regarding home/.) will become divisive issues in families as we learn about it and finally make the true connection between animal based food consumption and the mass sicknesses in our society, and as we stop eating it. We will gain many enemies, even among family, friends, and especially, among church members who remain steeped in habits of eating it, even down to the 3rd and 4th generations.

Ezek.18:19-20 gives good advice on this. To LIVE we must follow what is RIGHT though our fathers may have lived differently and taught us differently. We must learn the truth and stop killing the beautiful creatures of God for that is the way of Christ...for His is the gospel of PEACE. (Again, Pres. Kimball's instructions about NOT hunting. It is the uric acid in meats, AMONG OTHER things, which is so threatening. It is the uric acid in our bodies that draws the mosquitoes, flies, etc. from the 'dead' that diet did not smell so much on him - no uric acid smell? Daniel's diet was pulse or Word of Wisdom. He was a 'PURE', undefiled man)

Our liver has many functions. It is a sponge for sugar and holds a complex protein and lies in the liver for long periods of time - compare the following:

* milk and cheese products - 4 hours in the system
* eggs - soft boiled - 5 to 6 hours
* fish, chicken, turkey, etc. - about 5 hours
* beef - nearly 6 hours
* pork - nearly 10-12 hours

ALL THESE affect the liver, intestinal system and blood stream. Our liver deals with proteins first, then the sugars which stay in the bloodstream all that waiting time and are carried to the pancreas which overproduces insulin to compensate for all the sugars.

One of the culprits in milk is casein, which contains estrogen. Normally, women's bodies produce about .7 mg of cholesterol a day. That's how much Mother Nature has decreed that we need normally. Likewise, women need no testosterone, but men much more.

When we drink milk the cholesterol comes directly through to us in much higher proportions than we are equipped to handle. And in addition over 280 milligrams of cholesterol: Women in Utah get an average of 1,200 mg of cholesterol a day. One egg or a glass of milk gives us an average of 1,200 mg of cholesterol a day. Women in Utah get an average of 280 milligrams of cholesterol a day. One egg or a glass of milk gives us an average of 1,200 mg of cholesterol a day.

Women in third world countries seldom have ovarian cancers. Women in third world countries seldom have ovarian or uterine or cervical cancer because they have not been eating meat and because in addition over 280 milligrams of cholesterol is so often the result of organ malfunction. Overweight is so often the result of organ malfunction. Overweight is so often the result of organ malfunction. We should note that HERBS - fruit and vegetables - are assimilated very shortly by the liver, sometimes in a matter of minutes. There is LITTLE OR NO PATHOGENIC (deadly) BACTERIA IN FRUIT AND VEGETABLES. MAN IS THE ONLY CREATURE THAT CONTINUES TO DRINK MILK
AFTER BEING WEANED, AND THERE IS VERY LITTLE CHOLESTEROL IN VEGETABLES so why continue to have cholesterol problems?  

HONEY - We get allergies from the pollen of flowers, etc. Bees gather pollen and produce a benedryl-like substance, antihistamine. These herbs and other elements are passed on to us. Botulism is generic to the bees, being around diseased foods and areas, manure piles, etc. and antibiotics in their water...all passed on to us.

The same thing goes for eggs - cholesterol heavy. What chickens eat is passed on to us just as hormones, steroids, etc in meat is. Chickens eat contaminated flesh, absorb the chemicals, drugs, being force-fed like other animals animals and pass it on to us when eaten.

THE BEST ADVICE IS TO NOT PUT GARBAGE INSIDE OUR BODIES!!

We must RENEW the earth, not destroy it. We have the right to preserve our lives and subdue the earth, etc. IF NECESSARY we may kill animals to do so. God has granted us forgiveness for it but not if there is other food available. Has that ever been the case with you or me?

Read Numbers 11 - about the Israelites crying for 'flesh' which they had learned to eat in Egypt. (...)the fleshepots of Egypt?)

And consider God's instructions to Israel when the 'destroying angel would pass over them if they would kill a lamb, mark door lintals and side posts of their houses with its blood and eat the 'passover' The significance here is that God is telling them to eat their last meal of meat because they won't be doing it anymore as a family...anyone who follows ALL of God's commands will be spared.

During their exodus, God provided manna for them but they remembered and wanted meat. (Psalms 78:18 story also) God makes it known, emphatically, that they were under very serious condemnation for doing so and gave them meat "...until it came upon your nostrils and it be loathsome unto you because ye have despised the Lord".

GOD HAS NOT SAID THAT WE CANNOT EAT MEAT! 1 Tim 4:1-5 and DC 49:18 bear this out. The one COMMANDING us to not eat meat is the transgressor for God, allowing us free agency in all things. But God HAS defined the parameters within which we can consume meat, without condemnation or adverse consequences as seen today. God HAS made known to us what would be BEST FOR US and has given us promises of God's and eternal blessings if we choose to follow His sweet and gentle health plan. EVERY ASPECT of our lives can be improved by diligently studying, learning, and following the Lord's Health Plan - the Word of Wisdom. Verses 10, 11, 14, 16 & 17 all say that MAN AND BEASTS are to eat plant-centered diets - period.

Study of current nutrition materials shows that we DO NOT need to eat animal based products to get adequate PROTEIN, CALCIUM, and IRON. Fruit and vegetables, grains, legumes, nuts and seeds contribute far more than we require. (Chart attached). Results of following God's instructions are truly remarkable, well worth changing one's lifestyle to achieve. Additional supportive information is available to those willing to pitch in and study it for themselves. We will never become a non-violent, peaceful society as long as we continue the killing... 'living and dying by the sword'. To become well, to be healthy and strong, we must first become stewards that protect God's living creations and learn. God has reserved choice blessings for all who follow His Divine health plan. His plan, if we will but LEARN about it and LIVE IT, as He desires us to do, will be the means that ushers in HIS MILLENIAL REIGN. HIS PLAN is, indeed, the very fountain of youth!

Vonda J Thorpe, Kaysville, Utah.

A SOLUTION TO HEALTH CARE AND WORLD HUNGER

Editorial -

It is interesting to observe some of the health consequences of nations in wartime. In WW1 Denmark's sea routes were blockaded. They could not receive normal shipments of meat and dairy products, causing drastic food habit changes. They slaughtered eighty percent of their hogs, thirty four percent of their dairy cows, ate potatoes, home grown vegetables, and the grains previously fed hogs and cattle. Tea, coffee, tobacco were not available. Alcohol was forbidden. During the most severe years, Denmark's death rate from thirty four percent over the preceding eighteen years...the lowest ever known in Europe. Denmark was the only nation in Europe with no death rate rise during the 1917 influenza epidemic. Their plant centered diet increased their immunity to infectious diseases and illustrates the waste that occurs when grains are cycled through livestock.

England, during WWII, had similar rationing with similar results. Very little appendicitis cases were reported.

Recently, in war-torn Sarajevo, the same story. Though suffering the ravages of war, subsisting primarily on rice, beans, lentils and macaroni, plus home grown fruit and vegetables, the people are much healthier. Many diabetics are no longer dependent upon insulin, fewer cases of flu and colds were reported and people generally feeling better physically, doctors report. (Washington Times, 11-17 July 1994.)

America, today - meat and dairy animals consume enough grain and so to feed the whole country FIVE TIMES OVER. (Wall Street Journal, 3 October 1974, pg 20.)

People in Denmark, England and Sarajevo suffered much but their experiences show us, today, that they lived healthier lives on a diet that included little or no meat and dairy products. With a mighty change of heart, we can learn from them.

It is not easy to embark on a plant-centered diet but the benefits can be enormous: 1. More better health and the ability, after a few months on it, to eat more and still have a slight loss, in most cases, 2. More energy, zest for living, 3. Considerably lower food bills, and 4. Most significant, as we eliminate 'death' (dead foods) from our bodies, i.e., the flesh of slaughtered/dead animals, we can absorb more 'LIFE' from LIVING plants and herbs, if we do not cook them to death.

Anyone who reads and reasons will conclude that there ARE ways to have better health, and to solve world hunger. It would appear
that health-care IS affordable, after all, and peace IS attainable throughout the world, for indeed, a non-violent society has its roots in a non-violent diet.

Vonda J. Thorpe, December 1944.

FAT FOODS THAT TRANSMIT LIFE, LIGHT

It is estimated that we slaughter 100 million animals weekly in the United States, that seventy-five percent of all drugs and pesticides produced in America is cycled to consumers through meat or animal-based products. Meat products often contain harmful bacteria. Dairy products are loaded with cholesterol, fats and related problems.

By eating meat, do we also consume the stress, fear and panic animals experience when killed? Are those same emotions carried out in our own behaviour? Are the side effects of chemicals ingested? Are we, unknowingly, ‘living and dying by the sword’ and therein even causing our own suicide? If so, we MUST change the direction we are going.

God has provided foods that do not result in sicknesses, early death or aggressive/violent behaviours. God has given us grains, with fruits and vegetables in season which contain little or no harmful bacteria. So why do we continue to tolerate the problems that animal-based products generate? Perhaps surprising to some, grains, fruits and vegetables contain more protein, minerals, calcium vitamins and benefits per serving that animal products and do not harm us.

Plants, not overcooked but eaten fresh, RETAIN LIFE within them. They are LIVING foods and transmit that life, energy, light, joy and gentleness to us, as God intended. Might not we be healthier, happier, more caring of others and productive by eating LIVING foods?

Revelation given through Joseph Smith, the Prophet, at Kirtland, Ohio, 27 Febr. 1833.
HC 1:327-329. As a consequence of the early brethren using tobacco in their meetings, the Prophet was led to ponder upon the matter; consequently he inquired of the Lord concerning it. This revelation, known as the Word of Wisdom, was the result. The first three verses were originally written as an inspired introduction and description by the Prophet.

A Word of Wisdom, for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion -
2. To be set greeting; not by commandament or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days -
3. Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.

4. Behold, verily, thus sayeth the Lord unto you: In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation.
5. That inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet in the sight of your Father, only in assembling yourselves together to offer up your sacraments before him.
6. And, behold, this should be wine, yea, pure wine of the grape of the vine, of your own make.
7. And, again, strong drinks are not for the belly, but for the washing of your bodies.
8. And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill.
9. And again, hot drinks are not for the body or belly.
10. And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man -
11. Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence & thanksgiving.

12. Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly.
13. And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine.
14. All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth;
15. And these hath God made for the use of man only in times of famine and excess of hunger.
16. All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground -
17. Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.
18. And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;
19. And shall find wisdom and great treasures of knowledge, even hidden treasures;
20. And shall run and not be weary, and shall walk and not faint.
21. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.