

# Vineyard Labourer Bible College

## Practical Exercises Module 4

“Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.” Child Guidance page 364 para 3.

“... lift up thy voice with strength; lift *it* up, be not afraid; say unto the cities of Judah, Behold your God!” Isaiah 40:9

“Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.” Psalm 98:4.

“Voice culture is a subject that has much to do with the health of students. The youth should be taught how to breathe properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the abdominal muscles.” Counsels to Parents, Teachers, and Students page 297 para 2.

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” Genesis 2:15.

“In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success.” Adventist Home page 142 para 3.

“There is a wide field of service for women as well as for men. The efficient cook, the seamstress, the nurse-- the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home.” Adventist Home page 485 para 2.

“Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply.” Testimonies for the Church vol. 9, page 161.

“Enoch walked with God, and he bore a message of warning to the inhabitants of the old world. . . . As Enoch was, so are we to be. Personal piety is to be blended with the most earnest and energetic warnings and appeals.” Christ Triumphant page 46 para 5.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.” Steps to Christ by E. White, page 91 para 1.

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***Vineyard Labourer Bible College Training for the Christian Walk***

## 4a - MASSAGE

Massage is one of the oldest healing therapies, and there is nothing more natural than to rub a sore back, or aching muscle. Although this does relax the muscles and help to relieve pain, it is far better to have someone else, sometimes even a professional, perform the massage to receive the best result.

Massage increases blood-supply and lymphatic circulation, reduces swelling due to water retention, relieves pain, soothes the nervous system, relaxes the patient, eases nervous and muscular tension, aids digestion, removes acid and other deposits, and aids healing. It is very valuable following sports injuries. In older people it relieves pain resulting from everyday injuries and helps alleviate joint stiffness and arthritis. It can also be used to relieve the pain from muscular tension. In the dying, it can be used to help with the sense of hopelessness and despair that surround the death bed.

A good masseur/masseuse must be sympathetic, kind, patient, and tactful in her/his approach to and treatment of the person requiring attention. He/she must at all times be pleasant, and there are times when he/she is required to play the role of a psychologist. Each patient must be regarded as an individual and not just another patient. Some patients may want to discuss things with you while others would just prefer silence. Some may even like soft music played, or scented oils to be used. It is always best to go along with what the patient wants. Do not be untidy or careless.

Most modern western forms of massage are derived from Swedish massage which was devised by Per Henrik Ling, a Scandinavian practitioner. Essentially massage is the touching of the body either gently or firmly, in a structured sort of manner. These 'touchings' can be divided into four basic techniques:

**Effleurage** - light or heavy slow, rhythmic, gliding strokes together. The finger tips and 'ball' of the thumb can be used for firmer pressure and deep massage can be given with the knuckles or thumbs. This is usually the first and last movements in general massage.

**Percussion** - short, sharp, fast, rhythmic movements delivered with the little finger side of the open hand or with the hand in a very loose fist, or with palms side down with the fingers cupped. They are used on the buttocks, thighs, and back but no lower than the bottom of the rib cage. This movement should not cause pain.

**Petrissage** - this involves grasping and squeezing sections of the skin such as those close to the waist, stomach or higher back. The skin is treated as if it were bread dough and squeezed between fingers and thumbs. This can be slightly painful at times but it helps to improve and stimulate circulation, and to relax tense muscles.

**Frottage or friction** - consists of a series of small, circular movements made by one or more fingers, the heel of the hand or the pads of the thumbs. Increasing pressure will release muscle tension and improve circulation, but this technique should not be used too vigorously over injuries or bruises.

For massage to be successful and easy, a firm couch should be used and a warm room is necessary. Oils or talcum powder should be used to avoid unnecessary friction between the skin and hands. A face, foot or hand massage can be given anywhere as they don't require undressing. For other massages always keep modesty in mind, only uncovering what needs to be uncovered.

As with all medical treatments, Ellen White's recommendation of men treating men, and women treating women should be followed where possible (D.G. page 98.).

Here is a list of basic massage instruction for hands and arms, and back which can be varied to suit yourself and your patient.

### **Hands and arms:-**

- Stroking - shoulder to fingers
- Firm stroking to palm and back of hand

### **Fingers**

- Pull and push them
- rotate joints
- Digital friction to joints

### **Hand**

- Rotate wrist
- Digital friction to back of hand and wrist
- Heavy friction with thumbs to palm of hand
- Stroking to palm and back of hand

### **Forearm**

- Firm stroke
- Kneading
- Firm stroking
- Twisting
- Firm stroking

### **Upper Arm**

(Hand under your arm, palm against your body)

- Firm stroking
- Kneading
- Rolling
- Firm stroking
- Twisting
- Firm stroking

- Stroking - shoulder to fingers

## **Back:-**

1. Light stroking down full length of back, gliding off smoothly. Increase pressure slightly with each stroke.
2. Turn hands at right angles to spine, fingers pointing inwards. Stroke firmly up length of back.
3. At end of upwards stroke turn hands so that finger point outwards, with thumbs stretched out pointing inwards, and stroke down back.

Repeat this two-part movement (2 and 3) about half a dozen times, increasing pressure slightly with each stroke.

4. Digital friction, to right side, in a circular motion (clockwise) from spine outwards and back. Continue down back over rib cage area only.
5. Digital friction between ribs - short forward and backwards movement
6. End digital friction with large circles over rib area.
7. Follow the foregoing digital sequence with stroking movement - 'wipe off'.

Repeat 4 to 7 on left side (anti-clockwise).

8. Firm digital circular movement (small circles, clockwise) down and up alongside spine two or three times.
9. Follow with upward stroking
10. Firm movement with heel of hand across muscles working upwards; repeat two or three times. Follow with upward stroking as in 9.
11. Digital friction to shoulder blade area. Finish with stroking over that area.
12. Firm movement upwards medially with two or three times to right side (rotating thumbs backwards alternately). Follow with upwards stroking as in 9.

Repeat 8 to 10.

Repeat 8 to 12 on other side.

13. Divide area into three sections and knead downwards and upwards, working inwards to spine and outward (left side first).
14. Follow the same pattern of movement with fingers flat on back and move hands contrariwise in a circular motion.
15. Turn hands at right angles to spine, fingers pointing inwards. Stroke firmly up length of back.
16. At end of upwards stroke turn hands so that finger point outwards, with thumbs stretched out pointing inwards, and stroke down back.

Repeat this two-part movement (15 and 16) about half a dozen times, decreasing pressure slightly with each stroke.

17. Light stroking down full length of back, gliding off smoothly. Decrease pressure slightly with each stroke.

Massage is relatively easy to learn and can be both enjoyable and health promoting. Certain precautions are, nevertheless, important: avoid open wounds, vein thrombosis and areas of extreme sensitivity. Always ask your "patient's" approval before embarking on any deep massage. Wear comfortable clothes yourself and do not continue to massage if either your client or yourself become tired.

Learn a few basic strokes by attending a weekend course or asking someone who knows how to massage, and then practice on family and friends. Slowly add different strokes to your massages. As time goes by you will develop your own 'style' of massage which you are capable of doing without hurting yourself and that you find helps people. Sometimes all that someone requires is a soothing, gentle rub, while other times they may need a firm, deep massage. As you give the massage you may be able to share the Gospel message or a Scripture that you have recently read. This is practical gospel ministry.

Disclaimer:- The information of this web page is based on Scripture, the inspired writings of Ellen White, and the doctors who followed her advice in health clinics. The information is for informational and educational purposes so that people can help alleviate the suffering of their fellow man by the use of simple treatments. It is not intended to be a replacement for medical advice from your health care professional. Please ensure that you follow all cautions or you could do more harm than good to your patient. Also note that not everyone reacts the same way to treatments, and some treatments may adversely affect patients taking prescription or over the counter medication/s.

## 4b - WATER TREATMENTS

Water is one of God's natural remedies not only to maintain health, but to help restore us to health should we become sick. Used properly, water in various ways - hot, cold, steam, with towels, baths, showers, etc. - and will relieve much suffering and help the body restore to health.

"The things of nature are God's blessings, provided to give health to body, mind, and soul. They are given to keep them well, and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world." C.H. page 169 para. 2.

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. 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 and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness." M. H. page 237 para. 1, 2.

"Invalids have frequently used water injudiciously, especially if they are extremists. They may not have a correct knowledge of the use of water. They may have used the water too warm, and not reduced the bath sufficiently with cold, to tone up the pores of the skin, which has a debilitating influence upon the system, or they may have used the water too cold, and driven the blood from the surface to the internal organs, producing congestion. They may have exposed themselves to cold air immediately after bathing. I have known persons to take cold, from which they have never recovered, by sitting in a room without a fire and becoming thoroughly chilled immediately after taking a bath. Many are not benefited by taking baths, because they do not practice lying down after a bath and giving nature time to react. If they cannot rest at least half an hour after a bath, they should exercise by walking or working to keep from a sense of chilliness, in order for reaction. Those who have taken baths carelessly, and have suffered in consequence, receive the impression that it was the bath which injured them, when it was their own injudicious management that produced the bad results." The Health Reformer, June 1, 1872 para. 15.

### **Some of the different ways we can use water for treatment or hydrotherapy are:-**

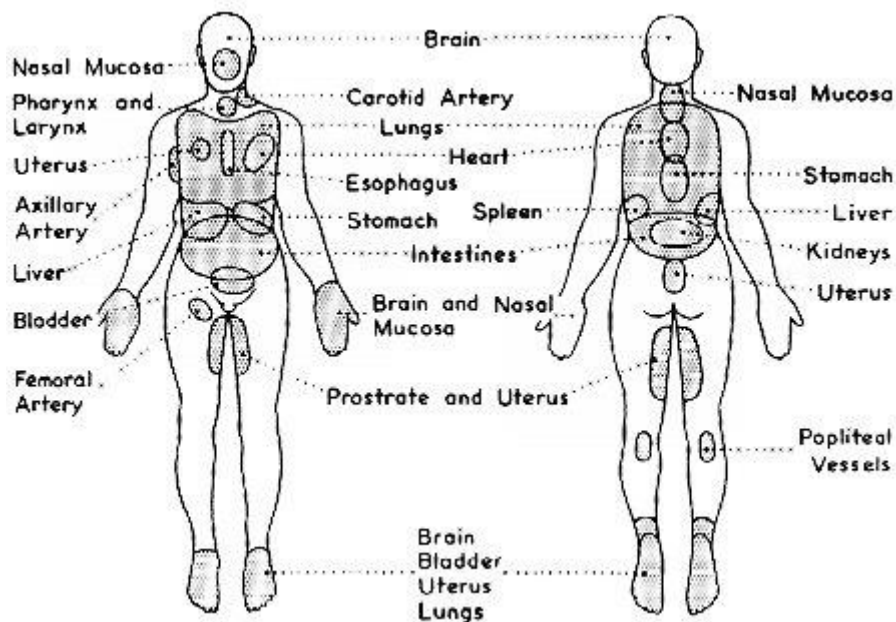
- Hot foot bath - Relieves congestion in the body - colds, migraine and pelvic cramps. Place feet in a bowl of water as hot as the person can stand, and a hand towel wet with cool water around the neck to prevent the head from getting hot. The towel may need to be recooled several times during this treatment.

- Steam inhalation - For URTI, helps to free up thick mucus; also drink lots of water. Place slightly cooled boiling water in a large bowl. Place the bowl on a table and have the person sit beside the table with head over the bowl so that they inhale the steam. For very severe cases place a towel over and around the head draping it onto the table to make a sort of a tent around the head so that maximum steam is inhaled.
- Hot fomentation - Increase blood supply to underlying organs. Good for joint pains, arthritis, sprains and chest colds. Heat towels up by placing one at a time in boiling water. Cover the area to be treated with a dry towel. Wring out the heated towel and place over dry one. Replace this towel when it cools. This should be done 3 times. If it gets too hot lift the wet towels and rub the hand firmly over the towel to absorb moisture. Apply a cold towel/compress to the neck and change every 2 - 4 minutes. In heart disease or with pulse over 80 place an ice bag over the heart. To keep the towel hotter for longer another dry towel can be placed over it.
- Ice packs - Sprains, strains, bruises and inflammation of joints. Wrap ice pack in a damp towel and place on affected area for up to 30 minutes. The patient may want this removed for short periods during this time. Ensure that the patient does not get a chill during this treatment.
- Sitz Baths - Hot (2 - 10 minutes) for painful menstruation, chronic cystitis, and chronic pelvic inflammation. Cold (2 - 10 minutes with friction) for a general tonic of the pelvic area, and to reduce bleeding at time other than menstruation. Contrast of hot (3 minutes) and cold (1 minute) for constipation, and chronic pelvic inflammatory disease. Hot is 40-45 °C and cold is 13-22 °C. Place enough water in a tub so that when the patient sits in tub the water comes up to their hips. Place feet in another bowl with hot water (about 40 °C), and a damp cool towel around the neck. This towel may need to be replaced during the treatment. Place a sheet around the patient, bath, and bowl to prevent the patient from getting a chill. Conclude hot sitz by letting the water cool to 37 °C, and cold sitz by friction or briskly rubbing the patient all over with a rough towel.
- Hot and cold shower - Stimulating, wake up. Increases body immune activity.
- Neutral bath - Relaxes - tension, stress, emotional distress; body temperature is the correct temperature of water.
- Wet sheet pack - Powerful sedative - alcoholics and mental agitation - calm and relax. Done in 3 stages:
  - a) Cooling (10 minutes) due to evaporation- fever is lowered
  - b) Neutral (1/2 hour) for insomnia, restlessness, mania and delirium
  - c) Heating and sweating (up to 2 hours) - for alcoholism, nicotine poisoning, chronic nephritis and gout. Children with bronchitis, colds and flu.

Ensure that patient is warm. If he/she is not give a hot foot bath or bath to warm them up. Wrap patient up in wet sheet making sure limbs are wrapped separately - not touching other areas of skin. Wrap a warm blanket around the patient, placing a towel around the neck to help prevent air from getting in or out of the blanket. Remove when desired effect has been reached. Discontinue at any stage if the patient is perspiring after five minutes, sponge face and remove some of the covers around the neck etc.

A sufficiently intense local application of heat or cold to the skin surface not only affects the immediate skin area, but exerts also remote reflex or consensual effects elsewhere in the body

through the nervous system. The figure below shows the location of reflex areas for various internal organs and certain other tissues.



The equipment required for most water treatments is:-

1. A basin large enough to place two feet in.
2. A large mixing bowl for placing water in for steam inhalation.
3. Ice packs or plastic bag, ice cubes, and rubber band, with towel to cover.
4. Three - four towels for hot fomentation - one for use, while the other is heating in the hot water, one dry for straight on the patient, and additional one for over the top.
5. Bath tub or a tub large enough to sit in.
6. Sheets and blankets for wrapping around a patient.

When the opportunity arises, practice these simple treatment on family and friends who give their consent or parents/guardians of children give consent. Jesus Christ our Lord and Saviour is the Great Physician so make sure you include Him in any treatment that you give by asking for guidance, blessing, and His healing.

**During her life Ellen White and those associated with her, used water treatments with great success. To get a better understanding of how to use water treatments some of these experiences are copied here.**

"I arose at four o'clock, and in stooping down for my morning socks I struck my forehead, just above the eye, on the bedpost, which cut a place in the forehead. The blood came forth freely, in large drops. I called Sara and she went to work as soon as possible and kindled a fire, and she and



Edna Kilborn fomented the wound with hot water bandages wet in the hot water and applied as hot as I could bear them. The pain was relieved, the blood ceased to flow, and court plaster was applied after having a cold bandage applied to finish the treatment.

"How much suffering might be spared if all would become intelligent in regard to these simple remedies! I thank the Lord for intelligence on these things--to know how to treat ourselves without depending on physicians. We need to exercise our own facilities to understand what to do in an emergency, and then we should impart knowledge to others." The E. G. White 1888 Materials page 866 para. 3 & 4.

"In one case there was a family at Parametta, consisting of father and mother and ten children. The father was a mechanic and came to work upon the meeting house and school building and brought his three eldest boys. The wife and mother remained at home taking care of seven children until a place could be made for her. We let them occupy a small house of mine, which we furnished, so that they could keep house for themselves.

"One of the boys who came with the father was a cripple, using crutches, and he cooked while the others worked. This boy is thirteen years old, and had been troubled with a knee-swelling for five years. For eleven months he was confined to his bed under the care of a physician. Sister McEnterfer had treated him with water compresses and pulverized charcoal, until the inflammation had been relieved. He was so much better that he laid aside his crutches, and attended to the cooking, as has been mentioned. But this was too much, and the knee troubled him again. It was necessary to give him a thorough course of treatment, so we took him into my own house and gave him constant care. There was a large swelling under the knee, which he called his 'egg.' This swelling was opened and discharged freely, and from it were taken pieces of bone.

"What power there is in water! He improved rapidly, and he was given light work,--copying letters in the letter-book, learning to write on the type-writer and other things. We now send him to school. We board and clothe him and his father pays his tuition. We keep him for the benefit we may do the boy and he is good material to work upon. The father and mother cannot express their gratitude; for physicians, who had previously examined and treated the boy, had told them that he would be a cripple for life. The parents now look upon the boy--active and healthy, and you can judge how they feel. This is our field for missionary work." The Gospel Herald, October 1, 1899 para. 4-6.

"MR No. 1481 - Practical Counsel on Home Treatments

"(Written March 10, 1897, from "Sunnyside," Cooranbong, N.S.W., to 'Dear Brother Semmens.')

"I have just sent you a telegram. In a letter written to Brother Lacey, the father of Herbert Lacey, Sister Lacey was describing, I think, the treatment you were giving Brother Lacey--the ice, etc., used to keep down the fever.

"I feel that the ice used is a mistake. The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, Do not apply ice to the head (but cool water); apply hot fomentations (to the bowels, stomach, and liver). This will quell the fever much sooner even than cold. The reaction after the cold applications raised the fever, in the place of killing it.

"This direction has been given me again and again. In some cases the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often the system has no power for this taxation. Brother Herbert has low vitality. Some cases may endure this other kind of treatment, but I greatly fear for Brother Lacey, if it is continued. Use hot water; in nine cases out of ten it will do a more successful work than the cold ice would do.

"I cannot now write out all the cases I have handled under the light given me of God, but every case has worked favorably. I have given these directions to physicians of repute, those not of our faith and those of our faith, and in every case, even in fevers, they have reported success in treating with hot water in the place of cold water or applications of ice.

"My husband and myself were urgently requested to go from Battle Creek to Allegan, in the case of Dr. Lay's wife, to pray for her, for there was little hope of her life. We went about 35 miles. No one had been in her room to see the woman but her husband, Dr. Lay, and the physician in that place. We inquired the reason of her prostration. They said it was hemorrhage from the lungs. My husband inquired, 'What are you doing?' Dr. Lay responded, 'Putting on cold compresses.'

"We then told the doctors that they were doing the worst thing for the woman that they could do. They should keep hot water bags to her feet, and hot water bags to her lungs and stomach. The cold water or ice water to the lungs was diverting the blood from limbs and body to meet the cold application, and another hemorrhage would certainly appear soon. 'Why,' the doctors said, 'this is sensible; why did we not consider, and reason from cause to effect?'

"The cold was immediately replaced by hot, and she was much more comfortable. She had been lying [in bed] for three days. They had not dared to move her for fear of hemorrhage. Her clothing was removed the next day, and she began to feel natural. Dr. Lay said, 'You have, by your counsel, saved the life of my wife.' He was the most grateful man I ever saw. She lived for about twenty years after that sickness.

"There was another woman, greatly respected in Allegan, who was full of malaria. She came to the sanitarium for treatment. She had been under treatment two weeks, but received no benefit. One night I dreamed that Dr. Lay came to me with much perplexity expressed in his countenance. I said, 'What is it, Doctor?' He said, 'I am put to my wits' end to know what to do in the case of Sister G. She does not improve at all.' Said I, 'Dr. Lay, what influence would it have on cold tallow to put it in cold or tepid water?' 'None at all,' he said. 'I have no more to say,' I said; 'a word to the wise is sufficient.'

"The next day Dr. Lay came to our house, and desired an interview with me. He repeated the words in my dream, and I gave the same answer. I said, 'Give her as hot treatment as she can bear.' 'Why did I not think of this myself?' he said. He acted upon the light given, with perfect success.

"We were then living on our farm, 80 miles from Battle Creek. The snow had been very deep, and the rain had set in, and made the water standing in the road a river. Brother Wilson, father of the Brother Wilson now in Tasmania, had been sick, and a telegram was sent for Dr. Lay to come immediately. His father was in a terrible state of erysipelas. The brother of father Wilson came to see me early one morning, and presented the case before me. I said, 'I cannot go, Brother Wilson,' for Brother King was receiving treatment at our house. He had been kicked by a horse and his skull was broken, and the doctor would not trust him in anyone's hands but my husband's and myself, for he said that there was only one chance out of a hundred for his life. The crisis had now come, and we could not leave him.

"I said, 'Brother Wilson, I had a dream last night. I was taking care of a sick child. Its head was swollen enormously, and the child was unconscious. Some were saying, "Put cold water on its

head." One came in and stood by the bed, and said: "This is a critical case. Cold water is not the right prescription. Take two flannel sheets, wet them as hot as you can handle them, and wrap him up in the pack, and put a flannel wet in warm water round his head. Keep this in operation until he manifests sensibility to heat. Work quickly and thoroughly, for you will have no time to lose."

"Now," said I to Brother Wilson, 'call at your sister's, get the blankets, and follow directions precisely.' He did this, and when he put on the third application, he began to shrink, for he was revealing sensibility. Oh, what rejoicing was in that house. The battle was fought and the victory gained before Dr. Lay arrived.

"The second or third night I dreamed of having the care of a child that was weak and seemed unable to rally. I thought the same physician stood by the cradle and said, 'Have you any wine in the house? Beat up a raw egg, and give it to the child with grape wine, three times each day. He will rally.' Dr. Lay came the next morning, and said he must return to the sanitarium the next morning, that the erysipelas was conquered but that he was extremely weak. 'I am perplexed to know what to do.' I told him my dream, and he went immediately and gave him the strengthening potion. He gained strength rapidly. This occurred when Willie was about twelve years old.

"I might present case after case of a similar character. When I have taken treatment at the sanitarium, Dr. Kellogg has always told the head nurses to allow Sister White to prescribe her own treatment. They used to give me cold (ice) applications to my head, but it was always an injury to me, and I changed them to warm applications to the spine and head, and to the eyes hot salt water fomentations, but seldom ever cold. I have had inflammation to the eyes, but hot applications were used, and with good success.

"I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used. When used for fomentations over the bowels, the coal should be put into a bag, sewed up, and dipped in hot water. It will serve several times. Have two bags; use one and then the other.

"I send this to you by Sara. Let her stand by your side and help you share the responsibility in the most critical period. Herbert Lacey is a man of value, a man the Lord loves. The enemy must not come in and take him away. We are praying for you and for him, that you may be guided aright and that you may have the help of the great Physician.

"Sara is not much pleased to go. Make it as pleasant for her as you can. We shall miss her here, but for a few days I consent for her to go to you. Counsel together, and Sara will help you. She has tried to vindicate cold and ice water treatment, but I differ with her. There is not strength in that frail body now to bear any such heroic treatment. Oh, how my heart yearns over Herbert Lacey. He is precious in the sight of the Lord, and we must not fail to do everything in our power for him.

"I have given you the light God has given me, and I consider that it is light. I sent the telegram because I did not then expect that Sara would go to Sydney. May the Lord bless you as a family, is my prayer.

"We will make Herbert's case a special subject of prayer. Tell Brother Baker to pray for him. You and your wife pray that the Lord will raise him up to health. In love to you all.--Letter 112a, 1897."

20 M. R. pages 278-281.

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## 4c - HERBS, CHARCOAL, AND OTHER NATURAL REMEDIES

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. (CD 81.2)

If this diet is followed as part of the eight laws of health, sickness would be greatly reduced. However, God also promised that if we sin the result of that sin can be transferred to our children, our children's children, down to the third and fourth generation (Exo. 25:5.). Not only this, but the whole of creation groaneth and travaileth with pain due to sin (Rom. 8:22.). Therefore there is a lot of sickness around in this world that is self-inflicted and some that is not self-inflicted. No matter what the reason why we are sick God has provided simple natural remedies that can reduce our suffering, and in some cases alleviate it totally.

Always remember that God is the healer, everything else including herbs, charcoal, etc., are only helpers. We are to use whatever natural treatments we have available to us, then ask God to bless our efforts just like King Hezekiah (2 Chron. 32).

What about James 5:13 - 16, "Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

Ellen White has this to say:-

"June 3, 1888. Faith--What Is It? In regard to the matter of prayer for the sick, many confusing ideas are advanced. One says, 'He who has been prayed for must walk out in faith, giving God the glory, and making use of no remedies. If he is at a health institute, he should leave it at once.' 'I know that these ideas are wrong, and that if accepted they would lead to many evils. 'On the other hand, I do not wish to say anything that might be interpreted to mean a lack of belief in the efficacy of prayer.

"The path of faith lies close beside the path of presumption. Satan is ever seeking to lead us into false paths. He sees that a misunderstanding of what constitutes faith will confuse and disappoint. He is pleased when he can persuade men and women to reason from false premises. 'I can pray for the sick only in one way--'Lord, if it be in accordance with Thy will, for Thy glory and the good of the one who is sick, heal the sufferer, we pray. Not our will, but Thine be done.' 'Nehemiah did not regard his duty as done when he had mourned and wept and prayed before the Lord. He did not only pray, he worked, mingling petition and endeavor. 'It is no denial of faith to use rational remedies judiciously. Water, air, and sunshine, these are God's healing agents. The use of certain herbs that the Lord has made to grow for the good of man, is in harmony with the exercise of faith." 18 MR p. 333 para. 1 - 7.

In this study we will be looking at what Ellen White had to say about some simple natural remedies that anyone can use at home to aid in times of sickness. In addition to this we recommend you try and find out what herbs grow naturally in your area and how to use them (keep in mind herbs are often called weeds by people who do not know their medicinal value).

## 1. HERBS

"After seeing so much harm done by the administering of drugs, I cannot use them, and cannot testify in their favor. I must be true to the light given me by the Lord.

"The treatment we gave when the sanitarium was first established required earnest labor to combat disease. We did not use drug concoctions; we followed hygienic methods. This work was blessed by God. It was a work in which the human instrumentality could cooperate with God in saving life. There should be nothing put into the human system that would leave its baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, and to educate on altogether different lines of treating the sick, was the reason given me why we should have sanitariums established in various localities.

"I have been pained when many students have been encouraged to go to \_\_\_\_\_ to receive an education in the use of drugs. The light which I have received has placed an altogether different complexion on the use made of drugs than is given at \_\_\_\_\_ or at the sanitarium. We must become enlightened on these subjects. The intricate names given the medicines are used to cover up the matter, so that none will know what is given them as remedies unless they obtain a dictionary to find out the meaning of these names.

"The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication." 2 S. M. p. 293 para. 3 - 294 para. 1.

"There are many simple herbs which, if our nurses would learn the value of, they could use in the place of drugs, and find very effective. Many times I have been applied to for advice as to what should be done in cases of sickness or accident, and I have mentioned some of these simple remedies, and they have proved helpful." 2 S. M. p. 295 para. 1.

"Water can be used in many ways to relieve suffering. 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. ...A cup of tea made from catnip herb will quiet the nerves. ...Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. ...If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly. ... When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." 2 S. M. p. 297 para. 3 - 7.

"If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption. The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. Then God sends the rain and the sunshine and the clouds to cause vegetation to flourish. God works and man cooperates with God. Then there is seedtime and harvest. God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.--Letter 35, 1890." M. M. p. 230 para. 3.

"Water Treatments and Simple Herbs.--The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can

be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life." 2 S. M. p. 288 para . 1.

"Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past. "The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor." 2 S. M. p. 289 para. 1 & 2.

"It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no injurious effects in the system." 2 S. M. p. 291 para. 2.

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary. To educate the human family that the doctor alone knows all the ills of infants and persons of every age, is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work. There is a work to be done in treating the sick with water and teaching them to make the most of sunshine and physical exercise. Thus in simple language we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science." SpM. p. 137 para. 2.

"Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure." 2 S. M. p. 290 para. 2.

"This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick." P. C. p. 31 para. 2.

## **2. CHARCAOL**

"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, [IT IS OF INTEREST TO OBSERVE IN CONNECTION WITH THE SEVERAL E. G. WHITE STATEMENTS CONCERNING THE VALUE OF CHARCOAL, THAT AS WELL AS BEING A PRODUCT OF FREQUENT MEDICAL PRESCRIPTION, A 1,160-PAGE PROFESSIONAL WORK, CLINICAL TOXICOLOGY OF COMMERCIAL PRODUCTS (WILLIAMS AND WILKINS, 1957, \$16.00) ADVISES AS AN ANTIDOTE FOR MANY KNOWN POISONS AND FOR ALL

POISONOUS SUBSTANCES OF UNKNOWN INGREDIENTS A "UNIVERSAL ANTIDOTE" OF FOUR PARTS, TWO OF WHICH ARE ACTIVATED CHARCOAL.--COMPILERS.] and the patient slept, the turning point came, and recovery was the result. To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm. "I expect you will laugh at this; but if I could give this remedy some outlandish name that no one knew but myself, it would have greater influence. . . .But the simplest remedies may assist nature, and leave no baleful effects after their use.--Letter 82, 1897 (To Dr. J. H. Kellogg)." 2 S. M. p. 294 para. 2 & 3.

"On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, 'Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.' I replied, 'Send to a blacksmith's shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.' The doctor hastened away to follow out my instructions. Soon he returned, saying, 'Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.' "I have ordered the same treatment for others who were suffering great pain, and it has brought relief and been the means of saving life. My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstance; for his help was needed in clearing the land I said to him, "Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand." This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work." 2 S. M. p. 295 para. 2 & 3.

"I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent. Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation...." 2 S. M. p. 298 para. 5.

"Elder Haskell has suffered a great deal from boils. He has taken treatment at the Sanitarium several times, but most of his treatment he has taken in his room in our house. Our home has been his sanitarium. He has been afflicted continuously, and has kept to his bed most of the time. Pulverized charcoal poultices have been used with good results. His wife is a good nurse, and she has taken faithful care of him. He has thought several times that he had overcome the affliction, and that he would recover rapidly, but as soon as he began to stir around, boils would again appear. His countenance looks clear and wholesome for a man of his age." L. L. M. p. 155 para. 3.

"A Rapid Recovery.--A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. "Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the

thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used.--Letter 182, 1899 (To a worker in an overseas field. See p. 287).  
2 S.M. p. 299 para. 1 & 2.

"I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used. When used for fomentations over the bowels, the coal should be put into a bag, sewed up, and dipped in hot water. It will serve several times. Have two bags; use one and then the other." 20 M.R. p. 280 para. 4.

"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient slept, the turning point came, and recovery was the result. "To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm." 21 M.R. p. 290 para. 2 & 3.

"Charcoal and Flaxseed.--We need a hospital so much. On Thursday Sister Sara McEnterfer [A TRAINED NURSE OF EXPERIENCE WELL QUALIFIED FOR THIS TYPE OF SERVICE WHO ACCOMPANIED MRS. WHITE AND ASSISTED HER BOTH AS A TRAVELING COMPANION AND PRIVATE SECRETARY.--COMPILERS.] was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.--Manuscript 68, 1899 (General Manuscript). 2 S. M. p. 299 para. 3."

### **3. EUCALYPTUS**

"The Value of Eucalyptus Oil.--I am very sorry to learn that Sister C is not well. I cannot advise any remedy for her cough better than eucalyptus and honey. Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on. I have had considerable trouble with my throat, but whenever I use this I overcome the difficulty very quickly. I have to use it only a few times, and the cough is removed. If you will use this prescription, you may be your own physician. If the first trial does not effect a cure, try it again. The best time to take it is before retiring.--Letter 348, 1908 (To a worker).

"I have already told you the remedy I use when suffering from difficulties with my throat. I take a glass of boiled honey, and into this I put a few drops of eucalyptus oil, stirring it in well. When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results. I ask you to use the same remedy when you are troubled



with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it.

"Again, take warm footbaths into which have been put the leaves from the eucalyptus tree. There is great virtue in these leaves, and if you will try this, you will prove my words to be true. The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs. I want you to make a trial of this remedy which is so simple, and which costs you nothing.--Letter 20, 1909 (To the worker addressed in the preceding item)." 2 S. M. p. 300 para. 2 - 301 para. 2.

#### **4. OTHER REMEDIES**

"A Poultice of Figs for Hezekiah.--When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this prescription which the Lord ordered to be used, more than we do.--Manuscript 29, 1911 (General Manuscript)." 2 S. M. p. 300 para. 1.

"In a certain place, preparations were being made to clear the land for the erection of a sanitarium. Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting. Let not such trees be ruthlessly cut down.... Let them live.-- Letter 95, 1902 (To workers in the South)." 2 S. M. p. 301 para. 4.

"I did not use tea when you were with us. I have always used red-clover top, as I stated to you. I offered you this, and told you it was a good, simple, and wholesome drink.... "I have not bought a penny's worth of tea for years. Knowing its influence I would not dare to use it, except in cases of severe vomiting when I take it as a medicine, but not as a beverage...." 2 S. M. p. 302 para. 3 & 4.

"Coffee as Medicine.--I have not knowingly drunk a cup of genuine coffee for twenty years, only, as I stated, during my sickness--for a medicine--I drank a cup of coffee, very strong, with a raw egg broken into it.--Letter 20, 1882 (To friends)." 2 S. M. p. 302 para. 7.

"Grape Juice and Eggs.--I have received light that you are injuring your body by a poverty-stricken diet. . . . It is the lack of suitable food that has caused you to suffer so keenly. You have not taken the food essential to nourish your frail physical strength. You must not deny yourself of good, wholesome food.... Get eggs of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary to your system. . . . Eggs contain properties which are remedial agencies in counteracting poisons.-- Counsels on Diet and Foods, pp. 203, 204 (To Dr. D. H. Kress, 1901)." 2 S. M. p. 303 para. 1.

"Blood Transfusions.--There is one thing that has saved life--an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it.--Medical Ministry, pp. 286, 287 (To Dr. D. H. Kress)." 2 S. M. p. 303 para. 2.

Instead of rushing straight to a doctor or medical professional at the first sign of a minor ailment, try some simple herbs, charcoal, or other things here mentioned. You might even be able to share the information you learn with others. Always keep in mind that Jesus Christ our Lord and Saviour is the Great Physician so make sure you include Him in any treatment that you use by asking for guidance, blessing, and His healing.

Disclaimer:- The information of this web page is based on Scripture, the inspired writings of Ellen White, and the doctors who followed her advice in health clinics. The information is for informational and educational purposes so that people can help alleviate the suffering of their fellow man by the use of simple treatments. It is not intended to be a replacement for medical advice from your health care professional. Please ensure that you follow all cautions or you could do more harm than good to your patient. Also note that not everyone reacts the same way to treatments, and some treatments may adversely affect patients taking prescription or over the counter medication/s.

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