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Ellen White's Health Plagiarisms

Dr. J.H. Kellogg, a long-time associate of Ellen White, explains how he discovered Ellen White's plagiarism of health reformer L.B. Coles:

Dr. Kress was down in Detroit, and he ran across the book eight or ten years ago--Cole's *Philosophy of Health*, and he came to me with great interest and he said:

"I have discovered a book here that reads just like [Ellen White's book] *How to Live*. Such a wonderful thing that the Lord should put this into two minds at different times, but the curious thing about it is that this book was written **before** *How to Live* was written."

I said, "Dr. Kress, I know all about that. I have got the book in my library. It is Cole's *Philosophy of Health*, isn't it?"

"Yes"

"Now, I know all about it. His book was in my library, **and sister White had access to it when *How to Live* was written**, and that is the explanation of that. There is no miracle about that." (Interview with J.H. Kellogg as published in *Spectrum*, vol. 20, no. 3, p. 58)

<p style="text-align: center;">Ellen G. White <i>Christian Temperance, 1890</i></p>	<p style="text-align: center;">L.B. Coles <i>Philosophy of Health, 1853</i></p>
<p>It is as truly a sin to violate the laws of our being as it is to break the ten commandments. p. 53</p>	<p>...it is as truly a sin against Heaven, to violate a law of life, as to break one of the ten commandments. p. 215</p>
<p>Through the use of stimulants, the whole system suffers. The nerves are unbalanced, the liver is morbid in its action, the quality and circulation of the blood are affected, and the skin becomes inactive and sallow. The mind, too, is injured. The immediate influence of these stimulants is to excite the brain to undue activity, only to leave it weaker and less capable of exertion. The after-effect is prostration, not only mental and physical, but moral. p. 35</p>	<p>...affects the whole system, and especially the nervous system, by its effects on the stomach. But, besides this, it creates a morbid action of the liver. ... It affects the circulation of the blood, and the quality of the blood itself, so that a great coffee-drinker can generally be known by his complexion; it gives to the skin a dead, dull, sallow appearance. Coffee affects not only the body to its injury, but also the mind It...excites the mind temporarily to unwonted activity. ... [But afterward] come prostration, sadness, and exhaustion of the moral and physical forces. p. 79</p>
<p>When these tea and coffee users meet together for social entertainment, the effects of their pernicious habit are manifest. All partake freely of the favorite beverages, and as the stimulating influence is felt, their tongues are loosened, and they begin the wicked work of talking against others. Their words are not few or well chosen. The tidbits of gossip are passed around, too often the poison of scandal as well. p.36</p>	<p>See a party of ladies met to spend an afternoon. ... Toward the close of the afternoon...come the tea and eatables...the drooping mind becomes greatly animated, the tongue is let loose, and the words come flowing forth like the falling drops of a great shower. ... Then is the time for small thoughts and many words; or, it may be, the sending forth of fire-brands of gossip and slander. p. 82</p>
<p style="text-align: center;">Ellen G. White <i>Testimonies, 1868-1876</i></p>	<p style="text-align: center;">L.B. Coles <i>Philosophy of Health, 1853</i></p>
<p>The sympathy which exists between the mind and the body is very great. When one is affected, the other responds. Vol. 4, p. 60</p>	<p>The sympathy existing between the mind and the body is so great, that when one is affected, both are affected. p. 127</p>
<p>The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the</p>	<p>Whatever mars the healthy circulation of the electric currents in the nervous system, lessens the strength of the vital forces; and, through them, deadens the native susceptibilities of the soul. The nervous system is the only medium through which</p>

<p>nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind. Vol. 2, p. 347</p>	<p>truth can reach Interior man. Divinity himself uses no other medium through which to reach the human heart. pp. 266-267</p>
<p>...flesh meat is not necessary for health or strength. If used it is because a depraved appetite craves it. Its use excites the animal propensities to increased activity and strengthens the animal passions. When the animal propensities are increased, the intellectual and moral powers are decreased. The use of the flesh of animals tends to cause a grossness of body and benumbs the fine sensibilities of the mind. Vol. 2, p. 63</p>	<p>Flesh-eating is certainly not necessary to health or strength. ... If it be used, it must be used as a matter of fancy. ...it excites the animal propensities to increased activity and ferocity. ... When we increase the proportion of our animal nature, we suppress the intellectual. ...the use of flesh tends to create a grossness of body and spirit. pp. 64-67</p>
<p>Those who subsist largely upon flesh cannot avoid eating the meat of animals which are to a greater or less degree diseased. The process of fitting animals for market produces in them disease; and fitted in as healthful manner as they can be, they become heated and diseased by driving before they reach the market. The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. Thus humors are introduced into the system. And if the person already has impure blood, it is greatly aggravated by the eating of the flesh of these animals. The liability to take disease is increased tenfold by meat eating. The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities. Vol. 2, p. 63</p>	<p>When we feed on flesh, we not only eat the muscular fibres, but the juices or fluids of the animal; and these fluids pass into our own circulation--become our blood--our fluids and our flesh. However pure may be the flesh of the animals we eat, their fluids tend to engender in us a humorous state of the blood. ... The very process taken to fit the animals for market, tends to produce a diseased state of their fluids. ... Some of our meat is fatted in country pastures; but, by the time it reaches us, the process of driving to market has produced a diseased action of the fluids. ... Animal food exposes the system more effectually to the causes of acute disease. Where the fluids are in a diseased state, the ordinary causes of disease find a more easy prey. ... The objections, then, against meat-eating, are three-fold--intellectual, moral, and physical. Its tendency is to check intellectual activity, to depreciate moral sentiment, and to derange the fluids of the body. pp. 67-71</p>
<p style="text-align: center;">Ellen G. White <i>Testimonies, 1873-1876</i></p>	<p style="text-align: center;">Horace Mann <i>Dedicatory and Inaugural Address,</i> 1853</p>
<p>Man came from the hand of God perfect in every faculty of mind and body: in perfect</p>	<p>Man came from the hand of God so perfect in his bodily organs so</p>

<p>soundness, therefore in perfect health. It took more than two thousand years of indulgence of appetite and lustful passions to create such a state of things in the human organism as would lessen vital force. Vol. 4, p. 29</p>	<p>surcharged with vital force, that it took more than two thousand years of the combined abominations of appetite and ignorance...to drain off his electric energies and make him even accessible to disease. pp. 335-336</p>
<p>If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct. Vol. 3, p. 138</p>	<p>...if the race had not been created with ten times more vital force than it now possesses, its known violations of all the laws of health and life would, long ere this, have extinguished it altogether. p. 340</p>

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 And many false prophets shall rise, and deceive many. Matt. 24:11