

Physiology and the Latter Rain

#0573

Study Given by W. D. Frazee—November 12, 1975

One hundred ten years ago this month, in Rochester, New York, the greatest Christmas present since the first century was given to this people, and through this people to the world. For it was on Christmas Day in 1865, that through a series of providences, the prophet to the remnant, with her husband, Elder James White, was in Rochester.

You remember that in June of 1863, at the little farmhouse near Otsego, Michigan, Ellen White had been shown in vision the great subject of health reform. The pioneers of our message had labored hard for 20 years since the disappointment. God was blessing their work. But through lack of knowledge in how to care for their bodies, and through overwork, their strength was well-nigh spent. And they had gone to spend some time at a health resort at Dansville, New York, called "Our Home on the Hillside" conducted by Dr. Jackson and his associates.

These men were reformers. They believed in the use of what we would call the natural remedies. But as James and Ellen White went there, particularly for James White's health, they found that along with many good things, there were erroneous ideas—extremes in diet, also a fear of work, as far as James White was concerned (feeling that he ought to just rest).

Also, there was a recommendation of popular amusement such as chess and checkers and dancing and card-playing, designed, of course, to get the minds of patients off their troubles on to something else. So, it was quite a mixture. And after a period of time there, Sister White said, "We cannot stay here any longer. I must take my husband where he can be with his brethren." They went to Rochester. And there, for some time, they engaged in prayer, day after day, for James White's healing.

And when the 25th of December came, God answered their prayers. Not by the sudden miraculous healing of the sick one, as He had often done in the early years of this message, but by revealing through the prophet a plan, not only to help James White but to help all our people and multitudes of people in the world. For it was on that day in that vision that our church was told to establish what in later years was called a sanitarium. Sister White, instructed in vision, called it a home for the sick, where they could not only be treated but could be taught the laws of life. So, from its inception and its revelation to this people, the sanitarium was a place for education as well as treatment. And God designed through this means, that *all* our people should be instructed in the laws of healthful living and, through them, the people of this world.

How many things have come from that Christmas present? We think of the chain of healthcare institutions girding the globe today. We think of the literally thousands of workers—physicians, nurses, and other helpers—who have been trained

in our medical institutions and have gone out to help people *get* well and learn how to *keep* well.

Now, on this Christmas Day when this vision was given, Sister White was shown not only about the starting of the Battle Creek Sanitarium, she was given some instruction to further emphasize what had been revealed two and half years before in the Otsego vision, concerning the importance of health reform and its place in the message. Concerning this, I read what she wrote soon after this Christmas vision.

“The health reform, I was shown, is a part of the third angel’s message and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God’s people are not prepared for the Loud Cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work; one cannot do it for another” *Testimonies for the Church, Volume 1*, page 486.

Then the prophet quotes that wonderful statement of Paul in 2 Corinthians, the seventh chapter, and the first verse:

“Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God” *Ibid.*

Then she goes on:

“In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames that they may be able with the Psalmist to exclaim: ‘I will praise Thee; for I am fearfully and wonderfully made’” *Ibid.*

Now let us notice some of the implications of this statement, based upon the vision given that Christmas Day. Health reform had been given to our people in the Otsego vision, but it was not being accepted as *fully* as God wanted it to be and as *rapidly* as God wanted it to be. And, as the result, this says, God’s people weren’t *prepared* for the Loud Cry of the third angel. When would they be prepared? Obviously, included in that preparation was a full *knowledge* of health reform and a full *implementing* of that knowledge in the lives of God’s people.

Then, the prophet goes further and indicates the basis of those changes in life. Those changes were to be based upon a knowledge of anatomy and physiology. Let me read this statement again, on which I base that:

“In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames that they may be able with the Psalmist

to exclaim: 'I will praise Thee; for I am fearfully and wonderfully made'" *Ibid.*

An important part then, an *essential* part, of preparation for the Latter Rain, the Loud Cry, translation at the coming of Jesus, is the teaching of physiology with the goal of hygienic living in order that men's bodies may be in such shape that their minds can function to appreciate the truths of the third angel's message.

I've thought about the different ways that it might have been done. God could have just *healed* everybody like that, just with a word or a touch, but He didn't take that road in this movement. As we studied the night before last, He's put the gift of healing in the church. Most of us who have been very long in this movement have witnessed times when the Lord came near and miraculously, *suddenly*, brought to bear His healing power. But a miracle by its very nature is not God's regular way of working. If it were, it wouldn't be a miracle. A miracle is an experience where God steps out of His regular way of working and does something unusual. Strange to say, we are such children (even though we're adults) that we're more interested in His doing something *unusual* than what He says is the *best* way. The best way is His *usual* way; if it weren't the best, He wouldn't do it that way usually. Do you follow me? Yes. [Elder Frazee mildly chuckles.]

And so, rather than heal everybody wholesale, miraculously, God said to this people that He wanted them to learn the laws of life that He's written in His body and to follow them, and He'll work with them. And as changes are made in their diet, in their dress, in their work, in their rest, in their relation to sunlight and fresh air and exercise and all the rest, He'll work with them, and as they add, He'll multiply. And as their bodies get in better health, their minds will function better. And as they study the Bible and the Spirit of Prophecy, they'll get a clearer view of the atonement, the plan of salvation. They will see the importance of all the phases of truth. And thus, their minds will comprehend the truth for these last days, and their lives will be brought in harmony with His plan. That is the way God arranged it.

Now, notice *how* He has arranged to teach us these laws of life. He could have written that all out just as *rules*. We find some of them in the Bible; we find them multiplied many fold in the Spirit of Prophecy. But this is not all there is to God's plan for getting the remnant people ready for the Latter Rain, the Loud Cry, and the finishing of the work. No, the Lord said He wanted a sanitarium established. He wanted doctors and nurses to teach physiology so that people will understand the laws that are written in their bodies so that they will have an intelligent appreciation of the way God has *made* man, and thus they will worship Him intelligently by cooperating *with* Him.

You know, really, this movement is quite unique in its correlation with science and religion. It is quite unique in what all of that focuses on preparing a people for the coming of Jesus. Look around you in the religious world, and you'll find *millions* of people expecting the coming of Jesus. But, as they see it, He might come tonight, or He might not come for some time. And there is no particular program designed to get a *whole* body of people ready for the coming of Jesus. They believe that if you accept Jesus, come to the altar, and are "saved," as they put it, if Jesus comes tonight, you're ready. If He doesn't come for a year or ten, you'll be ready because you came to the

altar and were saved—"once saved, always saved." But they do not understand, friends, and it's the message God gave us on the sanctuary that I referred to last night, that helps you and me to realize that Jesus will never come until He has a people who are ready; in whose hearts and lives His law is fully revealed. And remember, He has chosen to accomplish this not merely by giving us a list of rules: Don't eat between meals, drink water, get enough sleep, exercise. He could have done it that way. But He has chosen to base all of this upon a knowledge of physiology. And He has instructed us to have physicians, nurses, and ministers also, to teach these great truths of physiology and hygiene.

Take this tremendous statement in the book *Education*:

"Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore, the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort"
Education, page 195.

What is the knowledge of physiology and hygiene to be? The basis. What's another word for basis? Foundation. Is that what you put on after you get the roof on? Where does it belong? It is *fundamental*. To vary the figure, the health work is the entering wedge. It's the first work to be entered upon, not merely because it makes friends. It does that. But there's a deeper, more logical reason. It is this, friends: Until the bodies of men are cleaned up inside and out, until their lungs are purified, and their livers, and their brains, they cannot *think* as they should and thus appreciate the sacred truths which will get them ready for the coming of Jesus.

And remember, God has chosen to teach our people these truths, and for us to teach others, not merely by rule, but by *explaining* the physiology of the body. How my heart has been blessed in this seminar as I've heard speaker after speaker stand up and explain the physiology of these bodies. I just thrill with it. It took me back about 50 years ago at Loma Linda, hearing dear old Dr. Alfred Schrack. I can see his eye twinkle as he would go into the mysteries of physiology and anatomy; he loved it. And he caused his pupils to love those things. God wants every Seventh-day Adventist to be a teacher of physiology, my friends. We can't all be surgeons. Thank God we don't need that many surgeons. But we can all be medical missionary educators, learning the laws of the liver, the kidneys, the blood vessels, the bones, the arteries, the nerves, and learning how the function of each of these organs is related to the rules of life and health which will ensure the best operation of the body and the mind. A knowledge of physiology and hygiene should be the basis of all educational effort.

"Well," somebody says, "Brother Frazee, do you *really* think that God is going to wait until all His people learn physiology and hygiene and can explain why they do this and that?" Yes, I do. I believe that. I just read it here in Volume 1, page 486. Let me read it again.

"In order to be fitted for translation, the people of God must know themselves. They must understand in regard

to their own physical frames that they may be able with the Psalmist to exclaim: 'I will praise Thee; for I am fearfully and wonderfully made'" *Testimonies for the Church, Volume 1*, page 486.

God intends that our boys and girls shall learn these things as soon as they're learning anything.

"From the first dawn of reason, the human mind should become intelligent in regard to the physical structure. Here Jehovah has given a specimen of Himself. For man was made in the image of God" *Medical Ministry*, page 221.

I don't have any idea, friends, that I fully comprehend that statement, but I believe it. I believe a lot of things that I can't comprehend. I believe in the ocean, but I've never been over all of it. And here is an ocean-big statement, that one of the reasons that you and I are to study physiology is this: that in the human body, the great Jehovah has given a *specimen* of Himself, and that He wants us, from the first dawn of reason, to become intelligent in regard to the structure and the function of man. It is Satan's determined work to destroy the moral image of God in man. Do you know why the Devil hates man so much? Because man is made in the image of God. He hates God. And so, he shoots his arrows at man—the crowning work of God's creation. Thank God that we can work with our Creator instead of with the great enemy. What do you say? But the thing I'm emphasizing tonight is that it is not enough to know what the rules of health are. We should be able to explain them from the standpoint of anatomy and physiology, and that God has arranged that our physicians and nurses, along with our ministers, should be carrying on all the while such a program of health education for the church and for the world that all who are willing can learn how the body is put together, how it operates, and how to cooperate with God in its care.

Notice this beautiful statement in the book *Ministry of Healing*, page 147:

"Lead the people to study the manifestation of God's love and wisdom in the works of nature" *Ministry of Healing*, page 147.

That's what some of you men were doing today, with the blackboard and with the pictures, charts. Thank God it's being done more and more and more. A rising tide of health education is growing. Aren't you glad, friends? And notice, this is more than merely saying, "Don't smoke. Do eat good food. Drink water."

Watch as we read here:

"Lead them to study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an all together different point of view.

Instead of looking upon an observance of the laws of health as a matter of sacrifice or self denial, they will regard it, as it really is, as an inestimable blessing” *Ibid*.

Oh, you see how this takes the thing and turns it clear around. Instead of health reform being a religious ritual that is restrictive, it becomes a way of life that is enjoyable. This is no ascetic, monkish regimen. No, no. This is a way of life which means enjoying life to the *full*. And so, we don’t have to say when someone offers us a cigarette, “Well, you know, I’m a Seventh-day Adventist, and it’s contrary to our church rules for people to smoke.” We don’t have to say that. Neither do we have to say, “Well, you know, I would join you, but in our church, we have a prophet. And the writings of the prophet tell us we shouldn’t use tobacco.” Every Seventh-day Adventist ought to be able, to a greater or less extent, explain what tobacco does to the lungs, the heart, the brain. And to help people to realize what a privilege it is to belong to a movement that has had light from Heaven on the question of health for over a century. What a great joy it is to thus approach the whole question of health.

I think of Dr. Nussbaum, that dear physician in Paris that God used to reach royalty and the heads of government in many countries of Europe. Right here in the little house right up on top of this hill, he told us over 25 years ago a most interesting experience. He had been speaking for the United Nations in a meeting in London on human rights. And while there, he wished to have an interview with Mrs. Eleanor Roosevelt. And so he sent her his card and asked for an interview.

Presently, over the telephone, Mrs. Roosevelt’s secretary informed him that he could have an appointment in six weeks. He said, “Will you please convey to Mrs. Roosevelt my regrets. It’s necessary for me to return to Paris tomorrow.” Presently the telephone rang again. The secretary said, “Mrs. Roosevelt will see you in her suite in the hotel at 6:00 this evening. And so, Dr. Nussbaum went there. And when he got there, he found her engaged with another lady in conversation, and it was about time for them to pour some tea and have some cakes. And so, Mrs. Roosevelt passed him a cup of tea. And you know what he said? “No, thank you. I don’t drink tea.”

“Why you don’t? Well, doctor, tell us why you don’t drink tea.”

And he didn’t begin to give her a religious dissertation on the rules of the Seventh-day Adventist church. With his knowledge of physiology and hygiene, he gave to an interested audience of those ladies a reason for why he didn’t drink the tea.

Well, they were interested and impressed. And she said, “Well then, you must have more of the cakes.” [Audience laughter] And do you know what he said? “No, thank you. I don’t eat between meals.” [Audience laughter]

Some people would say, “What a fanatic.” But he was a well-trained physician, and he knew his physiology and hygiene. And Mrs. Roosevelt said, “Why, doctor, why *don’t* you eat between meals?” And he told her. And the other lady who was with her, he explained it from the standpoint of physiology. Can you do it? Well, if you can’t, get busy and study it. Because the physiology says the same thing that *Ministry of Healing* and *Testimonies* Volume 2 say. But we’re to *do* it, not merely because

Ministry of Healing and *Testimonies Volume 2* say, "Never should a morsel pass the lips between the regular meals." We should understand and appreciate the marvelous wisdom and love of God in the *regularity* of the body, in what happens in digestion, in the mouth, in the stomach, in the small intestines, and so forth; in the putting out of the digestive enzymes. We should become acquainted with the experiments that have been done that show that eating between meals delays the digestion of the previous meal, sometimes for many hours.

Well, back to London and Mrs. Roosevelt's apartment. She didn't throw him out. Do you know what she said when he got through? She said, "Well, doctor, if you don't wish to have the tea, and it isn't time for you to eat, while my friend and I have our tea and cakes, you can talk to us." And he said, "That was exactly what I wanted."

And he talked to her about religious liberty and human rights. He made a friend of that woman. And he told us, right here on this campus, he said, "You know, in that celebrated controversy that Mrs. Roosevelt and Cardinal Spellman of New York had, I had the privilege of furnishing Mrs. Roosevelt with the ammunition that she used.

Oh, I thank God, friends, for the witness of a Christian physician who knew his physiology, and in a gracious way and an intelligent way could explain to a high-ranking woman.

You know, Daniel had an experience in Babylon in standing for health principles, didn't he? And the visions of Daniel 2 and 4 and 7, 8, 9, 10, 11, and 12, would never have been given or written if Daniel hadn't been a true and earnest health reformer as recorded in the first chapter, right?

You and I, who are studying Daniel and seeking to carry out those visions, need the same care in standing for health reform that he showed.

Now, back to *Volume 1* again.

"It should ever be kept prominent that the great object to be attained through this channel is not only health, but perfection, and the spirit of holiness, which cannot be attained with diseased bodies and minds" *Testimonies for the Church, Volume 1*, page 554.

Do you know there was a time in the Dark Ages (and certainly the ages were dark) when people thought that affliction of the body and carelessness in regard to health and life were marks of humility and deep religious devotion? Through the third angel's message, God has sought to clear the minds of people entirely from those ideas. Health and holiness belong together. It's true that sometimes God uses affliction of various kinds to teach us lessons of patience as He did with Job. But God's goal for all of us is expressed in that beautiful passage:

"Beloved, I wish above all things that thou mayest prosper and be in health even as thy soul prospereth" 3 John 1:2.

And in the remnant, God wants to bring to fruition His beautiful plan of health and holiness. And this, it says, is to be kept prominent, that the great object of the sanitarium, the great object of the health message, isn't just to help people to get well, it's to help them to be holy, to get ready for the Latter Rain and the Loud Cry.

Around us, in the religious world, a great religious revival is in progress. The false latter rain is on its way; yes, it's already falling. This very year, 1975, saw a great first in the Roman Catholic Church and the charismatic movement. Ten thousand tongues-speaking Roman Catholics jammed into St. Peter's along with 15,000 other sympathizers. And there, at the center of the Roman Catholic Church, the pope of Rome gave his apostolic blessing to the charismatic movement with its tongues-speaking and its healings. This is a significant step. As this great miracle-working movement that has been infiltrating the Protestant churches is now reaching into the Roman Catholic Church and receiving recognition by its head. What does all this tell us? It tells us that the time for the Latter Rain has come, my friends. The time for the Latter Rain is here.

But while Satan is perfectly willing, yes glad, to pour out *his* spirit and miracle-working power on law-breaking people, God will give His true Holy Spirit only to those who have shown by their choice that they have quit rebelling against God's law and desire to work *with* God instead of *against* Him.

This is why He has given us the third angel's message with its emphasis on the Sabbath and on the health message.

"I was shown that if God's people make no efforts on their part, but wait for the refreshing to come upon them and remove their wrongs and correct their errors; if they depend upon that to cleanse them from filthiness of the flesh and spirit, and fit them to engage in the Loud Cry of the third angel, they will be found wanting. The refreshing or power of God comes only on those who have prepared themselves for it by doing the work which God bids them, namely, cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" *Testimonies for the Church, Volume 1*, page 619.

Brother Martin brought us a very important message at the morning devotional. One of the things that impressed me very much was this: in nature, which is God's great laboratory, usually, things are done gradually. I'm so glad that God's Spirit is moving here in our midst to let God help us to grow into these things gradually but rapidly. What do you say? I want to move fast than I ever have before. Don't you? I want God to finish His work in my life.

In *Volume 1*, page 187, I read:

"God leads His people on, step by step. He brings them up to different points calculated to manifest what is in the heart. Some endure at one point, but fall off at the next. At every

advance point the heart is tested and tried a little closer”
Ibid., Volume 1, page 187.

Now watch:

“Those who come up to every point, and stand every test, and overcome, be the price what it may, have heeded the counsel of the True Witness, and they will receive the Latter Rain, and thus be fitted for translation” *Ibid.*

The Latter Rain is coming upon a people who have been *prepared* by a life of sanctification. Their bodies, their souls, their spirits will have been brought into harmony with the laws of God, both moral and natural. Through their study of the Bible and Spirit of Prophecy, they will have learned God’s way. And through their study of physiology and hygiene, they will know *why* they do what they do.

One of the great reasons, friends, that God has asked us to do it this way is that scientific research helps us better understand what is written in the Bible and the Spirit of Prophecy on the question of health. Knowledge of the science of physiology will keep us from the fads which disgrace the cause of health reform. I could mention some of them tonight, but that’s not my subject. But I want to tell you, friends, health reform does not need the fads.

Sometimes I hear people say, “The world is getting ahead of us.” It sure is in *that* realm, my friends. And I have no desire to run to keep up with them. I would run to get away from all these fads and extreme and fanatical ideas in diet or anything else. If we take the writings of the Spirit of Prophecy and good, scientific information available on physiology, the two together will keep us in the middle of the narrow road, free from fads and fancies on one side and free from the liberalism on the other, which more people are in danger of.

And so, in this time of the Latter Rain, when God’s people are moving into line in answer to the trumpet call from our leaders, in this time when the Devil’s empire is astir as he makes his final attempt to weld all the world together under his rule, I thank God for every one who is putting his life into the hands of God to be used. For we have been told that we’ve come to a time when every member of the church should take hold of medical missionary work.

And, as I’ve said, here is a field in which we can all have a part in learning and teaching the laws of life and health. And if we will confine ourselves to what is certain and sure, and avoid the fads and fancies, we can earn the respect of all people who are capable of appreciating the sacred and the intelligent and the scientific. God has told us that, as we teach these things and people become acquainted with our knowledge in the laws of health, they will come to believe that we have light also on Bible truth, and thus they will accept this message.

May we bow our heads?

Dear Father in Heaven, we thank Thee that Thou hast chosen to reveal Thy love in making man in Thine own image. We thank Thee that, when man was lost

through sin, Thou didst give Thyself to redeem him in body and mind and soul. And as we contemplate the great value that Thou hast put on these human temples, we choose to identify ourselves with the work of reform that human beings may be brought back to the glory of the original creation. Take us and teach us and use us to teach others. We thank Thee, in Christ's name, amen.

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