

The Doctrine of Seventh-day Adventist Church on Food According to Ellen G. White

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Abstract

This study aims to understand the concept of food according to Ellen G White based on the teachings of Seventh-day Adventist Church. The object of this research is all about healthy lifestyles following Old Testament as a reference. Ellen recommends her pupils to consume healthy and nutritious food, as well as prohibits consuming foods that can disturb their condition. In order to achieve an objective mentioned above, this research utilizes a theological-normative approach; with an intention to reveal Ellen's interpretation for the doctrine of food regarding the authenticity values founded within Old Testament. Accordingly, both descriptive and analysis method are executed to analyze this topic altogether with religious notions and the ideas of nutritionists. This research results a number of conclusions, first, the types of food nutrients are good elements for health of human body in accordance with the Biblical rules are, fruits, grains, vegetables, and any other crops. Second, Ellen also permitted another type of meals besides what has already mentioned above such as bread, cake, egg, milk, cheese, and fruit juice because these dishes sanitize and affect good behavior for human. Moreover, those foods are also easily to be obtained among the poor. The types of foods prohibited by White, however, are tea, coffee, meat, tobacco, and alcoholic beverages, for instances. The reason behind it is that those meals are derived from animal nutrients and possibly causing illness to the body. Those diseases are, tuberculosis, cancer, and complications

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toward entire organs of human body. The tea and coffe, in the other hands, affect headache, wakefulness, heart palpitation, indigestion, trembling, and even leads to deviate behavior.

Keywords: *Ellen G. White, Seventh-day Adventist Church, Food, Old Testament, Doctrine.*

Abstrak

Penelitian ini bertujuan untuk mengungkapkan bagaimana doktrin Gereja Advent Hari Ketujuh tentang makanan dalam pandangan Ellen G. White. Objek penelitian adalah segala aturan makanan berdasarkan Perjanjian Lama sebagai acuan dalam memilih makanan. Ellen menganjurkan umatnya menkonsumsi makanan bergizi dan sehat, serta melarang menkonsumsi makanan yang dapat mengganggu kesehatan. Untuk mencapai tujuan itu, penelitian ini menggunakan pendekatan teologis normatif. Berfungsi untuk mengetahui penafsirannya terkait doktrin makanan dari nilai-nilai keaslian dalam Perjanjian Lama. Penelitian ini menggunakan metode analisis deskriptif berfungsi menganalisa konten doktrin makanan dengan pendapat ajaran agama dan ahli gizi. Penelitian ini menghasilkan beberapa kesimpulan. Pertama, makanan bernutrisi adalah element baik untuk kesehatan tubuh manusia berdasarkan aturan Bibel seperti buah-buahan, bijian, sayuran, dan semua hasil bumi. Kedua, makanan dibolehkan menurut Ellen yaitu sebagaimana yang sudah disebutkan sebelumnya. Terdapat jenis lainnya seperti roti, kue, telur, susu, keju dan minuman sari buahan. Makanan tersebut memberikan kesehatan, berdampak perilaku baik, dan mudah didapatkan kalangan miskin. Adapun jenis makanan yang dilarang untuk dikonsumsi yaitu teh, kopi, daging, tembakau, minuman beralkohol. Pengaruh makanan berasal dari nutrisi hewani memiliki efek penyakit terhadap tubuh manusia, seperti tuberkolosis, sel-sel kanker, dan penyakit yang berkomplikasi terhadap semua organ tubuh manusia, sedangkan pengaruh teh dan kopi yaitu sakit kepala, sulit tidur, detak jantung berlebihan, gangguan pencernaan, dan menyebabkan melakukan perilaku menyimpang.

Kata Kunci: *Ellen G. White, Gereja Advent Hari Ketujuh, Makanan, Perjanjian Lama, Doktrin.*

Introduction

Seventh-day Adventist Church¹ is one of Protestant sect. In terms of Advent has the meaning of "arrival".² In the terms of the Advent Church is one of the Protestant Church which awaiting the arrival of the Jesus Christ second return which had at time of

¹ Seventh-day Adventist Church is an evangelical Christian denomination. The Advent Church is originated from a Miller movement that appears on the United States in mid-19th century. The main characteristics of the Adventist Church is Sabbath care as holy a day in one week. See Marvin Moore, *Challenges to the Remnant: Adventist, Catholics and True Church*, (United States of America: Pacific Press Publishing Association, 2008), 108.

² Kenneth A. Mortonson, *The Advent Instructor: Reflection on Christmas Symbolism*, (Ohio: CSS Publishing Company, 1995), 11.

Millerite movement.³ Spearheaded it church by William Miller⁴ (1782-1849), a Baptist and a lecture in the Church, he studied by intensively to introduce the prophecy of Daniel⁵ 8:14, as well as interpreted of the second coming of Lord Jesus Christ in Europe.⁶ Then he drew a conclusion that Jesus Christ returns to earth after the 2.300 days.⁷ With adjustment of the calculated days, then William gave a conclusion upon interpretation of the coming of Jesus Christ precisely on October 22, 1844.⁸ However, at that time it officially began the organizer of the Seventh-day Adventist Church which was pioneered by Joseph Bates, James White, and Ellen G. White, so that Church could be inaugurated June 6, 1863.⁹ Ellen G. White as one of the pioneers of Church establishment, during her life, wrote many books about food with implicated in religious faith and health aspect. To know the doctrines, she advices of her people for to consume of healthy and nutritious food, as well as prohibits can disturb the human health.¹⁰

Facts proof, Ellen forbids her people by consumption of meat, tea, and coffee. The consequence of consuming meat impact gradually can be illustrious with tuberculosis, germ cells it affected to cancer,

³ Gary Land, *The A to Z of the Seventh-day Adventist Church*, (United Kingdom: Scarecrow Press, Inc, 2005), 13.

⁴ Miller is a farmer who became a member of the Baptist Church. An advocate in the investigation about the prophecies, especially regarding the prophecy of Daniel 8:14, he believes that Jesus returned to Earth in 1843 or 1844, with his interpretation from the prophecy of Daniel 8:14 See R. Hutabarat, *Pengantar Roh Nubuat*, (Bandung: Indonesia Publishing House Anggota IKAPI Jawa Barat, 1997), 54.

⁵ Daniel is a man of Judah (Jews) who were carried off to Babylon and lived in the Palace. Coming from a noble family who had a deft and intelligent nature. Actually, Daniel is more of a statesman than a prophet. But his writings are classified in the paper as a prophet. Using of language by Aramaic, Hebrew, and international language. In order to explain historically in the book of Daniel, a lot of people would argue that the book of Daniel as it is now written in the centuries BC by an unknown author. The author uses the name of Daniel for append authority on his work. See Handbook to the Bible: pedoman lengkap pendalaman Alkitab, translated by Yap Wei Fong, dkk, (Oxford, Englang: Lion Publishig Pie Sandy Lane West, 2015), 481.

⁶ George R. Knight, *A Brief History of Seventh-day Adventist...*, 13. See Also Denis Fortin, Jerry Moon, *The Ellen G. White Encyclopedi*, (United States of America: Review and Herald Publishing Association, 2014), 133.

⁷ Ellen G. White, *Early Writings*, (United State of America: The Trustees of the Ellen G. White Estate, 1882), 58-60.

⁸ Ken McFarland, *Your Friends, the Seventh-day Adventists: A people of HOPE with a message of LOVE*, (United States of America: Pacific Press Publishing Association, 2003), 5.

⁹ Samuel G. London, *Seventh-day Adventist and the Civil Right Movement*, (United States of America: The University Press of Mississippi, 2009), 6.

¹⁰ Ellen G. White, *The Health Food Ministry*, (Washington D.C: The Trustees of the Ellen G. White Publications, 1970), 24.

disturb of the immune system, and cause of infectious diseases.¹¹ While the coffee and tea had an impact on the body health. The form influence is the disturbance in digestion, brain disorders, difficult controlled the appetite, headaches, wakefulness, palpitation of the heart, indigestion, trembling, and other diseases.¹² It appears Ellen's doctrine is very contrary to the leader's opinion in religions and modern science especially in the prohibition of eating meat, tea and coffee.

This research used a theological-normative approach¹³ and while it is kind of a library research. There are two methods in this research. *First*, descriptive methods,¹⁴ where the researcher describes the Adventist Church, the biography of Ellen G. White, the doctrine of food. *Second*, analysis methods,¹⁵ in which the writer try to analysing her doctrine of Seventh-day Adventist Church on food with by religions teaching (Islam, Hinduism, Buddhism, other Churches) and nutritionist perspective. So this study aims to know how the doctrines of the Seventh-day Adventist Church on food according to Ellen G. White.

Brief Biography of Ellen G. White

Ellen Gould White was born on November 16, 1827, in Gorham, Maine, the northeastern part of the United States.¹⁶ Her father was Robert Harmon and her mother was Eunice Ellen. She had a twin sister named Elizabeth.¹⁷ Who was the eight children in her family.¹⁸

¹¹ Ellen G. White, *The Ministry of Healing*, (Washington: The Trustees of the Ellen G. White Publications, 1905), 227.

¹² Ellen G. White, *Counsels For the Church*, (Washington D.c: The Trustees of the Ellen G. White Publications, 1991), 105.

¹³ Theological approach a study consider as the most priority a combination or aggregation between the historical method with theological doctrinal methods or textual and contextual method. Aim to appreciate the validity of the results of religious history, revelation, social, psychological and cultural. See Mariasusai Dhavamony, *Fenomenologi Agama*, (Yogyakarta: Penerbit Kanisius, 1995), 24.

¹⁴ Lexy J. Moleong, *Metodologi Penelitian Kualitatif*, (Bandung: PT Remaja Rosdakarya, 2012), 4-5.

¹⁵ Mestika Zed, *Metode Penelitian Kepustakaan*, (Jakarta: Yayasan Obor Indonesia, 2008), 4.

¹⁶ Ellen G. White, *Life Sketches of Ellen G. White*, (Washington D.C: The Trustees of the Ellen G. White Estate:, 1991), 17.

¹⁷ R. Hutabarat, *Pengantar Roh...*, 53.

¹⁸ Arthur L. White, "Ellen G. White: A Brief Biography", (The OFFICIAL Ellen G. White Website), published on Thursday, 14th December 2017.

In her ninth, Ellen was a lively, active, and humored girl. When she was in elementary school, she got an accident¹⁹ in which a stone was thrown by a thoughtless. Kid which resulted in nasal injury and possible ongoing brain tantrum for a lifetime.²⁰ The severe face injury nearly cost her life and left in her a weakened condition so that she was unable to continue her schooling.²¹ Thus during her early childhood is only able to continue the education at home with her family to educated her mental and spiritual

On August 30, 1846, Ellen and James White traveled to Orrington, Maine.²² From they long a journey harmony to spread true teachings of second return of Jesus Christ to people, it work able going to marriage.²³ When did got wedding, Ellen was 19 year from her old.²⁴ She have four sons, her sons named Hendry (1847), James Edson (1849), William (1854), Jonh Herbert (1860).²⁵ Through the next thirty-five years, they travelled extensively in the United States by preaching, writing, planting, building, organizing and administering. From that work cause of husband work until his death, August 6, 1881.²⁶ With explanation above, it seems that Ellen, together with her husband tried to improve their church organization by preaching, writing, planting and other works, until the end of her husband life.

In 1981, General Conference²⁷ sent Ellen and her son named William to Australia, General Conference sent Ellen and her son named William for secondly, to traveled Australia²⁸ to provided succor in the pioneering and developing employment, especially

¹⁹ Ellen G. White, *Early Writings*, (United State of America: The Trustees of the Ellen G. White Estate, 1882), 58-60.

²⁰ R. Hutabarat, *Pengantar Roh...*, 53.

²¹ *Ibid.*

²² George. R. Knight, *A Search For identity: the Development of Seventh-day Adventist Beliefs*, (United States: Review and Herald Publishing Association HagersTown, 2000), 26.

²³ The Lamplichter, Vol. XXVII, Juli-Agustus (Lam & Lion Ministries: Seventh-day Adventist Church), 4.

²⁴ Radcliffe College, *Notable American Women, 1607-1950: A Biographical Dictionary*, Volume I, (England, London: Harvard University Press, 1971), 586.

²⁵ Ellen G. White, *Counsels for the Church...*, p.18. Rene Noorbergen, *Ellen G. White: Prophet of Destiny*, (New York: TEACH Services, Inc: Brushton, 2001), 139.

²⁶ Ellen G. White, *Counsels for the Church...*, 17.

²⁷ General Conference is an agency of the Adventist Church Office work to support for development of the Organization Church, to realize the writings about the doctrines of the Adventist Church, and keeping a strict Church rules. See Robert Athow West, *Report of Debates in the General Conference of the Methodist Episcopal Church*, (New York: Published By G. Lane & C. B. Tippet, 1844) 96.

²⁸ Ellen G. White, *Counsels for the Church...*, 18.

in the field of education and health. The education and health was the application that deals with religious values in the Seventh-Day Adventist Church. When doing her jobs, it resulted Ellen to get illnesses of *Inflammatory Rheumatism*²⁹ and *Optic Neuritis*.³⁰ Although Ellen was sick, she kept the spirit to continue her writing on bed.³¹

While Ellen's young was contributed for improvement in the Seventh-day Adventist Church such as developing church organization with system financially, medical work, and great educational work.³² In additional, she have been written some books, journals, letters, and travelled to Europe countries to teaches the revelation messages of God for her believers who believed in the return the second time Jesus Christ to the world.³³ Thus, her contribution for increasing the Advent Church organization was by build the medical, educational institute, writing, public speaking and traveling many countries in Europe.

The Doctrine of Food according to Ellen G. White

In a general understanding, foods contain the parity nutrients, in great quantities of fiber and essence required for the development of the body.³⁴ Healthy foods needed by body are from plant substances that is good for the health of human body.³⁵ Food has nutrients essential for life in resulted source of energy of body.³⁶ The indication of the nutritional value of food proteins related to

²⁹ Rheumatism Inflammatory is a disease are generally influenced by the lack of movement. So that it can attack the liver, feeling the pain in the chest that can then cause death. This sickness is experienced because the affected by a change of age elderly. See Roderick Macleod, *On Rheumatism in its Various Forms and on the Affectons Internal Organs more especially the Heart and Brain*, (London: Wilson and Ogilvy Printers, 1842), 9. See also Ann Ehrlich, Carol L. Schroeder, *Introduction to Medical Terminology*, (Canada: Thomson Delmar Learning, T.Th), 48.

³⁰ Neuritis is a term used that leads to inflammation associated with nervous eyes. See Neil R. Miller.et.al, *Walsh and Hoyt's Clinical Neuro-Ophthalmology: The Essentials*, (United States of America: Philadelphia, 1999), 146.

³¹ R. Hutabarat, *Pengantar Roh Nubuat...*, 67.

³² Ellen G. White, *The Acts of the Apostles*, (Washington D.C: The Trustees of the Ellen G. White Estate, 1911), 227.

³³ R. Hutabarat, *Pengantar Roh Nubuat...*, 67.

³⁴ Budiman Chandra, *Pengantar Kesehatan Lingkungan*, (Penerbit Buku Kedokteran: Jakarta, 2007), 85.

³⁵ Ayu Rini Fatimah, *Sehat dengan Lauk Nabati*, (Jakarta: Penerbit PT Elex Media Komputindo, 2014), 1.

³⁶ Charlette R. Gallagher-Allred, *Nutritional care of the terminally*, (Columbus, Ohio: An Aspen Publication: 1989), 130.

the amount of absorbed proteins retained by the body, assuming no loss of protein nitrogen during digestion.³⁷ Each organ of the body requires its share of nutrition. The brain must be supplied with its portion the bones and muscles.³⁸ It basic to present the values of God have influences with consuming food such as increasing of physical healthy, behavior³⁹ and diet to maintain health from natural plant substances and then prepared in simple way.⁴⁰

The best foods are sourced from natural substances. These was organized by God in His holy book for human's diet. For example, absolutely understands his needs appointed Adam his food.⁴¹

“Behold,” He said, “I have given you every herb yielding see and every tree, in which is the fruit of the tree yielding seed: to you is shall be for food.” “Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also “the herb of the field”.⁴²

Based on the Old Testament above, she believes the truth of God's commands in choosing of the best foods derived from natural plant. Specifically her interpretation is food which is obtained from the fruits and vegetables are healthy food for human. The best of food sourced from the fruits, vegetables, grains, nuts, roots, and various foods.⁴³ Natural plants are healthful and nourishing for the followers of Seventh-day Adventist Church. Food from plants nutrition such as rice, wheat, corn, beans, peas, and lentils. Those food, becomes the type of staple food choices that was taught by Ellen to her followers.⁴⁴ Native or imported fruits, and variety of vegetables that grow in locally in provides health to the human body.⁴⁵

Other kinds of food that have good elements built up the human body according to Ellen's doctrine are such as, cereals, bread,

³⁷ International Food Information Service, *Dictionary of Food Science & Technology*, Vol.II (United State of America: IFIS Publication, 2005), 49.

³⁸ Ellen G. White, *The Ministry of Healing*, (Washington, D.C: The Trustees of the Ellen G. White Publications, 1905), 206.

³⁹ Ellen G. White, *Medical Ministry*, (Washington, D.C.: The Board of Trustees of the Ellen G. White Estate, 1962), 288.

⁴⁰ Emily Hunter Et.al, *The New Christian Charm Course Teacher Book*, (United States of America: Harvest House Publisers, 2009), 23.

⁴¹ Ellen G. White, *The Ministry of Healing...*, 206.

⁴² Old Testament, Genesis 1:29, Genesis 3:18.

⁴³ Ellen G. White, *The Ministry of Healing...*, 206.

⁴⁴ Ellen G. White, *Medical Ministry...*, 224.

⁴⁵ Ellen G. White, *Counsels on Diet and Foods*, (Washington, D.C.: The Board of Trustees of the Ellen G. White Estate, 1962), 309.

potatoes, beans, and others foods these are healthy, nourishing, and are balanced diet. All these foods should be prepared in simple and natural way, it is based on Ellen's doctrines that was described in her book *Counsels on Health* as follows:

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient is seem slow. The surrender of hurlful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in helath of body and health of mind.⁴⁶"

With her explanation above, then the author known Ellen recommendation in food preparation is useful for natural remedies. Applying her teachings is a form of obedience and submission to the precept of God, keeping God's law worthy of worship. With applying her recommendation, it can gives health effects to the human body and mind.⁴⁷ Thus, the value the natural command of God in food related to spiritual values in her teachings in the Seventh-day Adventist Church.

Foods which are prepared in as simple and natural way, give some influence for human such as giving healthy body, a power of endurance, and a an intellect and stimulating diet,⁴⁸ gives good effect for character development⁴⁹ and the psychological health it is able to control the lust.⁵⁰ Related to Ellen's doctrine in selection of food, her doctrine is same with Christopher Kilham view, a Catholic priest. In his book entitled *The Whole Food Bible*, he explains that the food derived from vegetables sources should be prepared in simple way, because it can provide of health in the human body.⁵¹ The opinion above is reinforced by Hesti Widuri a nutritionist. She explains that

⁴⁶ Ellen G. White, *Counsels on Health*, (Washington, D.C: Ellen G. White Publications, 1957), 108.

⁴⁷ Ellen G. White, *The Faith I Live By*, (Washington: The Trustees of the Ellen G. White Publications, 1958), 307.

⁴⁸ Ellen G. White, *Counsels on Diet and Foods...*, 310.

⁴⁹ Ellen G. White, *Counsel for the Church...*, 226. See also Ellen G. white, *Medical Ministry...*, 8.

⁵⁰ Ellen G. White, *Healthful Living...*, 79.

⁵¹ Christopher Kilham, *The Whole Food Bible: How To Select & Prepare Safe, Healthful Foods*, (Rochester, Vermont: Healing Arts press, 1991), 5. See also K. Steven Whiting, *Healthy living Made Easy: The Only Things You Need To Know About Diet, Exercise and Supplement*, (New York: Morgan James Publishing, 2007), 40.

the fruit can be used as medicine to cure the disease. Some benefits are treat constipation, stomachache, ulcers, and increase urine and breast milk (Flow).⁵² Iskandar Junaidi as a nutritionist, explains the benefit of apples as a treatment ingredient. The effectiveness of apples juice which can protect the heart and is very effective in lowering the cholesterol.⁵³ Based on the scientist opinions above, there are similarities between Ellen's doctrine and with modern nutritionist, that the nutritional content in the fruit can provide human health benefits of the body.

From the explanation above, it could be seen that Ellen's doctrine includes choosing plant substances as food and preparing it in simple way. This, is in line with priest of church generally and modern science. However, Hindu followers have been taught to consume food from plants, and are prohibited to eat meat except beef. They believed that cows are sacred animal in Hindu. In addition, Ellen's Doctrine is same with Buddhism, because both of these doctrines allowed the consumption of vegetables, grains, leaves, and other kinds of natural plants substance.

The Permitted and Prohibited of Foods according to Ellen G. White's View

Ellen also has taught some of the criteria of good food consumption with kind of healthy and unhealthy food. According to her book titled *Counsels on Diet and Foods*, she mention the main list about foods criteria permitted to consume the foods which have been approved by the God and the Lord of Jesus Christ,⁵⁴ such as fruits, grains, bread, vegetables, pie, cake, pastry, puddings, butter, lard, eggs, cheese and other. Beverages side, suitable for her follower such as milk, fruit juice, and natural water.⁵⁵

Proper food and good consumption to her follower every day are sourced from natural plants such as fruits, grains, vegetables and all kind from earth substances.⁵⁶ It became a primary food and right. These food also from God's rule for the Human being with on

⁵² Hesti Widuri, Dedi Mawardi Pamungkas, *Komponen Gizi & Bahan Makanan untuk Kesehatan*, (Yogyakarta: Gosyen Publishing, 2013), 130.

⁵³ Iskandar Junaidi, *Ensiklopedia Jus Sayur dan Buah*, (Jakarta: PT. Bhuana Ilmu Populer, 2011), 82.

⁵⁴ Ellen G. White, *Counsels on Diet and Foods...*, 43.

⁵⁵ Ellen G. White, *Counsels for the Church...*, 105.

⁵⁶ Ellen G. White, *Healthful Living...*, 78.

point of health reform, nutritious, and palatable foods.⁵⁷ Such as the fruit, Bible said:

If in this life only we have hope in Christ, we are of all men most miserable. But now is Christ risen from the dead, and become the first-fruit of them that slept.⁵⁸

With the revelation above, Ellen teaches her followers to consume the more of fruits, it becoming of healthy food in Seventh-day Adventist Church.⁵⁹ In addition, Ellen suggests her followers in the Seventh-day Adventist Church to consume good quality and healthy bread which are substances from natural material.⁶⁰ The bread content is natural and simple way without the soda, because it impact health human and digestion.⁶¹ Thus, healthy bread making which material derived from natural substances and without used of soda, it will make the bread into good quality and healthy.

In the Seventh-day Adventist Church believes are have some reason in selection of foods. Ellen teaches her followers to choose the natural fruits.⁶² It became a healthy food choice can provide many benefits to health in the organs body, a long life, and all spiritual character, moral and other. On other hand, benefits such as adding energy, strengthen the immune system, improve intelligence, and maintain the health of the human body, without sin and can increase activities spirituality, as well as have a physical description, and moral.⁶³ criteria in the Adventist Church is foods that have a license agreement from Old Testament gives of the improved health, spirituality, physical and moral.⁶⁴ Thus, Ellen teaching's in the Seventh-day Adventist Church encourages his followers to choose foods from plant nutrients.

There are several forbidden foods to consume in the Seventh-day Adventist Church doctrines. Ellen G. white prohibits her follower to eat the food such as tobacco, coffee, tea, meat, alcoholic beverages, and other. In tobacco is a slow impact ill, insidious, and slow poison. In whatever used it, more dangerous with slow effects

⁵⁷ Ellen G. white, *Medical Ministry...*, 288.

⁵⁸ Old Testament, 1 Corinthians 15: 19, 20.

⁵⁹ Ellen G. White, *Counsels on Diet and Foods...*, 315. Ellen G. Whitw, *Child Guidance*, (Washington. D.C: The Trustees of the Ellen G. White Publications, 1956), 110.

⁶⁰ Ellen G. White, *Counsels on Diet and Foods...*, 322.

⁶¹ Ellen G. White, *Healthful Living...*, 79.

⁶² Ellen G. White, *The Health Food Ministry...*, 26.

⁶³ Ellen G. White, *Counsels on Diet and Foods...*, 43.

⁶⁴ Ellen G. White, *the Ministry of Healing...*, 221.

and first hardly perceptible. It excites and then paralyzes the nerves and cloud the brain. Often its effects are difficult to system eradicate. If use of tobacco is inconvenient, expensive, unclean, defiling to the user, and offensive to others.⁶⁵ Its effects on organ systems of children and slowly to advance a disease in the organ system, it can cause attack in the mental, physical and mind.

Besides, the prohibition of consuming meat, because that food has poisoned in animal blood and unclean. Such as swine or pork are scavengers, with these materials never serve and flesh meat should not be eaten by human beings.⁶⁶ Following its reasons, Ellen mentioned in her book entitled *The Health Food Ministry* prohibition of the animal or meat for consumption as follows:

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous, and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.”⁶⁷

The main reason of Ellen to forbid eating of animal flesh, because it was contained of many diseases such as harmful to human health, because the animals during his lifetime ate many animals disgusting with containing of poison.⁶⁸ In consuming of meat able effected tuberculosis, cancerous germs, cancer, and other diseases. She explains also in consuming meat can cause the infectious disease.⁶⁹ With explanation could be known that animals was contained the poisons, its main reason of doctrine to forbid her followers of meat consumption.

Coffee and tea are included in category of drinks that are forbidden to be consumed in the Advent belief according to Ellen's view, with her statements as follows:

“Tea dan coffee do not nourish the system. Their effect is produced before there has been time for digestion and assimilation, and what seems to be strength is only nervous excitement. When the

⁶⁵ Ellen G. White, *Counsels for the Church...*, 103.

⁶⁶ Ellen G. White, *Medical Ministry...*, 223.

⁶⁷ Ellen G. White, *The Ministry of Healing...*, 218.

⁶⁸ Ellen G. White, *The Health Food Ministry...*, 24.

⁶⁹ Ellen G. White, *Counsels For the Church...*, 229.

influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility. The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life forces."⁷⁰

To clarify her opinion above, that coffee and tea can be caused by either anxiety on digestion (queasy), resulting in brain disorders, difficulty controlling the natural appetite, giving a momentary power on results and damage the system of human body. In addition, coffee and tea do not nourishing organ systems of the body, such as wakefulness, restlessness and limp.⁷¹ Even interfere on health such as a headache, sleeplessness, palpitation of the heart, indigestion, trembling and other diseases.⁷² Tea and coffee has a bad influence to increasing of nervous, can make the brain inactive, and dangerous beverages.⁷³ The other effect on intelligence and bring to life on high imagination.⁷⁴ Using tea and coffee is also injurious to the organ system of human. To a certain extent, tea produces intoxication. It enters into the circulation and gradually impairs the energy of the body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action. Thus the drinker of tea the impression that it is doing great service, imparting to him strength.⁷⁵

Ellen forbades her believers to unconsume an alcoholic beverages such as wine, beer and other which contained by alcohol, but here uniquely in Seventh-day Adventist Church prohibits they people for drinking the kinds of alcoholic beverages.⁷⁶ In an event liquor prohibition, she holds to consists in the Old Testament as follows, "New wine found in the cluster," of which scripture says, "Destroy drink is not for a blessing is in it."⁷⁷

From the explanation above, that alcoholic beverages do not give blessings to the Advent belief, here the main reason of Ellen's doctrine for forbades her follower to consuming alcoholic beverages.

⁷⁰ Ellen G. White, *The Ministry of Healing...*, 227-228.

⁷¹ Ellen G. White, *Counsels for the Church...*, 230.

⁷² *Ibid.*

⁷³ Ellen G. White, *Testimonies for the Church*, Vol.2, (Washington. D.C: Pacific Press Publishing Association, 1948), 365.

⁷⁴ Ellen G. White, *Healthful Living...*, 107.

⁷⁵ Ellen G. White, *Counsels on Health...*, 105.

⁷⁶ Ellen G. White, *The Ministry of Healing...*, 230.

⁷⁷ Old Testament, Isaiah 65:5.

With reasons drinks can also interfere on health, sickness, can bring the appetite for always using liquor, can cause paralysis, interfere with intelligence, and carry a person tends to be on a character ugliness.⁷⁸ So the liquor such as wine, beer, and other alcohol is prohibited in the Seventh-Day Adventist Church since causes many effects to the human body. It impact on brain disorders, and the level of feeling that is not able to perform religious activities and spiritual.⁷⁹ Scientists sociologist opinions, explains the harms of tobacco in a long research for smokers will have a number of diseases and abnormalities in the soul. Example for parents using tobacco can cause miscarriage, stillbirth, and abnormalities are frequent.⁸⁰

The Contradiction of Ellen G. White's Doctrines with Catholic Church, Mormon, and Since Modern

From the view of modern science, according to Hesti Widuri a nutritionist, that animals can be consumed in accordance with human needs. But another explanation, she explains scientifically about the clarification of animal prohibited types, such as blood does not flow can easily freeze, it cause a blood attached to the lungs, liver, spleen, and intestines. It will quickly the microbe development caused the carcass of the animal's have a lot diseases.⁸¹ A researchers in Australia, they was explained with the slaughtering of animals would make the meat will have high quality.⁸² It result the slaughtering is the oxygen in muscle can stopped of the blood. Then a cause all the blood will run out all with carry on the disease was contained in the animal.⁸³ Thus that animal meat with slaughtering able to change the status of the animals became healthy meat and best quality. With this evidence, it can reject the doctrine of Ellen who said the all animals was contained the diseases.

Ellen's opinion above, contrary which the teachings of Mormon Church as described by Josep Smith a priest in the Mormon Church,

⁷⁸ Ellen G. White, *Counsels For the Church...*, 103.

⁷⁹ Ellen G. White, *Healthful Living...*, 109.

⁸⁰ John Crofton, David Simpson, *Tobacco: A Global Threat*, translated by Anggela N. Abidin, dkk, *Tembakau Ancaman Global*, (Jakarta: PT Elex Media Komputindo, 2009), 24.

⁸¹ Hesti Widuri, Dedi Mawardi Pamungkas, *Komponen Gizi & Bahan Makanan Untuk Kesehatan*, Yogyakarta: Gosyen Publishing, 2013), 9-11.

⁸² K.A Buckle. ET.ALL, *Ilmu Pangan*, translated by Hari Purnomo, Adiono, (Jakarta: UI-Press, 2013), 249.

⁸³ *Ibid.*

he explains that the monks and nuns suggested their followers consume tobacco, beverages that the drinks containing alcohol and hot drinks (consuming the tea and coffee).⁸⁴ Whereas in the Catholic Church faith in German, their leader permits their followers to consume coffee and tea. With these beverages make human become more spirit in life to execute more powerful worship activities.⁸⁵ Seen the opinions of the Catholic Church and Protestant Mormons they are very different from teaching's Ellen in the Seventh-Day Adventist Church specifically prohibition for their believers to drink tea and coffee.

When the coffee and tea are verified from scientific's perspective. Both of these materials are not of a kind prohibited beverages, it's was described by Amelia a pharmacy section, she has explained that coffee had the balance of functions between positive and negative impacts on health. The positive impact on the human that is ream to widen employment of blood vessels, relieve headaches, alleviate muscle weariness and increasin of energy.⁸⁶ While the negative impact that is causing insomnia, opium with drinking the coffee, destroy the stomach and liver, inducing the growing cell of cysts, and causes digestion of consumer.⁸⁷ It appears from the evidence above, with some arguments of modern scientists are allowed to drink coffee according with the human needs, not excessive so that the negative effects of coffee do not intrude on health.

While the tea according to Silvia a nutritionist, she explains that the tea had contained with caffeine, but it caffeine has to reduce of the disease of cancer and it has polyphenols with function as an anti-bacterial and antivirus.⁸⁸ Then look the many benefits from resulting drinking tea, such as diabetes, can relieve the body's cholesterol, as natural antioxidants, preventing stress, minimize affected on cancer. In addition, there are additional benefits such as reducing heart disease, improve mental stability, and good for healthy skin.⁸⁹ from

⁸⁴ Joseph Smith, *The Book of Mormon*, (Bedford, Massachusetts: Applowed Books, 2009), 32.

⁸⁵ Cynthia Stewart, *The Catholic Church: A Brief Popular History*, (United State of America: Saint Mary Press, 2008), 266.

⁸⁶ Ameilia Zuliyanti Siregar, *Atraktan Kopi Ramah Lingkungan*, (Malang: Inteligencia Media, 2016), 28-29.

⁸⁷ *Ibid.*, 28-29.

⁸⁸ Silvia Susilowati, *50 Herbal & Suplement yang memperpanjang Usia*, (Yogyakarta: Penerbit Imperium, 2013), 181-182. See also Aden R, *Menjalani Pola & Gaya Hidup Sehat: Kembali ke Alam kembali Sehat*, (Yogyakarta: Hanggar Kreator, 2010), 136.

⁸⁹ Silvia Susilowati, *50 Herbal & Suplement...*, 183.

the explanation scientists above, that drinking tea has many benefits both for health. Seen with the discussion above related with Ellen in forbidding the drinking of tea, coffee and meat. It's Ellen doctrine is very contrary to an opinion of nutritionists scientists and also leaders in the Christian religion.

Regarding the discussion above, Muchtadi⁹⁰ explains the benefits of tea, it which evidence that tea can prevent of chronic diseases, including cancer and heart disease.⁹¹ As with other evidence of research, that it taking down 44% about kardivaskuler in individuals who consume more than one cup of tea per day.⁹² Seem that tea unique of beverage that appears to have secret healing of chronic diseases such as coronary artery disease, cancer, and some other diseases. The above things are supported by nutritionists, according to Hesti perspective a nutritionist, she explained that the olives and pomegranate can be used as a treatment. The benefits are able to strengthen the stomach, aroused appetite and can a cure diseases of the lever.⁹³

In the Seventh-day Adventist Church, Ellen was advises to consume the foods are derived from plant nutrients. But on the other hand, she allows to consume the eggs and milk. In her teachings are have similarities with the Veganism Community. Veganism is a way of life with their faith to avoid the animal food in their community.⁹⁴ This means that vegans do not eat beef, pork, chicken, fish or other animals, as well as the gravy, sauce, and gravies. The vegans also avoid eating all animal products, such as milk, butter, cheese, eggs and honey.⁹⁵ But between Veganism and Vegetarian differ between in other. Vegetarianism is some people are interested to eat of natural plant, but they still consume the milk and eggs, while Veganism is not

⁹⁰ Deddy Muchtadi (11 Juli 1946-2011)) an expert in food and nutrition. In 1993-1996 served as Chairman of the Department of food technology and nutrition, FATETA-IPB, and also as head of the Food Science courses in postgraduate courses-IPB. Active as researchers in the country. Served as manager of field research, Center for food and nutrition, IPB. Jam it lots of writing scientific papers in the fields of pangan, nutrition, and health are published both nationally or internationally.

⁹¹ Deddy Mukhtadi, *Pangan dan Kesehatan Jantung*, (Bandung: Penerbit Alfabeta, 2013), 205.

⁹² *Ibid.*, 207.

⁹³ Hesti Widuri, Dedi Mawardi Pamungkas, *Komponen Gizi & Bahan Makanan untuk Kesehatan...*, 132.

⁹⁴ M.A Hill, *Switching to a Vegan Lifestyle*, (United State of America: 2008), 2018.

⁹⁵ *Ibid.*

consumed.⁹⁶ From the evidence above, that the teachings of Ellen isn't Veganism, but her teachings same with the Vegetarianism, because in her doctrine advises to consume the milk and eggs.

Thus the author can be known the kind of foods and beverages are allowed in the Seventh-day Adventist Church it has been legalized by the Lord in the Old Testament. Type of foods and drinks are be consumed may benefits on health and advancement for religious values. It food are allowed such as vegetables, fruit, seeds, roots, and leaves. Other meal for increase of health are the bread, milk, and eggs are good for a diet. Then food and drink included in prohibition meal, it give negative effect to health such as meat, tea, coffee, tobacco, and alcoholic beverages which includes wine, beer and other alcohol. These is the kind of foods and drinks are prohibited in the Seventh-day Adventist Church according Ellen G. White's.

Related of foods derived from plant substances in line with the opinions of modern science and the Church generally. In addition, one opinion with teachings in Hinduism, Buddhism and Islam. Even from the prohibition of food also in line like forbid the use of dangerous drugs, liquor and other food or beverages has toxins and poisons. In other side, especially prohibition of consuming meat, coffee and tea there was a visible difference, because she doctrine very contrary with Protestants sects and modern science. Besides, there are similarities with Buddhism in the prohibit eating meat, yet very much different with the teachings in Hinduism and Islam related consuming meat, coffee and tea.

Closing

As a result of this research, the author tries to conclude the description of this research, there are two conclusions about the Doctrine of Food in the Seventh-day Adventist Church according to Ellen G. White's teaching. *First*, meaning of food in Ellen G. White view is supplying the best elements to body. Which are based on Bible rules, sourced from natural plans such as fruits, grains, and vegetables, and produced from earth. She ensured that the best food is from vegetables as well as it is prepared in a simple way and natural. These kind of foods give more benefits on human. Her teaching above is similar with the opinion of the Christian pastors and the modern

⁹⁶ Adam D. Shpintzen, *The Vegetarian Crusade: The Rise of an American Reform Movement*, (United State of America: The University of Notrh Carolina Press, 2013), 148.

science specifically nutritionist, in which they are agree that healthy food is sourced from natural plants and prepared in simple that may result in natural good effect and benefits in the human health.

Meanwhile the types of foods that are forbidden according to Ellen G. White doctrine is consuming tobacco, liquor, and alcoholic beverages. She believes that they have bad impact and dangerous poison that may effected the health of their followers such as cancer, tuberculosis, digestive and other fatal diseases. Their concept is very contradict with the opinion of other Churches such as the Roman Catholic Church and Mormon Church, especially the Protestant churches generally, as well as the opinions of modern science, whereas healthy meat has already slaughtering animal are best for human needs and is a good quality. Coffee and tea according to nutritionists, have benefits and effect to balance the body system as an antibody and anti-virus to refuse many diseases in the body.

Second, obedience to God in the Bible revelation which instructs the human being to consume healthy foods in the right path of life. If the body is built with religious values, then there is a mysterious and beautiful relation between body and mind as it is network system communicated with heart. Those healthy foods based on God revelation have good quality with additional supernatural energy, controlled appetite, avoiding toxins, improving morality, characteristic, intelligence, healthy living, and influence on the behavior of the religious faithful followers of Seventh-day Adventist Church.[]

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