Adam and Eve in Eden were noble in stature, and perfect in symmetry and beauty. They were sinless, and in perfect health. What a contrast to the human race now! Beauty is gone. Perfect health is not known. Everywhere we look we see disease, deformity and imbecility. I inquired the cause of this wonderful degeneracy, and was pointed back to Eden.

WONDERFULLY MADE

A mere assent to this union, while the affections are not detached from the world, its pleasures and its dissipations, only emboldens the heart in disobedience. (5T 231.5). God created man in his own image and likeness. (Genesis 1:16), He created them male and female. (Genesis 1:27), thus, *"Adam was perfect in form, strong, comely, pure, bearing the image of his Maker."* (1BC 1081.8) and *"perfect in organization and beautiful in form."* (1BC 1082.1). Indeed, the human body was *"fearfully and wonderfully made."* (Psalms 139:14).

In describing the human body, Apostle Paul says, *"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"* (1 Corinthians 6:19). *"By a most beautiful and impressive figure, God's Word shows the regard He places upon our physical organism and the responsibility resting on us to preserve it in the best condition."* (Education, page 201.1).

THE BIBLE THE GUIDE BOOK

From the fall, man has been estranged from his Maker. "Satan, the enemy of God and His creation, has doubled his deception ever since. Skepticism in God's work has reached its highest proportions. Although the Bible remains the *"chart or guidebook to the human family to show them the way to heaven."* (1SM 15.3). Yet, many, very many, are questioning the verity and truth of the Scriptures. (1 SM 15.2).

The restoration of man back to his Edenic state, has been the work of Christ since the fall of man and it involves a painful work of detachment as well as a work of attachment. This work is possible only through our Maker and redeemer, Jesus Christ. After the union with Christ has been formed, it can be preserved only by earnest prayer and untiring effort. We must resist, we must deny, we must conquer self. Through the grace of Christ, by courage, by faith, by watchfulness, we may gain the victory. (5T 231.4).

APPETITE CONTROLS REASON

And since the fall, intemperance in almost every form has existed. The appetite has controlled reason. The human family have followed in a course of disobedience, and, like Eve, have been beguiled by Satan: to disregard the prohibitions God has made, flattering themselves that the consequence would not be as fearful as had been apprehended. The human family have violated the laws of health, and have run to excess in almost everything. Disease has been steadily increasing. The cause has been followed by the effect." (4SP 120.2). Through obedience we are to be brought back to our Eden home. (Manuscript Release, 84, 1886, paragraph 6).

MAN THE TEMPLE OF GOD

"The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement." (MH, 271.1).

A NEED FOR REFORMATION

There is a reformation that we are to make. We are to be as clay in the hands of the potter. We are to be molded and fashioned, and we are to take on the very fashion and mold that God would have us. We are not to take on our own mold, but we must be working to please the God of heaven, working to regain the moral standard. God wants to fit us for a home in His kingdom, and this is the time of our preparation. It is a time of character building, that we may have the right mold of character. God will do His part, angels will do their part, and we are to understand that all heaven is interested in our salvation. (MR 84, 1886, paragraph 10).

THE LIGHT OF HEALTH REFORM

"In choosing man's food in Eden, the Lord showed what was the best diet. (MH, 311.2). Men and women cannot violate natural law by indulging depraved appetites and lustful passions, without violating the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may realize the sinfulness of breaking the laws which He has established in our very being. (CH 20.3).

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 1:29). *"And God saw every thing that he had made, and, behold, it was very good..."* (Genesis 1:31).

"The diet appointed man in the beginning did not include animal food. Not till after the Flood, when every green thing on the earth had been destroyed, did man receive permission to eat flesh." (MH 311.1). Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist on the

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CONSTANT IMPROVEMENT

"The follower of Jesus should be constantly improving in manner, in habits, in spirit, in labour. This is done by keeping the eye, not on mere outward, superficial attainments, but on Jesus. A transformation takes place in mind, in spirit, in character. The Christian is educated in the school of Christ to cherish the graces of His Spirit in all meekness and lowliness. He is fitting for the society of heavenly angels." (GW, 283.2).

"Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God. Every careless action, any abuse put on the wonderful mechanism, by disregarding His specified laws of the human habitation, is a violation of God's law. This law embraces the treatment of the entire being." (Cch 215.5). Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies and conform to them. Ignorance in these things is sin. (Cch 215.5).

DEATH, THE RESULT OF SIN

"It was not the plan of God in creation that the life of any of his creatures should be taken. Death, in man or beast, wherever it might exist, came in consequence of sin, and this whole mammoth custom of taking the life of God's creatures to sustain human life, is simply the fruit of transgression. Had our first parents maintained their Eden innocence, had the curse never fallen upon man or beast, the earth would never have been stained with a drop of blood; the almost universal custom of flesh-eating, with its attendant pain and death, would never have been known." (Bible Hygiene, page 169.4).

"Even in this life it is not for our good to depart from the will of our Father in heaven. When we learn the power of His Word, we shall not follow the suggestions of Satan in order to obtain food or to save our lives. (DA 121.2). "He that soweth iniquity shall reap vanity." (Proverbs 22:8) and it is written that *"for whatsoever a man soweth, that shall he also reap."* (Galatians 6:7).

FLESH EATING SHORTENS LIFE

Flesh eating resulted in the shortening of man's lifespan so that after the flood, the average age of the next 10 generations was little over 300 years. (Genesis 11:10–32). Let us have a short look at this degeneration in age. The nine generations before the flood: Adam lived 930 years, Seth 912 years, Enos 905 years, Cainan 910 years, Mahalaleel 895 years, Jared 962 years, Mathuselah 969 years, Lamech 777 years, Noah 950 years. The average lifespan of nine generations before the flood was 912 years. The 10 generations that lived after the flood: Shem lived 600 years, Arphaxad 438 years, Salah 433 years, Eber 464 years, Peleg 239 years, Reu 239 years, Serug 230 years, Nahor 148 years, Terah 205 years and Abraham 175 years. The average lifespan of the 10 generations that lived after the flood, plummeted to 317 years. Now, in 2026, the average lifespan of men is 71 years while that of women is 76 years.

We dishonor God by eating flesh meats. Read the following references: God gave no permission to eat flesh (PP 107.3), health reform lessens sufferings (Ev. 664.2), health reform restores man to Edenic home (HL, 96.2). Through health reform, God is leading us back to Eden (CD, 380.1), a failure to care for the living machinery is an insult to God (CD, 16.4), to transgress physical is to transgress moral law (CD, 17.4).

Compiled from the writings of E. G. White. The Loud Cry Herald Ministry.

A MATCH BACK TO EDEN

Health Reform and the Way Back to Our Edenic Home

> *"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*
>
> **— Genesis 1:29**

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