

Word of Wisdom Class

Transcript from audio tape; taught by Prophet/President Frederick N. Larsen of the Remnant Church of Jesus Christ of Latter Day Saints' at Conference, April 2005 at the Gathering Place, Independence, MO



President Larsen: I just know that you're all dying with anticipation—I just know that. In order that I might have a little help up here, and for you folks, that we might come to an understanding, I'm going to ask Brother T. J. Smith if he would come and offer a prayer for us.

Patriarch T. J. Smith: Gracious God and our Father in heaven, truly we come to you this day with thankful hearts—thankful for the opportunity not only to be here, but to be blessed by the leadership that has so diligently given of themselves to lead us, to teach us, and to help us understand. And it is in this vein of thought this morning that we come asking that Your spirit attend us, that we might be full of understanding, that we might be patient in our delivery of acceptance, and use us Father, because we recognize that the things that our brother brings to us this day will be for our benefit, and if it's for our benefit, it will be for Your

benefit. This we pray in Jesus' name. Amen.

President Larsen: Thank you, Brother Smith. This session is going to be recorded, which is fine with me. I want to present some of this material to the Priesthood Assembly tomorrow. How this came about is rather incidental. When we put this program together for the conference there were classes we ordinarily have, and so we scheduled three or four membership sessions. It was easy to assign Brother Romer to Consecration Community. We had one opening. I consulted with Brother Gault and got him to talk about what I think is important, *The Family is the Foundation of Zion*, which he's going to do tomorrow. So there was one slot left open. Guess who got that. So it seems pertinent, I think it's not just by chance that that fell to my lot. I slotted in to present and discuss the Word of Wisdom. So here we are with that, and I know that there is a lot of interest in that subject. I've always had that in the back of my mind as to how to present the Word of Wisdom—what we say about it.



At the Kirtland Assembly it was clearly made known that the work that lies before us would require men who had stamina, and strength—health of body and keenness of mind. And I realized that many of us

weren't in that position—in that state. Also realizing the role of the Twelve and the Seventy, who must be out in the field and some will be traveling the foreign lands, that indeed it's imperative that they be in good health. So with that then came the message that I perceived from the Lord that was in the document that was presented. That paragraph reads:

“It is expedient in Me that counsel given previously known as the Word of Wisdom” (and I don't want you to be overly concerned that I used the word “Counsel” rather than revelatory, revelation—I see them both being the same) “the Counsel given previously, known as the Word of Wisdom, should now more than ever be implemented in the lives of My people. The interpretation of various portions of that Counsel should be done in light of current health and nutritional guidelines...” (realizing that indeed there is new and current information about those two subjects of health and nutrition--pretty much they are interrelated.) “The work that lies before you will require strong and healthy bodies, and to that end the promises in that Counsel are assured.”

It is given with promise, as you are well aware. So it is that that document related to that, and I think it's important for us to delve into that subject.

I'm going to read Section 86 [Doctrine and Covenants]....I think it's important to go ahead and introduce that right now so that we can know what we're talking about. It was given February 1833. Three years after the church was organized. Can you imagine a young man of 28 years of age who had [such] insight? And this was presented.

The historical background is that the men were meeting in the upper room at the Whitney Store, which they were using. Upstairs there was the translation room in which Joseph and his Counselors were meeting, and the Elders of the church. They were actually utilizing an anteroom (for those [of you] who have been through there, where they have the benches—a very small room) and it was noted that some of the brethren at that time were still chewing tobacco and smoking—in case you weren't aware of that. In that small room was ten, twelve, or fifteen men in there chewing and spitting on the floor and smoking. You can just imagine how it must have been. And it is recorded, anyway, that Emma didn't have too much liking to that because she had to clean it up because they were living in that facility.

Joseph retired from there into the other room realizing that wasn't the thing to do. So with that, this is how this revelation came to be. It dealt primarily with that aspect of tobacco, but at the same time the Lord decided to reveal to him the aspects of the Word of Wisdom, as we know it. So that's how this came to be.

Word of Wisdom

Section 86

“Behold, thus saith the Lord unto you, In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation,

That inasmuch as any man drinketh wine or strong drink among you, behold, it is not good, neither meet in the sight of your Father, only

in assembling yourselves together, to offer up your sacraments before him.

And behold, this should be wine; yea, pure wine of the grape of the vine, of your own make. And again, strong drinks are not for the belly, but for the washing of your bodies.”

It seems that He prefaced all that before He got to the issue which was primarily tobacco, that that insight came.

“And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruise, and all sick cattle, to be used with judgment and skill.

And again, hot drinks are not for the body or belly.”

That one sentence—those few words—most of the time are the focus for this whole idea of the Word of Wisdom. There is no question about that—hot drinks.



“And again, verily I say unto you, All wholesome herbs God hath ordained for the constitution, nature, and use of man, every herb in the season thereof, and every fruit in the season thereof. All these to be used with prudence and thanksgiving.

Yea, flesh also, of beasts and of the fowls of the air, I, the Lord, hath ordained for the use of man, with

thanksgiving. Nevertheless, they are to be used sparingly; and it is pleasing unto Me that they should not be used only in times of winter, or of cold, or famine.”

Sometimes that double negative makes a problem for us, but **I believe sincerely that the interpretation says that you can use the word, “except” for “only,”** so it reads, “the use of flesh of the beasts, “Nevertheless, they are to be used sparingly; and **it is pleasing to Me that they should not be used except in times of winter, or of cold, or famine.”**

“All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man, but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth; and these hath God made for the use of man only in times of famine and excess of hunger.

All grain is good for the food of man, as also the fruit of the vine, that which yieldeth fruit, whether in the ground or above the ground.” (It’s interesting how detailed this insight came to young Joseph.)

“Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls, and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks”

I understand that Sr. Moreland—among the saints, after her suggestion...they headed over there [Fellowship Hall],...they consumed five gallons of barley water.

“And all Saints who remember to keep and do these sayings, walking

in obedience to the commandments, shall receive health in their navel, and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures;

And shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.”

So there is the promise. I thought it was rather interesting last night that Apostle Kaat mentioned quite frequently this idea of the Word of Wisdom and emphasized that, so I think once again, he was inspired when he put those things together, bringing to our minds once again, this idea of the Word of Wisdom—the importance of it—that it shall bring health to our navel and marrow to our bones.

Spirit and Element

So with that reading, there is also one other section I wanted to read—a portion of Section 90: 5f. In that section He’s talking about the agency of man, and every man whose spirit receives not the light is under condemnation. He talks about in that section, “The elements are eternal, and spirit and element inseparably connected, receiveth a fullness of joy; and when separated, man can not receive a fullness of joy.” So He is pointing very clearly this idea, as he came to understand the nature of the Universe, the elements thereof, even though I’m sure he didn’t know the difference between fluorine and chlorine, in terms of the elements that form our Universe, nonetheless, he was aware that the elements are eternal, and spirit and element inseparably connected receive a fullness of joy. So he’s relating the idea of the

temporal, the constitution and makeup of all that’s around us in terms of the physical universe, is related together. The two together bring a fullness of joy. And I think we all kind of agree on that.

Then he says in the next paragraph, “The elements are the tabernacle of God;” and there is no question about that in terms of our makeup of the body, “yea, man is the tabernacle of God, even temples; and whatsoever temple is defiled, God shall destroy that temple.” Now He’s not indicating there, I don’t think, that if we don’t comply with the Word of Wisdom that we’re going to be destroyed. What He’s implying, I think for sure, is indeed that not abiding by the Word of Wisdom, that indeed the body can in many ways degenerate and become unhealthy—when it says, “destroy the temple.” I suppose there are cases where obviously the excessive use of alcohol, for instance, will destroy people rather quickly—for those that are addicted to that. But that’s important I think, that we relate the tabernacle of God, which is this body, with that.

Tobacco and Strong Drinks

In that word, there are portions there which I think we do not have a problem with. One is tobacco; even through I suspect that there are some in this audience that have become addicted to tobacco who have given it up. I’d be surprised if there isn’t. I won’t ask for hands, but I would guess that there probably have been. I tried it once when I was 17 or 18, and every time it happened I got a sore throat. So about after a month or two, that was the end of that! I suspect many have had that kind of experience. But anyway, it was never a concern for me.

The other thing is the reference to what is called these “strong drinks” are referred to as *ardent spirits* and *spirituous liquors*. I don’t think we have a problem with that—in terms of hard liquor, beer, and wine, obviously less in terms of ardent spirits, because we think of alcohol itself which is a molecule called ethanol.

You know I have to, as we set up a program in the Police Department, to monitor the level of alcohol in blood when the Crime Scene Unit took on the responsibility of doing blood alcohols for the Police Department. So we measure very accurately and very, very, very precisely the amount of alcohol. When it gets up to be about point 4.5 % you’re almost dead. We have seen some people [with] those levels who have survived, but usually they are in pretty bad shape. But there is no question; we’re not concerned about that. We don’t participate in that. It’s obviously bad.

Whether it’s isopropyl alcohol, rubbing alcohol, or ethanol, alcohol is alcohol in that sense. It can be used for antiseptic, and it says, for *washing the body*. There are uses for all those things. The problem is that people abuse it.

It’s the same way with all these compounds that we call drugs, which are chemical compounds. There are many of them that are of beneficial use. But as you are aware, there are many of these drugs that are on the market, if you exceed the recommended dosage, you’re going to be in trouble. So one can say, “Well, do we not use any of those?” I can’t say that. If I ask for a show of hands of people here who do not take any tablets, pills or elixirs on a daily basis, or some regularity, I bet I wouldn’t see any hands. I won’t ask that, but are there a few? Let me see some hands. (Less than a dozen

went up.) There they go. They won’t take any of those medications.

So there are some obviously that are of a benefit. There are those compounds and those drugs that have been life-saving. Let’s face it. There are situations where people have survived...is it worth destroying the body for the sake of not doing it? Those things have to be used in good judgment. Now if you can get along without them, that’s fine. And many people can.

Hot Drinks

So ardent spirits and tobacco, we don’t have to worry about—alcohol and those things. The real hot issue comes with hot drinks. Hot drinks, without any question refers to tea and coffee. There isn’t any question about that. I don’t believe it includes other things, whether the term hot, how hot is “hot,” remains to be seen. I think there is not a problem with drinking warm drinks. If you want to heat your barley water warm, that would be fine.

Now what about soups? You know there was a question that has arisen, that was brought up because Emma Smith was fixing the young Joseph hot milk and bread, and someone said, “Oh, my goodness, you can’t have that, because that is a hot drink.” I don’t consider warm milk to be something that we have to stay away from. So it’s not the *hot* in my opinion, that’s the problem, because we’ll never be able to define what is hot. If it burns you and affects your esophagus—burns your esophagus; obviously it’s too hot. That’s an issue, if you want to put a thermometer in it and draw some line—if it’s 75 or 85 degree Fahrenheit, why feel free to do that, but that’s not the issue. Obviously if it’s hot and burns you, I would concede that’s not good.

I don't care whether it's hot soup, or hot milk, hot coffee, or hot tea.

The issue is with respect to the stimulants that are in those two components of coffee and tea. That's the problem. This country is, by in large on a daily basis, stimulated, and that is something that we have to do away with. I don't care whether it's coffee or tea, or it's that big gulp of Coca Cola, or other drinks that contain caffeine and other components like that; they're all bad. Now, you heard it from me.



I have a son that goes by Macdonald's and comes to our place and visits on a daily basis, and he has one of those big gulps. I had a brother who could not exist without it in the morning—when he got up to go to work as an electrician—having a huge Coca Cola that he had.

There's no question that people are stimulated. So that's not included in this hot drink thing, in a sense, but I'm interpreting that fact that it's the caffeine and perhaps the other components that are in there; but basically caffeine is a known stimulant and it's in many drugs also. I've got a bottle up in the laboratory this size—pure white crystalline caffeine, enough to supply an army. We use it for other things in terms of—it's a standard for melting point and other things like that; but in that sense it's a pure

compound that's relatively harmless when those stimulants are used in that way.

Coffee And Tea

Let me say something about coffee first. I have been drinking coffee until—I can't remember when it was, last fall, last summer. It just came to me that that was something I had to get away from. I just quit cold. It never bothered me; I just gave it up, period. Never had a headache, never bothered me, never had a desire to go back to drinking it. Some people have great difficulty with that. When they get off of it they have headaches and all sorts of things, and that's attributed to the stimulating effects of it—that people have of being drugged more or less. But that's why people drink coffee—to keep themselves awake and that sort of thing. So if a cup of coffee on a long drive that you're making can keep you awake and save your life, is that worth it? You can buy tablets of straight caffeine if you want to do it that way.

But my testimony is that I gave it up—quit cold—and I feel better. And I think, as a result of my doing that—we had one of our members who attended reunion and used to give us coffee, Mary and I in the morning because we didn't fix it, and [he was] a regular user, and he kept telling me, "Fred, don't meddle with that!" cause he knew where I was headed. "Don't meddle with that!" You know, he's given it up, and I think there are others who have too. It's a process.

A Test of Fellowship?

Let me say one other thing regarding this Word of Wisdom. Will it be a test of fellowship? No. All of us probably disobey, or don't conform to many of the commandments that are in this book, or in the Bible, and in the Book of Mormon. And in the same way, that in many ways we do not conform to all the spiritual laws that are given, we don't make that a test of fellowship, do we? So we will not make it a test of fellowship.

Now you are also very well aware that early in the church history, particularly striking is in Far West, I can't remember if it was 1834 or 1836, Joseph was there and others and they actually expelled from membership, those leading officers of the church because they were not conforming to the Word of Wisdom. So that's pretty drastic. I don't know if my Counselors and other leading quorums are all abstaining from coffee or not, but I'm not going to fire them. But it's something to come to understand and to learn as we grow, and that's the situation we're laying down right now. We're laying down the gauntlet and saying, "This we will do—we will abide to that Word of Wisdom."

Some already are well into adhering to all those components there, and some of us are not. But eventually I think we all will. That is to be the goal, and I think we need to do that.



Now, having said that much about it, I want to let you know what I think, what I have read and understood in reference to, so you won't think, "Well, he's just talking off the top of his hat."

I started from an article of the *Word of Wisdom Selections* by Mrs. Charles E. Davis, which was given to me. It has some instruction in here about the High Counsel's decision—this thing in Far West, and other things. That's an article that I have read—[and] understand.



The Word of Wisdom Sermon by Hyrum Smith--some say, "You know what Hyrum said about it, It's a revelation." He goes through here and the exact text is taken from *Times and*

Seasons given in 1842 when he addressed that issue and pointed out these aspects of it. It's a marvelous sermon for all saints. It talks about strong drinks which he identified as alcohol and other of the spirits—ardent spirits. He talked about tea and coffee, and the herbs, and meat, and grain. He went into detail on it, so I'm aware of that—I read it.

There was also *Seeking Mental and Physical Heights Through the Word of Wisdom* by Thelona Stevens that she has published. She talks about strong drinks etc....I've read that and understand that.



Then one of the things I got to is the article by Israel Smith (photo)...it was a reply. He apparently had sent some communication to one of the cousins or fellows in Salt Lake City in regard to the Word of Wisdom. He wrote back in his letter, and I think he suggested that they were a little strict on what they were doing in terms of the Word of Wisdom. He didn't actually agree with it. So this was a reply, and as you know,

Brother Israel had a law background—he was a lawyer. So he took a very legalistic approach to this thing. I think I have to agree with him in this sense. He said, “I would not have our saints accept without question as if originated *ex cathedra*, every and any expression of opinion coming from my pen. By the same token, I claim a personal right to consider the law and reach conclusions without fear of criticisms—valid or otherwise. Above all I do not propose to stultify my judgment merely for fear of running counter to what some hold to be established rule or precedence.”

So legally he said, “What I write, don’t hold me as being revelatory, in that sense.” And I think, in a sense, that anything that I do in the months coming, and even whatever else, that has to be realized—I have my own background, my own understanding and if I say something in our discussions that are going to happen in the months to come, I don’t think you need to take those without some criticism for that. So, please, because what he’s saying is, he doesn’t speak like the Pope—anything he says is got to be the law--that’s the term of *ex cathedra*.

But anyway he went on and made a point that the Word of Wisdom is not law in the sense that’s it’s mandatory or compulsory. That is expressly stated in this section, and of course you understand that in the introduction it says, “*To be sent by greeting, not by commandment, or constraint,*” so it says right after that, “*by revelation,*” so you can take that for what that means.

His problem was that the exact words there for hot drinks, it didn’t say “tea and coffee.” So he says you can’t interpret that. Legally, that’s right, from those words, but the interpretation that followed obviously implied that. He said, “I can concede tea and coffee and any other hot drinks can be

included in *hot drinks*, but I cannot conclude that hot drinks mean tea and coffee—essentially what I’ve said.

So what about the practice of drinking tea and coffee while cold? This was never thought of in the 1830s. Who then will hold that ice tea or coffee can possibly come under the ban of *hot drinks*? OK. Such an idea is absurd and extreme. Some people have asked me in the last several weeks, “Well, what about ice tea?” which is obviously in the summer time, many of us probably participate in drinking ice tea. It doesn’t say anything about drinking cold drinks in Section 86 that I can see...once again, it’s the stimulating components of the tea and coffee.

Brother Israel goes on and said toward the end, “I’m convinced that tea and coffee are harmful and injurious because of their constituent elements. And those who share in such convictions have overlooked, and do mainly now overlook their most valid objections,” in his opinion. So anyway, I’ve been through that.

Cold Drinks and Ice Tea

One of the things about tea is that...if you go into the stores, particularly like Nature’s Pantry, and other places that have those teas that on the shelf—green teas and natural teas. They have a whole list of them; but on many of those there is a little diagram that shows you the caffeine content of all the different kinds of these herbal teas that are around. So tea is not *tea* in the sense that all contains caffeine. There are some teas that have no caffeine. There are some that have little caffeine. There are some that have more; and there are some that have a lot. So *tea* is not *tea* in that sense. I’ve come to

realize that, and I appreciate that indeed those manufacturers and others that are concerned about nutritional elements of those kinds of teas have done that.

Now the analysis of what you have to do is, and I'd be more pleased if I could find a good technical scientific article that showed me the actual analysis. You have to go out and pick these tealeaves off of wherever they come from—China and Japan—wherever they grow all the teas, and actually analyze them for caffeine. I can do that.

I visited Southland Branch and Armand, Brother Wijckmans gave me some tea—this was several years ago—and I said, “Does this tea have caffeine in it?” He said, “No, no, no,” cause he handles some of those kinds of materials. And I said, “Well, I'm not convinced.” But I brought it back with me, took it to the lab and analyzed it for caffeine—didn't have any in it. So much for that!

I also am aware of the outline that Brother Turner presented at the church school class at one time...Brother Turner comes from a background like mine because he is a chemist, a scientist, and so he brought out these things about elements, and atoms, and compounds, and organic—natural, those kinds of things. In essence, when people say things are *natural*, all the advertisement is a bunch of hooley because everything in this world is natural. So even if I go to a laboratory and make up some chemical compound, it's still made from components that are natural in the universe.

He went on and talked about nutritional categories of carbohydrates, proteins, fatty acids, and vitamins, and etc. You see, I also come from that background because I've taken courses in toxicology for chemists, and mechanisms for toxicology. I was

involved in animal studies where you feed animals certain kinds of components. The government was really working after toxic compounds, particularly in the industrial environment such as solvents and other components, and [I] saw those studies and understood them. I also understand the idea of the one-hit theory—free radical impact to begin cancers in people. And that's the way it is. The body is full of natural antioxidants, and if it weren't for the presence of those natural antioxidants, we would all be destroyed—we would all have cancer. But the body has those antioxidants in it.

Now there are some people who don't have as much as others, so they need supplements. So that idea of finding natural compounds and other things like Vitamin E and other sources of those kinds of components are very useful. You see, we all differ in our metabolism, in our makeup, and so what works for one won't necessarily work for another. If you remember Brother Kaat mentioned that last night—that some people have dietary needs, and in metabolism some things are toxic to one person and it won't be to another. That is why some drugs work for people, and some don't work, because we're all different in the makeup of how our body handles those kinds of things.

It is very true that antioxidants are a very important component. There are other aspects, but I won't get into that.

Greg also talked about the Word of Wisdom, and hot drinks and the aspect of that. He brought up the use of meat sparingly. I think that's wisdom. In selecting the grains that we use is certainly important. He went down to the bottom of his presentation and says what the Word of Wisdom doesn't mention—milk, sugar, honey, chocolate, various food combinations. I think we all

come to realize that refined sugar is not good. We're beginning to understand that. Honey is a good supplement, etc. a natural component. It provides the sucrose and those kinds of things that are necessary for our body to metabolize and keep us healthy. He alluded to the discussion of prudent practices for these based on modern findings. And that's what, I think, came out in my counsel, that indeed we should consider modern aspects of nutrition and health guidelines.

I am aware that they've changed the Food Pyramid that now throws grains and other things to the top which is in harmony with the Word of Wisdom. We are seeing more and more of these kinds of studies that are confirming it, however, I'm also aware that there are things like chocolate that studies have recently shown that the theobromine component is very useful to many people in helping with coughing. That study show that it was very beneficial. There is no question about it. But you see, in any of these studies, it turns out that if they had a hundred people, maybe sixty it helped with the cough, and maybe forty it didn't. So there's nothing that is black and white in many ways with respect to those kinds of things.

There are some studies that came out and says that coffee causes cancer and coffee is good for you cause it helps you do this, and that, and the other thing. What's happening, you see in many of these components of these products of foodstuffs, there are other components in there in terms of chemical compounds that are in small amounts that may be very beneficial, but how do you handle the offset of caffeine verses theobromine, and theofolin and other things that are in there? I hope I'm not talking to much above you with respect to that, but those are things of reality.

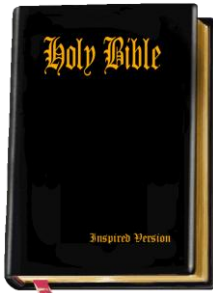
I'm also aware of a publication titled, *Word of Wisdom, Testimonies, Sermons and Information* given at the Delta Reunion in June of 2003. This thing came to my attention and I read it. Most of the things I agree with, maybe one or two things not, but there's another piece of information that's come out.



I think it was the Harrington's, Jan probably put this out [Judy Harrington Scott is the author]. *Come Join the Party, Stewardship of the Body and the Word of Wisdom*, a little book for young people to begin to understand the Word of Wisdom. With graphics and games, and talking about healthful drinks and things like that. This is the kind of thing you see that I think we need to be working on. It's a start. We'll have others of these kinds of things. So there are things that lie before us that we need to do.

Other materials that I'm aware of that I have read so you not think I'm a dummy when it comes to this, because I can soak up a lot of stuff. Here's *A Key To Temporal Salvation*, that was given to us by our dear friend, Manon Wheeler with a little note in there...by Vernell Piepergerdes. Perhaps some of you are familiar with it. She had a hang-up on caffeine and coffee. Eighty percent of this has to do with the effects and studies that show that caffeine causes all sorts of things—blood-shot eyes to death

and whatnot...the whole things of these studies of these things—beware of decaffeinated coffee. I know how decaffeinated coffee is decaffeinated. You use a solvent named metholine chloride. You run that through the coffee and it extracts out the caffeine, so [you ask] “Is essentially decaffeinated coffee OK?” Well, you get most of the caffeine out, but there’s still things left in there, but it’s obviously approaching that. If we get all the caffeine out of coffee would we accept it? I don’t know. I haven’t seen the studies on all that sort of thing with decaffeinated coffee, but it’s probably just as well to stay away from it.



Of course in many ways, *The Bible*, by Kim Augustine. Many of you have that. There’s a lot of information, almost 400 pages in here of information, a lot of testimonies. She’s gone into a great depth and there’s a lot of information in here to take up, and I think it’s probably worthwhile for us to consider that material. I don’t have a problem with it.

Another one is *The Word of Wisdom*—Kim’s work came out in 2003, Mildred Smith did this one in 1977. She is a nutritionist, and understood it from that standpoint. So I think that’s one of the things that we need to include to go through and understand what items are important, and where it comes from. She’s gone through that whole thing in terms of elements about meats and cereals and grains. This is from a good source of information with respect to nutritional guidelines in what’s useful. She...is one that believed that one needed to understand why certain vitamins work and the overdose sometimes

of mega things as you were—Linus Pauling came out years ago suggesting that mega doses of Vitamin C would cure a lot of ills. There some people that levels of that, become toxic. But Mildred talks about that kind of thing in here. She says down here, “Haphazard self-administration of individual nutrients should not continue to cut resources and threaten health.”

[Tape turned over]

...that someone says you need a certain herb or certain compound that works--that may work for some people and doesn’t for others, but sometimes those kind of things we don’t understand. She says, “Once again, haphazard self-administration of individual nutrients should not continue to consume resources and threaten health.”

But obviously she talks about what is good and what should be used. “As we understand more completely the instruction of the Lord, and implement it, the blessing of increased good health should be ours.” So everybody comes to that conclusion, that there are indeed benefits from that.

I have also a *Word of Wisdom, A Modern Interpretation* by John...Woodstow(?) ...These folks were Mormons. They were nutritionists and scientists. Back in the early 1920 and 30s they published this. It doesn’t have a date in it...It’s an excellent reference that I have and use in interpreting the Word of Wisdom, and will use it.

These folks, as I say were Mormons. And as you are well aware, the Mormons are fairly strict on the Word of Wisdom, and they apply it. The question I would ask is, “Are they, by in large, a more healthy population than the average?” That’s how I will monitor us. If I had the choice of getting a physical examination for all of us

in terms of –what do they call that—the fat index...?

I do have a concern for many of our men, including myself. If I could get rid of the potbelly I'd be very happy. That's a sign of not only poor posture, but a sign of poor nutrition. These folks in this book demonstrated that.

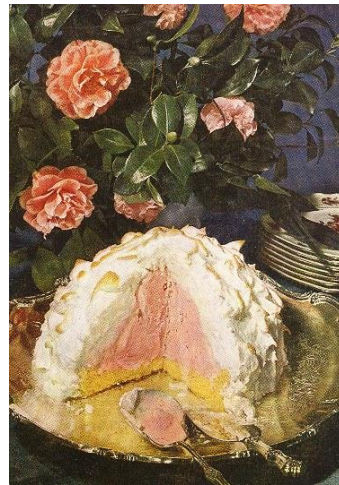
There are other aspects you see of health. They lived in a desert area in an environment that had pure clean water, clean air, and they had an advantage to that back in the 1900s. Now they've got smog and all sorts of things with a huge increase in population. But the environment also has a great effect upon our health. So one would have to take that out of consideration, or in consideration of that. But it would be really useful if we had a baseline of our health and then see in compliance here in one, two three, four, and five years, the improvement. That's the key to see how it works.

I'm probably going to be fairly strict and stern on members of the priesthood with compliance. I can't tell you ladies how to do that, but I can tell the priesthood.

They say in here, "Those who are well should practice the Word of Wisdom as a prevention of disease." So they saw there are a lot of people who are healthy. So how does the Word of Wisdom apply? They say it is a preventive medicine. And indeed that is true. Those who are ill should not only practice the Word of Wisdom, but should also seek professional help from the well-trained and reliable physicians of this day. So the idea of the compliance of the Word of Wisdom will take care of all our ills, it won't. If it wasn't for the current professional technique of providing angioplasty, I guarantee there would be a lot less people in this room.

The cause for that build up could probably be prevented. But that takes a period of time. One can't just comply with this right now and expect those results immediately. The body takes a while to change and assimilate. But this is good counsel that I'm going to suggest that [we should] utilize the Word of Wisdom, but also seek professional help from well-trained and reliable physicians—not that they're always right, but sometimes we need a couple of opinions. Anyway, this book was very, very helpful.

Obsession With Eating



The other aspect that I want to mention...with the respect to the foods,-- we've got an obsession, folks, with eating. We've got to change that habit. The most important thing will be for us today is where we're going to eat, and what are we going to do for dinner tonight. Our practice, our utilization of fellowship implies these large potlucks. It implies these dinners in which there's a lot of food left over, and it's the portions that are killing us. And the idea that we join the masses who every night of the week essentially, [at] 6:30 you can't hardly get into a restaurant down there in Heartland or Eastland down there in all

those restaurants. It's a habit we've gotten into. We don't cook at home. We're busy. We've got other things to do so we've got to go out to dinner as a social thing and partake of steaks and all the other things that are out there. It's something that we're going to have to change as a lifestyle, where our dinners are not our prime focus. Because of that we eat too much, and obesity is obviously a real problem for this day. There's no question about it that obesity leads to many consequences.

Now I've got a real concern about that because my dear wife, Mary, has learned and has become very proficient in making cheesecakes with chocolate icing. And I expect each one of you have your specialty. She loves to cook. How many of you watch the Food Channel? [Laughter] There you go—all sorts of things. Some of those are helpful, but most of those dishes are a little too much. But it's something that we do. I just bring that out because I think that's a trend that we've fallen into—as a word of counsel.

There's lots of information, but early to bed and early to rise and those other counsels that have been given are important.

The other aspect of this thing on health and nutritional guides, the Word of Wisdom, doesn't say anything about exercise...and you are as well aware as I am, that exercise is an essential component for good health. And I would say on an equal basis with this Section 86. Most of us never attain that point in which we have our anaerobic condition in which our heartbeat is up above—what's that level, 110 heartbeats? I don't know what it is. You have to attain that in order to be in an anaerobic condition to where your body can assimilate the oxygen that is required.

I know of a fact that Mary...I think you heard that testimony that she goes walking three or four miles a day, everyday. She decided that after her knees and a couple of heart attacks that she needed to do that. It's worked. She's—I shouldn't say, "healthy as a horse," [laughter] but she's healthy. She is in better shape than I am. She has more stamina than I do. And so I feel ashamed of that.

I don't know how many of you feel that way, but exercise is essential. We've got to have that as a component—let's call it *The Law of Health*. I've seen that word in terms of the Word of Wisdom, but let's call it *The Law of Health* as an alternative because this we need to do.

Where Do We Go From Here?

I think it's important for us to continue to understand those things and materials that I've shown you; how I implement this individually in your lives? You should do what you think is right. I'm going to try, if I have to have a committee or something, a small group to put out some guidelines for today. I think that's one step in terms of doing that. I think that we'll continue to emphasize, whether it's at reunions, in our Priesthood assemblies, or at Conference, whatever it is, I think we're going to continue to emphasize it. It's been made known indeed from the Lord, that this *Word of Wisdom and The Law of Health*, in terms of our physical wellbeing is important for the work that lies ahead. I think you've heard me say that.

Questions and Comments

What I'd like to do now, we've got fifteen minutes left, and I'm going to ask if there's some questions, comments—now I know I could get a lot of advice from a lot of you

folks that are well into this Word of Wisdom and counsel, so I saw Sister Jan, if you will be brief.

Sister Jan Harrington:

There is something that hasn't been addressed that I would like you to maybe give us some counsel on. The Word of Wisdom says in consequence of evils and designs which do and will exist in the last days...I would like to ask, "Are the saints aware of the spraying that goes on overhead?" It has been, no doubt, proven we are being sprayed with chemicals. And in the light of that, I feel like that's its imperative that we follow the Word of Wisdom through prayer so we'll have protection against that.

President Larsen:

I didn't hear that clearly. Did you say hair spray?

Sister Jan: Oh, no. Look up and you will see that we are being chemically sprayed. I called in on a radio talk show, and Mike Murphy picked up on it. And they started looking into it. We are being sprayed with chemicals [Chemtrails] and have been for some time all over the United States, and Canada as well. There are others in this group who know about this. It's been proven. It's deadly chemicals. And we need to obey the Word of Wisdom so we'll have protection.

President Larsen:

What kind of chemicals? What are they used for?

Sister Jan:

I'm not a chemist. I don't know. But I can get you the names. They have caught [photographed] the airplanes spaying [over cities]. They know what it is. It has fallen on people and they know how bad this stuff

is...it must be the military. We don't know who's doing it. But it's not to help us.

President Larsen:

Those have to do with agricultural crops, which if we didn't do there would be a lack of food for not only this country, but mostly exporting to Third World Countries. However I will tell you that I know that each one of you people have in your blood, and could be analyzed for DDT which was used profusely so many, many years ago, and is common in the whole environment that we have. Each one of you have certain levels. I think it's about 15 parts per billion of DDT in your body from your exposure of that.

And you're right; those kinds of things are not helpful. They need to be isolated to those things, but somehow there's no way we can get away from that with those other people spraying.

Sister Kelly: For many years I've been interested in the Word of Wisdom. I'm not real good at it, but I've still been interested in it, and I don't know if people are aware in here, but when you microwave your food you destroy all the vitamins and minerals in your food. You take two cups of water and put one in the microwave, and I call it, "nuke it," and you leave the other one out and you put seeds in it and see which one will sprout.

I think another concern for the Saints is also all the ways the food is prepared. We know that stainless steel is a lot better for us to prepare our food in; we also know that foods that are frozen for us are a lot better for us than the canned foods, so there's many things that we need to take into mind, but we also must remember that each time we sit down to a meal, we must ask our Heavenly Father to bless that food that we might have strong bodies. I believe strongly in that, and

when I was on my trip in Mexico we did that, and I don't think any of us were ever sick.

President Larsen:

Thank you. There's probably any number of you folks that have these kinds of inputs to this Word of Wisdom and the implementation of it for guidelines, and those kinds of things I think are something we need to put in some kind of a guideline for us in terms of what we might consider in the interpretation of our health and nutrition. Those things aren't in the Word of Wisdom per se, but it says that we need to be alert... I see Sr. Castle's hand up.

Sister Castle:

I never drank a cup of coffee in my life but I love pop once in a while and that's just as hard on you. It has caffeine and color, and too much sugar, so that's just as hard on you as coffee is.

President Larsen: That's correct. I didn't say anything about sugar, but obviously that's a real bugaboo for us in terms of dietary intake. Sugar is in everything. The refined sugar is to be avoided. I would suggest that. Is that Wanda?

Sister Bickel: Yes.

President Larsen:

All right, bless you, dear.

Sister Bickel:

Could you address the statement in the Word of Wisdom, about meats—when we should eat them and when we shouldn't? What is your interpretation of that?

President Larsen:

Sure. My understanding is that we don't need to be vegetarians. If you chose to do that, that's fine. There are many people who survive quite well on that. I see a day when we may do that. I had a couple of

granddaughters who were vegetarians and they were skinny as rails, and I thought they were going to croak from that habit, but they're still surviving.

I think the counsel to you is [to] eat meat sparingly. In many ways the scriptures say that it's available.



I personally have a hard time with all the slaughter of the cattle, and when I see all those bovines and all those cattle roaming around in the field, to think that they are going to be zapped and cut up for us to enjoy a steak, it bothers me.

But I think the counsel to use it sparingly is wisdom. I think there are some who think we shouldn't use that at all, and that's ok if that's the way you feel about it. But to eat steaks, and hamburgers on a regular basis is probably not the best thing. Does that help?



Sister Bickel: Yes, but what about pork?

President Larsen:

Pork? No, I'm not going to get into that. [Laughter] Fish, fowls, yup! And pork, there are some concerns about pork. I concede that. Will that end up in the guidelines? I don't know. I hate to say that pork, we should never partake of that, but once again, you know there's some interpretation, particularly in the old testament of the word, *meat*. As I read

through these things, it appears that *meat* sort of implied *all foods*—all kinds of food. It didn't imply to just the flesh of animals.

Sister Dawn:

What about chocolate?

President Larsen:

What about chocolate? It has caffeine and in some manner theofolin, and in some manner theobromine, and other components. There are studies that show, once again, as I indicated, that chocolate is of use, but I think in the overall picture, if it has caffeine, and those other components—boy this is hard to say—it should be avoided. I mean, we have chocolate lovers and it's everywhere.

So you know, we're going to have to go over these things a little bit at a time. I saw Sister Moats back here. Josh, can you get to her?

Sister Moats:

Just a couple of quick yes or nos. Are you giving this to the Priesthood tomorrow? Is that what I understand?

President Larsen:

Obviously I won't be giving this long a presentation on it, but I will be going through part of it.

Sister Moats:

Are we taping this one this morning so we can share it with people who aren't here?

President Larsen:

Yes, It's being taped.

Sister Moats:

OK. To the handmaidens, that maybe when we have these Women's Counsel programs and classes and whatever, that we stop bringing all these sugar cookies, and all the sweets and on a serious note, thank you very

much. But more fruit. I have stayed home because I said, "We're going to be eating tonight again Harvey, and I don't want to go, and I know I want to go because I don't want to miss it, but this has been a problem for me. We're getting to much sugar. When Dawn asked about the chocolate, I was wondering about the chocolate milk...hot chocolate milk. Is that considered [the same] as tea and coffee because it's got caffeine in it?"



President Larsen: Yes.

Sister Shelly (Moats): Actually I read recently that dark chocolate in the high coconut butter content has very high antioxidants, so if you are going to eat chocolate, probably the best thing is to air to eating dark chocolate. It's actually been listed as one of the top best things to eat. Milk chocolate, however, does not have quite as much of the antioxidants form. But what I wanted to mention was that on the one time that both of my girls have tasted soda pop, they both have made the comment that it was "hot," and that it burnt their mouth.

President Larsen:

Very good. See that's an issue between the chemical compositions of all these things that have to be. Once again I say everything's not black and white. And with respect to the cookies and all those things,

you're right. Who doesn't like to eat cookies! But eventually those things...I've got to get Ian in here. He wants to say something.

Brother Ian Pollard:

...much the same way decaffeinated coffee isn't necessarily an excellent alternative to drinking coffee, from what I've read, and I suggest that you all look into it individually, aspartame and all the artificial sweeteners found in your diet colas, and things like that, even decaffeinated coke contains aspartame. From what I've read it's quite a harmful substance, and it doesn't leave your body very quickly and it has, from my understanding, it breaks actually down into formaldehyde as it's in your blood stream—that's one of the components it breaks down into.

The fact, I find it very disturbing, that artificial sweeteners are so widespread today in our diet world, our diet foods all the things that you buy, you find that they have artificial sweeteners in them. And I think that might be a good example of the designs of evil men in these last days. It's cheaper for them to produce NutraSweet; therefore they make more of a profit off of that than it would for them to get [use] sugar. So they are interested in making profit more so than your health. But again, I'm not a doctor, and I'm not a chemist, so I suggest that you all look into it on your own, and come to your own conclusions.

President Larsen:

All right. Well, I understand the chemical reaction aspartame to formaldehyde and I'm not concerned with it. I've seen the studies. Those amounts are so extremely small you could never see it. I had to analyze formaldehyde in the air filters out at the Bendix Plant at one time because people were getting sick, so it is a problem. With

respect to Sacrin, if you recall Sacrin had animal studies years and years ago that they extrapolated in the mega doses that they gave to them that it was possible to be a carcinogenic compound. Thirty years later when they redid the studies related to human beings they found out there wasn't any problem, and it was not carcinogenic. I've got to go from these kinds of things because of my background. I'm going to try to lead you very carefully with that. If you have studies that are important, why, let me know. Sister Marshall. I guess we could go on forever with this. Go ahead, Loretta.

Sister Marshall:

It's interesting to Gill and I because we have to attend so many health conferences, and we often say to each other, "That doctor just taught the Word of Wisdom even though he didn't know it." And it's extremely interesting to be able to—there have been times—like the **Hallelujah Acres** in North Carolina (their website is hacres.com), they are sure into the Word of Wisdom and that's why we wanted business cards, because even before we were members of the Remnant we told them that that they needed to pull up the website. We personally feel that the Word of Wisdom is going to bring other people into the Remnant. And we're so thankful about this.



(Photo from hacres.com)

President Larsen:

Well, thank you. I couldn't agree more, for all those sources that are out there. That is one thing—when we were in Salt Lake City with the folks at Brigham Young University, one of the fellows at one of our dinners. Dr. Paul Peterson who is head of the Ancient Scriptures division, Department of History and Church Doctrine, was a cancer survivor. He began to talk about—he knew I had some interest in the Word of Wisdom, and he said, “Fred, I'd like to sit down with you and talk about that kind of thing.”

I also was aware that they have a large division in their department that has agriculture and some other things—a department on food and nutritional science, which [some day] I intend to go back and talk. We can learn a lot from those folks in Utah who abide by the Word of Wisdom.

This is something new. I think it's many ways, exciting, and I know a lot of our folks have an interest in it. Many people have been practicing, and we will begin to discuss it more, and I appreciate it. I saw this lady back here. Right there, Joshua, and then we won't be accepting any more.

Sister Iva Davis:

I can testify that the use of chocolate caused my migraine headaches. And I read a magazine article...that said that chocolate is a pre-runner for migraine headaches. I've been off of chocolate for over a year now, and have had not one headache. Thank you.

President Larsen:

Very good. I bet I could get a hundred testimonies out of you folks right out there. I haven't heard from Klydel and Mary Lou [Miller] over here, but I know they're soaking all this up, and they are a very good source of information and help. I appreciate that. We will be more involved in it. As

mentioned in Community [Brother Romer's class], one of the things that's going to be exciting is to have our market where we'll have foods and those kind of things available, that will be of the best kind, and healthful materials—foodstuffs and that sort of thing. It will allow us, in that sense, to have in community where we can really begin to implement this counsel that's been given. So with that, I appreciate your interest and your patience for listening to me go through all of this, but I want you to know where I'm coming from, and I think that I'll learn a lot from you folks in terms of input.

We're going to continue to discuss this, the implementation of this. Once again, I said it's not going to be a test of fellowship; it doesn't need to be that. If we sincerely want to adhere to that counsel that is revelation for a temporal aspect, as opposed to those that are spiritual, we will, and I think we should include that in our daily life. So with that, I thank you once again for your Christian participation and we'll see more about this, and more discussion. Thank you folks.



The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; ...and the cow and the bear shall feed; their young ones shall lie down together; and the lion shall eat straw like the ox...They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of the Lord, as the waters cover the sea. Isaiah 11:6-9