

# The Bible and Medical Science



Northwest Baptist Church

# Sanitation Laws in the Bible

- During the middle ages, garbage and sewage were thrown into the streets of Europe. This practice bred flies, rats and disease. Typhoid, cholera, leprosy, and bubonic plague killed millions.

# Sanitation Laws in the Bible

- Science had no solution. In the ghettos where the Jews lived, this was not the case. Why? Because the Jews were practicing the laws of sanitation that were given in the Bible.

# Sanitation Laws in the Bible

- Not until finally, the church led in introducing the practice of sewage disposal as taught in the Bible, were these diseases brought under control.
- The big battle today is with mental sewage.

# Quarantine

- During the 1800's, scientists discovered that bacteria caused disease. The science of bacteriology is rather young. With this understanding of the spread of disease, quarantine is used to stop the spread of disease.

# Quarantine

- “However, the Bible commanded quarantine about 3,300 years before the science of bacteriology. We read in the Law of Israel:  
**... then the priest shall isolate the person with the scaly infection for seven days.”**  
Leviticus 13:26, 31

# Washing

- **"And it will be on the seventh day that he shall shave off all his hair: he shall shave his head and his beard and his eyebrows, even all his hair. He shall then wash his clothes and bathe his body in water and be clean."**

Leviticus 14:8, 9

# Washing

- These are practices that are used today by medical science. The Bible commanded this long before medical science started to do the same thing?

# Washing

- The Bible was 3,400 years ahead of medical science in practices of sanitation.

# Source of Wisdom

- The *Encyclopedia Britannica's* conclusion regarding the Bible's instructions on sanitary and medical practices is fitting: "The Old Testament is a mine of information on social and personal hygiene. The Jews were indeed pioneers in matters of public

# Source of Wisdom

- It wasn't the Jews, it was the Jew's God!

# Not The Wisdom of the World

- Did Moses get these laws from the science of Egypt? No, impossible. The Egyptians at that time used dung for medicine.

# Not The Wisdom of the World

- Science did not know about bacteria until the work of Leeuwenhoek, which was 3,100 years after the Law was given to Moses. How do you account for this?
- God gave the Law to Moses, as the Bible claims.

# Fat

- Science has discovered that it is bad for the circulatory (blood) system to eat animal fat. The fat plugs up the arteries. This is just a recent discovery. Bible commanded the people of Israel in the Law:

# Fat

- **“... you shall not eat any fat or any blood.”**

Leviticus 3:17

# Fat

- **“...You shall not eat any fat from an ox, a sheep, or a goat. `Also the fat of an animal which dies, and the fat of an animal torn by beasts, may be put to any other use, but you must certainly not eat it.”**      Leviticus 7:23,24

# Fat

- Again we find that the Bible was 3,400 years ahead of science.
- Moses received these laws from God who created all things, who loves us, and cares about our well being.

# Trichinosis

- Many people suffered from fever, headache, diarrhea, and sore muscles. Not so long ago, science learned that this was caused by worms living in the muscles. These worms come from eating pork, the meat of swine, that is not cooked enough. This is called trichinosis.

# Trichinosis

- The Bible, 3,400 years ago:  
“ . . . and the pig, for though it divides the hoof, thus making a split hoof, it does not chew cud, it is unclean to you. You shall not eat of their flesh...; they are unclean to you.”  
Leviticus 11:7, 8

# Trichinosis

- As long as the people of Israel obeyed the Law, they were free from trichinosis. Where did Moses get this knowledge of Parasitology?
- Certainly, it was not from the science of his day. The wisdom of the Bible did not come from man.

# Source of the Bible

- “For this cause also thank we God, without ceasing, because when you received the Word of God, which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually work in you that believe.” 1 Thessalonians 2:13

# The Life of The Flesh

- During George Washington's day, the practice of blood-letting to treat various kinds of illnesses was common. In fact, George Washington died from this very treatment.
- 1830 AD, Dr. Marshall Hall came out in strong opposition to this practice.

# The Life of The Flesh

- “The life of the flesh is in the blood.”

Leviticus 17:11, 17:14 1450 B.C.

- However, had any of the doctors who practiced this treatment read these Bible verses, they would have known that it could have fatal consequences..

# Alcohol

- Legal drinking age in most states 21
- Average teen has drunk by age 14
- 1 in 10 who ever drink, will become alcoholics
- 18 million alcoholics in America today
- Annual cost to employers \$185 billion.

*Source for above: Mayo Clinic 2005*

# 10<sup>th</sup> Special Report to Congress On Alcohol and Health

- 30% of people in hospitals, related to use of alcohol
- 50% of all auto fatalities alcohol related

# 10<sup>th</sup> Special Report to Congress On Alcohol and Health

- 1 in 4 children live in a home with alcoholism
- 100,000 annual deaths due to alcohol
- 184.6 Billion cost to employers

*Report recommendation: Additional funding for research*

# The Bible Has The Answer

- The answer is not more funding!
- The answer is more Bible.

# The Bible Has The Answer

- “Do not drink wine nor strong drink. It shall be a statute forever...That ye may put difference between holy and unholy, between clean and unclean.”

Leviticus 10:9-10

- Can you imagine the impact, if these verse were followed.

# None of These Diseases

- “...if thou wilt diligently hearken unto the voice of the lord thy God and wilt do right in his sight, I will put none of these diseases upon thee, which I put upon the Egyptians, for I am the Lord that healeth thee.” Leviticus 15:26

# What Are Diseases

- One of the most meaningful and illuminating words used in this arena is "*dis-ease*" "*Dis-*," from the Latin, means apart, away from or not. "*Ease*," from the Old French, means comfort, a natural easy manner of flow.

# What Are Diseases

- Thus, even the word that denotes the state of *un-health* in our language, makes a descriptive suggestion: *dis-ease ... moving away from ease or not comfortable with myself.*

# Diseases of Immorality

- 19 million new cases of venereal disease in the U.S. in 2004
- \$13 Billion in medical costs per year
- Excluding AIDS, 64% of most serious cases are spread by men with men.

# Following the Bible Would End 19 million medical problems per year

- “Flee fornication. Every sin that a man doeth is without the body, but he that committeth fornication sinneth against his own body.” I Corinthians 6:18
- Venereal disease was not known by science until over 1,800 years after I Corinthians was written.

# AIDS

- *“Thou shalt not lie with mankind, as with womankind: it is an abomination.”*  
Leviticus 18:22

# Price for not following Bible

*“For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: and likewise also the men leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly,”*

# Price for not following Bible

*“and receiving in themselves that recompence of their error.”* Romans 1:26

- e.g. AIDS and other diseases

# AIDs Deaths Are Tragic

• WW I (USA deaths)	117,708
• WW II	407,316
• Korean War	54,246
• Vietnam War	58,655
• Gulf Wars	2,300
<b>War Total (90 years)</b>	<b>640,225</b>
<b>U.S. AIDS Deaths (30 years)</b>	<b>467,000</b>

# Mental Health

- Laughter can promote physical health.
- “A merry heart doeth good like a medicine.” Proverbs 17:22 800 BC

# Mental Health

- Medical science has been aware of this in the past 50.
- Readers Digest – Laughter, the best medicine.

# Good Health

- “...but a broken spirit drieth the bones.”  
Proverbs 17:22
- Laughter brings health, continual sorrow and despair contributes to bone deterioration.
- Optimists tend to be healthier than pessimists.

# Honey

- “And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, ***unto a land flowing with milk and honey:***”

*Exodus 3: 8*

# Honey

- “...eat thou honey, for it is good.”  
Proverbs 24:13
- Honey contains vitamins, minerals, amino acids and disease retardants.

# Many Medical Benefits of Honey

- New scientific research from the University of California, Davis reveals that honey consumption raises antioxidant levels.
- If you have allergies, honey can be beneficial.

# Many Medical Benefits of Honey

- Other benefits of honey include soothing of ulcers, easing of stomach aches and prevention of fatigue.

# Benefits of Honey

- Honey is one of the very few foods that is assimilated directly without being digested.
- Many athletes use honey as a pre-game food since it is high in glucose and fructose.

# Benefits of Honey

- The origin of the word “Honeymoon” dates back to the time of Babylon. In order to increase the virility and fertility of the newlyweds, the father of the bride would provide his son in law a honey-based drink.

# Benefits of Honey

- The honey drink was to be taken during the first month (moonh) of the marriage.
- The first month called the “honeymoon”

# Church Attendance is Healthy

- A study by Harold Koenig, a Duke University psychiatrist, found that older people who attend religious services are “physically healthier, mentally healthier and twice as likely to have strong immune systems”.

*Source: Journal of Psychiatry, October 1997*

# Prayer Itself Is Healthy

- “Forsake not the assembling of yourselves together...” Hebrews 10:25
- A Harvard Medical School Study conducted by Dr. Herbert Benson found that prayer and the rejection of intrusive thoughts results in a specific set of physiologic changes that resemble relaxation.

# Prayer In Itself Is Healthy

- This “*relaxation response*” is a beneficial therapy when treating a number of diseases, including hypertension and cardiac rhythm irregularities. These findings have been published in a book entitled *Timeless Healing*.

# Prayer Can Heal

- Dr. Chopra, who hosted the panel, explained: " Only recently has science begun to validate that prayer 'works,' which in the field of medicine means that patients who are prayed over recover faster and have fewer complications from serious illness."

# Prayer Can Heal

- But science is at a loss over why prayer works, and it will remain at a loss until we revise our most basic theories of what we call reality.

# Forgiveness Brings Health

- lower your blood pressure
- improve immune system response
- reduce anxiety and depression
- improve your sleep
- reduce stress by releasing toxic emotions
- increase energy for living and healing
- increase peace of mind
- Aid peaceful death

<http://forgivenessandhealthorg.judithperلمان.com>

# University of Tennessee Study

- Psychology professor Kathleen Lawler studied the effects of anger and hostility on the heart. After 25 years of study, she found the health dangers of anger and resentment so striking that she wondered what people could do to short-circuit the damage. So Dr. Lawler turned her attention to forgiveness.

# University of Tennessee Study

- Nonforgivers were also more likely to report illnesses and symptoms -- such as colds, infections, fatigue, and headaches -- that had sent them to the doctor in the previous month. The non-forgivers also took 25% more medications than those who had forgiven.

# Love Brings Peace and Health

- “Charity (love that gives) is patient, is kind, does not envy, is not pretentious, is not puffed up, is not ambitious, is not self - seeking, is not provoked; thinks no evil, does not rejoice over wickedness,”

# Love Brings Peace and Health

- “but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Charity never fails...” (1 Corinthians 13:4 -8)

# Love Brings Peace and Health

- Charity is the key to happiness. When we hate others, or wish misfortunes on them our minds become their prisoners! Our hostile feelings toward them fester until they become obsessions, dominating our thoughts and denying us peace of mind.

# Love Brings Peace and Health

- This is the Bible's whole message. It is the key to everything else.

# Do You Want A Long Healthy Life?

- The best chance is found in the book written by the wisest man who ever lived.

# Psalm 34:12

- Desireth life
- Loveth many days
- Sees good.
- Depart from evil, seek peace, do good

# For A Long and Good Life

- Depart from evil (repent of sins)
- Seek peace (solve conflicts in home, work, church)
- Do good (it is good to never do anything wrong, but there is an awful lot of right that needs to be done by us all.)

# For The Best Mental and Physical Health

- Following the Bible, would solve more than half of all mental and physical illnesses.
- Class – give examples and evidence for this.