

An **epidemic** occurs when a disease affects a greater number people than is usual for the locality or one that spreads to areas not usually associated with the disease. A **pandemic** is an **epidemic** of world-wide proportions. Check out infoplease.com for more information about Major U.S. **Epidemics**.

Wuhan coronavirus

Main article: 2019–20 Wuhan coronavirus outbreak

[Wuhan coronavirus](#) first infected 43 people at the [Wuhan](#) food market in the province of Hubei, China. There have been over 4500 cases of Coronavirus and more then 100 deaths. This virus is transmissible from human to human. There have been measures by the Chinese government to put Wuhan and the surrounding provinces in lockdown.[*citation needed*] **WikiPedia**

What are the **symptoms**? According to the WHO, **signs** of infection include fever, cough, shortness of breath and breathing difficulties. In more **severe** cases, it can lead to pneumonia, **severe** acute respiratory syndrome, kidney failure and even death. The incubation period of the **coronavirus** remains unknown. **5 days incubation period**

The **Ebola** virus has been linked to bushmeat, with the primary host suspected to be **fruit bats**. Between the first recorded outbreak in 1976 and the largest in 2014, the virus has transferred from animals to humans only 30 times, despite large numbers of **bats** being killed and sold each year.

Lev 11:13 And these [are they which] ye shall have in abomination among the fowls; they shall not be eaten, they [are] an abomination: the eagle, and the ossifrage, and the osprey,

Lev 11:14 And the vulture, and the kite after his kind;

lev 11:15 Every raven after his kind;

Lev 11:16 And the owl, and the night hawk, and the cuckoo, and the hawk after his kind,

Lev 11:17 And the little owl, and the cormorant, and the great owl,

Lev 11:18 And the swan, and the pelican, and the gier eagle,

Lev 11:19 And the stork, the heron after her kind, and the lapwing, and **the bat.**

Lev 11:20 All fowls that creep, going upon [all] four, [shall be] an abomination unto you.

Ebola Virus Infection in Imported Primates -- Virginia, 1989

In late November 1989, Ebola virus was isolated from cynomolgus monkeys (*Macaca fascicularis*) imported into the United States from the Philippines via Amsterdam and New York. During quarantine in a primate facility in Virginia, numerous macaques died, some with findings consistent with simian hemorrhagic fever (SHF). The U.S. Army Medical Research Institute of Infectious Diseases tested 10 animals and, from three, isolated SHF from tissues and serum; however, five other animals of the 10 tested were positive for Ebola virus. Monkeys from a later shipment quarantined in a second room also had unusually high mortality and were tested by a rapid antigen detection enzyme-linked immunosorbent assay. Ebola viral antigen was detected in serum and/or tissues from seven of these monkeys. Primary liver material from animals in both rooms exhibited particles with typical filovirus morphology by electron microscopy and Ebola virus antigen by immunohistochemistry.

Ebola virus disease first appeared in 1976. One of the world's most deadly diseases, Ebola has a high mortality rate. While Ebola is a fragile virus that can be easily killed with heat, bleach, chlorine and even soap, it is easily transmitted through close contact – leading to rapidly growing outbreaks that are difficult to contain.

TRANSMISSION:

The Ebola virus is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals; human-to-human transmission occurs through direct contact with blood, bodily secretions, organs and sick people.

SIGNS AND SYMPTOMS:

Sudden onset of **fever, fatigue, muscle pain, headache and sore throat is followed by vomiting, diarrhea, rash, symptoms of impaired kidney and liver function, and in some cases both internal and external bleeding.**

DIAGNOSIS:

On clinical basis, Ebola can be difficult to distinguish from a number of other infectious diseases; confirmation can be made using a number of different laboratory tests.

TREATMENT:

There are no proven treatments or licensed vaccines for Ebola; however two vaccines are undergoing human safety studies.

I say there is the use of Hydrotherapy will work towards healing.

The "Spanish" influenza pandemic of 1918–1919, which caused ≈50 million deaths worldwide, remains an ominous warning to public health. Many questions about its origins, its unusual epidemiologic features, and the basis of its pathogenicity remain unanswered. The public health implications of the pandemic therefore remain in doubt even as we now grapple with the feared emergence of a pandemic caused by **H5N1** or other virus. However, new information about the 1918 virus is emerging, for example, sequencing of the entire genome from archival autopsy tissues. But, the viral genome alone is unlikely to provide answers to some critical questions. Understanding the 1918 pandemic and its implications for future pandemics requires careful experimentation and in-depth historical analysis.

Symptoms: Normal **flu symptoms** of **fever**, nausea, aches and diarrhea. Many developed severe pneumonia attack. Dark spots would appear on the cheeks and patients would turn blue, suffocating from a lack of oxygen as **lungs** filled with a frothy, bloody substance.

Chapter 21—Hygiene Among the Israelites

In the teaching that God gave to Israel, the preservation of health received careful attention. The people who had come from slavery with the uncleanly and unhealthful habits which it engenders, were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught and sanitary laws enforced. { MH 277.1}

Prevention of Disease

Not only in their religious service, but in all the affairs of daily life was observed the distinction between clean and unclean. All who came in contact with contagious or contaminating diseases were isolated from the encampment, and they were not permitted to return without thorough cleansing of both the person and the clothing. In the case of one afflicted with a contaminating disease, the direction was given: { MH 277.2}

“Every bed, whereon he lieth, ... is unclean: and everything, whereon he sitteth, shall be unclean. And whosoever toucheth his bed shall wash his clothes, and bathe himself in water, and be unclean until the even. And he that sitteth on anything whereon he sat ... shall wash his clothes, and bathe himself in water, and be unclean until the even. And he that toucheth the flesh of him ... shall wash his clothes, and bathe himself in water, and be unclean until the even.... And whosoever toucheth anything that was under him shall be unclean until the even: and he that beareth any of those things shall wash his clothes, and bathe himself in water, and be unclean until the even. And whomsoever he toucheth ... and hath not rinsed his hands in water, he shall wash his clothes, and bathe himself in water, and be unclean until the even. And the vessel of earth, that he toucheth, ... shall be broken: and every vessel of wood shall be rinsed in water.” Leviticus 15:4-12. { MH 277.3}

The law concerning leprosy is also an illustration of the thoroughness with which these regulations were to be enforced: { MH 278.1}

“All the days wherein the plague shall be in him [the leper] he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be. The garment also that the plague of leprosy is in, whether it be a woolen garment, or a linen garment; whether it be in the warp, or woof; of linen, or of woolen; whether in a skin, or in anything made of skin; ... the priest shall look upon the plague: ... if the plague be spread in the garment, either in the warp, or in the woof, or in a skin, or in any work that is made of skin; the plague is a fretting leprosy; it is unclean. He shall therefore burn that garment, whether warp or woof, in woolen or in linen, or anything of skin, wherein the plague is: for it is a fretting leprosy; it shall be burnt in the fire.” Leviticus 13:46-52. { MH 278.2}

So, too, if a house gave evidence of conditions that rendered it unsafe for habitation, it was destroyed. The priest was to “break down the house, the stones of it, and the timber thereof, and all the mortar of the house; and he shall carry them forth out of the city into an unclean place. Moreover he that goeth into the house all the while that it is shut up shall be unclean until the even. And he that lieth in the house shall wash his clothes; and he that eateth in the house shall wash his clothes.” Leviticus 14:45-47. { MH 278.3}

Cleanliness

The necessity of personal cleanliness was taught in the most impressive manner. Before gathering at Mount Sinai to listen to the proclamation of the law by the voice of God, the people were required to wash both their persons and their clothing. This direction was enforced on pain of death. No impurity was to be tolerated in the presence of God. { MH 279.1}

During the sojourn in the wilderness the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in close houses. But the strictest regard to cleanliness was required both within and without their tents. No refuse was allowed to remain within or about the encampment. The Lord said: { MH 279.2}

“The Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy.” Deuteronomy 23:14. { MH 280.1}

Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs. { MH 276.1}

Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible, the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion. { MH 276.2}

It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed. { MH 276.3}

Every form of uncleanness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. { MH 276.4}

1889–90 flu pandemic - Wikipedia

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The 1889–1890 **flu pandemic** (October 1889 – December 1890, with recurrences March – June 1891, November 1891 – June 1892, winter 1893–1894 and early 1895) was a deadly **influenza pandemic** that killed about 1 million people worldwide. ... More recently, the strain was asserted to be **Influenza A virus subtype H3N8**.

We all have been suffering with epidemic influenza. I spoke to eighty people assembled in the new mill four weeks since, took cold, and suffered considerably. We are now in midwinter. Have had several frosts, and two nights there has been ice a quarter of an inch thick.—Letter 152, 1896, p. 1. (To Edson and Emma White, July 5, 1896.) { 7MR 83.4 }

Vaccination—[Vaccination for Smallpox: D. E. Robinson, one of Mrs. White's secretaries, under date of June 12, 1931, wrote as follows concerning Mrs. White's attitude toward vaccination: { 2SM 303.3}

“You ask for definite and concise information regarding what Sister White wrote about vaccination and serum. { 2SM 303.4}

“This question can be answered very briefly for so far as we have any record, she did not refer to them in any of her writings. { 2SM 303.5}

“You will be interested to know, however, that at a time when there was an epidemic of smallpox in the vicinity, she herself was vaccinated and urged her helpers, those connected with her, to be vaccinated. In taking this step Sister White recognized the fact that it has been proven that vaccination either renders one immune from smallpox or greatly lightens its effects if one does come down with it. She also recognized the danger of their exposing others if they failed to take this precaution. “[Signed] D. E. Robinson.”] { 2SM 303.6}

Trees With Medicinal Properties—The Lord has been giving me light in regard to many things. He has shown me that our sanitariums should be erected on as high an elevation as is necessary to secure the best results, and that they are to be surrounded by extensive tracts of land, beautified by flowers and ornamental trees. { 2SM 301.3}

In a certain place, preparations were being made to clear the land for the erection of a sanitarium. Light was given that there is health in the fragrance of the pine, the cedar, and the fir. **And there are several other kinds of trees that have medicinal properties that are health promoting.** Let not such trees be ruthlessly cut down Let them live.—Letter 95, 1902 (To workers in the South). { 2SM 301.4}

“My herb drink.”—We need not go to China for our tea, or to Java for our coffee. Some have said: “Sister White uses tea, she keeps it in her house;” and that she has placed it before them to drink. They have not told the truth because I do not use it, neither do I keep it in my house. Once when crossing the waters I was sick and could retain nothing on my stomach and I did take a little weak tea as a medicine, but I don't want any of you again to make the remark that “Sister White uses tea.” If you will come to my house I will show you the bag that contains my herb drink. I send to Michigan, across the mountains, and get **the red-clover top.** In regard to coffee, I never could drink it, so those who reported that Sister White drinks coffee made a mistake.—

Manuscript 3, 1888 (Sermon, Oakland, California). { 2SM 301.5}

Clover Blossoms—First Crop—I have a request to make. Will these children please gather me as much clover or even more than they did last year? If they can do this, they will do me a great favour. I cannot do it here. We have no clover on our ground. The first crop is preferable, but if this comes too late, the second crop had better be secured.—Letter 1, 1872 (To a family in Michigan). { 2SM 302.1}

Tea Used as a Medicine, but Not as a Beverage—I do not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side I took it as a medicine when I was sick and vomiting. In such circumstances it may prove a present relief. { 2SM 302.2}
I did not use tea when you were with us. I have always used red-clover top, as I stated to you. I offered you this, and told you it was a good, simple, and wholesome drink { 2SM 302.3}

Important Lessons to Learn in Treating Disease

Six months after the health reform vision, Henry, their oldest son, took sick with pneumonia, as already noted, and eight days later died. Why? Neither James White nor Ellen had yet had an opportunity to acquaint themselves with steps to take in combating disease through the use of rational methods. Some weeks before, James had sent for Dr. Jackson's books, but at the onset of Henry's severe illness the books were still in their wrappers (The Review and Herald, October 8, 1867). They had been traveling and had had little time to read. Although the experienced physician had administered drugs, their son died. What a jolt this gave them. They doubtless recalled successfully treating diphtheria ten months earlier through the rational use of water and the application of other simple remedies. { 2BIO 76.3 }

Then during the second week of February, 1864, Willie was stricken with pneumonia. Now James and Ellen White were confronted with a dilemma that could mean life or death to one of their two remaining children. Ellen White reported their daring decision. { 2BIO 76.4 }

We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the Lord in behalf of the child. We called in a few who had faith to unite their prayers with ours. We had a sweet assurance of God's presence and blessing.—Spiritual Gifts, 4a:151. Nor was there any delay in making a beginning: { 2BIO 76.5 }

The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs, and soon he seemed rational as ever. He suffered severe pain in his right side, and could not lie upon it for a moment.

This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm.—Ibid., 4a:151, 152. { 2BIO 77.1 }

Writing of the experience a few days later, February 22, 1864, Ellen White declared: { 2BIO 77.2 }

We have been so anxious and have been obliged to watch over him day and night until we are much worn, and my head aches nearly all the time.—Letter 5, 1864. { 2BIO 77.3 }

At the same time James White wrote: { 2BIO 77.4 }

The key [to the prophetic chart] will be ready soon. We had set apart the last week to complete it; but that has been a sad week, watching our Willie, very sick with lung fever. Thank God, he is fast recovering.—The Review and Herald, February 23, 1864.

From these words from mother and father, it is very clear that the application of hydrotherapy in such a case called for tireless effort. But it produced good results. Ellen White picks up the details of the story's final outcome: { 2BIO 77.5 }

We expected the crisis would come the seventh day. We had but little rest during his sickness, and were obliged to give him up into others' care the fourth and fifth nights. My husband and myself the fifth day felt very anxious. The child raised fresh blood, and coughed considerably. My husband spent much time in prayer. { 2BIO 77.6 }

We left our child in careful hands that night. Before retiring, my husband prayed long and earnestly. Suddenly his burden of prayer left him, and it seemed as though a voice spoke to him, and said, "Go lie down; I will take care of the child." I had retired sick, and could not sleep for anxiety for several hours. I felt pressed for breath. Although sleeping in a large chamber, I arose and opened the door into a large hall, and was at once relieved, and soon slept. { 2BIO 77.7 }

I dreamed that an experienced physician was standing by my child, watching every breath, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, "The crisis has passed. He has seen his worst night. He will now come up speedily, for he has not the injurious influence of drugs [Obviously, reference to drugs here is to those poisonous substances commonly employed before even the discovery of the cause of most diseases. See Selected Messages 2:279-285]

I related to him my worn-out condition, my pressure for breath, and the relief obtained by opening the door. Said he, "That which gave you relief will also relieve your child. He needs air. You have kept him too warm. The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous, and destroy life. Stove heat destroys the vitality of the air, and weakens the

lungs. The child's lungs have been weakened by the room being kept too warm. Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease. And yet in most cases air and light are excluded from the sickroom at the very time when most needed, as though dangerous enemies."—Spiritual Gifts, 4a:152, 153. { 2BIO 78.2 }

What consolation this dream, and the assurance that came to her husband a few hours before, brought to them. She reports: { 2BIO 783 }

We found in the morning that our boy had passed a restless night. He seemed to be in a high fever until noon. Then the fever left him, and he appeared quite well, except weak. { 2BIO 78.4 }

He had eaten but one small cracker through his five days' sickness. He came up rapidly, and has had better health than he has had for several years before.—Ibid., 4a:153. { 2BIO 78.5 }

She added the significant words "This experience is valuable to us." What contrasting, thought-provoking object lessons James and Ellen White had experienced in just eleven weeks! Now, more than ever, they knew that they must dig deep and learn how to combat disease, and about sound dietetic principles. They determined then and there that at the earliest possible time they must visit the medical institution operated by Dr. Jackson and his associates at Dansville, New York, and gain all they could in practical lines. But Ellen White still had ahead of her the finishing of Spiritual Gifts,, Volume III, and James White had the burden of managing the interests of the Publishing Association and editing the Review and Herald. { 2BIO 78.6 }

Friday, October 3, 1873—The horse called Parson was very sick. We feared he would die. We doctored him as well as we could, putting hot flannel blankets around him. He was relieved after several applications. We learned that hydrotherapy is for animals as well as for human beings. { 3MR 168.3 }