

42-D-1
Your second question relates to cocoa in our diet. Neither cocoa nor chocolate are mentioned in the E. G. White writings, published or unpublished. Cocoa and chocolate were in use as articles of diet during Ellen White's day. She wrote very specifically concerning tea and coffee, but she makes no reference to cocoa. It is true that cocoa contains theobromine. It would seem that its effect

upon the nervous system is not the same as caffeine. On this point, Doctor Walton, one of our physicians of long experience, who specialized in the dietetic field, writes:

"Cocoa and chocolate, unlike tea and coffee, do have food value, chiefly fat. They do not contain caffeine, but a closely related product known chemically as theobromine. Theobromine does not have the same stimulating effect upon the nervous system that caffeine has; however, the free and habitual use of cocoa and chocolate preparations is not recommended. Theobromine has only a mild stimulating effect, but occasionally one does meet an individual who has become more or less addicted to the use of chocolate."

Seventh-day Adventists differ in their opinions as to how we should relate ourselves to the use of cocoa and chocolate. Some abstain from its use altogether, basing their action on general principles, which are set forth concerning our dietetic program; others use cocoa and chocolate occasionally in a limited way, feeling that they suffer no ill effects from its use, and its use is not a violation of principle. We must leave the matter right there.

Your last question relates to the negro situation in the South upon the times in which we live. I do not know of any specific statement from Sister White's pen which we would refer to. On several occasions she made it clear that the spirit which led to slavery was not dead, and indicated the caution with which we must conduct our work in the South, especially among the negro people. The references to this are primarily as they relate to Sunday laws.

I trust that this information will be of service to you.

With the best of wishes, I am

Sincerely your brother,

Arthur L. White, Secretary
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