



**J. Wayne McFarland Collection
(Manuscript Collection 31)**

Rebok Memorial Library
General Conference of Seventh-day Adventists
12501 Old Columbia Pike, Silver Spring, MD 20901
Prepared by Ashlee Chism, June-August 2022

Scope and Content

This collection contains documents, notes, a handmade hymnal, pamphlets, and books with marginalia once owned by J. Wayne McFarland (1913-2011), Seventh-day Adventist physician, administrator, editor, and educator, who was one of the co-creators of the Five-Day Plan to Stop Smoking.

Arrangement and Quantity

This collection is 3 linear feet plus five short films.

Custodial History and Immediate Source of Acquisition

This collection was donated by Margaret McFarland, daughter of J. Wayne McFarland, in 2017.

Conditions Governing Access

This collection is open for research. The five films have been digitized.

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Preferred Citation

For the collection:

Boxes D 13 39 F-H, J. Wayne McFarland Collection. Rebok Memorial Library, Silver Spring, Maryland.

Biographical Information

Jasper Wayne McFarland was born 11 August 1913 in Brawley, California, USA, to Tillman and Mabel (Newton) McFarland. He was baptized as a Seventh-day Adventist in 1925. McFarland attended Madison College (Madison, Tennessee, USA) from 1931 to 1934 and then studied at the College of Medical Evangelists (today, Loma Linda University School of Medicine) from 1934 to 1939, graduating from its medical course in 1939. He married Martyn Clarice Ingram (1915-2008), better known as Dolly, on 27 May 1939. Together they had two daughters, Patricia and Margaret.

Also in 1939, McFarland took a position as an instructor in the Department of Therapeutics at White Memorial Hospital and worked in that position until 1946. During that period, he spent time (1940-1941) as a fellow at the Mayo Clinic, located in Rochester, Minnesota. For one year (1945-1946), he was also head of the Department of Physical Medicine at the University of Southern California. He also worked as the Southern California Conference's Medical Department secretary (today, director) from 1942-1947.

In 1946, McFarland became the editor of the Adventist health magazine, *Life and Health*. He was editor until 1949, though later he had a role as a consulting editor. In 1947, he became the assistant secretary for health education for the General Conference of Seventh-day Adventists Medical Department; in 1948, he was made an associate secretary of the same department and served in that role until 1958. During that time, he published a guide on health, called *Better Living*.

McFarland taught applied theology at Potomac University and served on the board of management for the International Nutrition Research Foundation in 1958. He also helped establish what is now known as Adventist-Laymen's Services and Industries (ASI), serving as the secretary (today, director) of the Atlantic Union Conference's Medical, Temperance, and ASI department from 1959-1964. It was during this time that McFarland, along with pastor Elman J. Folkenberg, offered their first smoking cessation program in Taunton, Massachusetts, and published the immensely influential *Five Day Plan to Stop Smoking* in 1962. Between 1965 and 1969, McFarland worked fulltime at Jefferson Medical College (today's Sidney Kimmel Medical College), located in Philadelphia, Pennsylvania.

McFarland served as associate secretary of the GC Health Department from 1970 to 1980. In 1981, he took several official trips for the purpose of Seventh-day Adventist Church health evangelism and contributed to *Ministry* magazine as an associate editor. During his retirement, he still took trips to conduct smoking cessation seminars as well as general health education, including to places such as China and Russia.

Throughout his career, McFarland focused on physical therapy, health education, health evangelism, and preventative medicine. McFarland died 14 March 2011 in Loma Linda, California.

Description Control Element

Description based on DACS. Originally drafted by Ashlee Chism, June 2022. Sources for the biographical information include the *Seventh-day Adventist Yearbook*, McFarland's biographical information blank and appointee file, the website of Thomas Jefferson College (jefferson.edu), and the [remembrance by the Adventist News Network](#) published about him upon his death. Additional research was conducted using Ancestry.com.

Related Archival Materials

RG 64 – General correspondence and reference files, Health Ministries Pamphlets Collection

Collection Series

Films

Filename	Runtime	Description
MS034_Five-Day-Smoking-Plan_01	00:12:03	First presentation of Five-Day Smoking Plan
MS034_Five-Day-Smoking-Plan_02	00:12:45	Second presentation of Five-Day Smoking Plan
MS034_Five-Day-Smoking-Plan_03	00:14:17	Third presentation of Five-Day Smoking Plan
MS034_Five-Day-Smoking-Plan_04	00:13:31	Fourth presentation of Five-Day Smoking Plan
MS034_Five-Day-Smoking-Plan_05	00:13:26	Fifth presentation of Five-Day Smoking Plan

Documents

Box	Title of item or folder	Description
D 13 39 F	Bible	Bible belonging to Wayne McFarland
D 13 39 F	Materials on medical work	Loose documents on medical work and the Spirit of Prophecy
D 13 39 F	Preparation for Latter Rain	Copies of and documents about "Preparation for Latter Rain"
D 13 39 F	Hymnal	Handbound hymnal of songs with handwritten notes
D 13 39 F		Bound book of several pamphlets. Once belonged to Daniel H. Kress. Contains handwritten notes from Kress and McFarland.
D 13 39 F	Loose documents	Folder of loose documents, including handwritten notes and reminders as well as lyrics to a poem titled "Follow Me" and a postcard depicting Glendale Sanitarium and Hospital

Books and Pamphlets

Many of the following books and pamphlets contain annotations or other marginalia, typically from J. Wayne McFarland. One book to note is *Progressive Bible lessons for youth*, which includes handwritten inscriptions from John B. Buck (identified as John Byington Buck (1857-1930)). How McFarland came by this book is unknown.

Title	Date	Author	Location
The story of our health message	1943	Robinson, Dores Eugene.	D 13 39 F
The story of our health message	1955	Robinson, Dores Eugene.	D 13 39 F

Christian temperance and bible hygiene	1890	White, Ellen Gould (Harmon), 1827-1915; White, James	D 13 39 F
Progressive Bible lessons for youth	1875	Bell, Goodloe Harper.	D 13 39 F
A solemn appeal	1870	White, James.	D 13 39 F
Gospel workers	1916	White, Ellen Gould (Harmon), 1827-1915.	In conservation
Instruction for effective Christian service	1924	White, Ellen Gould (Harmon), 1827-1915.	In conservation
The life of victory		MacGuire, Meade.	In conservation
Principles of true science or creation in the light of Revelation	1929	White, Ellen Gould (Harmon), 1827-1915.	In conservation
Bible lessons: God's great plan, eighth grade	1929	Peck, Sarah E	In conservation
The trial of witnesses of the resurrection of Christ: in answer to the objections of Mr. Woolston and others	1884	Sherlock, (Bishop)	D 13 39 G
Cruden's concordance to the Old and New Testament		Cruden, Alexander.	In conservation
Christ's object lessons	1941	White, Ellen Gould (Harmon), 1827-1915.	In conservation
Christ's object lessons		White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Spiritual gifts, vols. I-II	1945	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
St. Paul's Epistles: Romans, I Corinthians	1913		D 13 39 G
Notebook leaflets, volume one	1945	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
The story of redemption	1947	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Radiant religion: daily meditations on happiness in Christian living	1946	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Selected messages, book three	1980	White, Ellen Gould (Harmon), 1827-1915.	
Selected messages, book two	1958	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Fundamentals of Christian education	1923	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Evolution, creation, and science	1947	Marsh, Frank Lewis.	D 13 39 G

Counsels to teachers, parents, and students regarding Christian education		White, Ellen Gould (Harmon), 1827-1915.	D 13 39 G
Testimonies to the Church, vol. 1	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
Testimonies to the Church, vol. 2	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
Testimonies to the Church, vol. 3	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
Testimonies to the Church, vol. 4	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
Testimonies to the Church, vol. 5	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
Testimonies to the Church, vol. 8, 9	1948	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 H
The story of our health message	1943	Robinson, Dores Eugene	D 13 39 F
The colporteur evangelist: instruction to colporteurs	1955	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 F
A call to medical evangelism and health education	1954	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 F
A call to medical evangelism and health education	1950	White, Ellen Gould (Harmon), 1827-1915.	D 13 39 F
Adventure in better living: a Bible guide to health	1969	Nelson, Wilbur K.	D 13 39 F
Studies in Christian education	1952	Sutherland, Edward A	D 13 39 F
Our doctors hold the key		Hiatt, D. R.	D 13 39 F
Adventists Affirm 4:1	1990		D 13 39 F

Materials transferred out of the collection

The following materials were part of the initial donation; however, they were deemed more appropriate for other locations. The books were transferred to the Rebok Memorial Library's general holdings, the pamphlets transferred to the Pamphlets Collection, and the LPs from Battle Creek Sanitarium are now their own collection.

LPs

These recordings capture exercises as led out by instructors at the Battle Creek Sanitarium in the 1920s. These recordings are now Manuscript Collection 33.

Filename	Runtime	Description
MS033_Battle-Creek-Sanitarium_001	00:03:01	Exercises 1-3
MS033_Battle-Creek-Sanitarium_002	00:02:44	Exercises 4-6
MS033_Battle-Creek-Sanitarium_003	00:03:08	Exercises 7-9
MS033_Battle-Creek-Sanitarium_004	00:03:08	Exercises 10-12
MS033_Battle-Creek-Sanitarium_005	00:02:47	Exercises 13-15
MS033_Battle-Creek-Sanitarium_006	00:02:50	Exercises 16-18
MS033_Battle-Creek-Sanitarium_007	00:03:01	Exercises 19-21
MS033_Battle-Creek-Sanitarium_008	00:02:51	Exercises 22-24
MS033_Battle-Creek-Sanitarium_009	00:02:59	Exercises 25-27
MS033_Battle-Creek-Sanitarium_010	00:02:57	Exercises 28-30

Books

While these books belonged to J. Wayne McFarland, they carried little to no significant annotation by McFarland and were better suited as part of the Rebok Memorial Library's general holdings. As the subjects of the volumes may be of interest to those looking to use this collection, the titles, authors, and locations are made available in this aid.

Title	Date	Author	Location
Missionary Volunteer songs	1934	Songbook Committee	M2131.S3 M57 1934
Joyful songs for boys and girls	1932	Songbook Committee	M2193 .J695 1932
Hydropathic cook-book	1857	Thrall, R. T. (Russell Thacher), 1812-1877.	TX353 .T76 1857
Bible studies		Starr, G. B. (George Burt), 1854-1944, compiler.	BS417 .H4
The new Advent hymnal: a collection of hymns and gospel	1952	British Union Conference of Seventh-day Adventists	M2136 .S3 A38 1952

melodies for public and family worship and private devotion			
The gospel in song: special tabernacle edition	1926		M2131 .S3 1926
Songs along the way	1950	Miller, Harold Amadeus, 1891-1966.	M2112 .S3 M554 1950
The great controversy between Christ and Satan; life, teachings and miracles of our Lord Jesus Christ, vol. II	1877	White, Ellen Gould (Harmon), 1827-1915.	BX6145.6
The prophetic gift in the gospel church		Loughborough, J. N. (John Norton), 1832-1924.	BX6111.5 .Z4 L887
Gems of song: a collection of familiar hymns for religious meetings			M2131 .S3
Sunshine songs for boys and girls	1926	Paulin, Noah E., 1878-1969.	M2131 .A3 P3 1926
Vinzenz Priessnitz's Familien Wasserbuch	1919	Priessnitz, Vincenz, 1799-1851.	<i>See library catalog</i>
Songs you requested			<i>See library catalog</i>
Choruses No. 1: a special collection of choruses only, for all religious services	1935	Rodeheaver, Y P; Ackley, B D	M2062 .R640
Himnario Adventista	1946		M2131 .S3 .H5 1946
Melodier til Advent-Ungdommens Sangbog	1943		M2131 .S3 D4 1943
The gospel to all the world: Bible lessons seventh grade	1940	McKibbin, Alma E. (Alma Estelle Baker), 1871-1974; Stearns, Gladys Robinson, 1892-1993.	BS605 .B52 v.7, 1940
How to treat the sick without medicine	1870	Jackson, James C.	WB460 .J3 1877
Sions Sanger	1948		M2140 .S8 S5 1948a
Kept for the Master's use	1893	Havergal, Frances Ridley.	BT303 .H192 1893
Gospel hymns nos. 1 to 6, agate edition	1895	Sankey, Ira David, 1840-1908, editor.	M2198 .S232 G58 1895b

Life incidents in connection with the great Advent movement, as illustrated by the three angels of Revelation XIV, volume one	1868	White, James, 1821-1881.	BX6154 .W6 1868
Life incidents in connection with the great Advent movement, as illustrated by the three angels of Revelation XIV, volume one	1868	White, James, 1821-1881.	BX6154 .W6 1868
History of the Sabbath and first day of the week	1873	Andrews, J. N. (John Nevins), 1829-1883.	BV110 .A5 1873
Natural theology; or, rational theism	1899	Valentine, M. (Milton), 1825-1906.	BL181 .V3 1899
The care of children in sickness and in health	1897	Kneipp, Sebastian.	WS80 .K67 1897
Steps to Christ	1908	White, Ellen Gould (Harmon), 1827-1915.	BX6146 .S73 1908
Gospel workers	1916	White, Ellen Gould (Harmon), 1827-1915.	BX6146 .G621 1916
Diseases of women and the home medical guide	1909	Day, Bertha C.	<i>See library catalog</i>
The world's best book and the best book for the world	1930	Pearce, William P. (William Peter), 1867-	BS445 .P45
Healthful living		White, Ellen Gould (Harmon), 1827-1915.	B115 .H4 W5 1959
Facts for the times	1885	Butler, G. I. (George Ide), 1834-1918, compiler.	BS647 .F33 1885
Nettie Lightfoot series: Waste not, want not			<i>See library catalog</i>
Daily food for Christians			<i>See library catalog</i>
Scripture biography for the young; with official illustrations and practical remarks. Joseph.	1834	Gallaudet, T. H. (Thomas Hopkins), 1787-1851.	BS551 .G32
Fifty years in the Church of Rome		Chiniquy, Charles Paschal Telesphore, 1809-1899.	BX1765 .C47
Prophecies of Jesus or the fulfillment of the predictions of our Saviour and his prophets	1895	Matteson, J. G. (John Gottlieb), 1835-1896.	BT370 .M3 1895
Christ our righteousness	1926	Daniells, A. G. (Arthur Grosvenor), 1858-1935.	BX6154 .D3

A treatise on pride; extracted from the works of the Rev. Richard Baxter	1829	Levings, Noah, 1796-1849, compiler.	BJ1535 .P9 B3
Messiah in His sanctuary	1937	Gilbert, F. C. (Frederick Carnes), 1867-1946.	BT262 .G5
From Judaism to Christianity and gospel work among the Hebrews	1911	Gilbert, F. C. (Frederick Carnes), 1867-1946.	BV2623.G5 A3
The great second Advent movement	1909	Loughborough, J. N. (John Norton), 1832-1924.	BX6154 .L63 1909
The gospel of health	1935	Wilcox, F. M. (Francis McLellan), 1865-1951.	BR115 .H4 W59
The marvel of nations; our country: its past, present, and future, and what the Scriptures say of it	1886	Smith, Uriah, 1832-1903.	E179 .S658 1886
The herbalist	1934	Meyer, Joseph Ernest, 1878-1950.	RS164 .M4 1934a
Resurgence of the gospel	1948	Kantonen, T. A. (Taito Almar), 1900- .	BX8065 .K35
Founders of music	1903	Smith, Hannah, 1849-1939.	ML3930 .S64
Power for witnessing	1900	Ballenger, A. F. (Albion Fox), 1861-1921.	BV4501.2 .B3823 1900
Divine predictions of Mrs. Ellen G. White fulfilled	1922	Gilbert, F. C. (Frederick Carnes), 1867-1946, compiler.	BX6149 .G5 1922
Manual for ministers	1954	General Conference of Seventh-day Adventists	BX6154 .S497 1954
Church manual	1951	General Conference of Seventh-day Adventists	BX6151 .A1 .C5 1951
The testimony of Jesus: a review of the work and teachings of Mrs. Ellen Gould White	1944	Wilcox, F. M. (Francis McLellan), 1865-1951.	BX6193.W5 W5 1944
Mind, character, and personality, vol. 1	1977	White, Ellen Gould (Harmon), 1827-1915.	BF51 .W54 V. 1
Mind, character, and personality, vol. 2	1977	White, Ellen Gould (Harmon), 1827-1915.	BF51 .W54 V. 2

Pamphlets

The following pamphlets were better suited for inclusion in the Pamphlets Collection rather than in this collection, as they carry no annotations by J. Wayne McFarland. As the subjects of these pamphlets may be of interest to those looking to use this collection, the titles, authors, and locations are made available in this aid.

Title	Date	Author	Location
Christian science x-rayed	1921	Wirth, William G., 1884-1975.	LF 1217
Twelve outline studies: The ministry of healing	1954	White, Ellen Gould (Harmon), 1827-1915.	LF 6923
Every man's life a plan of God		Richards, H. M. S. (Harold Marshall Sylvester), 1894-1984.	LF 10712
Sketches of the united work of small schools and sanitariums	1933	White, W. C., (William Clarence), 1854-1937, compiler.	LF 3571
A Bible study on: is acceptance of the present-day prophet necessary?		Scharffenberg, J. A.	LF 10713
You can conquer your fears			LF 10714
Divine healing and mind cure	1956	Richards, H. M. S. (Harold Marshall Sylvester), 1894-1984.	LF 10715
Living unafraid		Lloyd, Ernest, 1880-1985.	LF 10716
The position and work of the true people of God under the Third Angel's Message	1884	Littlejohn, W. H. (Wolcott Hackley), 1834-1916.	LF 10717
Spiritual gifts--why? - Spirit of Prophecy Day Program	1978	Carcich, Theodore, 1905-1988.	LF 858
A word to the 'little flock' - facsimile reproduction		White Estate	LF 8219
Two addresses on health	1961	Nichol, Francis D., 1897-1966.	LF 1157
Questions on the sealing message	1916	Loughborough, J. N. (John Norton), 1832-1924.	LF 768
Modern spiritualism: its character, ancient origin, and recent developments		Thompson, G. B.	LF 10718
The heart of the rose	1913	McKee, Mabel A.	LF 2787
Responsibility of leadership: influence of General Conference workers	1976	McElhany, J. Lamar, 1880-1959.	LF 166
Robert Moffat: the missionary to Africa		Benson, C. L.	LF 2669

Let's go back to the Sabbath		Avey, Clarence.	LF 2326
How others fought to win the prize		Blue, Lillie George.	LF 2631
How Esther read her Bible		Reynolds, Florence A.	LF 3666
How Esther read her Bible		Reynolds, Florence A.	LF 3666
Back to the 'old paths'		Roberson, Parrie L.	<i>See library catalog</i>
The winning of Margaret, part one		Bolton, Fannie E.	<i>See library catalog</i>
It doesn't pay		Glenn, W. N.	<i>See library catalog</i>
A true love story		Anonymous.	LF 1756
Personal work		MacGuire, Meade.	LF 2628
Book of various pamphlets		Various	LF 10719
The Celtic connection: the story of the beginnings of Christianity in Ireland and Britain		Marshall, David	LF 10720
1888 sermons by Ellen G. White			LF 10721

Discarded books

The following books were removed from the collection as they contained no annotations by J. Wayne McFarland. However, they fell outside the Rebok Memorial Library's collection development policy and were therefore discarded in an appropriate manner. As their subjects may be of interest to users of this collection, we provide the list of discarded books here.

Title	Date	Author
Rhymes of childhood	1890	Riley, James Whitcomb.
The nation divided: volume three, selected from the American Reader	1960	Angle, Paul M.
The French Revolution, vol. 2	1913	Carlyle, Thomas.
On heroes, hero-worship and the heroic in history	1897	Carlyle, Thomas.
Ministry, volume 4	1931	
Merchant of Venice		Shakespeare, William.
What men live by	1914	Cabot, Richard C
Prose works of Henry Wadsworth Longfellow, Volume II	1857	Longfellow, Henry Wadsworth.
Poems		Longfellow, Henry Wadsworth.
The poetical works of Robert Blair, containing The Grave & to which is prefixed a life of the author	1802	Blair, Robert.
Poems of Martin Farquhar Tupper	1855	
The pilgrim's progress from this world to that which is to come, part 1	1886	Bunyan, John.
The pilgrim's progress from this world to that which is to come, part 2	1886	Bunyan, John.