

The Eight Laws of Health

S - **Sunlight**
t - **Temperance**
a - **Air**
r - **Rest**
t - **Trust in God**
N - **Nutrition**
e - **Exercise**
w - **Water**

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“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,— these are the true remedies.”

Ministry of Healing, p. 127

God, our Creator, has provided, in the simple things of nature, many strengthening and remedial agencies. As we look to Him in faith, and use the agencies He has provided for our health, we will have far less suffering and ills.

In this small book, you will find an overview of these restorative agencies. Do not underrate them, for they are invaluable.

The Eight Laws of Health
by
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The Eight Laws of Health

The First Law of Health —

The Air You Breathe

The year was 1875; the place, Paris, France. For more than two years, three scientists had worked toward this day, and now they were ready. Carefully, they climbed into the gondola of the balloon, “Zenith,” while thousands around them watched.

Determined to set a new altitude record, they wanted to go higher than man had ever risen above the earth. And they did just that,—but at what a cost.

Slowly the large balloon rose into the air, with its human cargo of three men in a basket-shaped gondola swinging just beneath it. All seemed well; they were well on their way toward the goal: to climb higher than any man had ever gone.

Then at 24,430 feet it happened. Tissandier, one of the three, later described it: “Croce is gasping for breath, Sivel is dazed, but can still cut three sandbags loose in order to reach 26,240 feet.”

At that point, Tissandier himself was overcome and slumped to the floor, losing consciousness. Some time afterward, as the balloon—freed from the sandbags continued its ascent—he awoke. They had attained a height of 8,600 meters (approximately 28,000 feet)—but two of the scientists lay dead in the gondola of the balloon. Yes, they had conquered the heights, but before it was done the heights had conquered them. There was not enough air, with its precious life-giving oxygen, to sustain life at that great altitude.

Without air, man dies. Air is the most vital element for man and animals. One may live for weeks without food, or for days without water, but deprived of air he will perish within minutes.

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Ministry of Healing, p. 127

Millions of people suffer from a wide variety of ailments that are partly caused by an insufficient supply of oxygen. The problem is that most people do not breathe correctly, and this continually weakens their health, their happiness, and their hold on life itself. One of the finest statements written on the importance of air are these words penned by an outstanding health educator:

“In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it—a life-giving current—to every part of the body.

A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep . . . [If] an insufficient supply of oxygen is received, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.”—*Ministry of Healing, pp. 272-273.*

Every cell of your body must receive a constant supply of oxygen—or they will weaken and die. But that air must be fresh in order to help you the most. When you breathe stale or polluted air, the supply of oxygen is insufficient to keep the cells strong and healthy. Apart from oxygen from the air you breathe, they die within a few minutes.

“Air is the free blessing of Heaven, calculated to electrify the whole system. Without it the system will be filled with disease, and become dormant, languid, feeble.”—*1 Testimonies, p. 701.*

The life-giving air around us is a most precious blessing from Heaven. On the last day of Creation Week, God created man. Having formed him from the dust of the ground, Adam lay before his Maker inert and lifeless—until he was vitalized by the breath of life. And moment by moment, you and I must have fresh air also.

“Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food . . . Thousands have died for want of pure water and pure air, who might have

lived.”—*Counsels on Health*, p. 55.

It is of the highest consequence to your life, health, and happiness, that you keep fresh air in every room in your home, and especially in your sleeping rooms. If you are not able to have your windows open in very cold weather, then leave a door open into another room where a window is open. By day and by night, always keep a current of air flowing through the house. You do not want to sit or sleep in a draft, but some air circulating throughout your home—a lot in the summer, less in the winter—is a necessity to good health.

“The effects produced by living in close, ill-ventilated rooms are these: The system becomes weak and unhealthy, the circulation is depressed, the blood moves sluggishly through the system because it is not purified and vitalized by the pure, invigorating air of heaven. The mind becomes depressed and gloomy, while the whole system is enervated; and fevers and other acute diseases are liable to be generated.

“Your careful exclusion of external air, and fear of free ventilation leaves you to breathe a corrupt, unwholesome air which is exhaled from the lungs of those staying in these rooms, and which is poisonous, unfit for the support of life. The body becomes relaxed; the skin becomes sallow; digestion is retarded, and the system is peculiarly sensitive to the influence of cold. A slight exposure produces serious diseases. Great care should be exercised not to sit in a draft or in a cold room when weary, or when in a perspiration. You should so accustom yourself to the air that you will not be under the necessity of having the mercury higher than sixty-five degrees.”—*1 Testimonies*, pp. 702-703.

Fresh air should be inhaled as freely indoors as outdoors in warmer weather. In colder weather, your home will need to be heated. But beware of too much heat, for the burning of the fuel itself takes precious oxygen from the air. If necessary, dress more warmly, so that, as much as possible, you can breathe purer air at all times. Students of body health tell us that it requires an abundance of oxygen in the body and surrounding it in order to keep the physical organism in top condition. Why is this so? It is the oxygen in the air that purifies the blood, contributes to the production of body heat and energy, and conveys electrical energy with which to vitalize every organ and tissue.

H.E. Kirschner, M.D., said this:

“I am also in full agreement with Dr. Philip Welsh, who declares: ‘Any form of treatment—any program of health which does not give full and due consideration to the first essential of life—pure air—will absolutely fail to get the best results—yes, this one question of supplying the body with pure air is important enough to determine the difference between health and sickness—between life and death!’

“Contrast this, if you will, with the popular notion that air—especially night air—is harmful to the sick. Many of my colleagues in the medical

profession have excluded air from the sick room. This is a great mistake, for air is the food God has provided for the lungs—and your lungs, when deprived of fresh air, will be like a hungry person deprived of food. Therefore, air should not be regarded as an enemy, but as a precious blessing.”—*H.E. Kirschner, M.D., Nature’s Seven Doctors*, p. 18.

Do you have difficulty in going to sleep at night? Try this simple remedy for sleeplessness; it is a good one: Make sure that there is a current of air coming into the room (best from a window). The room should be comfortable and not chilling, but with some fresh air circulating through it. Now relax, pray as you lay there and give your life anew into the hands of God. Then slowly take several deep breaths, holding each one a moment before exhaling it. Let your mind slow down. Your thoughts are upon God, the peace of being with Him, and the need for deep, full breathing. Very soon you will be sound asleep.

“Those who have not had a free circulation of air in their rooms through the night, generally awake feeling exhausted, feverish, and know not the cause. It was air, vital air, that the whole system required, but which it could not obtain. Upon rising in the morning, most persons would be benefited by taking a sponge-bath, or, if more agreeable, a hand-bath, with merely a wash-bowl of water. This will remove impurities from the skin. Then the clothing should be removed piece by piece from the bed, and exposed to the air. The windows should be opened, and the blinds fastened back, and the air left to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room.”—*Spiritual Gifts, Vol. 4a*, p. 143.

Actually, this is also a good way to start the morning. When you first awake, take several deep breaths, and then as you arise take several more. Before breakfast, go out-of-doors and look on the things of nature and breathe deeply as you silently thank God for another day of life to work for Him. From time to time, throughout the day, repeat this deep breathing practice. At times, take in very deep breaths of air, in order to expand your lungs. (A method, that this writer uses with excellent results, is to exhale strongly and then allow the fresh new air to enter the lungs in whatever amount and rate the body wishes to take it in; then exhale again, and let more in.)

“Air, air, the precious boon [gift] of Heaven, which all may have, will bless you with its invigorating influence, if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves.

“Air must be in constant circulation to be kept pure. The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong

and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep.”—*1 Testimonies*, p. 702.

Develop a habit of deep breathing. Shallow breathing is a habit easily developed but harmful in its effects on the entire body. Many people only breathe “at the top of their lungs.” Take full, deep inspirations of air. Do not just fill the top of your chest.

Here are some additional suggestions that will help you:

Just after eating, and also before retiring, go outside and take eighteen or twenty deep breaths, using the muscles of the abdomen. Inhale and exhale slowly. Some folk extend the arms above their heads while they do this. Take a walk out-of-doors just before you retire for the night. Breathe that fresh night air, relax your mind, talk to your heavenly Father, and thank Him for His continual care and blessings. Give yourself anew to Him. Then, with contentment of heart, go to sleep, forgetting all your present perplexities. Know and believe that He will work them all out at the right time.

Get outdoors as much as possible. Develop hobbies and avocations that are out in the open air. Especially beware of hobbies and recreation that require being bent over with the chest cramped and the eyes and brain overtaxed.

“A walk, even in the winter, would be more beneficial to health than all the medicine the doctors may prescribe . . . There will be increased vitality, which is so necessary to health. The lungs will have needful action, for it is impossible to go out in the bracing air of a winter’s morning without inflating the lungs.”—*2 Testimonies*, p. 529.

“And while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this.”—*Education*, p. 199.

Colder weather may require additional clothing, but continue to obtain the much needed pure, fresh air.

“In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air.”—*2 Testimonies*, p. 527.

Keep proper ventilation in mind wherever you may be, whether it be in your home, in the office or shop, at church, etc. Avoid stuffy people who like to sit in stuffy rooms all day talking or watching television. If you are not able to directly help them by word or action, then leave them to their misery and go where there is air.

And beware of tobacco “side stream.” Scientific researchers now know that the cigarette smoke in a room can greatly injure adults, and especially children. Only stay with cigarette smokers long enough

to help them; then go where you can have a purer atmosphere to breathe.

Do not rent or purchase a home that is in any kind of low concavity. Watch out for homes in hollowed-out places, for they tend to be damp. Research studies by the National Institute of Health in Washington County, Virginia, in the late 1950s and early 1960s, revealed the fact that houses built in such low, miasmatic areas frequently had a history of cancer in those who lived in them. This included homes in low places by creeks. Many do not realize the fact that there are continually flowing rivers of air. These currents, flowing into and along narrow valley bottoms, creeks, and rivers, are much more damp than the air found in more elevated places. But living in such damp places induces sickness and disease. If you reside in such a location, you would do well to move somewhere else.

“If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands.”—*Ministry of Healing*, p. 275.

You also do well not to permit too much shrubbery or shading too close to your house. This can keep the purifying air from circulating through the home.

“So far as possible, all buildings intended for human habitation should be placed on high, well-drained ground. This will insure a dry site, and prevent the danger of disease from dampness and miasma. This matter is often too lightly regarded. Continuous ill health, serious diseases, and many deaths result from the dampness . . . of low-lying, ill-drained situations.

“In the building of houses it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.”—*Ministry of Healing*, pp. 274-275.

So we can see that it is very important that we keep our houses properly ventilated. It is the fresh, purifying air inside a home that makes it a healthful place in which to live.

When the day is sunny and warm, take the bedding out, hang it on the clothesline, and air it out. The purifying air and sunlight will do much to sterilize it. Take it back into the house before the dampness of the late afternoon sets in. You will notice that it all smells perfectly fresh.

It is of the utmost importance that every room in the house be open to the sunlight and a current of air throughout the day.

“Some houses are furnished expensively, more

to gratify pride, and to receive visitors, than for the comfort, convenience and health of the family. The best rooms are kept dark. The light and air are shut out, lest the light of heaven may injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold, because of the cellar-like atmosphere pervading them. Parlor chambers and bedrooms are kept closed in the same manner and for the same reasons. And whoever occupies these beds which have not been freely exposed to the light and air, do so at the expense of health, and often even of life itself."—*2 Selected Messages*, p. 462.

On pages 16-17 of his book, "*Nature's Seven Doctors*," Dr. H.E. Kirshner explains that the most successful cure for tuberculosis of the lungs requires an unusually large amount of fresh air for the patients, day and night. "Sleeping porches were provided for all patients and . . . they were allowed indoors only for meals and other duties . . . This required warm sleeping garments and usually a stocking cap." He explains that a similar program was successfully followed for typhoid.

Of course, such a strenuous cold-air regime would not work for many physical ailments, such as pneumonia. In every sickness, provide the patient with fresh air, but in most cases it should be fresh, warm air.

The healing of wounds takes place more quickly in the presence of fresh air and sunlight. (But there are times when dirt may get into a wound if it is not covered, as when a workman has a cut on his finger.)

"It is a well-known fact that wounds exposed to sunshine and fresh air heal more rapidly than when bandaged. In fact, no wound will heal without air. In order, then, for wounds to heal quickly, it is most important that they be exposed to a constant supply of pure, fresh air."—*Kirschner*, p. 23.

Do all you can to avoid poisonous gases in or near your home. This would include the use of unvented gas heaters, leaks from sewer gases, tobacco fumes, and agricultural sprays, such as defoliant, insecticides, mosquito spraying programs, and similar poisonous fumes and vapors.

Specially treated woods are now being used in new house construction. They are supposed to resist insect attack for decades, but poisonous gases were applied to them, and it has been established that fumes from that wood escape into the house and surrounding air for several years after installation.

Another source of danger is the use of new plastic hard-form insulation panels into walls during house construction or remodeling. Although true that these panels provide better R-factor insulation at a lower price, the fact remains that if the house ever catches on fire,—poisonous fumes from those panels will fill the home!

We live in a chemical age, and the air, water,

vegetation, earth, and animal kingdom are being slowly poisoned to death.

In my files I have a clipping that I cut out of a newspaper in July, 1958:

BREATHING HELPS STOP THAT PAIN

It's not the pain-killing properties of aspirin which make it so beneficial for arthritic patients.

"Instead, it's the huffing and puffing produced by large doses of aspirin which really control the aches, pain and stiffness.

"This was suggested here yesterday by Drs. Frederick Kahn, Daniel Simmons, and Howard Weinberger of UCLA and the Los Angeles VA hospitals.

"Physicians have long known, they said, that normal doses of aspirin won't help arthritis patients. It takes dosages of about 15 tablets a day to control arthritic pains.

"But at these doses, they said, aspirin produces what is called "hyper-ventilation"—the patient constantly breathes deeply and rapidly, often while he's at rest. In turn, this hyper-ventilation lowers the amount of carbon dioxide in the blood.

"To check their suspicions, the Los Angeles doctors put victims of arthritis in an iron lung and made them over-breathe without any aspirin.

"The relief of pain and other symptoms, they found, was just as effective as that achieved with aspirin."—*Newsclip*, July, 1958.

The above is valuable information that you and I can use every day of our lives. Deep breathing reduces pain and relaxes the entire system. (But our suggestion is that you not use an aspirin-type product to help you do that breathing: There is a poisonous chemical in "headache pills" which causes the stomach to bleed internally each time it is taken, whether in tablet or powder form.)

It is now known that fallen leaves emit carbon monoxide fumes.

"Shade trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and shut out the rays of the sun. In consequence of this, dampness gathers in the house. Especially in wet seasons the sleeping rooms become damp, and those who occupy them are troubled with rheumatism, neuralgia, and lung complaints which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard beautified with trees and shrubbery, at a proper distance from the house has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house is built where water settles around it, remaining for a time, then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result."—*Counsels on Health*, 1951, pp. 58-59.

The smog that envelopes homes and offices in and near the large cities is now known to be quite

harmful in its effects. During morning and evening rush hours, when so much traffic is on the streets, smog will even be found in smaller cities and towns. A major source of the smog is automobile exhaust fumes, which contain two deadly chemicals: vaporized lead and sulfuric acid. Lead fumes, inhaled into the body, cause the destruction of red blood cells. Sulfuric acid is such a powerful toxic agent that it is the primary reason that stone cathedrals and buildings are crumbling throughout Europe.

What is the solution? Move to the country, and not too close to a large city.

A lack of fresh air is a significant factor in causing people to become ill. Yet how few realize this fact.

“Many labor under the mistaken idea that if they have taken cold, they must carefully exclude the outside air, and increase the temperature of their room until it is excessively hot. The system may be deranged, the pores closed by waste matter, and the internal organs suffering more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased.”—*2 Testimonies*, p. 530.

“Many families suffer with sore throat, lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping-rooms are small, unfit to sleep in for one night, but they occupy the small apartments for weeks, and months, and years . . . They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies through the lungs and the pores of the skin . . . Those who thus abuse their health must suffer with disease.”—*Spiritual Gifts*, p. 173.

“The health of the entire system depends upon the healthy action of the respiratory organs.”—*2 Selected Messages*, p. 473.

“In order to have good blood, we must breathe well.”—*Healthful Living*, paragraph 705.

Since a lack of fresh air can cause sickness, how very important it is that fresh air be supplied to the ill so that they can become well.

“Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food.”—*Counsels on Health*, p. 55.

“The sick-room, if possible, should have a draft of air through it day and night. The draft should not come directly upon the invalid. While burning fevers are raging, there is but little danger of taking cold . . . The sick must have pure, invigorating air. If no other way can be devised, the sick, if possible, should be removed to another room, and another bed, while the sick room, the bed and bedding are being purified by ventilation.”—*Counsels on Health*, pp. 56-57.

“Every breath of vital air in the sick-room is of the greatest value, although many of the sick are very ignorant on this point. They feel much depressed,

and do not know what the matter is. A draught of pure air through their room would have a happy, invigorating influence upon them.”—*Healthful Living*, p. 72.

Those who are aged, infirm, or invalid also have a very definite need of fresh, pure air to breathe.

“Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air.”—*Ministry of Healing*, p. 275.

“The sick need to be brought into close touch with nature. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid.”—*Ministry of Healing*, p. 262.

“How grateful to the invalids weary of city life, the glare of many lights, and the noise of the streets, are the quiet and freedom of the country! How eagerly do they turn to the scenes of nature! How glad would they be to sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health-restoring.”—*Ministry of Healing*, p. 264.

“For invalids who have feeble lungs, nothing can be worse than an overheated atmosphere.”—*2 Testimonies*, p. 527.

“The heated, oppressed atmosphere, deprived of vitality, benumbs the sensitive brain. The lungs contract, the liver is inactive.”—*1 Testimonies*, p. 702.

It is frequently necessary, especially in cold weather, to warm the air in the home or office. But we must be careful to do this in moderation, since oxygen from the room is generally consumed in providing the heat (with a few exceptions, such as steam heat sent through pipes from a more distant heat ignition source).

“Stove heat destroys the vitality of the air and weakens the lungs.”—*Place of Herbs*, p. 21.

How important it is that we ourselves—and our children also—study and work in rooms with adequate ventilation to the fresh outside air.

“Many young children have passed five hours each day in schoolrooms not properly ventilated, nor sufficiently large for the healthful accommodation of the scholars. The air of such rooms soon becomes poison to the lungs that inhale it.”—*3 Testimonies*, p. 135.

“The lungs, in order to be healthy, must have pure air.”—*Healthful Living*, p. 171.

“The strength of the system is, in a great degree, dependent upon the amount of pure, fresh air breathed. If the lungs are restricted, the quantity of oxygen received into them is also limited, the blood becomes vitiated, and disease follows.”—*Healthful Living*, p. 176.

Buildings should be constructed in such a

manner that there is always enough fresh air and sunlight entering them.

"In the construction of buildings, whether for public purposes or as dwellings, care should be taken to provide good ventilation and plenty of sunlight. Churches and schoolrooms are often faulty in this respect. Neglect of proper ventilation is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective."—*Ministry of Healing*, p. 274.

Yes, fresh air is important to our health—for it is one of the simple remedies of nature, given by God to His people.

"There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system."—*Counsels on Health*, 1951, p. 323.

SPIRITUAL LESSONS

God asks us to come to Him that we might breathe the air of heaven. The plan of redemption was designed to give us forgiveness of sin, as well as empowerment to resist temptation and obey the commandments of God. It was given to redeem us so we might live with God and the holy angels forever.

Jesus said that He came "not to call the righteous, but sinners to repentance." (Luke 5:32). Only he who acknowledges himself to be a sinner before God can receive pardon and acceptance. The inquiry bursts from the heart: "Men and brethren, what shall we do? . . . What must I do to be saved?" (Acts 2:37; 16:30). "The sorrow of the world worketh death," but "godly sorrow worketh repentance to salvation." (2 Corinthians 7:10).

The cry of the soul is, "I will declare mine iniquity; I will be sorry for my sin" (Psalm 38:18). In heartfelt anguish for what he has done against God, he comes to Christ.

"When a man or woman shall commit any sin that men commit, to do a trespass against the Lord, and that person be guilty; then they shall confess their sin which they have done." (Numbers 5:6-7).

How thankful we can be that Jesus forgives the humble repentant sinner. "For Thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon Thee." (Psalm 86:5). "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9).

Thank God that "as the heaven is high above the earth, so great is His mercy toward them that fear Him." (Psalm 103:11). "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon." (Isaiah 55:7).

Oh, my friend, as we return to the Lord, He is so very happy to receive and accept us! "When he [the prodigal son, returning from years of sin] was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him." (Luke 15:20). "Who is a God like unto Thee, that pardoneth iniquity, and passeth by the transgression of the remnant of His heritage? He retaineth not His anger for ever, because He delighteth in mercy." (Micah 7:18). "Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth." (Luke 15:10).

Accepting Christ as his Saviour, the soul experiences the new birth. "Therefore if any man is in Christ, he is a new creature: old things are passed away; behold, all things are become new." (2 Corinthians 5:17).

"Thou hast in love to my soul delivered it from the pit of corruption: for Thou hast cast all my sins behind Thy back." (Isaiah 38:17). "Thou wilt cast all their sins into the depths of the sea." (Micah 7:19).

There is a great blessing for those willing to seek the Lord and forsake their sins. "Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile." (Psalm 32:1-2).

This experience is for you and me today! The call of Jesus is clear, and the message is cheering. There is hope for the lowliest. Coming to Christ, we give Him our sins and dedicate our lives to His service. All that He asks of us in His Word, we are now willing to do.

Is this an experience that you want right now? I know it is. Open the doors of your heart and let the fresh air of God's salvation into your heart. It is refreshing and wonderful. It means eternal life.

A miracle factory is at work just beneath your skin. And when the ultraviolet rays of the sun touch the skin, the factory sets to work.

It is a most marvelous system, and without it you could not remain alive an hour.

There are millions of red corpuscles constantly flowing through very small blood vessels throughout every part of the 3,000 square inches of your skin. And there are also tiny oil glands just beneath the skin which biochemists call sterols. As sunshine strikes them, substances within them, called ergosterols, are irradiated and transformed into vitamin

The Eight Laws of Health

The Second Law of Health — The Sunlight on Your Body

D. Carried to all parts of your body, it enables you to have strong bones, teeth, and nails.

But we are getting ahead of our story—the fascinating story of what one of God’s special gifts—sunlight—can do for you.

Every living thing in our world is dependent upon the sun. Without sunshine, nothing could live. Sunlight is composed of energy wavelengths of various types. We will here focus our attention on the visible rays, along with the infrared and ultraviolet rays. In this brief report—you will learn part of this miracle of what sunlight can do for you,—and how it can bring you better health and even a happier outlook on life.

In 1877, two researchers, Downes and Blunt, discovered that sunlight can destroy harmful bacteria. Today, it is used to treat bacterial infections. Sunlight on the body dramatically lowers high blood pressure, decreases blood cholesterol, lowers excessively high blood sugars, and increases white blood cells.

Adequate sunlight on your body will lower your respiratory rate, and will cause your breathing to be slower, deeper, and even easier. Your resting heart rate will decrease, and after exercise it will return to normal much more quickly. Sunlight increases the capacity of the blood to carry more oxygen and take it to your body tissues. Even a single exposure to the ultraviolet light in sunlight will greatly increase the oxygen content of your blood. And this effect will continue for several days. Bronchial asthma patients who could hardly breathe, were able to inhale freely after a sunbath.

It is of interest that many of these beneficial effects of sunlight are heightened if a person combines sunbathing with a regular program of physical exercise. For example, fatigue and exhaustion tend to be lessened and the capacity for work is increased. It is now known that part of this is due to

an increase in glycogen content of the blood and muscles following sunlight and exercise.

The strength of the heart is steadied and deepened. The pulse rate is lowered because the heart muscle is pumping more blood at each beat. This enables your heart to rest more between beats. And yet the blood output is increased by an average of 39% for several days after a sunbath. Many people worry about their blood pressure, yet regularly taking sunlight on the body lowers it. Sunbaths alone will lower blood pressure by an average of 8%; combined with exercise, it is lowered 15%.

And there are those that worry about their blood sugar because they are diabetic. It has been discovered that exposure to sunshine has an insulin-like effect on the body—it lowers the blood sugar. And it does it in exactly the right proportion. Those who have no diabetic problem experience almost no change in blood sugar, while diabetics have a striking lowering of it. It is now known that this lowering is caused by the fact that sunlight on the body causes glycogen (stored sugar) to be increased throughout the body, enabling the blood sugar to be lowered. Higher storage levels of glycogen result in more body energy for longer stretches of physical activity, with more endurance and less fatigue. (Warning: A diabetic taking sunbaths should try reducing his insulin intake, lest he inject too much.)

And then there is stress. We all encounter tensions and problems throughout the day. Sunlight can help you more easily glide through the day. A deepened sense of well-being results, and better sleep comes at night. You feel better and live better. Because you are more relaxed, the crises of life are met with less difficulty. Sunlight on the body both calms the nerves and increases adrenalin. This relaxation is not merely mental; it is physical also. Both gastric and duodenal ulcer patients have been found to improve under the beneficial effects of sunshine.

The wealth of new scientific insights on the restorative power of sunlight continues to unfold. Sunlight lowers blood cholesterol, and an excess of blood cholesterol is one of the problems leading to heart and artery disease. The basic fact underlying this truth goes back to the year 1904, when it was

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

Ministry of Healing, p. 127

discovered that sunlight changes the cholesterol just under the skin into vitamin D. Because there is so much cholesterol just under the skin, when it is changed by sunlight into vitamin D, cholesterol from the blood is sent to take its place, thus lowering the cholesterol in the blood. Researchers now know that when cholesterol is removed from the blood—cholesterol stored within the plaques deposited on the artery walls takes its place. The result is a beneficial reduction of the dangerous deposits that accompany hardening of the arteries and lead to strokes. Two hours after a sunbath, an average of 13% reduction in human blood cholesterol occurs.

Research carried out in 1970 in Russia disclosed that sunbaths help people with hardening of the arteries of the brain. Their improved mental performance and memory indicates that those harmful blood vessel deposits were lessened by the exposure to sunlight.

Incidentally, one insight that came out of this and other Russian research was the fact that patients were helped more by frequent short exposures to sunlight than by infrequent longer sunbaths. Proof of this was shown in the electrocardiograms: almost twice as good in those receiving shorter, more frequent sunshine on their bodies.

Dramatic evidence of the importance of sunlight on the body is to be found in the fact that dark-skinned races suffer more from certain diseases than light-skinned races. Of all the races, the Negro race is the most susceptible to rickets. The solution is vitamin D, but in order to manufacture it in the body, blacks must have their bodies in the sunlight more than the light-skinned races.

Because blacks require more sunlight on their bodies for good health than whites, blacks tend to have more jaundice, higher blood pressure, tuberculosis, and diabetes.

In our book, "The Water Therapy Manual" (Part Two of "Better Living for Your Home"), we include a section on sunbathing as a healing principle in the treatment of tuberculosis. Tuberculosis of the skin, bone, and lung are all helped by sunbathing.

Streptococcal infections have been found to be reduced when sunlight regularly reaches the skin. In 1929, Dr. Ude introduced sunbathing into America for the treatment of erysipelas (a streptococcal infection of the skin). In 1938, penicillin was discovered and many researchers turned their eyes from sunlight to the wonder drugs. But the many dangerous side effects of these medicinal drugs are less likely to be found in taking a sunbath.

Fungus infections of the feet and toes are especially helped by sunlight. So many different bacteria and viruses exist that it is neither wise nor safe to attempt vaccination against them all. But sunlight on the body is part of the best solution to many of these problems.

Infectious diseases include many physical problems ranging from the common cold to flu,—and even the dangerous spinal meningitis.

How very important it is that we make sure that we frequently obtain the vital sunlight that our bodies so much need in order to maintain good health.

Some people believe that all of the problems of mankind are due to germs, and others think that germs are no problem at all—as long as one lives properly and eats healthfully. We well agree that right living is the most important of all, but germs in the water and air around us are not always harmless.

In 1935, Daryl Hart noted the frequency with which infections developed in people who had just had operations. He wondered whether air-borne germs might have contaminated them while the operation was in progress. He placed petri dishes in an operating room for an hour during an operation, and found 78 colonies of staphylococcus on one place alone. Was there a way that those germs in the air could have been killed? Dr. Hart placed ultraviolet lights overhead—and discovered that all the germs—including very dangerous ones—were killed within ten minutes, if they were within eight feet of those lamps. And this happened even when the lights were so low in intensity that it required eighty minutes for blond skin to be reddened. A similar experiment was done in a naval training center, in which very low-intensity ultraviolet lights were installed in the barracks. The result was a 25% reduction in respiratory infections among the recruits using those sleeping quarters.

(Please, do not set up sunlamps in your bedroom! They are far too high in intensity, and your eyes will be damaged. Instead, draw back the curtains—and let the sunlight in. For it has been scientifically established that sunlight reduces the danger of open-air transmission of disease. Sunlamps must be used with greatest care and for only a few seconds at a time.)

Water purification is now being taken to the sunlight. Chlorination kills many water-borne diseases, but the chlorine has certain carcinogenic (cancer-causing) effects. Researchers are now turning to irradiation with ultraviolet light.

The four most dangerous water-borne bacterial infections are cholera, typhoid, bacillary dysentery, and hepatitis. It has been demonstrated that sunlight can kill such bacteria to some depth, if the flow of water is slow enough so that the ultraviolet radiations can effectively reach them.

What about germs on the skin? Exposure to sunlight increases the skin's resistance to disease. It does this by directly killing the bacteria on the skin. The shorter ultraviolet wave lengths are the most bactericidal, and do not particularly penetrate

beneath the skin. But the longer wavelengths also kill germs, though to a lesser extent, and they penetrate more deeply.

Sunlight not only directly kills bacteria on the skin,—but it changes natural body oils on the skin into bactericidal agents! Even the vapors rising from these irradiated natural skin oils are able to kill bacteria.

Psoriasis and acne are two common skin diseases. Both are being treated with sunlight. Sunlight keeps psoriasis under control, and the purifying power of these rays helps to sterilize acne, and bring to it more rapid healing.

Sunlight also strengthens the body's immune system. This is partly due to the fact that sunlight striking the body increases the number of white blood cells in the body. These are the fighter cells that resist infection by gobbling it up wherever found in the body. There is one particular white blood cell that is the most powerful germ killer of them all: the lymphocyte. Science has now come to the startling conclusion that sunlight increases the number of lymphocytes—more than any other kind of white blood cell.

Antibody production, so important to a successful resistance to infection, is also greatly increased after sunbathing. This is due to the fact that it is primarily the lymphocytes that produce the antibodies, such as the very important gamma globulins. In laboratory animals, this antibody increase can last for two or three weeks.

Neutrophils, fairly common white blood cells, are very important. They spend their life within your body eating up bacteria, fungus, and other harmful invaders. After being exposed to the sun, the neutrophils are, in some unknown way, stimulated to chew up harmful bacteria even more rapidly. Research experiments have disclosed that this increase in gobbling action is doubled after a sunbath.

Did you ever notice that people are more likely during the winter months to contract colds, during spells of lessened sunlight?

An interesting study related to this fact is that of the early polar explorers. After spending months in those icy areas with so little sunlight, they would always develop upper respiratory infections upon returning home. The lack of sunlight for eight months had weakened their immune systems, and their antibodies and white blood cells were markedly decreased.

And, of course, sunlight also affects your bones.

In children without adequate sunlight, the vitamin D needed to calcify the bones is not present in proper amounts for the body to lay down calcium in the bones—and they bend more easily. In adults, when there is not enough vitamin D in the body, the calcium leaves the bones and they become softer.

In one research study, over 800 children were

studied, and it was noted that they had more dental cavities during the winter and spring months than during the summer months. The lessened sunlight in the winter would be a factor here. However, it should also be noted that those children probably also had less fresh greens, vegetables, and fruit during the winter months. This would also affect their vitamin C and calcium intake—both important to good bones and teeth.

Newborn and young children in areas of the world with less sunlight have a tendency to develop jaundice. It was a nurse in England that first discovered that sunlight could eliminate the problem. Two blood samples taken of the same infant, one shortly after the other—brought the whole matter to the attention of medical science. The sunlight bath given by the nurse, Mrs. Ward, to that infant dramatically changed its condition.

Further study into this revealed that sunlight through glass could partially but not as effectively help the infants with jaundice.

Jaundice in adults can be caused by a number of different factors; sunlight seems to help in every case.

But of all light available, there is none as healthful to the human body as full-spectrum sunlight taken out-of-doors.

It was centuries ago that the beneficial value of sunlight in the treatment of arthritis was first observed. Many examples of this could be cited, but the moral of the story is this: If you have arthritis, take sunbaths.

Gout is also helped by sunlight. It is thought that the ultraviolet rays increase uric acid excretion.

Sunlight helps heal wounds. Under its influence, they heal better and more rapidly. Part of the reason for this is the greater blood supply to the wounded body area when sunlight has fallen on it. Another reason is the purifying effects of the sun's rays. But there are other factors involved of which we are not yet certain.

Sunlight, which can help heal wounds, can also aid in the treatment of sores and surface ulcers. Older folk can develop such problems due to an inadequate blood circulation. But sunlight increases the circulation.

An unusual new development in sunlight research involves that of poisonous chemicals. Sunbathing helps destroy many of them, such as lead, mercury, cobalt, manganese, cadmium, fluoride, benzene, pesticides, and even aids in the elimination of quartz and coal dust.

For example, lead was removed twice as fast from the bodies of animals receiving adequate doses of sunlight. The principle here is that the ultraviolet light in sunlight apparently increases the number of enzymes that eliminate toxic chemicals by metabolizing them. Russians give sunlight therapy daily to

miners to help remove coal, quartz, and other rock dusts from their lungs.

Yet, oddly enough, while toxic levels of heavy metal and rock particles are removed by sunlight—the amount of valuable trace minerals in the blood are increased.

One unusual fact that turned up in the course of sunlight research was the insight that experimental animals receiving sunlight treatments undergo some weight loss. It is thought that this is related to increased thyroid production, which sunlight is known to do. Basal body metabolism is thus increased and more calories are burned up.

Sunlight striking the skin also increases muscle tone, and this in turn would use up more calories. Sunlight even helps childbirth. Dr. Robert Bradley, an obstetrician of many years experience, has discovered that women who obtained extra sun over all their body in the months before delivery were less likely to tear at childbirth. He found their skin to be more flexible and less brittle at the time of delivery.

The University of Illinois did research on students, and found that the ones who received regular sunbaths showed greater interest in their classes, attended more regularly, and were more alert. F.A. Kummerow found that sunlight treatments favorably affect the mind and help balance the stimulating and depressing nerve impulses. Try sunbathing yourself—and notice how you will gain a feeling of general well-being and a more cheerful outlook on life.

For the healthiest home, let the light in. Push the curtains back so the sunshine can pour in. Yes, it may fade the rug, but the benefits are far greater than the losses. Sunlight purifies the air in the room. Normal air exchange will carry that air to the north rooms of the house and help purify them. Did you know that patients in hospitals tend to recover more quickly when they are in southern exposure rooms, and less quickly when they are in rooms located on the north side? Let the sunlight into your home, as much as possible, and open the doors between the different rooms, so that its quiet, healing influence may permeate your home.

Rooms can be partially purified by skylight (sunlight reflected from the sky) coming in through the windows. See our book, *“Prophet of the End,”* pages 69-70, for more information on this.

HOW TO OBTAIN THE NEEDED SUNLIGHT

Not-too-much and often-as-possible is the best formula. Dr. Zane Kime, whose book, *Sunlight* is a classic in the field, wrote this:

“If too much sunlight is received, it can have a drying effect, and one may occasionally have flaking, dry skin. Exposure to the sun should be progressive, beginning with only a few minutes a day . . . If the tissues of the skin are saturated with the necessary vitamins, the sun will not age the skin, but enhance

its beauty. *Sunlight*, p. 89.

If you would like an abundance of scientific background information on the therapeutic value of sunshine, obtain a copy of Dr. Kime’s book, *Sunlight*.

On page 267 of that book, you will find a listing of many of the human diseases that sunlight can help alleviate.

Here is another important quotation from Dr. Kime’s book:

“Nutrition and sunlight are intimately related. By striking the skin, sunlight can produce certain hormones and nutrients like vitamin D. Unless one has a proper diet, sunlight has an ill effect on the skin. This must be emphasized: Sunbathing is dangerous for those who are on the standard high-fat American diet or do not get an abundance of vegetables, whole grains, and fresh fruits. Those on the standard high-fat diet should stay out of the sun and protect themselves from it; but, at the same time, they will suffer the consequences of both the high-fat diet and the deficiency of sunlight.”—*Zane Kime, Sunlight*, p. 117.

The problem here is skin cancer. (1) If you are not eating a healthful diet, and (2) if you are getting too much sunlight on your skin,—your chances of developing skin cancer are greater.

Fortunately, of all the malignancies that plague mankind, skin cancer is the easiest to detect and the easiest to remove. In relation to its frequency of occurrence, there are fewer deaths from skin cancer than from any other type of carcinoma.

But, in view of the advantages—and dangers—of sunbathing,—what is the best way to obtain it? How long should we sunbathe, and how often? Here are some suggestions:

Some people are more sensitive to sunlight than others. They burn more quickly. Such individuals should take less sunlight to start with and never obtain very much at a time. Others can take more. Dark-skinned people will need to spend more time in the sun in order to obtain enough. The higher in the sky the sun is, the stronger its rays. In the winter months, you will want to sunbathe near noontime, since the sun is lower in the winter skies. In the summer, there is a wider range of hours to select from. Keep in mind that the higher the sun is in the sky, the more ultraviolet rays it sends to your body. And those are the rays that purify; they are also the rays that can bring sunburn. Also keep in mind your latitude. The farther north you live, the lower in the sky the sun will be at noon. People sunburn more quickly at the beach than at home. This is due to the fact that light rays reflect back from the sun. (Snow reflects 85% of the ultraviolet; dry sand 17%, water 3-5%, and grass 2.5%.) Wet skin burns more rapidly than dry skin.

Many of the drugs, cosmetics and soaps that people use tend to sensitize the skin so that burning

can occur more easily. Another problem is the suntan lotions. These frequently tend to block out the sun's rays, and this you do not want.

Sunbathe under the sun—without any glass or plastic between. Be in the sun regularly; best at about the same time of the day you were last in it. Carefully time yourself. This writer uses a stopwatch and begins at two minutes to a side, and finds that he does best not to later go beyond eight minutes per side. Have it settled in your mind that you want a balanced and regular program of sunbathing, not just a suntan. As we said earlier: You want frequent sunlight on your body, but not too much at a time. This is an ideal that you may not always be able to achieve. But such a program, combined with a good diet, will give you the healing sunlight you need, with little likelihood of skin cancer.

On the first day, start with no more than two minutes to a side, and later lengthen it. Do it every day, every other day, or as often as you are able. Beware: Sunlight is relaxing; do not fall asleep during a sunbath.

If you are able to do so, build an inexpensive solarium where you can take sunbaths in privacy. In this way, each sunbath will bring the healing, purifying, strengthening rays to a larger part of your body than would otherwise be possible.

Carotene and vitamin A in the diet, along with fresh fruits and vegetables, while carefully avoiding free fats (grease, oil, etc.)—will help protect you from the negative effects of sunlight.

Should you use artificial sunlamps? Only if there is absolutely no way you can get out into the sunlight itself. Never buy or use a sunlamp that produces ultraviolet rays with frequencies below 290 nm. (Only a few firms manufacture sunlamps with safe radiation frequencies—above 290 nm.)

If you use sunlamps, always wear protective glasses to shield your eyes, and work quickly, rotating before the bulb. Sunlamps are dangerous—be careful!

It is possible to purchase ultraviolet window panes—that will let in the ultraviolet from the sun. Apparently, this new development is useful. Overcast skies only filter out about 20% of the ultraviolet rays, so such windows could enable you to take a sunbath in a blizzard.

Sunlight is one of the great blessings given by God to you. Let it help you and your loved ones every day, and thank Him daily for such a wonderful gift.

ADDITIONAL PRINCIPLES

“Shade-trees and shrubbery too close and dense around a house are unhealthy; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and

those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard, beautiful with scattering trees and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health.”—*How to Live*, p. 64.

“Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health-destroying apartments. . . Sleeping rooms, especially, should be well ventilated, and the atmosphere made healthful by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired. Nothing should remain, even for a short time, which would destroy the purity of the atmosphere.”—*How to Live*, pp. 62-63.

“Life in the open air is good for body and mind. It is God's medicine for the restoration of health. Pure air, good water, sunshine, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees.”—*7 Testimonies*, p. 85.

“The guest-chamber should have equal care with the rooms intended for constant use. Like the other bedrooms, it should have air and sunshine, and should be provided with some means of heating to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often life.”—*Ministry of Healing*, p. 275.

“If those who are well need the blessing of light and air, and need to observe habits of cleanliness in order to remain well, the sick are in still greater need of them in proportion to their debilitated condition.”—*How to Live*, p. 60.

“If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets.”—*2 Testimonies*, p. 527.

“If the windows were freed from blinds and heavy curtains, and the air and sun permitted to enter freely the darkened rooms, there would be seen a change for the better in the mental and physical health of the children. The pure air would have an invigorating influence upon them, and the sun that carries healing in its beams would soothe and cheer, and make them happy, joyous, and healthy.”—*Healthful Living*, p. 229.

“Exercise, and a free use of the air and sunlight, . . . would give life and strength to many an emaciated invalid.”—*Our High Calling*, p. 223

God wants His people to be like the sunshine. They are to be the light of the world. They are to rejoice in His salvation, and share the glorious news of deliverance with everyone they meet.

It is daily consecration which begins this experience. Jesus is calling upon us to make this daily, renewed dedication to Him. "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." (Romans 12:1).

Each new dedication, lived out in the daily life, makes us more like our Master—the One who we are trying to be like. "Let this mind be in you, which was also in Christ Jesus" (Philippians 2:5), for He "made Himself of no reputation, and took upon Him the form of a servant." (Philippians 2:7).

The closer we come to Jesus, the more we can understand His character of love, gentleness, and helpfulness. "Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Matthew 11:29).

It is unselfish ministry to others that makes the difference between the Christian and the worldling. "And whosoever will be chief among you, let him be your servant: even as the Son of man came not to be ministered unto, but to minister, and to give His life a ransom for many." (Matthew 20:27-28). Jesus said, "I am among you as he that serveth." (Luke 22:27).

Sunshine in the life of the Christian means to love God and live to help and bless others. It also means to praise God with all the heart and soul. "By Him therefore let us offer the sacrifice of praise to God continually, that is, the first fruit of our lips giving thanks to His name." (Hebrews 13:15).

Sunshine never stops, but the clouds sometimes keep us from seeing it. Let our praise to the Lord be continual also. "I will bless the Lord at all times: His praise shall continually be in my mouth." (Psalm 34:1). "Every day will I bless Thee; and I will praise Thy name for ever and ever." (Psalm 145:2).

"In every thing give thanks; for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18). "Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ." (Ephesians 5:20).

What a wonderful way to live! Always dwelling in the sunshine of God's countenance; always spreading the sunshine to those around you. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." (Philippians 4:6).

When the sunshine of praise is not present, we lapse into doubt, discontent, and darkness. "Because that, when they knew God, they glorified Him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened." (Romans 1:21).

Whether on the street, about our business, or at church—let us praise the Lord. "My praise shall be of Thee in the great congregation: I will pay my vows before them that fear Him." (Psalm 22:25).

We praise God by telling others how good He has

been to us, and the blessings and protection He has brought us. "Come and hear, all ye that fear God, and I will declare what He hath done for my soul." (Psalm 66:16). "My soul shall make her boast in the Lord; the humble shall hear thereof, and be glad." (Psalm 34:2).

In every place and by every means, praise the Lord. "Praise ye the Lord. Praise God in His sanctuary: praise Him in the firmament of His power. Praise Him for His mighty acts: praise Him according to His excellent greatness . . . Let everything that hath breath praise the Lord. Praise ye the Lord." (Psalm 150:1, 2, 6) Spread the sunshine.

From age to age, throughout times past and eternity to come, God's people praise Him with song and rejoicing. "Where wast thou when I laid the foundations of the earth? . . . when the morning stars sang together, and all the sons of God shouted for joy?" (Job 38:4,7). "Then sang Moses and the children of Israel this song unto the Lord . . . The Lord is my strength and song, and He is become my salvation: . . . and I will exalt Him." (Exodus 15:1-2). "Serve the Lord with gladness." (Psalm 100:2).

To be "abstemious" is to be moderate or sparing in the use of certain things, including an excess of even good food. Temperance has a similar meaning: It means to have moderation or self-restraint.

Temperance can also mean to totally avoid certain substances or activities, and so does abstinence.

We are here speaking of self-control. In order to succeed physically, mentally, and morally in life, we must have temperance in regard to things good and abstinence in regard to things harmful.

"In order to preserve health, temperance in all things is necessary,—temperance in labor, temperance in eating and drinking."—*How to Live*, p. 57.

"True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food."—*Health Reformer*, April 1, 1877.

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The Eight Laws of Health

The Third Law of Health —

The Power of Abstemiousness

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The evangelist, Paul, counsels us to be “temperate in all things” (1 Corinthians 9:25). This means that we should shun that which is harmful, avoid unneeded extremes, and be moderate in the enjoyment of those things which are lawful. Health of body, mind, and soul is impossible without careful, temperate living.

Even when eating the most careful diet, you can get too much of a good thing. Too much, even of the best food, is harmful. Too much sunshine can result in severe sunburn; too much exercise can cause excessive exhaustion. The Apostle Paul said, “Let your moderation be known unto all men” (Philippians 4:5). Seneca said, “Man does not die; he kills himself!” Much of the tragic shortening of men’s lives—that we so often see around us—is unnecessary. Men and women violate the laws of health; and the law of abstemiousness is one of the most important of these laws.

The well-known American writer, William Cullen Bryant, lived to a very old age. When asked the reason

for his excellent health at such an advanced age, he replied, “It is all summed up in one word: moderation.” If we would be temperate in all things, self-control must be exercised in our conversation, in our daily diet, in our work habits, in our recreation, in our travels, in our time for sleep, and in our study. Throughout life, we must ever be on guard lest we fall into intemperance. The strains and injuries of earlier years add up and reveal themselves in the later years. Live carefully, and if you are not doing so,—then immediately turn about and determine that, by the help of God, you will live a better life. Fortunately, whenever we begin living more healthfully, our future happiness immediately begins improving.

The will power to make the needed changes can be found only in Christ, humble submission to Him, and careful obedience to His Inspired Word. It is the will of our heavenly Father that we not only learn and obey His Moral Law, the Ten Commandments, but that we also learn and obey the physical laws that govern our being.

A little later in this chapter will be found a number of very helpful quotations that will explain the importance of studying and living by the laws of health. Moderation is something that but few value as they should. Yet it is the cord that binds together many other health principles.

The Bible says, “Every man that striveth for the mastery is temperate in all things” (1 Corinthians 9:25). As we have mentioned earlier, true temperance includes moderation in things good as well as abstinence in things harmful.

Here are some of the harmful things that should be avoided: Do not use tobacco in any form, for it is a slow but powerful poison. Totally avoid alcoholic drinks. Stay away from poisonous substances and toxic drugs. This includes not only liquids and solids, but also vapors and fumes. Beware of addicting substances and never indulge in them. Included under this category would be not only alcoholic beverages, but also caffeine products (such as coffee, tea, and cola drinks). Caffeine products injure your organs; and, in addition, cola drinks gradually melt your teeth.

The heavily sugared foods (such as candy, ice cream, cake, and chewing gum) are better left alone.

The Bible says not to eat the blood or the fat. Yet it is practically impossible to prepare meat dishes with any taste—after all the blood, fat, and uric acid (urine in the tissues) has been first soaked and boiled out of

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

***Ministry of Healing*, p. 127**

the raw meat.

Do not use greasy foods. This includes butter, margarine, and animal fat. Any oil that is solid or semi-solid at room temperature should never be put into the body. Beware of trans-fats. These are the partially hydrogenated oils that have been put into margarine and many other foods. An example of this is the peanut butter sold in regular grocery stores. You will notice that it contains no free-flowing (“runny”) oil. All of the oil has been solidified by hydrogenation into a grease form.

Chemically, such grease has the same effect in the body that animal fat has. (In addition, some manufacturers remove the expensive peanut oil from the crushed peanuts, and then add to the peanut pulp a cheap oil that has been hydrogenated into grease. This cheap oil additive is sometimes an animal fat, although marked on the label as “vegetable oil.”) Meat in the diet has a tendency to rot in the system. This is due to the fact that our digestive tracts are much longer than those of dogs, tigers, and other flesh-eating animals.

Do not cook or eat food in aluminum. Aluminum salts are poisonous to the body. Avoid foods that have been taken apart (such as white flour, white rice, white sugar, white bread, etc). Instead, eat the whole foods: whole-grain bread and cereal, brown rice, honey, etc.

Baking powder and soda should not be used in food preparation; for they damage the delicate lining of the stomach. Vinegar is a powerful acid and should never be in any food that you eat.

The use of spices and condiments disturbs the stomach, creates a thirst that is difficult to satisfy with food, can lead to addictive habits, and has been known to cause disease. For example, white and black pepper can lead to intestinal cancer.

Avoid automobile and tobacco fumes. Car exhaust contains lead; and cigarette smoke has many dangerous chemicals, in addition to nicotine. Stay away from spray painters. Metal lacquer (such as is used by auto body refinishers) is especially harmful to the lungs.

Chlorinated water leads to atherosclerosis. And fluoridated water injures your bones, teeth, and nerves.

Do not eat or drink things that are too hot or too cold. Both upset the stomach and weaken the digestive system.

Food preservatives and insecticide residues are both dangerous in food. It is best to wash fresh fruit and vegetables before eating them, in order to eliminate as much of the insecticide as possible. Try to avoid using processed foods that list preservatives on the label.

Both chocolate and cocoa contain harmful substances.

That which is harmful should be avoided; and many of those things which are good should be used in moderation: Maintain a balance of rest and exercise; not too much work or too little. Regularity in scheduling and the daily routines of life will greatly aid in keeping you in the best health. Try to have a set time for rising, morning worship, prayer, drinking your water, mealtime, quitting time in the afternoon, family worship, evening walk time, bedtime, etc. Maintaining simple

routines simplifies life, relaxes the mind, and helps us work more efficiently.

Personal cleanliness is actually another type of moderation.

Cleanliness of body, clothing, bedding, and house are important to good health. Open the windows and let in the purifying sunlight and fresh air. Water is the best cleansing agent known to mankind. It is a gift of God. Keep your environment clean and your life will be a happier one.

Closely related to cleanliness is neatness and tidiness. Keeping things neat and in order is both encouraging to the spirits and helpful to mental efficiency.

Tight compressions about the waist (such as belts, corset, etc.) can induce later pelvic organ disease. Suspend the clothing from the shoulders. Wear clothing that will avoid chilling of the arms and legs.

Refuse to live a life of anxious concern. Worry wears out the life forces. If you cannot solve it in five minutes, give it to God in prayer—and then forget it. Later the solutions will come to mind. That simple habit has been a help to this writer.

Have certain times to work and certain times not to; do the same with your mind. Turn it off at times and just relax. Above all things, keep cheerful, and keep close to God and His Written Word. Permit nothing to keep you continually depressed or anxious. People that are cheerful and relaxed always are healthier and have longer, happier lives than they otherwise would—without exception.

A cheerful, relaxed, unworried attitude; trust in God; prayerful and obedient study of His Scriptures; moderation in living habits; the use of the eight natural remedies; the avoidance of addictive and poisonous substances; trying to be a blessing and a help to those around you (regardless of whether they seem to appreciate your efforts);—this is the seven-fold formula for a happy, satisfying, worthwhile, and long life.

ADDITIONAL PRINCIPLES

“God is the owner of the whole man. Soul, body, and spirit are His. God gave His only begotten Son for the body as well as the soul, and our entire life belongs to God, to be consecrated to His service, that through the exercise of every faculty He has given, we may glorify Him.”—*Healthful Living*, p. 9.

“The living organism is God’s property. It belongs to Him by creation and by redemption; and by a misuse of any of our powers we rob God of the honor due Him.”—*Counsels on Diet and Foods*, p. 16.

“The wonderful mechanism of the human body does not receive half the care that is often given to a mere lifeless machine.”—*Gospel Workers*, p. 175.

“The health should be as sacredly guarded as the character.”—*Counsels to Parents, Teachers and Students*, p. 84.

“Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the

living machinery in action; if we were left to run it for one moment, we should die. We are absolutely dependent upon God.”—*Medical Ministry*, p. 13.

“It is our duty to study the laws that govern our being, and conform to them. Ignorance in these things is sin.”—*Healthful Living*, p. 13.

“From the first dawn of reason, the human mind should become intelligent in regard to the physical structure. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.”—*Counsels to Parents, Teachers, and Students*, p. 125.

“Ignorance of physiology and neglect to observe the laws of health have brought many to the grave who might have lived to labor and study intelligently.”—*Special Testimonies on Education*, p. 98.

“To become acquainted with the wonderful human organism,—the bones, muscles, stomach, liver, bowels, heart, and pores of the skin,—and to understand the dependence of one organ upon another for the healthful action of all, is a study in which most mothers take no interest.”—*3 Testimonies*, p. 136.

“Study that marvelous organism, the human system, and the laws by which it is governed.”—*Christian Temperance*, p. 120.

“If people would reason from cause to effect, and would follow the light which shines upon them, they would pursue a course which would insure health, and the mortality would be far less . . . All who possess common capabilities should understand the wants of their own system.”—*How to Live*, p. 51.

“He who hungers and thirsts after God will seek for an understanding of the laws which the God of wisdom has impressed upon creation. These laws are a transcript of His character. They must control all who enter the heavenly and better country.”—*Unpublished Testimonies*, August 30, 1896.

“God’s law is written by His own finger upon every nerve, every muscle, every faculty which has been entrusted to man.”—*Unpublished Testimonies*, August 30, 1896.

“The transgression of physical law is transgression of God’s law.

“Our Creator is Jesus Christ. He is the author of our being. He is the author of the physical law as He is the author of the Moral Law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God. God is not revered, respected or recognized.

“This is shown by the injury done to the body in violation of physical law.”—*Unpublished Testimonies*, May 19, 1897.

“God loves His creatures with a love that is both tender and strong. He has established the laws of nature; but His laws are not arbitrary exactions. Every ‘Thou shalt not,’ whether in physical or Moral Law, contains or implies a promise. If it is obeyed, blessings will attend your steps; if it is disobeyed, the result is danger and unhappiness.”—*5 Testimonies*, p. 545.

“Health, strength, and happiness depend upon

immutable laws; but these laws cannot be obeyed where there is no anxiety to become acquainted with them.”—*Health Reformer*, September 1, 1881, p. 11.

“God is greatly dishonored by the way in which man treats his organism, and He will not work a miracle to counteract perverse violations of the laws of life and health.”—*Unpublished Testimonies*, August 30, 1896.

“The Lord has made it a part of His plan that man’s reaping shall be according to his sowing.”—*Unpublished Testimonies*, May 19, 1897.

“God calls for reformers to stand in defense of the laws He has established to govern the human system, and to maintain an elevated standard in the training of the mind and culture of the heart.”—*Testimonies to Ministers and Workers*, p. 195.

“It is the duty of every human being, for his own sake and for the sake of humanity, to inform himself or herself in regard to the laws of organic life, and conscientiously to obey them . . . It is the duty of every person to become intelligent in regard to disease and its causes. You must study your Bible, in order to understand the value that the Lord places on the men whom Christ has purchased at such an infinite price. Then we should become acquainted with the laws of life, that every action of the human agent may be in perfect harmony with the laws of God. When there is so great peril in ignorance, is it not best to be wise in regard to the human habitation fitted up by our Creator, and over which He desires that we shall be faithful stewards?”—*Unpublished Testimonies*, December 4, 1896.

“The transgression of the physical law is transgression of God’s law. Our Creator is Jesus Christ.”—*Unpublished Testimonies*, May 19, 1897.

“Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God. Every careless action, any abuse put upon the wonderful mechanism, by disregarding His specified laws of the human habitation, is a violation of God’s law. This law embraces the treatment of the entire being.”—*Unpublished Testimonies*, January 11, 1897.

“God has formed laws to govern every part of our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is a fixed penalty, which sooner or later must be realized.”—*Healthful Living*, p. 20.

“Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health.”—*3 Testimonies*, p. 164.

“The laws governing the physical nature are as truly divine in their origin and character as the law of the Ten Commandments.

“Man is fearfully and wonderfully made; for Jehovah has inscribed His law by His own mighty hand on every part of the human body.”—*Unpublished Testimonies*, August 5, 1896.

“It is just as much sin to violate the laws of our being as to break one of the Ten Commandments, for we cannot do either without breaking God’s law.”—

2 Testimonies, p. 70.

"A violation of these laws is a violation of the immutable law of God, and the penalty will surely follow."—*Review and Herald, October 16, 1883.*

"All our enjoyment or suffering may be traced to obedience or transgression of natural law."—3 Testimonies, p. 161.

"God, the Creator of our bodies, has arranged every fiber and nerve and sinew and muscle, and has pledged Himself to keep the machinery in order if the human agent will co-operate with Him and refuse to work contrary to the laws which govern the human system."—*Unpublished Testimonies, August 30, 1896.*

"Every misuse of any part of our organism is a violation of the law which God designs shall govern us in these matters; and by violating this law, human beings corrupt themselves. Sickness, disease of every kind, ruined constitutions, premature decay, untimely deaths,—these are the result of a violation of nature's laws."—*Unpublished Testimonies, August 30, 1896.*

"Sickness is caused by violating the laws of health; it is the result of violating nature's laws."—3 Testimonies, p. 164.

"Everything that conflicts with natural law creates a diseased condition of the soul."—*Review and Herald, January 25, 1881.*

"The moral powers are weakened because men and women will not live in obedience to the laws of health, and make this great subject a personal duty."—3 Testimonies, p. 140.

"Satan knows that he cannot overcome man unless he can control his will. He can do this by deceiving men so they will cooperate with him in transgressing the laws of nature, which is transgression of the law of God."—*Temperance, p. 16.*

"If we unnecessarily injure our constitutions, we dishonor God, for we transgress the laws of our being."—*Healthful Living, p. 27.*

"If appetite, which should be strictly guarded and controlled, is indulged to the injury of the body, the penalty of transgression will surely result."—*Unpublished Testimonies, August 30, 1896.*

"Intemperance of any kind is a violation of the laws of our being."—*Review and Herald, September 8, 1874.*

"Eating merely to please the appetite is a transgression of nature's laws."—*Unpublished Testimonies, August 30, 1896.*

"Health is a great treasure. It is the richest possession that mortals can have. Wealth, honor, or learning is dearly purchased, if it be at the loss of the vigor of health. None of these attainments can secure happiness if health is wanting."—*Christian Education, p. 16.*

"The health should be as sacredly guarded as the character."—*Christian Temperance, p. 83.*

"Our physical, mental, and moral powers are not our own, but lent us of God to be used in His service."—*Healthful Living, p. 29.*

"The importance of the health of the body is to be taught as a Bible requirement."—*Unpublished*

Testimonies, August 30, 1896.

"All who profess to be followers of Jesus should feel that a duty rests upon them to preserve their bodies in the best condition of health, that their minds may be clear to comprehend heavenly things."—2 Testimonies, pp. 522-523.

"That time is well spent which is directed to the establishment and preservation of sound physical and mental health . . . It is easy to lose health, but it is difficult to regain it."—*Review and Herald, September 23, 1884.*

"God has not changed, neither does He propose to change our physical organism, in order that we may violate a single law without feeling the effects of its violation . . . By indulging their inclinations and appetites, men violate the laws of life and health; and if they obey conscience, they must be controlled by principle in their eating and dressing, rather than be led by inclination, fashion, and appetite."—*Counsels on Diet and Foods, p. 161.*

"Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels."—3 Testimonies, p. 176.

"Perfect health depends upon perfect circulation."—2 Testimonies, p. 531.

"The health of the entire system depends upon the healthy action of the respiratory organs."—*How to Live, p. 57.*

"If we would have health, we must live for it."—*Health Reformer, December 1, 1870.*

"We can ill afford to dwarf or cripple a single function of mind or body by overwork, or by abuse of any part of the living machinery."—*Review and Herald, September 23, 1884.*

"A sound body is required for a sound intellect."—*Christian Education, p. 17.*

"A careful conformity to the laws God has implanted in our being will insure health, and there will not be a breaking down of the constitution."—*Health Reformer, August 1, 1866.*

"Blindness mingles with the want of moral courage to deny your appetite, to lift the cross, which means to take up the very duties that cut across the natural appetites and passions."—*Unpublished Testimonies, November 5, 1896.*

"Nature's path is the road He [God] marks out, and it is broad enough for any Christian."—3 Testimonies, p. 63.

"Overeating prevents the free flow of thought and words, and that intensity of feeling which is so necessary in order to impress the truth upon the heart of the hearer."—3 Testimonies, p. 310.

"Excessive eating of even the best of food will produce a morbid condition of the moral feelings . . . Wrong habits of eating and drinking lead to errors in thought and action. Indulgence of appetite strengthens the animal propensities, giving them the ascendancy over the mental and spiritual powers . . . Everything that conflicts with natural law creates a diseased condition of the soul."—*Review and Her-*

ald, January 25, 1881.

"The foundation of all enduring reform is the law of God. We are to present in clear, distinct lines the need of obeying this law.

Its principles must be kept before the people. They are as everlasting and inexorable as God Himself.

"One of the most deplorable effects of the original apostasy was the loss of man's power of self-control. Only as this power is regained, can there be real progress."—*Ministry of Healing*, p. 129.

"The less feverish the diet, the more easily can the passions be controlled."—*2 Testimonies*, p. 352.

"A failure to care for the living machinery is an insult to the Creator. There are divinely appointed rules which if observed, will keep human beings from disease and premature death."—*Counsels on Diet and Foods*, p. 16.

"Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul."—*1 Peter 2:11*.

"Parents often make a mistake by giving their children too much food. Children treated in this way will grow up dyspeptics.

"Moderation in the use of even good food is essential."—*Child Guidance*, p. 391.

"Irregularity in eating and drinking, and improper dressing, deprave the mind and corrupt the heart, and bring noble attributes to the soul in slavery to the animal passions."—*Health Reformer*, October 1, 1871.

"A diseased body causes a disordered brain, and hinders the work of sanctifying grace upon the mind and heart."—*Health Reformer*, September 1, 1871.

"If man will cherish the light that God in mercy gives him upon health reform, he may be sanctified through the truth, and fitted for immortality."—*3 Testimonies*, p. 162.

"Every organ of the body is made to be servant of the mind."—*3 Testimonies*, p. 136.

"The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain."—*3 Testimonies*, p. 69.

"The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind."—*2 Testimonies*, p. 347.

"A calm, clear brain and steady nerves are dependent upon a well-balanced circulation of the blood."—*Healthful Living*, p. 194.

"Immediately after eating there is a strong draught upon the nervous energy. . . Therefore, when

the mind or body is taxed heavily after eating, the process of digestion is hindered. The vitality of the system, which is needed to carry on the work in one direction, is called away and set to work in another."—*2 Testimonies*, p. 413.

"Every wrong habit which injures the health of the body, reacts in effect upon the mind."—*Health Reformer*, February 1, 1871.

"The brain is the citadel of the whole man, and wrong habits of eating, dressing, or sleeping affect the brain, and prevent the attaining of that which the student desires,—a good mental discipline. Any part of the body that is not treated with consideration will telegraph its injury to the brain."—*Christian Education*, p. 125.

"It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food, which set up a war in the stomach, and thus confuse the brain. . . At mealtime cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all His blessings. And do not engage in brain labor immediately after a meal. Exercise moderately, and give a little time for the stomach to begin its work."—*Gospel Workers*, pp. 241-242.

"The tempted ones need to understand the true force of the will.

"This is the governing power in the nature of man,—the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. They do not *choose* to serve Him.

"God has given us the power of choice; it is ours to exercise. We can not change our hearts, we can not control our thoughts, our impulses, our affections. We can not make ourselves pure, fit for God's service. But we can *choose* to serve and do according to His good pleasure. Thus our whole nature will be brought under the control of Christ. . . A pure and noble life of victory over appetite and lust is possible to every one who will unite his weak, wavering human will to the omnipotent, unwavering will of God."—*Ministry of Healing*, p. 176.

SPIRITUAL LESSONS

Abstemiousness, or temperance, is simply self-control. Only through the continual aid of our Lord and Saviour Jesus Christ can we be empowered, by His grace, to control ourselves, resist temptation, and obey God's will.

The will of God is revealed throughout the Inspired Writings of Scripture, and especially in the Ten Commandments which summarize many basic principles of godliness.

If you would be like Jesus, then, by His enabling grace, obey the Ten Commandments which He gave on Mount Sinai over 3,400 years ago.

Obedience to God is the basis of all true temperance, the foundation of successful, happy living in this life, and the assurance of life on through eternity with

God.

“The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes” (Psalm 19:7-8).

It is in the law that we learn God’s pattern for our conduct and His will for our lives. “And knowest His will . . . being instructed out of the law” (Romans 2:18). “Fear God, and keep His commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil” (Ecclesiastes 12:13-14).

Intemperance in life is sin, and sin is the breaking of God’s law. “Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law” (1 John 3:4). “For by the law is the knowledge of sin” (Romans 3:20).

Obedience to God is the passport to heaven. Jesus said, “If thou wilt enter into life, keep the commandments” (Matthew 19:17). “Blessed are the undefiled in the way, who walk in the law of the Lord” (Psalm 119:1). “Moreover by them is Thy servant warned: and in keeping of them there is great reward” (Psalm 119:11).

The rewards of obedience are abundant: “Great peace have they which love Thy law: and nothing shall offend them” (Psalm 119:165). “O that thou hadst hearkened to My commandments! Then had thy peace been as a river, and thy righteousness as the waves of the sea” (Isaiah 48:18). “The fear of the Lord is the beginning of wisdom: a good understanding have all they that do His commandments” (Psalm 111:10). “If ye be willing and obedient, ye shall eat the good of the land” (Isaiah 1:19).

Yet it is only through the enabling strength of Christ’s grace that we can keep God’s law. Apart from Christ, we are helpless to resist sin.

“I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth” (Romans 1:16). Jesus came to earth and died so we might be delivered from falling into sin. “Thou shalt call His name Jesus: for He shall save His people from their sins” (Matthew 1:21). “We preach . . . Christ the power of God, and the wisdom of God” (1 Corinthians 1:23-24). “Behold the Lamb of God, which taketh away the sin of the world” (John 1:29).

By believing in Christ as our Saviour, and acting in accordance with our faith, we are enabled to obey all that God asks of us. “Do we then make void the law through faith? God forbid: yea, we establish the law” (Romans 3:31).

This is the basis of the new covenant: God enables us to obey His commandments as we accept and cling to Jesus, His Son. Christ is our Mediator in Heaven, and He strengthens us to resist temptation and obey God’s law (Hebrews 8:6, 10).

Law and grace are closely associated in the plan of redemption. To understand grace, we need to understand the law.

In the beginning, God created man and placed him under law. Man was not just to be a wild man, a law

unto himself. He was to obey God. The Moral Law of the Ten Commandments were later written down (Exodus 20). Other laws were also given at that time.

There were civil laws which regulated many matters of the nation of Israel. They applied to the governing of the nation.

Then there were the ceremonial, or sanctuary, laws. These governed the religious services of the nation, and were written in a book which was placed beside the Ark of the Covenant. These ceremonial laws were abolished at the cross, for at that time Christ, the great antitypical Lamb of God died for mankind. No longer need lambs be brought to the earthly sanctuary to be sacrificed. In Christ at Calvary, shadow met substance and type met antitype—and the ceremonial laws were abolished.

“Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross” (Colossians 2:14). “Which are a shadow of things to come; but the body is of Christ” (Colossians 2:17).

Then, third, there was the Ten Commandments. It is the Moral Law of God, given by Him to all humanity. It is the universal law of mankind. No one is to commit adultery, or the other sins listed in this holy code.

This was the only law written by the finger of God. It was the only law placed inside the Ark of the Covenant. “He wrote on the tables, according to the first writing, the Ten Comamndments, which the Lord spake unto you in the mount out of the midst of the fire in the day of the asembly” (Deuteronomy 10:4). “And I turned myself and came down from the mount, and put the tables in the ark which I had made” (Deuteronomy 10:5).

The moral Ten Commandment law is eternal. It is God’s own covenant, and it is as everlasting as God Himself. “The law of the Lord is perfect, converting the soul” (Psalm 19:7). “Wherefore the law is holy, and the commandment holy, and just, and good.” (Romans 7:12). “Thy law is the truth” (Psalm 119:142). “Concerning Thy testimonies, I have known of old that Thou hast founded them forever” (Psalm 119:152).

What does the law do for the sinner?

First, it gives a knowledge of sin. “By the law is the knowledge of sin” (Romans 3:20).

Second, it brings guilt and condemnation. “Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God” (Romans 3:19).

Third, it acts as a spiritual mirror. “If any be a hearer of the Word, and not a doer, he is like unto a man beholding his natural face in a glass: for he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed” (James 1:23-25).

Without the law the sinner is like a man afflicted with a deadly disease, who does not know he has it. Paul said, “I had not known sin, but by the law” (Romans 7:7).

What is the law unable to do for the sinner?

The law of God cannot forgive or justify him; only Jesus can. He died to redeem us. "By the deeds of the law there shall no flesh be justified in His sight" (Romans 3:20).

The law of God cannot keep from sin or sanctify us. "Is the law then against the promises of God? God forbid: for if there had been a law given which could have given life, verily righteousness should have been by the law" (Galatians 3:21).

The law of God cannot cleanse or keep the heart clean. Only Jesus can cast out the evil, and enable man to obey Him.

What does the grace of Christ do for the sinner?

When the law of God and the Spirit of God have made the sinner conscious of his sin, he will feel his need of Jesus Christ. Going to the Saviour, he can receive help. If we come to Him and confess and put away our sin, He forgives us. "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9).

Through grace, we can receive forgiveness and justification. "Be it known unto you therefore, men and brethren, that through this Man is preached unto you the forgiveness of sins: and by Him all that believe are justified from all things, from which ye could not be justified by the law of Moses" (Acts 13:38-39).

Through grace, we can be saved from sin, or sanctified. "Thou shalt call His name Jesus: for He shall save His people from their sins" (Matthew 1:21). "But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption" (1 Corinthians 1:30).

Grace inspires faith, and encourages us to come to Christ and remain with Him. "By grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast. For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them" (Ephesians 2:8-10).

Grace brings us God's power. "I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek" (Romans 1:16).

What is the relationship of a sinner, who is being saved by grace, to the law of God?

The law becomes the standard of his life "This is the love of God, that we keep His commandments" (1 John 5:3).

He permits Christ to fulfill in him the righteousness of the law (Romans 8:3). Christ writes the law on the heart. "This is the covenant that I will make . . . I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people" (Hebrews 8:10).

What is the relationship of grace, faith, love and the law?

Grace is unmerited favor, but grace does not sanction continued transgression. "What then? shall we sin, because we are not under the law, but under grace? God forbid" (Romans 6:15).

Faith does not make void, but establishes, the law. "Do we then make void the law through faith? God forbid: yea, we establish the law" (Romans 3:31).

Faith brings overcoming power. "Whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith" (1 John 5:4).

Love is the fulfilling of the law. "Love worketh no ill to his neighbour: therefore love is the fulfilling of the law" (Romans 13:10).

True love keeps the commandments. "This is the love of God, that we keep His commandments: and His commandments are not grievous" (1 John 5:3).

The Eight Laws of Health

The Fourth Law of Health — The Rest Your Body Needs

“Come ye apart . . . and rest” are the words of Jesus. Are you weary and worn with the routine of everyday life? Rest is what you need: physical rest, mental rest. Come rest awhile. It is one of God’s special healing remedies; and it is just for you, just now.

Let us, for a few minutes, learn some of the blessings that rest can bring, blessings that you may very much need. Strangely enough, you can read almost any book on remedies and you will find hardly any mention of rest. Most of the directions are about swallow this or inject that. Yet *rest* is one of the most basic healers known to mankind. When you become sick, what is the first thing that you do? You lie down. Can you imagine a hospital in which all the patients only go to bed at night? No, they are lying flat in bed most the day as well as all the night because the restorative power of rest is a key to the success of all other remedial agencies.

But, just now, you are not ill. Do you need rest when you are well? To a startling degree, it is the lack of adequate rest while you are well that causes you to become sick.

Here are some simple principles about rest:

One does not always have to sleep in order to rest. Just a change of pace—doing something different—can bring rest to your mind and body. Different muscles are used, different things are considered, and you begin to relax. The everyday work is set aside and you take time to think more of God and His blessings seen and felt every day of your life.

You can train yourself to relax. Even if you cannot lie down, you can stand by an open window or walk out-of-doors and take several deep breaths. As you do this, think thankful thoughts to God, in heaven, for His blessings. Ask for His help and guidance for the duties just ahead. Believe that He has heard your silent petition and thank Him in advance for giving the help you need.

As you do this, a sense of rest and calm trust will fill your heart; a genuine, quiet relaxation of spirit will come over you.

The “go, go attitude,” so common to Western civilization, leads many to nervous breakdowns. They simply did not take time to rest. It was an objectionable word in their thinking. But such an imbalanced pattern of living crowds out thoughts of God and eternal life. And discouragement and despair begins to crowd in.

By the time that George Sheehan, M.D., was 45, he felt ready to collapse. Work, work, work had brought him to the top of the professional ladder, but all he had achieved was a crowded work schedule and little else.

Then one night he recalled to mind something he read in a book: “We never shall have any more time. We have, and we have always had, all the time there is.”

George Sheehan vowed then and there that he would immediately change his life style. He began to take time for the healthful exercise and much needed rest he had cheated his body out of for years. And then the better years began for him. They can begin for you just now also.

One reason so many people have nervous breakdowns is that they try to surpass and have the supremacy. So they go at high speed, without adequate rest, until the body machinery breaks under the load. Instead, put Jesus first, others second, and yourself last. Refocus your life. Take time to rest. Just go outside and sit in a chair and do nothing. If the very thought of that sounds ominous to you,—then you are the very one who needs to restudy your attitude toward adequate rest.

Peace of mind does not come by being always in a hurry. And hurry is often concerned with gathering up tomorrow’s problems and trying to tackle them all today. All God has given you is one day at a time; how will you use it?

What we want is a better way to live—a new kind of day. Begin the first of your new days by praying to God when you first arise in the morning. Thank Him for His help, dedicate this special day to Him. Ask for His help and thank Him for giving it. Then open His Word—the Bible—and read in it. Where should you read? It is all worthwhile, but, if you wish, start with the book of Ephesians. Read it slowly and thoughtfully, not hurriedly, like a regular book. (On later days, when Ephesians is completed, begin in 1 John, and then the

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

Ministry of Healing, p. 127

Gospel of John. Try reading in the Psalms—Psalms 37 and 23 for example,—and then go to Genesis, the first chapter. When you finish that, read on through to Revelation 22.)

After time alone with God and His Word, mingling prayer with your reading, arise and begin doing your daily duties, continually sending up little silent prayers of thanks and requests for help. Go out of your way to be a help to others. Too often in the past they have had to go out of their way to adjust to you, but now things are different. It is your concern to help them. Be not concerned if they do not seem to immediately appreciate or even want your help. Keep at it, quietly, thankfully, living to be a blessing to others around you. Even though others may misinterpret your efforts, you can know that you are doing what is right in God's sight. And that awareness will bring a peace and sweet joy into your life that you may not have experienced in years.

If you have children, take time to have morning and evening worship with them. Gather them to you, sing a song of Jesus, kneel down and pray with them, then read a portion from God's Word, and close with prayer, dedicating them that day anew to the care of their heavenly Father.

Yes, true rest of heart and life means taking time for God and living for Him. And such a rest as this will bring tranquillity of mind and lengthening of your days.

Rest with God includes time with Him each day, and it also means time with Him on the Sabbath day. He wisely knew our needs better than we, and back in the beginning (Genesis 2:1-3) He gave us the Seventh-day Sabbath as a weekly day for physical, mental, and spiritual rest. So important was it, that He wrote it into the Moral Law of Ten Commandments. It is the Fourth Commandment (Exodus 20:8-11), and is of equal importance with all the rest. In fact, by carefully observing the Seventh-day Sabbath, we shall be enabled by His grace to keep all the other commandments as well. There is always a blessing in obeying God. And that which He wants us to obey is written in Scripture.

Here are more principles for obtaining the rest that your body so much needs:

No muscle works continually. After some work there is some rest. Even your heart—the hardest-working muscle in your body—rests after each beat. Your lungs rest at the end of each breath. Your stomach should rest for thirty to sixty minutes after each meal. By this we mean that immediately after a meal you should not do hard physical or mental work. (But rest after a meal does not mean lying down. Be up and active after every meal.)

Your heart works for a lifetime—with only one tenth of a second rest stops. Whatever you do to deprive it of that rest will cause serious trouble later.

Rest should be preceded by exercise, or it may not accomplish its objective. It is the exercise that makes the rest necessary.

And keep in mind that one's best sleep is with the stomach empty, and that sleep out-of-doors in summertime is more restful than sleeping indoors.

It is said that one hour of sleep before midnight is worth two after midnight. They say that some people go to bed with the chickens. Several years ago this writer was told of someone's friend who did it all his adult life. He decided that the chickens knew the best time to retire, and so he went to bed when they did—at sunset—and arose the next morning when they did—long before dawn. That may not fit into your work schedule the best, but let me tell you of another pattern that is very helpful.

Try lying down for a brief rest before lunch every day. Fifteen minutes rest in the middle of the day is equal to 45 minutes or more at night. Oh, but you say, you are not able to fit that into your work schedule. Then do this for sure: When you eventually retire from the 8 to 5 work schedule at the shop or factory,—then give your last years an hour of rest in the middle of the day, just before lunch. And keep active throughout the remainder of the day doing those things which are important. You may thus lengthen your lifespan.

A number of years ago this writer read a report by one of the actuarial experts, at the Social Security Administration, in Washington, D.C. Did you know that the average American dies just three years after he begins receiving social security? This fact is indeed significant. In commenting on it, geriatric authorities believe that it is partly due to the fact that, when retirement is suddenly thrust upon them, many people find that they have lost their purpose in life. The best preparation for retirement is to begin working for God by helping others now. You will then have something very worthwhile to live for when the retirement years come. Rest and work, work and rest is what is needed. But do not slack on the *rest*; you need enough of each in order to fully enjoy both.

The old adage that "a change is good as a vacation" is often true. Overwork, worry, lack of exercise, overeating, and a distressed mind are among the chief causes of fatigue. Living for a purpose—and that purpose being to honor God and help others—helps you rest better at night and makes you feel more restful all through the day.

Adequate rest is necessary in order to protect the alkalinity of the blood. This is due to the fact that waste matter is especially eliminated during those periods when you are resting or sleeping.

The ever-active, ever-growing child requires more sleep than does the adult. Yet we also need it—more than we often think we do.

"Oh," but you may say, "I don't know how to relax and rest day or night!" Go down by a babbling brook, and lie down and listen to the sounds of nature all about you. Gaze upward through the trees and view the glorious panorama of sunlight striking leaves and limbs, with the blue, cloud-flecked sky beyond. Then shut your eyes and listen to the soft chirps of God's little creatures around you. All are telling you softly that God loves you and will do wonderful things in your life as you yield yourself to Him. By now, as you lie therein—God's great out-of-doors—you will find that you are becoming wonderfully relaxed.

Amid the hurry and rush of life, our weary bodies

and minds need rest. Even metals can become tired. They lose their vitality from repeated shocks and strains, and become exhausted and break under the load. If you feel as if you are nearing the point of breaking under the load, reread this chapter again—and the chapters in this series on the Eight Laws of Health—and put them into practice. There are answers that will work—for you—just now.

Dr. Frederick Rossiter wrote, “Recreation is a vitalized form of rest.” Sleep is important and few are getting enough. But rest is not merely sleep. A change of activity is also needed from time to time. Go outdoors for an hour or two and experience this change. Set aside the vexing perplexities of the everyday world, and relax out in nature. Reading a good book—especially God’s book—is also restful. The mind is drawn to better things—higher purposes—and the mind and body are rested. Once again you can return to your daily duties refreshed in heart and soul.

But amusement that consists only of foolishness lacks that deep refreshment that you so much need. You must guard your hours for recreation—making sure that you take time for them. And you must guard what you do during those hours. All true recreation is re-creative; it genuinely refreshes, draws us closer to God, and strengthens us for the better performance of our daily duties.

And we all need sleep, good sound sleep every night. But many have a difficult time obtaining it. So they take such medicines a Sominex, Mytol, Sleep-Ese, Compos, Nite Rest, Sure-Sleep, or something similar. But sleep studies reveal that many nonprescription—and almost all prescription sleep medications—drastically alter sleeping cycles, suppressing the very important REM sleep. And this applies to all the “sleeping pills,” containing barbiturates or benzodiazepines, as they do. In order to more fully understand why suppression of REM sleep is harmful, we must delve into the physiology of sleep itself.

In the early presleep phase, body temperature falls and alpha brain waves are prominent. Then comes Stage 1 of sleep as the pulse slows and your muscles relax. About 5 to 10 minutes later, Stage 2 begins. The brain waves become larger and the eyes roll from side to side. Another 20 minutes or so and Stage 3 is entered. Brain waves now become slow and fairly large. Muscles are relaxed and breathing is slow and even. Stage 4 begins next, is called delta sleep, and generally lasts about 20 minutes. Then the sleeper enters REM sleep. REM stands for “rapid eye movement.” This is a lighter sleep, and it is quite easy to know when a person is in it, for his eyes move very rapidly as if he were watching something. He is,—this is the dream part of his sleep. The heartbeat becomes irregular and brain waves are similar in the waking state. After about 10 minutes, the sleeper returns to Stages 2, 3, and then delta sleep, in a cycle lasting about 90 minutes. Then REM starts again. There is more delta sleep earlier in the night, and more REM sleep toward morning.

Experimenters have discovered that people who do not get their REM sleep awaken irritable and tired.

They become depressed, aggressive, angry, restless and/or apathetic. If kept from their REM sleep, as soon as they are asleep again they will try to get longer sessions of REM sleep.

But a condition known as “REM withdrawal sleep” occurs when people take sleeping tablets or most other types of put-you-to-sleep pills. The lack of REM sleep, brought on by taking these sleep medications, makes folk feel bad enough that they are convinced more than ever that they need go-to-sleep tablets in order to survive. So they take more and the problem gets worse.

You need your sleep. Try getting it in the natural way and you will be well rewarded. As we said earlier, work and rest during the day. When evening comes, after your evening worship and just before bedtime, go outside and walk in the fresh air, breathing it in deeply. You may not think that you have time to do this, but you have time to lie in bed trying hard to fall asleep. Just before retiring, take that walk out-of-doors in the quiet of the evening, drinking in the fresh air. Then go inside and immediately take a relaxing shower and go to bed. As you lie there if you find that you want to think about something, think about these two things: First, think about God, how good He is to you all the time, and how thankful you are for His watchcare. Second, think about being relaxed and breathing well. Mouth breathing just then will help clear out your mind so that it can drift off to sleep more quickly.

During the sleeping hours, the body is repaired and invigorated for another day of work. So be regular in obtaining your sleep. Try to go to bed at the same time each night and get up at the same time each morning. The most vigorous, enthusiastic people I know are generally individuals who are quite consistent in getting their full sleep. They are usually the ones who retire on a definite schedule every night.

Oxygen intake is an important part of the rejuvenating effect of sleep. Your body is working less, and the air you breathe is used to restore and rebuild body tissue. Therefore, be sure there is a current of fresh air entering the room—preferably outdoor air—while you sleep. If you do not have that fresh air at night, you will tend to awake tired and exhausted.

Keep in mind the words of the wise man: “The sleep of a laboring man is sweet” (Ecclesiastes 5:12). Only those who use their muscles during the day in physical work can enjoy sweet sleep at night.

Go to bed early and arise early. Staying up late and then sleeping in the next morning is a poor way to live.

Calcium in the diet helps you relax. It relaxes your nerves and is even restful to your heart. If you have a history of poor tooth structure, that is an indication that taking a little calcium each day will make life more restful for you, and will help you sleep better at night. Two facts are well known: Older people need more calcium . . . and have more sleeplessness at night.

Pantothenic acid (calcium pantothenate), a vitamin of the B complex, will also help you get to sleep at night. Along with this, take some niacin (best taken in its niacinamide form to avoid face flushing) in your meals to aid in sound sleep at night.

Certain nontoxic natural herb teas have been used for years to help folk to go to sleep at night. Two of the best are hops and chamomile. Others include catnip, lady's slipper, yarrow, and mullein. To our knowledge, herbs are not mixed for this purpose. Select one and use it. The first two listed above are, by far, the best of them.

Living on micro-sleep is a poor way to go through life. After only a few hours of sleep loss, the body begins experiencing momentary lapses into sleep, each one of which lasts only a split second. As in real sleep, eyelids droop and heartbeat slows. Each micro-sleep is a period of blankness, or it may be filled with wisps of dreams. As the sleep loss increases, the micro-sleeps increase to two or three seconds at a time. If you are driving when it happens, you may die.

Nervous tension, the use of caffeine products, and too much salt in the diet,—all are items found to cause sleeplessness at night. Anything that increases cerebral (brain) activity causes sleeplessness. Neutral temperature baths for 8 minutes or more are excellent for relaxing and calming the mind, and preparing one for sleep. As you leave the tub, blot your skin dry without undue friction, move slowly, climb into bed, think little, breathe relaxed, thank God for peace of heart, go to sleep.

Dr. Samuel W. Gutwirth, in his book, *How to Sleep Well*, describes a method to help insomniacs learn how to go to sleep. In a quiet room, lie on your back, outstretched. Then tense each group of body muscles for several minutes (the arms, legs, trunk, facial muscles, eye muscles), then relax them. Try to relax them even more. The point here is twofold: to learn what it feels like to relax, and then to do it when you want to—so you can go to sleep at night. If there are any diehard insomniacs out there, you might want to try Dr. Gutwirth's approach. He says that, to start with, you need to do it for 45 minutes at a time.

If you cannot sleep, take a warm bath. It is relaxing and will help induce sleep. Never retire soon after eating. Going to bed within an hour or so after supper is hard on the heart and other vital organs, and exhausts the brain. There appears to be a positive correlation between going to sleep at night after a big meal—and the frequency of heart attacks.

For most adults, eight hours of sleep at night is sufficient. Some appear to do well on less. Older people need less sleep, but at the same time they may have a harder time getting it. If you tend to be sleepless at night, get some active exercise in the day, and take that outdoor walk before retiring. If you still feel tired from lack of sleep, the midday nap will do much to solve your problem. Sleep for an hour or two before lunch. It will not hurt you and can only help you.

Sleep should come naturally and not be induced by drugs. If you are napping during the day, do not fear some sleeplessness at night, for just by laying there you are having a good rest. As you lie there, think cheerful thoughts about God and heaven. From time to time send up little prayers for yourself and your loved ones. Keep positive, for it is sad, gloomy thoughts that kill, not sleeplessness.

During the day, rest your eyes by shutting them occasionally or by gazing outdoors upon the things of nature. Rest your ears by avoiding the loud noises of civilization. Noise exhausts the mind and nervous system, and even damages the heart. Rest your mind by not talking so much. Too much talk wears people out: those who do it *and* those who have to listen to it. Rest your mind by not constantly dwelling upon a particular problem and trying endlessly to solve it. If you cannot solve it in five minutes, forget it—is a dictum that has helped this writer. Solutions will come to mind later. Rest your body by not being such a workaholic. Work and rest is what is needed; not work, work, work. Rest your lungs by going out-of-doors every so often through the day and drinking in the fresh air deeply. If you live in a city, move out into the country where there is fresh air. If you smoke, stop; if you do not smoke, refuse to work in rooms where people smoke.

Rest your soul by reading God's Word daily, praying to Him, trusting in Him. Refuse to worry but give all into His hands. Peace of heart, peace with God; this is what you want. Few people have it, but it is as near as your silent prayer to your Creator as you go about your duties throughout the day.

ADDITIONAL PRINCIPLES

"Some make themselves sick by overwork. For these rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labor and close confinement, a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery."—*Ministry of Healing*, pp. 236-237.

"All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God . . . When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, 'Be still and know that I am God.' . . . Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed, will be surrounded with an atmosphere of light and peace."—*Ministry of Healing*, p. 58.

"Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated."—*Solemn Appeal to Mothers*, p. 16

"The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound, sweet sleep."—*1 Testimonies*, p. 702.

"The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the

sleeping hours.”—*How to Live*, p. 162.

“Rooms that are not freely ventilated daily, and bedding that has not been thoroughly dried and aired, are not fit for use. We feel confident that disease and great suffering are brought on by sleeping in rooms with closed and curtained windows, not admitting pure air and the rays of the sun . . . The room may not have had an airing for months, nor the advantages of a fire for weeks, if at all. It is dangerous to health and life to sleep in these rooms until the outside air shall have circulated through them for several hours and the bedding shall have been dried by the fire. Unless this precaution is taken, the rooms and bedding will be damp. Every room in the house should be thoroughly ventilated every day, and in damp weather should be warmed by fires . . . Every room in your dwelling should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease . . . If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented.”—*Healthful Living*, pp. 142-143

“One great error of the mother in the treatment of her infant is, she deprives it very much of fresh air, that which it ought to have to make it strong. It is a practice of many mothers to cover their infant’s head while sleeping, and this, too, in a warm room, which is seldom ventilated as it should be. This alone is sufficient to greatly enfeeble the action of the heart and lungs, thereby affecting the whole system. While care may be needful to protect the infant from a draught of air or from any sudden and too great change, especial care should be taken to have the child breathe a pure, invigorating atmosphere.”—*How to Live*, p. 66.

“Much harm has resulted to the sick from the universal custom of having watchers at night. In critical cases this may be necessary; but it is often the case that more harm is done the sick by this practice than good . . . Even one watcher will make more or less stir, which disturbs the sick. But where there are two watchers, they often converse together, sometimes aloud, but more frequently in whispered tones, which is far more trying and exciting to the nerves of the sick than talking aloud. Attendants upon the sick should, if possible, leave them to quiet and rest through the night, while they occupy a room adjoining . . . The sick as a general thing are taxed with too many visitors and callers, who chat with them, and weary them.”—*How to Live*, pp. 58-59.

“Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure, soft water to drink. Bathe frequently in pure, soft water, followed by gently rubbing. Let the light and air be freely admitted into the room. She must have quiet and undisturbed rest.”—*How to Live*, pp. 54-55.

“Many agitated people on the brink of a psychotic break suffer from severe insomnia.”—*Archives of Neurology and Psychiatry*.

“I believe it can safely be said that all human beings need a minimum of six hours’ sleep to be mentally healthy. Most people need more. Those who think they can get along on less are fooling themselves.”—*Dr. George S. Stevenson, National Association for Mental Health*.

“If we do not get enough sleep, we cannot be fully awake during the day.”—*Dr. Nathaniel Kleitman*.

SPIRITUAL LESSONS

Our kind, heavenly Father has not only given us a physical law of rest which we need for optimum health; He also knew we needed time to come apart and rest with Him,—time to worship Him and refresh ourselves in the things of God.

As soon as God created man, He gave him the seventh-day Sabbath. The Sabbath was designed to stop our ceaseless turmoil of the week, and draw apart to be with our Creator and with our families.

The Bible explains that the Sabbath was also given to remind us that God is our Creator.

“Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. It is a sign between Me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the Seventh day He rested, and was refreshed.” (Exodus 31:16-17).

It is crucial that we remember and honor our Creator, because it is the fact of God’s creatorship that makes Him our God. Because of this we are to worship Him.

“Thou art worthy, O Lord, to receive glory and honour and power: for Thou hast created all things, and for Thy pleasure they are and were created.” (Revelation 4:11).

God created all things from nothing (Hebrews 11:3), and hung the earth upon nothing (Job 26:7), upholds all things (Hebrews 1:3), and sustains life (Acts 17:28); He is our owner, ruler, and only God.

The Bible Sabbath—the Seventh-day Sabbath—was made before man sinned. It was made on the Seventh day of Creation Week.

“On the Seventh day God ended His work which He had made; and He rested on the Seventh day from all His work which He had made. And God blessed the Seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.” (Genesis 2:2-3).

It is the only day of the week on which God rested, and the only day He blessed. In order to change that day to some other, He would have to abolish this world and create a new one! The Seventh day Sabbath is the day, fixed by the God of heaven, on which we are to worship Him.

When God wrote the Ten Commandments, He gave us the Fourth Commandment in its heart:

“Remember the Sabbath day to keep it holy . . .

The seventh day is the Sabbath of the Lord thy God . . . In six days the Lord made heaven and earth . . . and rested the Seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.” (Exodus 20:8-11).

God does not change, and neither does His Sabbath change. "I am the Lord, I change not" (Malachi 3:6). "Thou blessest, O Lord, and it shall be blessed forever" (1 Chronicles 17:27). "God is not a man, that He should lie; neither the son of man, that He should repent . . . He hath blessed; and I cannot reverse it" (Numbers 23:19-20).

The Sabbath was made for all men, not just the Jews. It was given to mankind 2,000 years before Abraham, the first Hebrew (Genesis 2:1-3). Jesus said, "The Sabbath was made for man, and not man for the Sabbath" (Mark 2:27). This does not mean for Jews only. Woman was created for man (1 Corinthians 11:9), but that does not mean women were only made for the Jews. The Sabbath is universal.

Abraham knew and obeyed God's laws. "Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws" (Genesis 26:5).

God brought forth Israel from Egypt, that they might obey Him and keep His laws. "He brought forth His people with joy, and His chosen with gladness: . . . that they might observe His statutes, and keep His laws" (Psalm 105:43-45).

Many blessings were promised to those who kept the Bible Sabbath. "If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it." (Isaiah 58:13-14).

The Seventh-day Sabbath was also the Sabbath of Jesus. Since Jesus was the Creator, He made the world and the Sabbath too (John 1:1-3, 14). "He came to Nazareth, where He had been brought up: and as His Custom was, He went into the synagogue on the Sabbath day, and stood up for to read." (Luke 4:16).

Jesus kept all His Father's commandments. He did not come to destroy them, but to show how they should be kept. "If ye keep My commandments, ye shall abide in My love; even as I have kept My Father's commandments, and abide in His love." (John 15:10).

He rested in the tomb on the Sabbath (Luke 23:52-54). His followers sacredly kept it also, for He had not taught them to keep any other day of the week.

"The women also, which came with Him from Galilee, followed after, and beheld the sepulchre, and how His body was laid. And they returned, and prepared spices and ointments; and rested the Sabbath day according to the commandment." (Luke 23:55-56).

His followers honored the Sabbath forty years after His death. He had commanded them to do so. "Pray ye that your flight be not in the winter, neither on the Sabbath day." (Matthew 24:20).

In Matthew 24, Jesus told His disciples what would occur at the destruction of the Temple and Jerusalem, and at the end of the world (Matthew 24:1-2). In verse 20, quoted above, Jesus told them to be

sure and keep the Sabbath when those terrible events (the destruction of Jerusalem in A.D. 70, and the end of the world) should occur.

"Sin is the transgression of the law" (1 John 3:4), and Jesus never sinned (1 Peter 2:22). He always kept the Ten Commandments.

In Paul's time, the apostles kept the Bible Sabbath also. "When they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the Sabbath day, and sat down." "And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next Sabbath." "And the next Sabbath day came almost the whole city together to hear the Word of God." (Acts 13:14, 42, 44).

Paul, a servant of God, would have no more right than you or I to dishonor God and His sign of creatorship. He was a loyal observer of the Bible Sabbath. "This I confess unto thee, that after the way which they call heresy, so worship I the God of my fathers, believing all things which are written in the law and in the prophets." (Acts 24:14; also Acts 25:8).

The Sabbath will also be kept by the saved in the new earth. "As the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." (Isaiah 66:22-23).

"Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." (Revelation 22:14).

How is the Sabbath related to the work of redemption?

First, redemption involves a work of creation. Since it takes creative power to redeem, God used the Sabbath as a sign of sanctification, or redemption. When He creates the new earth the Sabbath will continue on as the sign of God's peace and power. Throughout all eternity it will carry the double significance of a sign of power to create and to redeem (2 Corinthians 5:17; Psalm 51:10).

Second, the Sabbath is a sign of this sanctifying power.

"Verily My Sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you." (Exodus 31:13).

"Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them . . . And hallow My Sabbaths; and they shall be a sign between Me and you, that ye may know that I am the Lord your God" (Ezekiel 20:12, 20).

The Bible Sabbath is the special symbol of loyalty to God. It is God's flag. We dare not dishonor it. We are not to disregard it, lower it, or trample it beneath our feet. His Sabbath is a sign of loyalty to Him as Lord and Saviour.

What about the first day of the week (Sunday) in the Bible? It is only found eight times in the Bible. Here

they are: The first day of Creation week (Genesis 1:3-5). No mention of sacredness here. It is mentioned six times as the day the resurrection occurred (Matthew 28:1; Mark 16:1-2, 9; Luke 24:1; John 20:1, 9), but no word or hint that it was now sacred. The disciples were in the upper room, but not to keep Sunday holy but “for fear of the Jews” (Mark 16:14; Luke 24:33-37). They were hiding from their enemies. The seventh occurrence of the first day is in Acts 20:7—Sunday is only mentioned once in the book of Acts! Paul spoke to the people, then resumed his traveling, and a couple days later held another meeting. The eighth time is the only mention of the first day by Paul: I Corinthians 16:1-2, where he asks the believers, while they are figuring up their weekly income from the previous week (which they would not do on the Sabbath, since it was holy time), to set aside some money at home for the poor in Jerusalem. Paul intended to later get the money from them.

So there is no Sunday sacredness in the Bible.

In the centuries since the Bible ended, the Seventh-day Sabbath has continued to be kept by faithful ones here and there. As for the weekly cycle, it has not changed over the centuries. There is historical, scientific, linguistic, and astronomical proof of that. Look in any encyclopedia. The number of days in the year have been altered, but the number of days in the week has not changed—going back through time immemorial. Everyone keeps the seven-day weekly cycle and it has never changed. The existence of the Jewish people is profound proof of this. All other Near-Eastern groups have disappeared, but the Jews have continued as a distinct people on down to the present time. And they have always kept the Seventh-day Sabbath. Ask any Jew what day is the Sabbath, and he will tell you: It is the Seventh day of the week, Saturday.

Sunday is the first day of the week. Saturday is the Seventh day of the week. There is no authority for Sunday sacredness in Sacred Scripture. “To the law and to the testimony: if they speak not according to this Word, there is no light in them.” (Isaiah 8:20).

Someone tried to change the Sabbath to Sunday. If the change is valid, who authorized it? Nowhere in the Bible do we find the change. God does not change (Malachi 3:6; James 1:17). The Ten Commandments are His own covenant (Deuteronomy 4:13). He will not break the covenant or alter His words (Psalm 89:34). He keeps His covenant for a thousand generations (Deuteronomy 7:9). His acts stand forever (Ecclesiastes 3:14).

We know that Jesus did not change the law and the Sabbath. Christ is the active agent in God’s plans, by whom God created all things (Ephesians 3:9; 1 Corinthians 8:6) Christ, as Creator, made the Sabbath in the beginning, so He could not have come to earth to destroy it (John 1:1-3, 14; Genesis 2:1-3). We know, from Scripture, that it was Christ who led the Israelites in the wilderness, and who therefore gave them the law on Mount Sinai (Nehemiah 9:12-13 with 1 Corinthians 10:4).

While here on earth, Christ kept His Father’s

commandments (John 15:10). Jesus did no sin (1 Peter 2:22), and “sin is the transgression of the law” (1 John 3:4). Indeed, Christ came to fulfill (keep) the law, not to destroy it.

“Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven.” (Matthew 5:17-19).

The Greek word for “fulfill” means “to give a perfect example of.” Christ came to magnify the law (Isaiah 42:21; Matthew 5:21-22, 27-28). He Himself kept the Sabbath (Luke 4:16). He openly ignored the Jewish Sabbath laws not found in the Bible (Luke 6:1-11). He indicated that the Sabbath was to be sacredly observed forty years after Calvary. “But pray ye that your flight be not in the winter, neither on the Sabbath day.” (Matthew 24:20).

Did Paul change God’s law or Sabbath? He would have no authority to do that; only the God of heaven could do that. And Paul specifically said that he did not attempt to do so. “Do we then make void the law through faith? God forbid: yea, we establish the law.” (Romans 3:31).

However, keeping of the yearly sabbaths (the ceremonial sabbaths), was eliminated at Calvary (Colossians 2:16). This includes the Passover, Pentecost, etc.

Do men claim that there is Bible proof for the change? Roman Catholics say there is absolutely no Bible proof.

Cardinal Gibbons declared:

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday.”—*Faith of Our Fathers*, p. 89.

Protestants agree:

“There was and is a commandment to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will be said, however, and with some show of triumph, that the Sabbath was transferred from the Seventh to the first day of the week. . . Where can the record of such a transaction be found? Not in the New Testament, absolutely not.”—*Dr. Edward T. Hiscox, author of the Baptist Manual, in a paper read to a New York Ministers’ Conference, November 13, 1893.*

Historians tell us the change did not come until long after the Bible was finished.

“Unquestionably the first law, either ecclesiastical or civil, by which the sabbatical observance of that day is known to have been ordained, is the edict of Constantine, A.D. 321.”—*Chamber’s Encyclopedia*, article, “Sabbath.”

The Roman Catholic Church made the change over three centuries after Calvary.

“Q. Why do we observe Sunday instead of

Saturday? A. We observe Sunday instead of Saturday because the Catholic Church, in the council of Laodicea [A.D. 336], transferred the solemnity from Saturday to Sunday.”—*Peter Geiermann, Convert’s Catechism of Catholic Doctrine, p. 50 [R.C.]*.

For a better way of life, we want to enter more fully into God’s rest for our souls. That rest is found, not only in physical rest, but also in the Sabbath rest. And our kind heavenly Father has promised that, if we keep His Sabbath holy, we will receive the blessing He placed in the keeping of that day!

Surely, that is not something we want to miss! We can always know that what God wants to give us—is always the best for us!

Thank the Lord for His wonderful blessings to us! He loves us more than we will ever know!

—*For more information on the Sabbath, go to page 805.*

“My God shall supply all your need according to His riches in glory by Christ Jesus.”

—*Philippians 4:19*

The Eight Laws of Health

The Fifth Law of Health — The Exercise You Receive

God's plan for your life includes active exercise. Just now, for a few minutes, see what it can do for you.

Do you want to live longer? Here is how Dr. Roy J. Shepard, an expert on exercise and aging at the University of Toronto, explains it:

"You'd have to go a long way to find something as good as exercise as a fountain of youth. And you don't have to run marathons to reap the benefits. Little more than rapid walking for 30 minutes at a time three or four times a week can provide ten years of rejuvenation."

One of the early studies on the relationship of exercise to aging was done by Dr. Herbert de Vries. In one study of his, more than 200 men and women, ages 56 to 87 in a California retirement community, participated in a fitness program that included walking, a walk-jog routine, calisthenics, and stretching. After just six weeks, their blood pressure dropped, body fat decreased, maximum oxygen transport increased, and neuromuscular signs of nervous tension diminished. Analyzing the results, de Vries concluded:

"Men and women of 60 to 70 became as fit and energetic as those 20 to 30 years younger." And he added, "The ones who improved most were those who had been the least active and the most out-of-shape."

Later in this chapter we will give more information on how to use exercise to help lengthen your life.

Here is a brief summary of some of the things that regular exercise can begin doing for you right now:

(1) Exercise will improve the tone of your muscles and blood vessels, changing them from weak and flabby tissue to strong and firm tissue, often reducing blood pressure in the process. (2) It will increase the efficiency of your heart in several ways. Gradually it will grow stronger and pump more blood with each stroke, thus reducing the number of strokes needed to supply your body with life-giving blood. (3) It will improve your digestion by quickening the circulation and helping to lift the blood back to the heart from the

digestive organs and thus normalizing your bowel action. (4) It will increase the efficiency of your lungs, conditioning them to process more air with less effort. (5) It will increase your maximum oxygen consumption by increasing the amount available and the efficiency of its delivery to body cells. (6) It will improve the overall condition of your body, especially your most vital parts: the lungs, heart, blood vessels, and endocrine system. This will impart added protection against sickness. (7) It can change your whole outlook on life, enabling you to relax, work more efficiently, and handle stress better. When not overdone, it imparts a cheerful quality to the mind. (8) It will enable you to sleep better at night and think better during the day. Exercise strengthens the will. You will be able to get more work done with less fatigue. (9) It will slow down your aging process—by slowing down the natural physical deterioration that old age normally brings. It will give you a new zest for life at a time when you most need it. And there is evidence that it can reduce the likelihood of cancer.

Now, let us look more closely at some of these facts:

Exercise, consistently done with proper moderation as the years advance, can help prevent heart attacks as well as many other ailments.

The blood vessels are carefully lined with smooth muscle fibers and if these special muscles do not receive adequate exercise, they gradually atrophy. The only way you can exercise a blood vessel is to put demand on the blood stream to provide more oxygen. When you exercise, your muscular tissues use up oxygen more rapidly. Your heart has to beat faster to pump along a new supply of oxygen-carrying blood to meet this demand. As your heart increases its pumping action it pushes more blood through the system. The blood vessels expand and contract in order to meet this demand. And this exercises them. Without that exercise, they become flabby and begin to degenerate.

Aside from the physiological benefit that exercise has on the heart, arteries and veins, it also improves muscle tone—which will stand one in good stead in emergencies. Then there is the improvement in digestion that takes place. And, have you had to deal with nervous tension? One of the best ways to counteract tension is the physical fatigue from healthful exercise. And that benefit cannot be stressed too much.

The involuntary muscles of the body—for example those in the stomach and intestinal canal—are

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies."

Ministry of Healing, p. 127

strengthened by the exercise of their fibers equally as much as are the voluntary or external muscles. At the same time, the muscular structures of the body, such as the heart and uterus are improved.

Difficult and painful menstruation is often relieved by a general program of physical exercise and a careful diet composed of natural foods.

Physical exercise helps children grow. The proper development of their bones, muscles, and other body organs are keyed to physical activity. For some strange reason, children seem to sense their need of physical exercise more than do their elders.

The nervous system is improved functionally by body movements of any kind.

Exercise provides a powerful increase of oxygen to the body. Ordinarily, a man inhales about 500 cubic inches of air every minute. By walking about four miles per hour, he draws in about 2,500 cubic inches per minute,—or five times more than that absorbed when sitting down.

Physicians are now prescribing exercise as part of the recovery program for speeding up the recovery of surgical and maternity patients; preventing phlebitis, clots, embolisms, kidney stones, and loss of calcium from the bones of bed patients. They require it for the restoration of physical and mental health in elderly invalids. It is given to help rehabilitate those who have had poliomyelitis, strokes, arthritis, accidental injury, and other neurologic and orthopedic disorders.

Researchers have learned that regular exercise tends to reduce blood pressure slightly, increase the pumping efficiency of the heart, and improve oxygen utilization by all the tissues in the body.

Dr. Richard W. Eckstein of Western Reserve University, conducted a significant series of tests. The coronary arteries of several dogs were surgically narrowed to simulate the atherosclerosis of the coronary artery. Half the dogs were then exercised and half were not. Five to eight weeks later, the exercised group showed decidedly more improvement in “collateral circulation.” What had happened was that there was an increase in tiny blood vessels to bypass the narrowed artery. Many heart specialists believe that regular, moderate exercise will do the same for many people with coronary artery disease.

A lack of physical activity leads to abnormal or accelerated clotting of the blood in coronary, cerebral, and other arteries, as well as in the veins. In view of this, it is now felt that regular on-going activity all year long may be important in preventing or reducing strokes and coronary heart attacks. But it is thought that spurts of activity at intervals in an otherwise sedentary life will not accomplish this objective. Such physical exercise may even be harmful over a period of time. Yes, exercise is needed at every age of life, but in the later years we must obtain it in a more careful manner.

Other studies have shown that moderate or vigorous exercise can reduce blood cholesterol levels. And this is an important factor, for in atherosclerotic patients this level is often higher than it should be.

One comparative study was made of elderly men,

who in college had been physical athletes. For the most part, they died from heart disease about as quickly as the rest of us. This was due to the fact that after leaving college they did not continue to exercise vigorously. Another research study, conducted by Drs. Paul White and William Pomeroy, analyzed the later living habits of 355 men who had been Harvard football players between 1901 and 1930. Their later exercise program—or lack of it—was compared with their health, longevity, and deaths. Across the board, those men who led sedentary lives did not live longer.

Dr. J.N. Morris, of the British Research Council, found that London bus drivers were more likely to die suddenly from coronary thrombosis than their fellow workers, the conductors, who walked about collecting tickets from the passengers. He also discovered that government clerks more frequently suffered from fatal coronary artery infarction than do the government postmen who were out on the streets delivering mail.

Do you want to live a long time? Exercise—regularly—moderately—but exercise. And do it for the rest of your life.

“Eventually we all decline,” says Everett L. Smith, director of the Biogerontology Laboratory at the University of Wisconsin. “But the quality of life is so much higher for the elderly who are physically active than for people who sit waiting for the Grim Reaper.”

Aging brings problems. And everyone past twenty is aging, without an exception. Each year after reaching maturity, the heart’s ability to pump blood drops about one percent. That is a lot. By the time you are 60, the blood flow is 30 to 40 percent slower than when you were a young adult. With age, the amount of air that you can exhale after a deep breath lessens and your chest wall gradually stiffens. Nerve messages travel through your body at a slower speed: about 10-15% less by the time you have reached the age of 70.

But studies reveal that most of these age-associated declines can be delayed by exercise. For example, exercise lowers the resting heart rate and increases the amount of blood pumped with each beat. Exercise puts stress on the bones and causes them to have more calcium in them, thus making them stronger and less susceptible to fractures.

If you are young, anticipate the aging process and get ahead of it. If you are older, then get to work—begin a moderate exercise program to help keep you in shape for years to come.

Even though you may be older, exercise will improve your heart and respiratory function, increase your muscle strength, give you denser bones, quicker reaction time, and reduced susceptibility to depression and a number of diseases.

But, if you are over 50, exercise carefully. Avoid jumping and pounding activities. Yes, exercise, but do it carefully and properly. A little frequently, with a gradual buildup in your exercise program. And if you get stopped by sickness, start back slowly. The best objective is light exercise, such as walking for 30 minutes, three to five times weekly. Take it slow, gradually move up. Know your limit. Exercise regu-

larly. Warm up first with stretching or slow walking. Cool down afterward by never stopping suddenly when it is done.

One of the great faults of our current civilization is that our young adults at about the age of 25 become “too busy” to exercise. Yet, for the next two decades of their lives, they probably need it even more than when they were children.

Walking is one of the simplest and best exercises. Go outdoors into the open air and walk. Leave all your cares behind you and briskly set off with your arms swinging. Take deep breaths of air as you go. Some people use a pedometer to count the distance walked. Other people, including this writer, employ what to them is a simpler method: clock it. Go for a brisk walk and come back 30 minutes or 60 minutes later.

Jogging is the great way to exercise—or is it? It is fine if you are young and do not stick with it too many years. This is what the experts are now conceding. Even Dr. Kenneth Cooper, the Dallas physician who helped launch the fitness boom in 1968 with his best-selling book, “Aerobics,” has shifted gears after suffering from bone fractures and heel problems from years of jogging. “I’ve changed my mind,” he says, “I’m running less and performing better.” And that is where the problem lies: the bones and the joints. They were not made to take the punishment of running, day after day, month after month.

People are waking up to the fact that low-impact exercise is more beneficial in the long run than are the high-impact workouts. Instead of weight lifting, basketball, jogging, tennis; more people are turning to walking, hiking, and cycling.

A study published in the spring of 1986, in the “New England Journal of Medicine,” described an analysis of nearly 17,000 Harvard alumni who entered the school between 1916 and 1950. It was found that those who engaged in such moderate exercise as walking and climbing stairs lived up to two years longer than their sedentary peers. Most significant of all was the fact that those who engaged in the “high-impact” vigorous exercises, such as jogging, did not gain any significant health advantage or longevity over those whose exercise program was also consistent each day, although less strenuous and exhausting.

The director of the study, Dr. Ralph Paffenbarger, of the Stanford University Medical School, discovered that the major health benefits came with only 2,000 calories burned off by exercise a week—which is only the equivalent of 2 1/2 to 3 hours of brisk walking every week, in addition to normal activity. Jogging may be great for some, but it is well to recognize, in advance, the foot and knee damage that may be developed later because of it.

But do not think that exercise is only for your off hours. Charles F. Kettering, the automotive genius, worked at full speed until his death at 82. Without any formal exercise program, he instead exercised all day long as he worked. There are ways to do this if you will carefully think them through. But it all adds up to more walking and less sitting.

But, please, do not try to get all your exercise at

work. You need time to relax, breathe freely out-of-doors, put all your cares and worries behind you and just amble along. Time to look at the birds and listen to them; time to think of all the ways God has helped you; time to thank Him for it. Exercise, when not at work, is re-creative.

Gene Tunney advised his students:

“Take regular exercise—not violent weekends of golf or sporadic bursts of squash, but a daily drill that becomes as much a part of your life as brushing your teeth.”

Dr. Arthur H. Steinhaus, dean and professor of physiology at George Williams College, developed an exercise program that would also build some muscle in the process. And we can all use some of that.

“In a German laboratory where I worked, it was discovered that a muscle can grow at only a certain rate—and a very small amount of the right exercise will start it growing at that rate. If you contract any one of your muscles to about two-thirds of its maximum power and hold that for six seconds once a day, the muscle will grow just as fast as it can.

“Every day there are bound to be intervals when you have six seconds to relax. They can make a tremendous difference. Pull in your stomach. Pull up your chin. Do these exercises on company time. Do them while going from one place to another. Weave them into the day’s routine.”

Actually, exercising can be fun. And you need it,—both at your place of business and in your off hours.

Here are eight basic exercises which would fit in with Dr. Steinhaus’ recommendations:

(1) Stretch—while sitting, lying, or standing. (2) Straighten your spine—while standing with your back against the wall. (3) Expand your chest. (4) Suck in your stomach—while sitting or bending over. (5) Flex your arms—by pushing, pulling, and reaching. (6) Bend your legs—by squatting, climbing, and walking. (7) Limber your toes and feet. (8) Firm your muscles—by bouncing, pinching, and kneading them.

A SAMPLE EXERCISE PROGRAM

Now, for a few moments, let us consider an ongoing exercise program, designed just for you. There are dozens of ways to do it; here is one:

If necessary, find a friend with whom to do this exercise program. You can help each other stick to it. But, with a friend or without one, the next step is to find your target heart rate (THR).

Your THR will help you exercise at just the right pace for you, so you won’t overdo. Your THR is the most effective training pulse rate for maximum cardiovascular function and control of excess fat consumption for a person of your age and current level of fitness.

First, take your pulse. The easiest place to feel it is on the side of your neck. (Or you can take it on the thumbside of your wrist, palm up.) Use your first two fingers (not your thumb). Press lightly and count the number of beats per minute.

Now that you know how to take it, you will want to find your Resting Heart Rate (RHR). To be most

accurate, take your pulse for a full minute when you first awake in the morning, while still lying down, on two consecutive mornings. The average of them is your Resting Heart Rate.

You then want to find your Target Heart Rate. Here is how to learn what it is:

Subtract your AGE from 220 to find your Predicted Maximum Heart Rate. This is the fastest that your heart should ever beat at your age. (Example: 220 minus 50 years of age equals 170.)

From your Predicted Maximum Heart Rate, subtract your Resting Heart Rate (the Pulse rate you found while lying in bed upon awakening). (Example: 170 minus 71 equals 99.)

At this point, you will want to select your Target Zone. This is your current level of fitness, and is a percent of your Maximum Heart Rate. If you are a beginning exerciser, this percentage will be 60%. If you are already doing it regularly, it can be 70%. Competitive athletes will use 80%. Now, multiply the above total by this percentage (Example: 99 times .60 equals 59.4, which we will round off to 59.)

Add to this your Resting Heart Rate, and you have your Target Heart Rate. (Example: 59 plus 71 equals 130.)

It only took a few moments to figure, and now you have your Target Heart Rate. In order to quickly determine it later, just now divide your THR by 6. This will give you your 10-second Target Heart Rate. Henceforth, you will only need to take your pulse for ten seconds in order to see how you vary from your THR. (Example: 130 divided by 6 equals 21.6, which rounds to 22.)

Of course, this formula is only a guide. You will want to watch your own body for signs of overexertion (such as pounding in your chest, a dizzy or faint feeling, or profuse sweating). Breathlessness is another important sign to be alert to.

As time passes on this program, you may find that your Resting Heart Rate will lower somewhat.

During your exercise program of fast walking, etc., you will want to take your pulse as soon as you begin sweating lightly and breathing harder. If you are below your Target Heart Rate, then stride, stroke, pedal, or push a little harder. If you are above your THR, then slow down a bit and take it easy.

Then there is your Recovery Rate. This is how long it takes for your pulse to return to normal. To find this, take your pulse once a minute after you stop your main exercise program each day. It is good for your heart that you cool down slowly, and you are checking on your Recovery Rate at the same time. (Example: Ideally, your pulse should have dropped below 100 beats per minute within 3-5 minutes.)

Before you begin your exercise workout, warm up with a few stretching exercises for 5 minutes. Then begin your active program to keep FIT. F—Frequency: Exercise 3-5 times a week. Four times is ideal, with a day off between workouts to avoid “overuse injury.” I—Intensity: Work up to your Target Heart Rate, but do not pass it. T—Time: Do it for at least 20 minutes.

What kind of exercise should this be? Select one that is steady, rhythmic, and continuous. It should place an increased oxygen demand on your heart, lungs, and muscles. And it should use the large-muscle groups of your body (legs, arms, and back). Then comes the cooling down period. This should be for at least 5 minutes. By cooling down slowly, you safely lower your pulse from your Target Heart Rate to normalcy. This both protects your heart and helps prevent injuries from stiff muscles, and is the ideal time for stretching exercises, since warm muscles stretch best and feel better later.

One inventive athletic researcher came up with this way to check yourself while exercising: If you can't talk comfortably while exercising, you're working too hard. If you can sing, then you're not working hard enough.

(Of course, before starting any kind of exercise program, you do best to have a medical evaluation first, if you have a heart condition or family history of heart disease, hypertension, diabetes, other medical problem, or if you are overweight, over 35, or use tobacco.)

Some people do “cross-training.” They alternate between, say, walking, one day, and then swimming; then, next time, they work out. Each activity is done twice a week to maintain good physical stamina. But if all you have opportunity to keep up is a brisk walk, then do that. There is no better exercise.

You might want to keep an Exercise Log, jotting down each time what you did, how long you did it, and the date.

If your exercise is walking, be sure and do it in a good pair of shoes that are comfortable, good fitting, with soles that are cushioned and flexible.

Here are some sample stretching exercises to limber you up during your 5-minute warm-up period: (1) Roll your shoulders several times in each direction. Imagine each shoulder is a wheel. First, turn the wheels forward, as though they were car tires taking you down the road; then put the gears into reverse and rotate them backwards several times. (2) Reach your right arm up straight and then stretch your right side up and over toward your left side, as you tilt your body away from that raised arm, all the while keeping your shoulder straight up from your trunk. Then do the other arm, keeping your hips steady throughout. (3) With your head, hips, and feet in a straight line,—pull one knee up to your chest. Then do the other knee. (4) Keeping your knee pointing straight downward to the ground,—reach back and pull your foot up to your buttocks with your opposite hand. Use the other hand to steady yourself, with a slight lean against a wall or tree. (5) With one foot about 12 inches behind the other, bend your front knee, and keeping both knees aimed forward,—press your back heel unto the ground and stretch your calf muscle.

Each of the above exercises was done while standing, and each stretched certain muscles.

With your warm-up stretching completed, for a minute or two, slowly begin walking. Now you can speed up for your regular 20-minute work out, checking your THR as you go.

After your workout is over, slow down for a minute or two, and then stop and begin your cooling-down stretching exercises. These can be the five described just above.

Exercise is one of the most helpful of the Eight Laws of Health, but it works closely with all of the others, especially rest and proper diet. How thankful we can be to God for these many blessings.

ADDITIONAL PRINCIPLES

“By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work.”—*Counsels on Health*, p. 54.

“Without physical exercise no one can have a sound constitution and vigorous health; and the discipline of well-regulated labor is no less essential to the securing of a strong, active mind and a noble character.”—*Counsels to Teachers*, p. 307.

“Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in severe study or violent physical exercise immediately after eating, hinders the work of digestion; but a short walk after a meal, with the head erect and the shoulders back, is a great benefit.”—*Ministry of Healing*, p. 240.

“Such exercise would in many cases be better for the health than medicine. Physicians often advise their patients to take an ocean voyage, to go to some mineral spring or to visit different places for change of climate, when in most cases if they would eat temperately, and take cheerful, healthful exercise, they would recover health, and would save time and money.”—*Ministry of Healing*, p. 240.

“Exercise in a gymnasium, however well conducted, cannot supply the place of recreation in the open air.”—*Education*, p. 210.

“What does a person do who has been sitting at his desk for many hours and is tired? Does he lie down? No! He takes a walk. What do children do when they come home from school and are tired? Do they go to sleep? No! They run to the playground. If the body is completely exhausted by strenuous labor, a long hike, a wash-day, or a moving-day, one recuperates best by lying down and permitting the organism to rest. However, if only a certain part of the body is tired—for instance, the brain by long calculations, the hands from many hours of typing, the eyes by too much reading or sewing, or the legs when one has had to stand very long—the tired limb or organ recuperates best if other rested parts of the body are active.

“If one lies down, all the activities of the body are curtailed; in a manner of speaking, the vital furnace of the body is banked. The heart beats slowly, the blood vessels contract, respiration becomes shallow, and the exhausted brain sleeps, so that all the organs are at rest. On the other hand, if one enters into some new activity, if after a long lecture one goes out into the fresh air, thus exposing oneself to new impressions and stimuli, to the cool air and the fragrance of flower beds, respiration is increased, the blood circulates faster, and the glands are more active, thus facilitating the elimination of

waste products from the exhausted organ. If you are totally exhausted, go to sleep! If only part of your body is tired, go for a walk or take a swim, engage in athletics, or occupy yourself with your garden. There is no better form of rest for an exhausted organ than the activity of neighboring organs.”—*Fritz Kahn, “Man in Structure and Function,” Vol. 1, p. 136.*

SPIRITUAL LESSONS

We not only want to maintain a daily physical exercise program, we also need to stretch our spiritual muscles each day as well. Not only are we to accept Jesus as our Saviour, we are to work with Him to help minister to the needs of others.

Just as God gave, we need also to give. “God so loved the world, that He gave His only begotten son, that whosoever believeth in Him should not perish, but have everlasting life.” (John 3:16).

Jesus told His followers: “Freely ye have received, freely give.” (Matthew 10:8). He also said, “It is more blessed to give than to receive.” (Acts 20:35).

Because we have been comforted, in Christ’s strength we are able to comfort others. “[God] who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God” (2 Corinthians 1:4).

There are many in the world who need our help. God calls for helpers, and we must answer the call. “I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.” (Isaiah 6:8).

We are to do the work which Jesus did. “The Spirit of the Lord God is upon Me; because the Lord hath anointed Me to preach good tidings unto the meek; He hath sent Me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound” (Isaiah 61:1; cf. Luke 4:18).

We live our faith, we share our faith, and we come to Jesus to renew and deepen our faith. As we pray and work, work and pray, our experience deepens, and others are helped.

“Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? Blessed is that servant, whom his lord when he cometh shall find so doing. Verily I say unto you, That he shall make him ruler over all his goods” (Matthew 24:45-47).

Every follower of Jesus is assigned the task of helping those around them, and sharing with them the wonderful gospel message of the forgiving and empowering grace of Christ, and the hope of eternal life through Him.

“And He said unto them, Go ye into all the world, and preach the gospel to every creature.” (Mark 16:15). “I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth.” (Romans 1:16). “And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.” (Matthew 24:14).

God purposes to use you and me to help many

souls who are living in darkness. “I the Lord have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles; to open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house.” (Isaiah 42:6-7).

We can help the poor and the needy. “I was a father to the poor, and the cause which I knew not I searched out.” (Job 29:16). “Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.” (James 1:27). “He shall deliver the needy when he crieth; the poor also, and him that hath no helper.” (Psalm 72:12). “Whoso stoppeth his ears at the cry of the poor, he also shall cry himself, but shall not be heard” (Proverbs 21:13).

We can also minister to the sick, and help them understand the importance of obedience to God’s commandments so they might remain in better health. “Pray for one another, that ye may be healed.” (James 5:16). “Thou shalt therefore keep the commandments . . . and the Lord will take away from thee all sickness.” (Deuteronomy 7:11, 15). “[God] who forgiveth all thine iniquities; who healeth all thy diseases” (Psalm 103:3).

As we minister to the needs of others, and bring them the good news of salvation, through the forgiving/enabling grace of Christ, we have the promise that we are working with the angels of God. Even though our efforts may not be appreciated by those on earth, yet the God of heaven accepts us. Thank the Lord!

“For what is our hope, or joy, or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at His coming? For ye are our glory and joy.” (1 Thessalonians 2:19-20).

“As the heaven is high above the earth, so great is His mercy toward them that fear Him.”—*Psalm 103:11*.

The Eight Laws of Health

The Sixth Law of Health — The Food You Eat

The human body was created by the God of heaven on the sixth day of Creation Week. It is marvelously made.

Because of this, we have a special responsibility, as His children, to carefully obey His health laws. He has provided bountifully from the things of nature for our care; and it is our responsibility to use these blessings to keep ourselves in good health, so that we may better minister to the needs of those around us.

We can live as did Daniel, in full obedience to all of God's laws. A basic aspect of this is the diet we choose. Our physical health is maintained by that which we eat; for that which you put into your body affects all of your organs and tissues. A wrong diet, or an indulged appetite of a good one, greatly hinders mental and physical efficiency. An improper diet not only injures our bodies, but keeps our minds from functioning as well as they should. For example, an intemperate man cannot be a patient man.

Eating the right amount of the right food, and only at regular hours, is what is needed. The food should be of a simple, healthful quality, and eaten slowly in an atmosphere of cheerful thankfulness to God for His many blessings. In order to understand these matters aright, we need individually to reason from cause to effect, study the Word of God, and act from principle. We dare not let the fads and fashions of the world become our criteria.

All of our enjoyment or suffering may be traced to obedience or transgression of natural law. To make these laws plain, and to urge their obedience in the strength of God—is the special work for our time in history. Men of God in Bible times carefully obeyed the moral and health laws; and we should obey them today. A significant aspect of this is the fact that the body is the only medium through which the mind and the soul are developed for the upbuilding of character. How important it is, then, that we do all in our power to yield ourselves in obedience to God's pattern for our lives. This is the greatest work we can do. And we can

be thankful that He will, by His enabling grace, strengthen us to fulfill His will.

The original diet, given by Heaven to our human family, consisted of grains, fruits, nuts, and vegetables. These foods, prepared in as simple and natural a way as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

This diet that God gave to our first parents did not include meat. It is contrary to His plan to have the life of any of His creatures taken in order to supply us with food. He desires to bring us back to this original plan. He does not want us to subsist upon the flesh of dead animals.

And this diet should be a simple one. It is very easy to take simple food—and make a complicated dish out of it that is hard to digest. Our diet should be simple: composed of simple food, simply prepared. By this is meant simple, healthful food, both raw or properly cooked, free from spices, grease, flesh meats, and complicated mixtures. Raw food is good, but warm food is needed by the system also. Eating only cold food draws vitality from the body to heat it up in the stomach prior to its digestion. Also helpful is the eating of fewer kinds of food at a meal, and eating it with thanksgiving. A cheerful heart will help your food digest better. Simply prepared meals will be more nourishing for your family and guests. Fashionable eating with its many dishes, mixtures, and hurtful foods is an invitation to gluttony. And this, of course, you do not want.

The diet also needs to be adequate. Do not consider it a matter of indifference as to what you eat. Your diet should not be impoverished, but nourishing, for only in this way can your body make good blood. Perfect health is keyed to perfect circulation, and this cannot be done without good blood.

Fruits, grains, vegetables, and nuts, prepared in a simple way—free from meat or spice or grease of every kind,—constitute the most healthful diet. It requires careful thought to prepare nourishing food. This effort requires faith in God, earnestness of purpose, and a willingness to help one another. We are mortal and must supply ourselves with food that will give proper sustenance to the body.

Investigate your habits of diet and study from cause to effect. You do not want a rich, greasy, complicated worldly diet, but neither do you want a

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

Ministry of Healing, p. 127

skimpy, impoverished one. There are healthful foods that you need. Do not avoid them.

However, in some cases, you will find certain articles of diet that do not agree with you. For example, beans bother some people. In such instances, change the diet; use less of some foods; try other things. And be alert to food combinations; some are healthful and some are not. Individually study this matter for yourself and come to your own decisions as to what you shall eat. There is no doubt but that there is generally an ample variety of foods from which to select.

In making this choice, keep in mind the climate. Certain foods may be suitable for one country and not for another, or for one season of the year and not for another. Then, too, there is the matter of your occupation. If you are engaged in hard, physical labor, you can eat somewhat more amply than can a more sedentary person.

The warmer the climate, the less severe our physical work should be, and the less food is correspondingly needed. In connection with this, too much sugar in the diet, in hot weather or in a hot climate, can cause trouble.

Yet no precise line of diet is marked out for those living in various seasons, climates, and countries. As you depend on Him for help, God will guide you from day to day.

In those lands in which an abundance of fresh fruits, grains, and nuts are available, flesh food is not necessary. And in countries in which there is an extra abundance of fruit throughout most of the year, we should make use of it.

God will guide His children to develop simple, healthful recipes that will help many others. Develop your talents and learn how to develop more healthful meals.

In order to better understand these things, we need to better understand the process of normal digestion within our bodies. Overeating injures the stomach and weakens all the digestive organs. Disease is thus brought on. Too much vital power is being expended in trying to digest so much food. The immediate effect may be headache, indigestion, pain, or temporary stoppage of digestion. Eat sparingly of the best food. Allow nothing to pass your lips that in any way might weaken your health and life. Constantly study from cause effect, as you go from meal to meal, day to day.

That which we need more of is spiritual food—study in God’s Word,—for that will give us overcoming power in controlling our selection and intake of

physical food.

Overeating has a worse effect on the body than overworking. The excess food only clogs the system, burdens the life, and, if continued, leads to disease. Too much food, even of the right quality, is harmful. Eat moderately, of the right food, and only at regular periods.

Do not study, or do heavy work or violent exercise immediately after a meal. As soon as it is concluded, both the blood and brain power are needed in aiding in its digestion. When the meal is completed, go outside and take a short walk, with your head erect and your shoulders back. This light exercise will greatly help your digestion. Your mind is thus diverted from yourself to the things of nature about you. And that is another benefit of the after-meal walk.

There are far too many people who worry about their food. Eat it cheerfully, with a sense of thankfulness to God. Do the best you can, and then go about your work believing that He will bring the best. If you are in constant fear that your food will hurt you, it most assuredly will. Forget it—and all your other problems too. Think of something cheerful and trust that all will work out for the best.

Pure, fresh air, breathed in through lungs unhindered by tight clothing or belts or lacing, will greatly help your digestion. This is no unimportant detail. It is better to suspend your clothing from the shoulders, instead of using belts. Avoid cramping or compressing your lungs or your abdomen.

Do not spend most of your time thinking about yourself. Act from principle, and then live to bless others.

There are a number of foods which it is best to eliminate or minimize in our diets. A meal of only cold food should not be partaken. Warm it first. Hot drinks and hot food debilitate the stomach; very cold foods require too much vital force in order to be warmed up in the stomach prior to digestion. Cold water drunk with the meal diminishes the flow of saliva. The colder the food or water, the greater the injury to the stomach. Ice water or ice lemonade stops digestion until it is warmed up. Food that is washed down with liquids results in poor digestion. When liquids are taken with meals, the stomach must absorb the liquid before it can begin to digest the food. Overworking the stomach in many little ways can add up to more serious problems at a later time.

When you sit down to a meal, take time to eat. Chew your food slowly, and do not crowd in a great variety of food at one meal. The benefit derived from food depends less on the quantity eaten than on how thoroughly it was masticated, and digested. The amount of time the food is in the mouth and how well it is chewed are both very important to thorough digestion. In order to do this effectively, it is necessary to eat your food slowly.

Do not have too great a variety at a meal; three or four dishes are plenty. It is more important that we eat that which will agree with us than that we taste of every dish set before us.

It is well not to eat fruit and vegetables at the same

This chapter is actually a summary of principles in the book, *Counsels on Diet and Foods*. The order of presentation follows pages 15-113, 131-182, 309-354, 355-365, 368-370, 363-365, and 419-437. With the exception of portions of 185-306 and 441-449, the essential principles given in the remainder of the book are dealt with in this chapter.

meal. Vary the meals from day to day. All mixed and complicated foods are injurious to the health.

And, above all, do not overeat. It is one of the quickest avenues to disease and death. Especially should sedentary workers be careful in regard to this point.

It is best that five hours elapse between meals. Two meals a day are better than three, especially for those who obtain relatively little exercise. Late suppers, just before bedtime, are particularly harmful. If eaten at all, the third meal should be light and several hours before bedtime.

Eat your meals at regular times and between meals eat nothing.

Fruit is a wonderful blessing from God. Whenever it is available, you will want to make use of it. Fresh fruit, freshly picked, is especially good. It would be well to do less cooking and eat more fruit raw. But also preserve them in sealed jars for winter usage. Fruits of different kinds—but not too many kinds—at a meal are very fine. But even fruit should not be eaten after a full meal of other foods.

Never eat fruit if it has any decay on it. Decayed vegetables and fruit ferment in the stomach and poison the blood. As with grains, nuts, and vegetables, prepare the fruit for the table in as simple a manner as possible.

Brain workers do well, from time to time, on a fruit diet for a day or two.

The dried fruits are very helpful in the diet. Apples are one of the best standby storage fruits that you can find.

The grains are another blessing from our Creator. When you eat grains and vegetables, you are obtaining your food first-hand; but when you eat meat, you are getting it second-hand. The needs of the system can be better supplied, and muscular strength maintained without the use of animal flesh. The grains, along with peas, beans, and lentils, are foods that store well. Do not use grease on your grains or in preparing them. This principle applies to the preparation of fruits and vegetables also.

Grains used for porridge or cooked cereal should have several hours' cooking. But even then, they are still less wholesome than dry foods which require careful chewing. For this reason, to eat largely of cereals does not ensure health to the digestive organs, for they are too much like liquid. Instead, eat fruit, vegetables, and bread.

Bread should be thoroughly baked, and should be light and dry. Do not use baking powder or soda when preparing it. The strong alkalinity of soda injures the stomach. Use water in making bread, instead of milk. Milk bread does not keep sweet as long, and ferments in the stomach. The loaves should be small, with no taint of sourness. Never eat fresh raised bread (yeast bread) before it is a day old. And two- or three-day-old bread is more healthful still. (This is because there is no baker's yeast remaining in it by then.) But unleavened bread—without yeast—can be eaten fresh out of the oven.

Zwieback is bread that has been baked a second

time. ("Zwieback" means "twice baked.") This transforms the bread into one of the most easily masticated and digestible foods you can find. Simply cut ordinary raised bread into slices and then lay it in a warm oven to dry until the last trace of moisture disappears. Then let it be browned slightly all the way through. If kept dry, zwieback can be kept much longer than regular bread, and it can be reheated before using, to freshen it up. Since it is so easily digested, zwieback does well, along with fruit, for the evening meal.

Beware of partially baked bread. If it is soft, doughy, or sticky inside, do not eat it. Hot, raised biscuits should not be eaten. Sour bread is not healthful either. Do not put sour milk into your bread mix.

Whole wheat bread is far better than white bread. Sweet breads and sweet cookies cause problems in the stomach.

Thank God for the good vegetables that we can serve to our families. They afford us solid nourishment. When picked fresh from the garden, they are the best. Hearty, hard-working men need plenty of vegetables. Such a simple diet is by far the best for us.

God wants to bring His people back to simple fruits, vegetables, and grains. These have the nutritive properties that our bodies need. This is the food needed, not meat or grease.

There are those who are not able to digest certain vegetables as well as others.

Avoid fried foods, or any food that has been prepared with grease or butter (or margarine). These clog the system and lead to serious trouble later on.

Raw and cooked greens are among the most nourishing foods obtainable. Other good foods include such items as tomatoes, corn, or peas. But never use decayed vegetables.

It would be well to obtain a piece of land so you can grow fruits and vegetables.

Sugar is a real problem. People use far too much of it in preparing their food, and yet it causes fermentation in the stomach. Milk and sugar combined is one of the worst combinations you can find, yet the two are mixed into breads, puddings, pastries, and other things.

Sugar clogs the system. Some people try to make sugar supply the place of good food, properly cooked. But the result is sickness and disease. Sugar, overused in the diet, is worse than meat eating. Avoid eating the sweet foods that are prepared. Candies and confections are best kept out of the diet.

A little sweetening, such as honey, mixed in with the preserved fruits is helpful. It is not wrong to use a little milk or a little sweetening. But only a little sugar is all that is needed. Some put a lot of it on their mush, or use milk and sugar mixtures. But this is not healthful. Milk, eggs, and sugar mixed together in recipes are not good either.

Pies, cakes, pastries, and puddings may taste good, but this does not make them good for you. Many of these desserts are detrimental to health. Rich dinners, highly flavored sauces, sweet delicacies, sweet cakes, sweet puddings, and custards would be better omitted from the diet entirely. Often spices are added, which only makes the mixture worse. The jellies, jams,

and all the rest are an active cause of indigestion.

Instead, use fruit. Fruit, fresh or stored in jars, can provide your family with the nourishment that the other treats, mentioned above, lack. But plain, simple pies, with a small amount of sweetening is helpful—as long as you stay with only one piece.

Other worthwhile desserts would include plain cake with raisins, rice pudding with raisins, prunes, and figs.

Always be careful in regard to the sweet things. They are not really needed, and they can be harmful to your system.

Spices and condiments, so frequently used in our world today, are ruinous to the digestion. The less exciting the food, the better. Mustard, pepper, spices, pickles, and similar articles only irritate the stomach and fever the blood. Condiments have a similar effect on the stomach as does drinking alcohol. And both begin a subtle craving for something more stimulating to eat or drink.

In reality, the use of spicy food develops a craving that leads many onward to become alcoholics. Yet many place these luxurious foods before their children,—spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach and causes a craving for still stronger stimulants.

Those who have indulged in such foods find it difficult to sit down to a meal of simple, wholesome food. But if they will stick with it, their enjoyment of simple food will return.

Soda, or baking powder, should never be placed in your breads when you are preparing them. Soda inflames the stomach and often poisons the entire system. But good bread can be made without them.

Do not use much salt in your diet. Some people advocate a no-salt regime, but this is not good. A little salt is needed in the diet, but only a little.

Pickles and vinegar should not be eaten. (Soda and baking powder are very high alkaline products that remain excessively alkaline in the system; pickles and vinegar are the opposite; they are excessively acid and likewise derange the delicate gastrointestinal track.) It would be well if pickles, vinegar, mustard, mince pies, and such things were entirely omitted from the diet.

Folk often put vinegar and oil on their salads. (Mayonnaise is a vinegar, oil, and raw egg combination.) Yet the vinegar causes a fermentation in the stomach, and the food does not digest but instead decays or putrefies. As a consequence of such a diet, the blood is not nourished, but instead becomes filled with impurities. Eventually liver and kidney problems develop.

The effect of butter in the body is quite different than that of cream. (Chemically, cream is composed of oil droplets surrounded by water, and thus is relatively more digestible. When churned, cream becomes butter, which is water droplets locked into an ocean of hardened oil. This grease-like substance causes very serious problems in the digestive system, and later in the blood vessels. Never eat anything that is grease-like.) It is best to dispense with butter and not use it at all.

It has been said that a little milk or cream in the diet is helpful, but you need to know that it is well to work away from their use. Soon there will be no safety in using eggs, milk, or cream. This is due to the increase in animal diseases. God will give His people ability to prepare food without these substances.

If eggs are used at all, they should be from hens that you know to be well-cared for and suitably fed. It is best that children have few, if any eggs. Milk should come from livestock that you know to be healthy, be boiled first, and only used in moderate amounts.

Some individuals, in abstaining from milk and eggs, have failed to supply the system with proper nourishment, and as a consequence have become weak and unable to work. Still others cannot afford the better food, such as nuts and fruit. And there are those who do not know how to properly supply the place of milk and eggs with other foods. They need instruction.

The time has not yet come to prescribe the strictest diet for others to follow. But let the diet be progressive. Let the people be taught how to prepare food without the use of milk. Tell them that soon there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing. Do know that the time will come when it will not be safe for anyone to use milk and eggs. (Many believe that that time has already come.)

Animals from which milk is obtained are not always healthy. They may be diseased so that a cow, apparently well in the morning, dies before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it.

Cheese should never be introduced into the stomach. It is wholly unfit for food.

Lard and grease clog the system. The body cannot handle them. Keep grease out of your food. It defiles any preparation of food you may make. It renders the food difficult of digestion (and produces a clogging of the arteries, leading to heart attacks later on). For example, fried potatoes are not healthful, for grease or butter is used in preparing them. Instead of this, serve baked or boiled potatoes with cream and a sprinkling of salt.

Eat only food that is free from grease. Such a diet will prove a blessing to you, and will avoid later suffering and grief.

Olives may be so prepared that they may be eaten with good results at each meal. They can take the place of butter. Olives and nuts, along with the other protein vegetables, can supply the place of butter and flesh meats.

Nuts and nut foods are coming largely into use to take the place of flesh foods. Care must be taken not to use too large a proportion of nuts. Time should be spent learning how to prepare the nut foods, but do not eat too heavily of them.

Some kinds of nuts are not as wholesome as others. Do not reduce the diet to a few articles composed largely of nut foods. They should not be used too freely. Combined in large proportions with other articles in recipes, they make the food so rich that it cannot be properly assimilated. One-tenth to one-

sixth part of nuts to other foods is sufficient in recipes, varied according to the combination.

Almonds are preferable to peanuts, but peanuts, in limited quantities, may be used with grains to make nourishing food.

Water is the best liquid possible to cleanse the tissues of the body, but take it between meals rather than with your meals. Especially do not use hot drinks or cold drinks at mealtime. Warm or hot water taken a half hour or so before the meal is helpful.

Tea, coffee, tobacco, alcohol, and the narcotics are not good for your body and should never be used. Such things may at first appear to stimulate and excite the nerves, but later will come trembling nerves and lack of self-control. Tired nerves need rest and quiet, not artificial stimulation. Intemperance begins at our tables, in the use of unhealthful food. Then stimulants are resorted to, and the nerves, artificially excited, borrow from the future. Later comes sickness and nervous prostration. The only safety is to leave them totally alone.

Be careful of apple cider. It is often made of wormy or half-rotten apples. And it may have some alcoholic content.

Fresh and properly prepared fruit juices are wholesome and a blessing from God.

How very thankful we can be that the God of heaven has provided us with wonderfully designed bodies, and so many blessings in nature to keep us in good health. He is our Creator and how we love Him. Let us carefully use each of the Eight Laws of Health—pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in divine power,—to keep ourselves in the best health in our daily service to Him.

A brief summary of some of the basics in this invaluable instruction would include several of these points:

The meal should be simple, appetizing, but not complicated, or hot, cold, or too liquid. Eat unhurriedly and at regular hours, chewing well, and without over-eating. The diet itself is best to consist of fruit, vegetables (especially greens), grains, and some nuts. Be cautious about the many highly processed, sweet, and spiced foods. Exercise afterward and eat nothing between meals. Throughout the day, be cheerful, positive, and live to help and bless others. Let gratitude to God fill your thoughts, and praise Him who cares for you.

ADDITIONAL PRINCIPLES

“God gave our first parents the food He designed that the race should eat . . . The fruit of the trees in the garden was the food man’s wants required [Genesis 1:29: and afterward, field crops also, Genesis 3:17-18]. God gave man no permission to eat animal food until after the Flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark [Genesis 9:3] . . .

“After the Flood the people ate largely of animal

food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years. [Compare Genesis 5:3-32 with 11:10-26].”—*Counsels on Diet and Foods*, p. 373.

“In choosing man’s food in Eden, the Lord showed what was the best diet; in the choice made for Israel, He taught the same lesson. [Psalm 105:37]. He brought the Israelites out of Egypt, and undertook their training, that they might be a people for His own possession. Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, ‘the bread of heaven.’ [Exodus 16; Psalm 78:24]. It was only because of their discontent and their murmurings for the fleshpots of Egypt that animal food was granted them, and this only for a short time. Its use brought disease and death to thousands. [Numbers 11:4-12, 31-33; Psalm 78:17-37]. Yet the restriction to a nonflesh diet was never heartily accepted. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent.”—*Counsels on Diet and Foods*, p. 374.

“Had they been willing to deny appetite in obedience to His restrictions, feebleness and disease would have been unknown among them. [Exodus 23:25; Psalm 107:4-9]. Their descendants would have possessed physical and mental strength. They would have had clear perceptions of truth and duty, keen discrimination, and sound judgment. But they were unwilling to submit to God’s requirements, and they failed to reach the standard He had set for them, and to receive the blessings that might have been theirs. They murmured at God’s restrictions, and lusted after the fleshpots of Egypt. [Psalm 106:13-15]. God let them have flesh, but it proved a curse to them. [1 Corinthians 10:5-6].”—*Counsels on Diet and Foods*, p. 378.

SPIRITUAL LESSONS

We have our physical food which we need to partake of daily. It should be of good quality. But, in addition, we need spiritual food each day.

“And He humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that He might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live.” (Deuteronomy 8:3).

As the children of Israel journeyed through the wilderness, God provided manna from heaven for their daily food. It was filling and nutritious. But, as the above verse reveals, the giving of the manna was to serve as an object lesson. God’s people were always to receive spiritual food from Him every day of their lives.

“But He [Jesus] answered and said, It is written, Man shall not live by bread alone, by every word that proceedeth out of the mouth of God.” (Matthew

4:4). We are to obtain that spiritual food from the Inspired Scriptures. God alone can supply the necessities of the soul. We are to partake of the Word of God. Jesus is the living Word, and His words are found in the Bible.

“In the beginning was the Word, and the Word was with God and the Word was God . . . And the Word was made flesh, and dwelt among us.” (John 1:1, 14). “In Him was life; and the life was the light of men.” (John 1:4).

“And Jesus said unto them, I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst” (John 6:35).

Jesus is the spiritual manna from heaven.

“As the living Father hath sent Me, and I live by the Father: so he that eateth Me, even he shall live by Me. This is that bread which came down from heaven; not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever.” (John 6:57-58). “It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life” (John 6:63).

As we prayerfully study the Bible, we partake of this life in Christ. “And have tasted the good Word of God, and the powers of the world to come.” (Hebrews 6:5). “Give us this day our daily bread.” (Matthew 6:11). “Thy words were found, and I did eat them; and Thy Word was unto me the joy and rejoicing of mine heart: for I am called by Thy name, O Lord God of hosts” (Jeremiah 15:16).

We have been bought with a price, and are no longer our own (1 Corinthians 6:19-20). We belong to God and are to eat the food He gives us.

Doing so will bring us the deepest happiness in this life, and bring us salvation unto the world to come.

Receive the manna daily. Study God’s Word with prayer every day, and live it in your daily life. If you will be humble and submissive, God will use this to change you and, in turn, use you to help others.

“The righteous eateth to the satisfying of his soul.”—*Proverbs 13:25*.

“He will love thee, and bless thee, and multiply thee.”—*Deuteronomy 7:13*.

The Eight Laws of Health

The Seventh Law of Health — The Water that Cleanses

Livestock and wild animals know what to do when physical sickness strikes. They have been observed eating certain plants. Seeking out a stream or lake, they will bathe in the water, or lie in it, to treat their injuries.

A dog that was bitten on the head by a rattlesnake first killed the snake; then he went to a nearby creek, where he lay in the water, off and on, for a week. He recovered completely.

Water is one of the most valuable helpers you have in the daily task of keeping yourself in health or in recovering health when it is lost.

How very important it is that you drink enough water each day! Your kidneys alone filter about 50 gallons of fluid a day. In a 24-hour period, more than 8 quarts of digestive juices flow into the digestive tract. Much of this water is recycled over and over again by your kidneys. But about 2 to 4 quarts of water a day are lost through the urine, lungs, or perspiration. For this reason, if you do not keep drinking water, your kidneys cannot perform their function well, and kidney disease results.

It has been found that water intake can increase physical endurance and ability to work by as much as 80%. When you do not drink enough water, your blood thickens and flows with greater difficulty. This can cause trouble not only in your body tissues and organs, but also to your heart that must pump that sludged blood.

So many people eat far too much salt, sugar, and protein, yet each of these substances requires additional water to process.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

Ministry of Healing, p. 127

In late 1986, the World Health Organization officially stated that the incidence of illness around the globe would fall by 80% if people in the developing nations had access to pure drinking water.

Lack of water not only affects health; it affects work production as well. Athletes, in particular, find that a slight decrease in fluid will greatly affect performance.

It is generally recommended that we drink 8 glasses of water a day. But it is best if you not drink it with your meals, but between them. The very best times for water drinking is first thing upon arising in the morning, and then 30 minutes or so before each meal. One or two warm glasses of water about a half hour before breakfast will help cleanse the stomach and sharpen the appetite. Small amounts drunk from time to time throughout the remainder of the day are also helpful.

Some people drink hot water or cold water drinks with their meal, but this hinders the digestion of the food even more than drinking lukewarm water at mealtime.

The drinking water should be pure, but this is becoming more difficult to obtain. This is unfortunate. One solution is to purchase a reliable water distiller for your home. This will clean the water. Distilled water will not hurt you; it will only help you, if you are eating a good diet so that you are obtaining your proper amounts of calcium and other minerals from your food. In contrast, regular water often contains an excess of inorganic sodium, chlorine, sulfur, fluorine, iron, chromium, lead, and other undesirable minerals—and in far greater amounts than the body could possibly use. We can be thankful that small, inexpensive home distillers are now easily available.

Joseph M. Price, M.D., has done careful research into the relationship of chlorinated water to atherosclerosis in the arteries. He found so much evidence that he wrote a book about it, entitled, *Coronaries/Cholesterol/Chlorine*. For example, after seven months every chicken fed chlorinated water had developed atherosclerosis, while no chickens fed pure water had it. Here is another interesting fact: American soldiers killed in the Korean War averaged 75% with evidence of coronary atherosclerosis, yet had an average age of only 22! In order to avoid disease, the water given the soldiers in Korea had been very heavily chlorinated.

Cadmium in water increases high blood pressure.

Dr. Henry Schroeder has established that people who die of high blood pressure complications tend to have an unusually high level of cadmium in their kidneys. And this most frequently occurs in certain cities with higher cadmium content in the drinking water.

Lead, copper, and sulfur can also be dangerous. Zinc in the water helps to protect the body against cadmium and copper. Patients with either hypertension or atherosclerotic heart disease or an old myocardial infarction generally have higher copper and lower zinc levels in the serum and toenail samples, according to the World Health Organization.

If you have the choice, when drinking water from pipes, it is better to drink hard water than soft water. The hard water, which mainly has calcium and magnesium in it, will lower your chances of acquiring cardiovascular and kidney diseases. The "Journal of the American Medical Association" for October 7, 1974, reported on Monroe County, Florida, where, by changing its source, the hardness of the drinking water was dramatically increased from 0.5 ppm to 200 ppm. "The death rates from cardiovascular disease dropped from a range of 500 to 700 to a range of 200 to 300 only four years after the increase in water hardness."

Oddly enough, you can purchase water-softening equipment and supplies,—but no one sells anything to artificially harden it. Hard water results primarily from the presence of calcium and magnesium salts in the water, while softness is due to the absence of these salts. These two minerals help protect the water from absorbing dangerous minerals from the ground—or from pipes.

The average person will, by the age of 75, have drunk 20,000 gallons of water. Stop and think about it for a moment—and you will agree with the statement of scientists that this is the "water planet." Not only is six tenths of its surface covered by water, but water is the essential factor that makes all life possible. No plant, animal, or living organism can survive long without it.

"When we come to the individual need for water, it is readily realized that water is certainly our most precious mineral. It is the most essential of all minerals for our bodies. An animal can lose all its fat, about half its protein,—but if it loses as much as one-tenth of its water, it will die."—*Jonathan Forman, M.D., in "Water and Man."*

Your body is 80% water. The countless millions of cells inside of you are constantly being bathed in water. And this is not merely a soaking process, but a rewashing activity done by your blood stream. Water in the blood brings nutrition and oxygen to your tissues, and carries off wastes. If injury occurs, coagulants come out of the fluid and stop the bleeding, while white blood cells emerge from the blood stream and begin attacking poisonous substances. Delicate chemical balances are maintained by the flowing blood, as hormones, digestive substances, and many other vital substances are transported through the body fluids to their appointed place.

It is no wonder that this most precious commodity should be needed by mankind—not only inside but

outside as well.

Frequent bathing is a very important health practice. It should be done at least once a week, but a daily bath or shower is even better. Warm baths relax; hot baths prepare for cold ones and strengthen and invigorate; all baths help cleanse the skin. There are millions of tiny pores—little mouths—that open out onto your skin. Bathing cleans them and removes the impurities that they bring to the surface.

But, in all your consideration of the values of water, do keep in mind that a better use of water must be accompanied by corresponding improvements in the diet also.

"Rest, freedom from care, light, pure air, pure water, and spare diet, are all that they need to make them well."—2 *Selected Messages, p. 458.*

ADDITIONAL PRINCIPLES

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

"But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness."—*Ministry of Healing, p. 237.*

"Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or iced lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again."—*Review, July 29, 1884.*

"Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must be first absorbed . . . Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit . . . Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after a meal, is all that nature requires . . . Water is

the best liquid possible to cleanse the tissues.”—*Review, July 29, 1884.*

“I am advising the people wherever I go to give up liquid food as much as possible.”—*Unpublished Testimonies, October 29, 1894.*

“Twice a week . . . take a general bath, as cool as will be agreeable, a little cooler every time, until the skin is toned up.”—*1 Testimonies, p. 702.*

“Bathe frequently in pure soft water, followed by gentle rubbing.”—*Healthful Living, p. 192.*

“Upon rising in the morning, most persons would be benefited by taking a sponge bath, or, if more agreeable, a hand bath, with merely a wash bowl of water; this will remove impurities from the skin.”—*Healthful Living, p. 192.*

“Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning.”—*Healthful Living, p. 192.*

“Bathing frees the skin from the accumulation of impurities which are constantly collecting, and keeps the skin moist and supple, thereby increasing and equalizing the circulation.”—*Healthful Living, p. 789.*

“See that the children have a daily bath, followed by friction till their bodies are aglow.”—*Counsels on Health, p. 103.*

“Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week. Those who are not in health have impurities in the blood, and the skin is not in a healthy condition. The multitude of pores, or little mouths, through which the body breathes, become clogged and filled with waste matter. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities; therefore, feeble persons who are diseased surely need the advantages and blessings of bathing as often as twice a week, and frequently even more than this is positively necessary. Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold because the circulation is improved, and the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained.”—*3 Testimonies, pp. 70-71.*

“Upon rising in the morning, most persons would be benefited by taking a sponge bath, or, if more agreeable, a hand bath, with merely a wash bowl of water. This will remove impurities from the skin.”—*2 Selected messages, p. 463.*

“If the garments worn are not frequently cleansed from impurities, the pores of the skin absorb again the waste matter thrown off.”—*Healthful Living, p. 206.*

“The impurities of the body, if not allowed to escape are taken back into the blood, and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers, and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.”—*2 Selected Messages, p. 460.*

“Why need anyone be ignorant of God’s remedies—hot water fomentations and cold and hot compresses. It is important to become familiar with the benefit of dieting in the case of sickness.”—*2 Selected Messages, p. 290.*

“Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good. A cup of tea made from catnip herb will quiet the nerves. Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly. When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained. There are many more simple remedies which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves.”—*2 Selected Messages, p. 297.*

“Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bathe frequently in pure soft water followed by gentle rubbing. Let the light, and air, be freely admitted into her room. She must have quiet, and undisturbed rest.”—*2 Selected Messages, p. 446.*

SPIRITUAL LESSONS

Not only our bodies need washing, our souls need it as well. We are to be washed by the Word, as we daily study in the Bible. It brings cleansing and strength. “He sent His Word and healed them, and delivered them from their destructions.” (Psalm 107:20). “Let the Word of Christ dwell in you richly in all wisdom.” (Colossians 3:16).

“Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.” (2 Peter 1:4).

There is cleansing power in studying Scripture. By doing it daily, we receive an ongoing washing through the Word. “Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy Word.”

(Psalm 119:9). “Now are ye clean through the word which I have spoken unto you.” (John 15:3).

This occurs as we pray for help, learn anew His Word,—and bring it into our souls by living it out in our lives each day. “Thy Word have I hid in mine heart, that I might not sin against Thee.” (Psalm 119:11). “By the words of Thy lips, I have kept me from the paths of the destroyer.” (Psalm 17:4).

While Jesus was here on earth, He also gave us another example—if we would follow in His steps:

“Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him” (Matthew 3:13). He was baptized by John the Baptist, not because He had sinned, but as an example to us. The Father was pleased with what He had done (Matthew 3:17).

Then Jesus later commanded His disciples to baptize converts from all nations. “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.” (Matthew 28:19).

This is a command of Jesus which we are to follow, after learning God’s special truths in Scripture and dedicating our lives to Him.

“Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.” (John 3:5).

John was baptized at Aenon, “because there was much water there” (John 3:23). Jesus, our example, “went up straightway out of the water” (Matthew 3:16). It is obvious that this was baptism by immersion, not merely sprinkling. Had John used sprinkling, one pail of water would have sufficed for a great host of people. Philip and the eunuch also went into, and came out of, the water (Acts 8:36-39). Philip had immersed the man in a pool of water by the side of the road.

The very word, “baptize” comes from the Greek word, “*baptizo*,” which means “dip under,” “immerse,” or “plunge under.” The meaning is definitely not “sprinkle” or “pour.”

It is clear, from the Bible, that baptism represents a complete death to the old way of life, a burial with Christ, and a rising with Him out of death into a new life. The “old man of sin” is dead and, rising, we become a “new creature” in Christ. This is the meaning of baptism—which obviously must be by immersion. Read this carefully:

“Know ye not, that so many of us as were baptized into Jesus Christ were baptized into His death? Therefore we are buried with Him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

“For if we have been planted together in the likeness of His death, we shall be also in the likeness of His resurrection: knowing this, that our old man is crucified with Him, that the body of sin might be destroyed, that henceforth we should not serve sin.” (Romans 6:3-6).

“By which also ye are saved, if ye keep in memory what I preached unto you . . . how that Christ died for our sins according to the Scriptures; and that He was buried, and that He rose again the third day according

to the Scriptures” (1 Corinthians 15:2-4).

“Buried with Him in baptism, wherein also ye are risen with Him through the faith of the operation of God, who hath raised Him from the dead.” (Colossians 2:12).

Before baptism, the candidate must be carefully taught (Matthew 28:19-20); he must believe (Mark 16:16); he must repent of his sins (Acts 2:38); he must be willing to die to sin (Romans 6:3, 11-13); He must be ready to live for God (Romans 6:11, 13).

In addition to baptism, there is another water service that we are to perform: the ordinance of foot washing, in connection with the Lord’s Supper. God’s plan is for us to keep, in memory, Christ’s death and resurrection, and our baptism into it.

Some think that Sunday must be kept holy in commemoration of Christ’s resurrection. But, according to Scripture (1 Corinthians 15:2-4, quoted above), the ordinance which commemorates Christ’s resurrection is Baptism. In addition to baptism, the Lord’s Supper commemorates Christ’s death.

“The Lord Jesus the same night in which He was betrayed took bread: and when He had given thanks, He brake it, and said, Take, eat: this is My body, which is broken for you: this do in remembrance of Me.” (1 Corinthians 11:23-24).

“For as often as ye eat this bread, and drink this cup, ye do shew the Lord’s death till He come” (1 Corinthians 11:26).

“If we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin” (1 John 1:7). “And truly our fellowship is with the Father, and with His Son Jesus Christ” (1 John 1:3).

“When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them.” —*Isa 41:17*

“Keeping mercy for thousands, forgiving iniquity and transgression, and sin.” —*Exodus 34:7*

“In God will I praise His Word . . . in God have I put my trust: I will not be afraid what man can do unto me.”
—*Psalms 56:10-11*

“The Lord God is a sun and shield: the Lord will give grace and glory: no good thing will He withhold from them that walk uprightly.”
—*Psalms 84:11*

The Eight Laws of Health

The Eighth Law of Health — Your Trust in God

Individually, you and I need the ministry of God's healing power in our own lives. Oh, how great is our need! Yet, thankfully, it is available.

In this concluding chapter I want to tell you about this healing ministry that God has for you. For it is available to you as you come to Jesus, and become His trustful follower, obedient to His Written Word.

Here are the answers that you are looking for, summarized from a special book, *The Ministry of Healing*. At the close of this book, we will tell you how you may obtain a complete copy of that outstanding book for your very own.

Our story starts with Jesus. He came to this world at His first advent, to reveal to us the love of God and not only to show us His care for us, but also how we, in His strength, should care for one another.

His work is to give us forgiveness of sin, overcoming power, health, peace, and perfection of character.

Varied were the circumstances and needs of those who besought His aid, and none who came to Him went away unhelped. This help—this healing—is for us today. Wherever there are hearts ready to receive His words—the words of Scripture,—He will bring them the comfort of His own presence, the assurance of their heavenly Father's love.

In all things He brought His wishes into strict alignment with the purpose for His life. He glorified His life by making everything in it subordinate to the will of His Father. His life was one of constant self-sacrifice. He spent His days ministering to the needy and teaching those who desired to learn how to become part of His kingdom.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies.”

Ministry of Healing, p. 127

Always patient and cheerful, much of His time was given to minister to the sick and infirm. Yet He made each work of healing an opportunity to implant divine principles of truth in mind and soul. For it was His plan to help men and women physically, so that He could then minister to them spiritually.

At every opportunity He presented the Word—the holy Scriptures—to the people. Never was there such an evangelist as Christ. He was the Majesty of heaven, but He humbled Himself to take our nature, that He might meet men where they were.

He spoke to each one in such kindly, sympathetic, simple words that those words could not fail to be understood. He presented the truth in such a way that it was ever afterward intertwined with their most hallowed memories. His instruction was so direct, His illustrations so appropriate, His words so sympathetic and encouraging,—that His hearers could sense the completeness of His identification with their interests and happiness. What a busy life He led, as He went from home to home ministering to the needy and downcast. Gracious, tenderhearted, pitiful, He went about lifting up the bowed-down and comforting the sorrowful. Wherever He went, He brought blessing and better living.

Jesus sought to reach the poor; He sought also to reach the rich, for they needed His help just as badly. Just now He is seeking to reach you and me and help us in our special needs.

Christ came to this world to show that, by receiving power from on high, one can live an unsullied life. With unwearying patience and sympathetic helpfulness, He met men in their necessities. It mattered not to Him what might be their rank or status in life, for He was not a policy man. That which appealed to His heart was a soul thirsting for the water of life.

“He passed by no human being as worthless, but sought to apply the healing remedy to every soul. In whatever company He found Himself, He presented a lesson appropriate to the time and the circumstances. Every neglect or insult shown by men to their fellow men, only made Him more conscious of their need of His divine-human sym-

pathy.

“He sought to inspire with hope the roughest and most unpromising, setting before them the assurance that they might become blameless and harmless, attaining such a character as would make them manifest as the children of God.

“Often He met those who had drifted under Satan’s control, and who had no power to break from his snare. To such a one, discouraged, sick, tempted, fallen, Jesus would speak words of tenderest pity, words that were needed and could be understood. Others He met were fighting a hand-to-hand battle with the adversary of souls. These He encouraged to persevere, assuring them that they would win; for angels of God were on their side, and would give them the victory.”—*The Ministry of Healing*, pp. 25-26.

His sympathy, social kindness, and concern for their best good,—made men and women long to become worthy of His confidence. Upon their thirsty hearts His words fell with blessed, life-giving power. New impulses were awakened and, though they might be outcasts of society, there opened before them the possibility of a new life.

The same Jesus is calling you to His side today. Whatever your past may have been, regardless of your weakness,—He wants to forgive your past, transform your weakness by His grace, through obedience to His Written Word, the Holy Scriptures.

Christ neglects no one. Wherever there are hearts open to receive the truth, Christ is ready to instruct them. He reveals to them the Father, and the service acceptable to Him.

Christ was hid in God, and God was revealed in the character of His Son. The evidence of His divinity was seen in His ministry to the needs of suffering humanity. Not by pomp and the overthrowing of kingdoms was Christ to establish His kingdom, but by speaking to the hearts of men by a life of mercy and self-sacrifice. His healing ministry is for you today, that His life might be yours. His objective is that your soul shall be imbued with the principles of heaven; so that then, as you come in contact with others, you will be enabled to impart of Heaven’s light to them. Your consistent faithfulness to God and His Word will be a special means of revealing that light.

This chapter is actually a summary of portions of the book, *Ministry of Healing* (pages 17-108, and 451-466). The quotations at the end of this chapter come from pages 241-247.

A copy of that full-length book may be obtained from this publisher. It is the only large-print, fully-indexed paperback edition that is available anywhere.

“Human effort will be efficient in the work of God just according to the consecrated devotion of the worker,—by revealing the power of the grace of Christ to transform the life. We are to be distinguished from the world because God has placed His seal upon us, because He manifests in us His own character of love. Our Redeemer covers us with His righteousness.”—*The Ministry of Healing*, p. 37.

If you are a mother, the Master desires to help you in your work to raise your children for God. Come to Him, and tell Him of your needs, and He will impart strength and blessing, just as He did to the mothers who, so long ago, brought their little ones to Him for a blessing. Come to Him for help that you may be empowered to better take up your daily duties again. Instruct your children in the Word of God, and in after years the memory of the words of Scripture will keep many from straying from the pathway to heaven.

But do not let your un-Christlikeness hinder the little ones from coming to Jesus. Plead with God, alone in prayer, for grace and help in time of need, that you may provide them the example of right living that they desire to see in you.

“We should neglect nothing that would serve to benefit a human being. Let everything be gathered up that will relieve the necessities of earth’s hungry ones . . . By every word of God we are to live. Nothing that God has spoken is to be lost. Not one word that concerns our eternal salvation are we to neglect . . . The miracle of the loaves teaches dependence upon God. When Christ fed the five thousand, the food was not nigh at hand . . . The providence of God had placed Jesus where He was, and He depended on His heavenly Father for means to relieve the necessity. When we are brought into strait places, we are to depend on God. In every emergency we are to seek help from Him who has infinite resources at His command.”—*The Ministry of Healing*, pp. 48-49.

The Saviour’s life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power. In study of the Inspired Word, earnest prayer, and careful obedience, the soul is ennobled and enabled to fulfill its mission in life.

All day Christ ministered to the people, but in the evening or at dawn He spent hours in prayer to His heavenly Father. Returning from the time spent in prayer, a look of peace, freshness, and power seemed to pervade His whole being. From hours spent alone with God, He came forth morning by morning, to bring the light of heaven to men. And as He opened to men the treasures of truth, they were vitalized by divine power and inspired by hope and courage. Out of the depths of His pure, compassionate heart, the good Shepherd had only love and pity for these restless, thirsting souls.

Take time as Jesus did to be alone with God, that you also may be strengthened in your own battles with temptation, enabled to live a godly life, and minister to the needs of those around you.

“All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God.

“We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, ‘Be still, and know that I am God.’ (*Psalm 46:10*).

“This is the effectual preparation for all labor for God. Amidst the hurrying throng, and the strain of life’s intense activities, he who is thus refreshed, will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men’s hearts.”—*The Ministry of Healing*, p. 58.

“If I may but touch His garment, I shall be whole” (Matthew 9:21), said the woman, and by her persistent faith she was healed. Christ realized her great need, and He was helping her to exercise faith. As He passed, she reached forward and succeeded in barely touching the border of His garment. That moment she knew she was healed. It is through contact with Christ that we are strengthened and helped. To believe in Christ merely as the Saviour of the world can never bring healing to the soul. The faith that is unto salvation is not a mere assenting to the truth of the gospel. True faith means that we receive Christ as our personal Saviour from sin.

“Many hold faith as an opinion. Saving faith is a transaction, by which those who receive Christ join themselves in covenant relation with God. A living faith means an increase of vigor, a confiding trust, by which, through the grace of Christ, the soul becomes a conquering power.”—*The Ministry of Healing*, p. 62.

There is help for those with evil habits that grip them. That help is to be found in Christ. He can break the chains, transform the mind, and remake us into the image of God. Turn the eye not to the dark cave of despair,—but upward to Christ. Fix the eye upon Jesus, and the glory of His unchanging power will do for you that which you could never do for yourself. The centurion came to Christ for help, not fearing to ask Him for help. Not to his own goodness did he trust, but to the Saviour’s mercy. His only argument was his great need. So it is with us. In the same way we may come to Him.

“Remember that Christ came into the world to save sinners. We have nothing to recommend us to God; the plea that we may urge now and ever is our utterly helpless condition which makes His redeeming power a necessity. Renouncing all self-dependence, we may look to the cross of Calvary and say: ‘In my hand no price I bring; simply to Thy cross I cling.’

“‘If thou canst believe, all things are possible to him that believeth.’ (Mark 9:23). It is faith that connects us with heaven, and brings us strength for coping with the powers of darkness. In Christ, God has provided means for subduing every evil trait, and resisting every temptation, however strong.”—*The Ministry of Healing*, pp. 65-66.

But so many feel that they must first make themselves “right” before they can come to Christ. Yet only Jesus can forgive our past and give us strength to overcome in the future. Coming to Him we receive this help; staying with Him continues this help. Look not to self, but to Christ. In your helplessness, cast yourself upon Him. He will receive you and never, except by your own choice, let you go. As you come, believe that He accepts you—simply because He has promised. You can never perish while you do this, never!

When we pray for earthly blessings, the answer to our prayer may be delayed, or God may give us something other than we ask; but not so when we ask for deliverance from sin. Thank God that that is so. It is His will to cleanse us from sin, to make us His children, and to enable us to live a holy life.

Looking upon the distressed and heart-burdened, those whose hopes have been blighted, Jesus calls them to Himself. He sees their wasted years of seeking to quiet the longings of the soul by the trinkets and tinsel of worldliness and sin,—and He invites them to come unto Him for the peace of heart that they so much want, genuine peace of heart that they can find nowhere else.

He is speaking to you just now: “Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” (Matthew 11:29). All are weary and heavy laden with the cares of life. Come, He bids you; come. Only Christ can remove the burdens. And the heaviest load that we bear is the burden of sin.

He knows all the weaknesses of humanity, all of our wants, all of our temptations.

“He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen. Are you ignorant? He will enlighten. Are you wounded? He will heal. The Lord ‘telleth the number of the stars;’ and yet ‘He healeth the broken in heart, and bindeth up their wounds.’ (*Psalm 147: 3, 4*).

“Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The way will be open for you

to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon your Burden bearer.

“Circumstances may separate friends; the restless waters of the wide sea may roll between us and them. But no circumstances, no distance, can separate us from the Saviour. Wherever we may be, He is at our right hand, to support, maintain, uphold, and cheer. Greater than the love of a mother for her child is Christ’s love, for His redeemed. It is our privilege to rest in His love, to say, ‘I will trust Him; for He gave His life for me.’”—*The Ministry of Healing*, pp. 71-72.

As with those that He healed while on earth, Christ watches the first glimmer of faith grow stronger as we are aroused to seek Him. It is Jesus who is convicting your heart, and drawing you to Himself right now. If it were not for the inexpressible love of God and the drawing of His Holy Spirit, none of us could come to Him. Our problems, our sicknesses, are often the result of our own habits. Yet He does not turn us away. He bids us come that He may solve our problems in His own unique way. The solutions may not come in exactly the manner we expected. Sometimes instead of removing the problem, He gives us strength to live with it. In Him we have victory and peace, whatever the circumstances of life around us.

Do not wait to feel that you are made whole. Believe the Saviour’s word. Put your will on the side of Christ. Will to serve Him, and in acting upon His word you will receive strength to obey His Moral Ten Commandment Law. Whatever may be the evil practice, the master passion which may bind both soul and body, Christ is able to deliver.

“When temptations assail you, when care and perplexity surround you, when, depressed and discouraged, you are ready to yield to despair, look to Jesus, and the darkness that encompasses you will be dispelled by the bright shining of His presence.

“When sin struggles for the mastery in your soul, and burdens the conscience, look to the Saviour. His grace is sufficient to subdue sin.

“Let your grateful heart, trembling with uncertainty, turn to Him. Lay hold on the hope set before you. Christ waits to adopt you into His family. His strength will help your weakness; He will lead you step by step. Place your hand in His, and let Him guide you.

“Never feel that Christ is far away. He is always near. His loving presence surrounds you. Seek Him as One who desires to be found of you. He desires you not only to touch His garments, but to walk with Him in constant communion.”—*The Ministry of Healing*, p. 85.

The soul that turns to Him for refuge, Christ

lifts above the accusing and strife of tongues. No man or evil angel can impeach that soul. Christ will unite you to His own divine-human nature, and by faith you will stand beside your Saviour in heavenly places, in the light proceeding from the throne of God.

As a result of the sacrifice of Christ on Calvary, we are henceforth to look on Satan as a conquered foe. Clinging to Christ we are safe, moment by moment.

And now, having found the ark of safety yourself, live now to show others the pathway to it.

“The two restored demoniacs were the first missionaries whom Christ sent to teach the gospel in the region of Decapolis. For a short time only, these men had listened to His words. Not one sermon from His lips had ever fallen upon their ears. They could not instruct the people as the disciples who had been daily with Christ were able to do.

“But they could tell what they knew; what they themselves had seen, and heard, and felt of the Saviour’s power. This is what everyone can do whose heart has been touched by the grace of God. This is the witness for which our Lord calls, and for want of which the world is perishing.”—*The Ministry of Healing*, p. 99.

Christ sends the very ones who have been freed from Satan’s prison camp—to tell the prisoners who remain behind of the good news. Our confession of what Christ has done for us is Heaven’s chosen plan for revealing Him to the world. And everyone has his own unique way of telling that message. Begin sharing it now, for others are waiting to hear it. And as you do so, your own experience will deepen.

“Every true disciple is born into the kingdom of God as a missionary. No sooner does he come to know the Saviour than he desires to make others acquainted with Him. The saving and sanctifying truth can not be shut up in his heart. He who drinks of the water of life becomes a fountain of life. The receiver becomes a giver . . . In doing this work a greater blessing is received than if we work merely to benefit ourselves. It is in working to spread the good news of salvation that we are brought near to the Saviour.”—*The Ministry of Healing*, pp. 102-103.

In sympathy and compassion we are to minister to those in need of help, seeking with unselfish earnestness to lighten the woes of suffering humanity. We are not to think ourselves detached from the perishing world around us. They are part of the web of humanity; a web that we ourselves are part of.

Millions of human beings, in sickness and ignorance and sin, have never so much as heard of Christ’s love for them. Were our condition and theirs to be reversed, what would we desire them

to do for us? As far as lies in our power, we must help them. Whatever our talents or abilities, we are, by those abilities, in debt to all less fortunate than ourselves. Our strength must be used to help them in their weakness.

“Jesus did not consider heaven a place to be desired while we were lost. He left the heavenly courts for a life of reproach and insult, and a death of shame. He who was rich in heaven’s priceless treasure became poor, that through His poverty we might be rich. We are to follow in the path that He trod.”—*The Ministry of Healing*, p. 105.

The strongest evidence of man’s fall from a higher state is the fact that it costs so much to return. The pathway of this return can be trod only by hard fighting, inch by inch, hour by hour. One hasty, unguarded act can bring us deep trouble. We dare not act from impulse. Beset with temptations without number, we must resist in the strength of Christ. Live by principle and obedience to the Word of God.

“The life of the apostle Paul was a constant conflict with self. He said, ‘I die daily’ . . . His will and his desires every day conflicted with duty and the will of God. Instead of following inclination, he did God’s will, however crucifying to his nature.”—*The Ministry of Healing*, pp. 452-453.

It is only by unceasing endeavor that we can maintain the victory over the temptations of Satan. But God will give the strength for this as you cry to Him for help, determining that you will not leave His side.

Only by overcoming as Christ overcame shall we win the crown of life. But we must realize our great need of His help in order to receive it. It is only as we see our utter helplessness and renounce all self-trust, that we can lay hold on divine power.

“It is not only at the beginning of the Christian life that this renunciation of self is to be made. At every advance step heavenward it is to be renewed. All our good works are dependent on a power outside of ourselves; therefore there needs to be a continual reaching out of the heart after God, a constant, earnest confession of sin and humbling of the soul before Him. Perils surround us; and we are safe only as we feel our weakness and cling with the grasp of faith to our mighty Deliverer.”—*The Ministry of Healing*, pp. 455-456.

It is faith in Christ and the study of the Inspired Word of God that can bring us this power. The entire Bible is a revelation of what God is like. Within its pages we find the needed strength, and the key to unlock it is earnest, humble, dependent, obedient trust in God. It is obedience that makes the difference.

“The truths of the Bible, received, will uplift mind and soul. If the Word of God were appreciated as it should be, both young and old would possess an inward rectitude, a strength of principle, that would enable them to resist temptation.”—*The*

Ministry of Healing, p. 459.

Apart from the Sacred Scriptures, man’s greatest philosophies are only conjectures. It is not men’s writings, but the Bible that you need. Let the life, ministry, and death of Christ become your study. And teach Bible principles to your children as well.

“The knowledge of God as revealed in His Word is the knowledge to be given to our children. From the earliest dawn of reason they should be made familiar with the name and life of Jesus. Their first lessons should teach them that God is their Father. Their first training should be that of loving obedience. Reverently and tenderly let the Word of God be read and repeated to them, in portions suited to their comprehension and adapted to awaken their interest. And, above all, let them learn of His love revealed in Christ, and its great lesson: ‘If God so loved us, we ought also to love one another.’ (1 John 4:11).”—*The Ministry of Healing*, p. 460.

Such a humble, prayerful study of the Word of God can bring the character-changing power of the Holy Spirit into your life. You come to know God by an experimental knowledge, and prove, for yourself, the reality of His Word and the truth of His Scriptures. You are tasting and seeing that the Lord is good. You are setting your seal to the fact that God is true. (Psalm 34:8; John 3:33). This may be your experience:

“He can bear witness to that which he himself has seen and heard and felt of the power of Christ. He can testify:

“ ‘I needed help, and I found it in Jesus. Every want was supplied, the hunger of my soul was satisfied; the Bible is to me the revelation of Christ. I believe in Jesus because He is to me a divine Saviour. I believe the Bible because I have found it to be the voice of God to my soul.’ ”—*The Ministry of Healing*, p. 461.

It is our privilege to reach higher and still higher, for clearer revelations of the character of God. In His light we shall see light, until mind and heart and soul are transformed into the image of His holiness. As we walk in the path of humble obedience, fulfilling His purpose, we will learn more and more of the deep things of His Word.

Take the Bible as your guide, and stand firm for principle,—and you may attain the highest level of usefulness as a servant of the living God. And this is what you want for your life now? As you dwell upon His goodness, His mercy, and His love, clearer and still clearer will be your perceptions of truth. The soul dwelling in the pure atmosphere of holy thought is transformed by such continuous contact with God through the study of His word. Self is lost sight of, and we become more and more like the One whom we have come so much to love.

“The relation that exists between the mind and the body is very intimate. When one is affected, the

other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

"Disease is sometimes produced, and is often greatly aggravated, by the imagination . . . Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected."—*The Ministry of Healing*, p. 241.

"Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. 'A merry [rejoicing] heart doeth good like a medicine.'"—*The Ministry of Healing*, p. 241.

"There is, however, a form of mind-cure that is one of the most effective agencies for evil. Through this so-called science, one mind is brought under the control of another, so that the individuality of the weaker is merged in that of the stronger mind. One person acts out the will of another. Thus is claimed that the tenor of the thought may be changed, that health-giving impulses may be imparted."—*The Ministry of Healing*, p. 242.

"Instead of teaching the sick to depend upon human beings for the cure of soul and body, . . . direct them to the One who can save to the uttermost all who come unto Him. He who made man's mind knows what the mind needs. God alone is the One who can heal."—*The Ministry of Healing*, p. 243.

"Sympathy and tact will often prove a greater benefit to the sick than will the most skillful treatment given in a cold, indifferent way."—*The Ministry of Healing*, p. 244.

"The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination, and be a potent means of resisting and overcoming disease of both mind and body."—*The Ministry of Healing*, p. 246.

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings,—as much a duty as it is to pray."—*The Ministry of Healing*, p. 251.

"Abiding peace, true rest of spirit, has but one Source. It was of this that Christ spoke when He said, 'Come unto Me, all ye that labor and are heavy laden, and I will give you rest.' (Matthew 11:28). 'Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you.' (John 14:27). This peace is not something that He gives apart from Himself. It is in Christ, and we can receive it only by receiving Him . . . When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the

mind, and health and energy to the body."—*The Ministry of Healing*, p. 247.

SPIRITUAL LESSONS

There are crises in every life. These draw us closer to God, as we plead with Him for strength, help, and guidance.

At such times, how very important it is that we learn the deep meaning of faith, prayer, and trust in God.

Here is a brief Bible study to conclude this book:

1 - WHAT IS THE FIRST ANGEL'S MESSAGE?

"I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters."—*Revelation 14:6-7*.

This message has five characteristics:

1. It brings the gospel to every nation, kindred, tongue, and people.

It is a mighty, invincible, worldwide movement, growing from a small beginning to envelop the earth.

2. It calls men to "fear God."

Surely such a message is needed today, for the world has lost God from its thinking. Thus God is calling men away from sin to righteousness, from transgression of His law to obedience. "Fear God, and keep His commandments." (Ecclesiastes 12:13).

3. It calls men to "give glory" to God.

We give glory to God when we make confession unto him. (Joshua 7:19). We give glory "for Thy truth's sake." Christ is "glorified in His saints." (2 Thessalonians 1:10). His saints "keep the commandments of God, and the faith of Jesus." (Revelation 14:12).

4. It announces the hour of God's judgment.

This could not be done unless the time of the judgment was known. The investigative judgment, symbolized by the cleansing of the Sanctuary, began in 1844, at the end of the 2300-year period. "The hour of His judgment is come."

We are to "fear God, and give glory to, Him; for the hour of His judgment is come." The judgment is a serious and solemn matter. The law of God is the standard, and Jesus Christ is our advocate.

5. It calls men to worship the Creator.

God is worthy of worship because He is the Creator. "Thou art worthy, O Lord to receive glory and honour and power: for Thou hast created all things." (Revelation 4:11). The Seventh-day Sabbath, as taught in the fourth commandment, is the sign of the Creator. "It is a sign . . . for in six days the Lord made heaven and earth, and on the Seventh day He rested, and was refreshed."

52 (Exodus 31:17). Since the Bible record of Creation is

today denied by many, and since God's Sabbath and sign of creatorship has been set aside in the practice of mankind in general, it is vital that all men everywhere be called to worship the true God, and in doing so, to accept the sign of His creative power, which is the Sabbath of the fourth commandment. A call to true worship and commandment keeping would demand a teaching of all God's commandments.

2 - WHAT MESSAGE IS GIVEN BY THE SECOND ANGEL?

"And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication."—*Revelation 14:8*.

1. This is mystic Babylon, who persecuted the saints. (Revelation 17:5-6).

Babylon is called both a "great city, which reigneth over the kings of the earth" and also a woman, "mother of harlots." (Revelation 14:8; 17:5, 18). Mystic Babylon is the papacy, "drunken with the blood of the saints, and with the blood of the martyrs of Jesus." In the creed of Pope Pius IV we read: "I acknowledge the Holy Catholic Apostolic Church for the mother and mistress of all churches."—*Article 10*.

2. Rome's false doctrines largely came from ancient Babylon.

The Church of Rome is called Babylon because its religion is a revival of the religion of ancient Babylon. A careful examination of the ritual of ancient Babylon will reveal that the papacy is largely an adaptation of this ancient pagan system. It is not difficult to trace the connection between the two in the political and religious history of Rome.

3. Babylon is the same power as the little horn of Daniel 7:25.

Like the little horn, she persecutes the saints, and rules over the kings of the earth.

4. She is the same as the leopard beast of Revelation 13.

Hense, we clearly saw that this beast is the same as the little horn of Daniel 7:25.

5. All nations are made drunk with her wine.

Mystic Babylon holds a golden cup. (Revelation 17:4). Ancient Babylon was likened to a golden cup. (Jeremiah 51:7). "In 1825, on the occasion of the jubilee, Pope Leo XII struck a medal, bearing on the one side his own image, and on the other, that of the Church of Rome, symbolized as a 'woman,' holding in her left hand a cross, and in her right a cup, with the legend around her, 'Sedet super universum,' 'The whole world is her seat.'"—*Alexander Hislop, p. 6*.

Multitudes have been drinking the wine of her false doctrines. When professed Protestant churches repudiate the fundamental principle of Protestantism by setting aside the authority of God's Word and accepting tradition and man-made laws, they adopt the principles of

modern Babylon, and may be regarded as the daughters of Babylon, deliberately choosing to drink of her cup.

6. Practically all the world will worship her.

The world stands in awe and wonderment at the amazing revival of her power. This has been especially true since the creation of Vatican City in 1929. Said the pope, "This moment, so historic, so important, that stands between the past and the future; which closes the past and opens the future." —*Codress, June 27, 1929; America, Jan. 4, 1930*.

7. She is scheduled for a final fall.

Though she says, "I sit a queen, and am no widow, and shall see no sorrow, yet God says, "Therefore shall her plagues come in one day . . . for strong is the Lord God who judgeth her." (Revelation 18:8). Even the powers of the earth finally shall forsake her, for she is fallen. (Revelation 17:16).

3 - WHAT WARNING IS SOUNDED BY THE THIRD ANGEL?

"And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb."—*Revelation 14:9-10*.

1. It warns against the worship of the beast.

The first angel's message is a call to "worship Him that made heaven, and earth," that is, the Creator. The third angel's message warns against the worship of the beast. There must be, and is, an essential difference. If we accept the teachings and commandments of the great apostasy above God's Word and law, we worship the beast.

2. It warns against worship of the Image of the beast.

If we yield to the pressure of apostate Protestantism as it joins hands with civil power to enforce the mark of the beast, we cannot be judged as true worshippers of the Creator.

3. It warns against receiving the mark of the beast.

In the last hours of the crisis, the papal mark of Sundaykeeping will be enforced by civil law. God's warning is raised against this mark, and as He calls men to worship the Creator, the Sabbath-Sunday issue will be clearly drawn.

4. It warns of God's wrath upon those who do not heed His warning. (Compare Revelation 14:9-10; 15:1; 16).

Between the wrath of man and the wrath of God all must choose. Between obedience to man and obedience to God the decision must be made. Seven fearful plagues are reserved against the awful day of reckoning.

4 - HOW MAY WE IDENTIFY GOD'S REMNANT CHURCH? (Revelation 14:6-12).

1. It will preach a worldwide Judgment-hour message. (Revelation 14:6-7).

Heaven's great investigative judgment began in 1844, and at that time God had a people ready to preach that message. Their burden was to reach the whole world, and that work is going forward with lightning speed. This message is being proclaimed in more than seven hundred languages and dialects, and is being printed in more than two hundred languages.

2. It will deliver the message of mystic Babylon's fall. (Revelation 14:8).

3. It will give the warning against the beast's Image and mark. (Revelation 14:9-10).

This unwavering warning has been given from the rise of this movement. Religionists offer first one, then another, explanation of the mark of the beast. But God's remnant people bear the same consistent message through the years.

It is too late now for a people to rise up to begin the preaching of these three angels' messages. When the time came, in 1844, the people of prophecy arose, bearing the messages of warning.

4. It urges the worship of the Creator above the beast or Image. (Revelation 14:7).

God foreknew the peculiar times to which His people would come. Not only would the Sabbath sign of the Creator have been set aside centuries before, but in these closing days the theory of evolution was to become widespread, denying Creation as a series of specific acts of God in six days' time. The observance of the Seventh-day Sabbath is therefore, in a special sense, the sign of those who believe in, serve, and worship, the Creator.

5. It keeps the commandments of God. (Revelation 14:12).

The only way the keeping of God's commandments could help to identify God's people would be for the world and religion, in general, to be living contrary to His commandments. Any particular commandment on which there would be a decided difference would tend to mark them as commandment-keeping people. So, in answer to prophecy, such a people arose in 1844 and 1845 keeping all God's Ten Commandments, including the Sabbath commandment (designating the Seventh day).

6. It keeps and exalts the faith of Jesus. (Revelation 14:12).

God knew that modernism would sweep through Christendom. When men deny Creation, they naturally deny the Fall of man, and so the law of God is also set aside. If man was not created and had no Fall, he would need no atoning blood of Jesus. God's message today is calling men to recognize Creation, the law of God, the Sabbath, and the cross of Christ. God's remnant people proclaim these great doctrines, and cling by faith to Christ the Creator, Christ the Lawgiver, and Christ the

Redeemer of Calvary.

7. It believes and holds to the Spirit of Prophecy.

"The dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus."—*Revelation 12:17*.

"The testimony of Jesus is the Spirit of prophecy."—*Revelation 19:10*.

This church is a church of fulfilling prophecy and believing in God's special direction of His church through a latter-day manifestation of the gift of prophecy and the writings of the Spirit of Prophecy. This is a special feature of this movement. (Write to the Kings Pocket Ministries for more information about the Spirit of Prophecy.)

8. It will endure reproach, scorn, and persecution. (Revelation 12:11).

He who keeps God's commandments will meet ridicule at times, and Satan will make war with him; but a new book of Acts is being written as angels record the faithfulness of God's people as they endure whatever comes to them anywhere in the world. A great test awaits them, but also a great reward.

9. It heeds God's voice to come out of Babylon.

"I saw another angel come down from heaven, having great power; and the earth was lightened with His glory. And he cried mightily with a strong voice, saying Babylon the great is fallen, is fallen, and is become the habitation of devils . . . And I heard another Voice from heaven, saying, Come out of her, My people, that ye be not partakers of her sins and that ye receive not of her plagues."—*Revelation 18:1, 2, 4*.

Out of the modern Babylon of apostasy—both in Rome and the apostate churches of Protestantism—out of confusion, false doctrines, and worldliness, God is calling His people. Thousands of them are coming from every part of the world. They come because God is calling them, and His "sheep hear His voice." They separate from the ways of the world (1 John 2:15-17), lay aside its pride and vanity (1 Timothy 2:9-10; 1 Peter 3:3-4), give up its evil ways (2 Corinthians 7:1), and turn to Jesus for salvation. Then, by His grace, they "keep the commandments of God, and the faith of Jesus." (Revelation 14:12). The true church, therefore, as you can see, must come out and be separate.

10. It will work and wait for Christ's return. (Revelation 14:12-15).

While preaching God's message the world over, this church will continue to look for the coming of Jesus. (Revelation 14:12-15).

There is only one worldwide church that even professes to meet the above ten specifications of the prophecy of Revelation. It is the Seventh-day Adventist Church. It did not arise from a split in some denomination. It arose from a widespread movement over the world that centered in the Second Advent of Christ. An Adventist is one who believes in the personal, literal

coming of Jesus. A Seventh-day Adventist is one who keeps the Seventh-day Sabbath and believes that, in fulfillment of prophecy, this worldwide movement has come to gather a people who keep (1) “the commandments of God,” (2) “the faith of Jesus,” and who (3) “have the testimony of Jesus Christ.”

This is God’s true church, according to the prophecies of the Bible, but the majority of His true followers, still in the churches of Babylon, are living according to all the truth they have. Will you yourself not answer the call, “Come out of her, My people,” make your own decision, and by your example help to gather others into the fold of Christ?

Oh, my friend, every day we need a daily victory in Christ! Here is more information on how to experience it:

DAILY VICTORY IN CHRIST

Jesus said, “I am the way, the truth, and the life: no man cometh unto the Father, but by Me.” (John 14:6). And the apostle John wrote, “He that hath the Son hath life.” (1 John 5:12). Paul wrote, “For to me to live is Christ.” (Philippians 1:21). “Nevertheless I live; yet not I, but Christ liveth in me.” (Galatians 2:20). “I can do all things through Christ which strengtheneth me.” (Philippians 4:13).

The active exercise of living faith in Christ is the one great essential to obtaining and maintaining an experience in the Lord that will bring increasing satisfaction in this life and ultimate deliverance from this world when Christ comes. “Without faith it is impossible to please Him.” (Hebrews 11:6). “This is the victory that overcometh the world, even our faith.” (1 John 5:4). “God hath dealt to every man the measure of faith.” (Romans 12:3). Faith is a gift of God to every man—rich and poor, high and low, free and bond, wise and simple. It is man’s duty to nourish and exercise this faith. Though it be as small as a grain of mustard seed, it can grow and be used to move mountains of evil and build temples of righteousness.

However, it is not merely faith, but primarily the object of true faith that counts most. Faith in God, in Christ, in the promises of the Holy Scriptures, and in all God’s plans and agencies for the accomplishment of His purposes is what we need. It is what we must have if we are to be victorious. Let us now see how faith makes us righteous and holy in God’s sight.

1 - HOW MAY A SINNER BECOME RIGHTEOUS?

“Being justified [forgiven and made righteous] by faith, we have peace with God through our Lord Jesus Christ.”—*Romans 5:1*.

“Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins: and by Him all that believe are justified from all things, from which ye could not be

justified by the law of Moses.”—*Acts 13:38-39*.

If you will read the story of the Pharisee and the publican in Luke 18:9-14, you will note that the publican sought forgiveness of sin. “God be merciful to me a sinner,” he cried. Jesus adds this comment, “I tell you, this man went down to his house justified.” In other words, the “forgiveness” that the publican sought, Jesus called “justification.” This includes also the merciful gift of righteousness, which God counts to the credit of the repentant sinner for the simple reason that he has no acceptable righteousness of his own! The great store of righteousness upon which God draws, when imputing (counting) this undeserved credit, is the righteous life of our Lord Jesus Christ.

A man may have been unjust, but by faith he may be counted as just. When an unjust man is thus accounted as a just man, he is “justified.” He is forgiven all past sins. God gives him credit as a righteous person (through Christ). Then he has peace. He is counted as though he had never sinned at all.

This justification comes by faith in the blood of a righteous Christ.

“Being justified freely by His grace through the redemption that is in Christ Jesus: whom God hath set forth to be a propitiation through faith in His blood, to declare His righteousness for the remission of sins that are past, through the forbearance of God.”—*Romans 3:24-25*.

“If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”—*1 John 1:9*.

The cleansing from unrighteousness is through the blood of Christ. The sinner is condemned to eternal death for the violation of God’s eternal law. The substitute death of another sinner would not atone. No angel of glory could die to save man. Since the divine law is as sacred as God Himself, only one equal with God could make atonement for its transgression.

So Jesus came, lived a sinless life and “died for our sins according to the Scriptures” (1 Corinthians 15:3), and it is He “whom God hath set forth to be a propitiation [satisfaction] through faith in His blood, to declare His righteousness for the remission of sins that are past, through the forbearance of God.” (Romans 3:25). Thus do we exercise faith in the blood of a righteous Christ whose righteous life answers for our unrighteous and unjust past. “To declare, I say, at this time, His righteousness: that He [God] might be just, and the justifier of him which believeth in Jesus.” (Romans 3:26).

“Him that cometh to Me I will in no wise cast out.”—*John 6:37*.

Any man, who will, may come to Christ. Whosoever will, may come. And no sincere seeker will be turned away.

“Come unto Me, all ye that labour and are heavy laden, and I will give you rest.”—*Matthew 11:28*.

At conversion, Christ satisfies the claims of the sacred, unchangeable law by counting His righteousness

to the sinner's credit. The gracious gift of forgiveness God offers free. It is ours to exercise faith to the point of taking the gift. "Lay hold on eternal life." (1 Timothy 6:12). This is a definite spiritual action and transaction. We give God our sins and He gives us forgiveness. It is by faith that the just shall live. (Romans 1:17).

"Do we then make void the law through faith?" This is a very good question. Paul answers, "God forbid: yea, we establish the law." (Romans 3:31). We are forgiven that we might from henceforth be obedient children, walking in all the commandments of the Lord blameless. This life of victory begins by faith in Christ's righteousness. It continues by faith in Christ's righteousness. It ends by faith in Christ's righteousness. It is Christ—Christ—Christ—first, last, and always. He alone is the Saviour—in the beginning, through life, and at death. And faith in Him is the connecting link.

2 - WHAT NEW RELATIONSHIP DOES THE CHRISTIAN ENJOY?

Without reservation the follower of Christ will say to Christ, as Thomas did, "My Lord and my God." (John 20:28). Jesus has a perfect right thus to be honored. He said, "Ye call me Master and Lord: and ye say well; for so I am." (John 13:13). As our Lord and Master, Jesus bids us follow Him.

"He saith unto them, Follow Me . . . And they straightway . . . followed Him."—*Matthew 4:19-20*.

"Whosoever he be of you that forsaketh not all that he hath, he cannot be My disciple."—*Luke 14:33*.

Too many hear the good news of escape from hell and of a way to heaven, and "with joy" receive it. They want to escape trial and suffering; they have visions of beautiful mansions on high that they will occupy by and by. But they are not concerned with relating themselves to Christ as followers and disciples. They are not prepared to acknowledge Jesus as "my Lord and my God." Jesus gave up heaven, came down here, and risked eternal loss that we might gain heaven. He who would accept this sacrifice intelligently and wholeheartedly will give up this world in order to follow the Saviour (see *Philippians 2:5*). This means sacrifice. But think—think of the promise:

"Every one that hath forsaken houses, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for My name's sake, shall receive an hundredfold, and shall inherit everlasting life."—*Matthew 19:29*.

For all that we give up, God will return a hundredfold. He takes away, but only to give more and better in return.

"Whosoever heareth these sayings of Mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: and the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock."—*Matthew 7:24-25*.

If we hear and obey, we shall be built upon the solid rock, Christ Jesus, not otherwise. Between these two extremes lie all the shades and colors of professed Christianity.

3 - WHAT IS THE SECRET OF SPIRITUAL POWER?

After the transaction has been made in which faith claims forgiveness for past sins, and after the soul by faith makes a complete surrender of all to Christ as Lord and Saviour, to do God's will and obey all His commandments, the next step is to have faith in Christ as a living Saviour with power to deliver you; yes, and to keep you from the power of sin. To learn this is to discover the secret of spiritual power. It is not enough to believe in the death of Christ. It is not enough to surrender to Christ. We must believe that Christ is a risen, all-powerful Saviour, who can and will bring victory over sin into the life through His indwelling Spirit. All of this is made possible through His resurrection victory. Paul said, "That I may know Him, and the power of His resurrection." (*Philippians 3:10*). Here are three promises of power made by the risen Saviour.

1. "Jesus came and spake unto them, saying, All power is given unto Me in heaven and in earth . . . And, lo, I am with you always, even unto the end of the world."—*Matthew 28:18, 20*.

2. "Behold, I send the promise of My Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high."—*Luke 24:49*.

3. "Ye shall receive power, after that the Holy Ghost is come upon you."—*Acts 1:8*.

4. "He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them."—*Hebrews 7:25*.

5. "Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith."—*Hebrews 12:1-2*.

This power, as in the case of all other blessings, comes through active faith. "This is the victory that overcometh the world, even our faith." (1 John 5:4). "A living faith means a confiding trust, by which the soul becomes a conquering power." And by all means, hold on! "Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ." (*Philippians 1:6*). In this way, dear friend, we enter upon the life of victory. In this way, we receive spiritual power for an abiding life of conquest in the Saviour!

4 - HOW DOES THE BIBLE HELP OUR FAITH?

There is yet something important we must mention to help you. Faith, to be strong, must be fed. The Word of God is the food of faith. The Bible is heaven's pantry, on the shelves of which are stored, in unlimited

quantity and almost infinite variety, the foods that nourish Christian faith and experience, and abundant delicacies to delight the soul of the Christian (see Jeremiah 15:16). “Sweeter also than honey and the honeycomb.” (Psalm 19:10).

But it is so easy to keep on trying to live while neglecting to feed upon this heavenly food. Often the cares and pleasures of this life consume our time and energies to the neglect of God’s Word. Sometimes, even in the work of God, it is possible to grow nervous and anxious, to work in haste, if not in fury, to do God’s service, while at the same time neglecting to nourish the soul and the spirit with daily, regular feeding on God’s Word. The importance of daily Bible reading may be seen by the following:

1. Faith comes by hearing the Word of God.

“So then faith cometh by hearing, and hearing by the Word of God.”—*Romans 10:17*.

2. The Christian feeds upon and lives by the Word of God.

“He answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”—*Matthew 4:4*.

3. His Word is a heavenly light.

“Thy word is a lamp unto my feet, and a light unto my path.”—*Psalms 119:105*.

4. It is powerful to resist evil.

“The word of God is quick, and powerful, and sharper than any twoedged sword.”—*Hebrews 4:12*.

5. His Word is the sword of the Spirit.

“Take the helmet of salvation, and the sword of the Spirit, which is the Word of God.”—*Ephesians 6:17*.

In the wilderness of temptation, Jesus wielded the “sword of the Spirit” with swift and telling strokes—“It is written . . . It is written.” “It is written.” (Matthew 4:4, 7, 10). “Then the devil leaveth Him, and, behold, angels came and ministered unto Him.” (Matthew 4:11). Oh friend, know this Book. Know it well. Use it in temptation to conquer the world and sin. Use it when overwhelmed with sorrow and fear and worry. Use it when doubt and unbelief assail you. Every promise has power; every command, wisdom; every warning, deep meaning. Become known as a Bible-believing, Bible-practicing Christian.

5 - WHY IS PRAYER SO ESSENTIAL TO VICTORY?

“Ask, and it shall be given you,” said Jesus. “Every one that asketh receiveth.” (Matthew 7:7-8). So it is clear that God has made prayer the means for receiving spiritual blessings that we would not otherwise receive unless we asked. We may well remember three things.

1. “Let him ask in faith.”—*James 1:6*.

2. “Whatsoever we ask, we receive of Him, because we keep His commandments.”—*1 John 3:22*.

3. “He that turneth away his ear from hearing the law, even his prayer shall be abomination.”—*Proverbs*

28:9.

The promise is made that “they that wait upon the Lord shall renew their strength.” (Isaiah 40:31). “He ever liveth to make intercession for them.” (Hebrews 7:25). So ask, friend, and receive. Pray morning, noon, and night as David and Daniel did, and learn the sweetness of communion with God in the Secret place of power. Oh, yes, and don’t forget to always pray in Jesus’ name.

6 - WHY IS EVERY CHRISTIAN CALLED TO BE A WITNESS?

Christian service is necessary for soul prosperity. “Take my yoke upon you,” said Jesus. (Matthew 11:29). All life is action. We cannot be ever receiving and never giving. By faith we receive forgiveness and appropriate power. We feed on the Word of God and pray for this and that, but we must surrender, not only to do the will of God as between ourselves and Him, but to do His will toward others.

Every soul is born into God’s kingdom as a missionary. Every Christian should be a soul winner. Moody said that if a man will read the Word of God fifteen minutes a day, pray sincerely fifteen minutes a day, and spend fifteen minutes a day talking definitely to help some soul to Christ, or heavenward, he will enjoy a good experience. Not only the ministers but the laymen should work to make others Christians. Think about the following texts:

I. “Go ye into all the world, and preach the gospel.”—*Mark 16:15*.

God needs you to help spread abroad the story of the saving gospel and the speedy return of Jesus. If you love Him, the saving truth cannot be sealed up in your heart. It will overflow in blessing to others.

2. “Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.”—*James 1:27*.

Only “faith which worketh by love” (Galatians 5:6) will purify the soul and keep the channel of blessing open. The true Christian will have a special care for the widows, the fatherless, and the poor. (Matthew 25:34-40).

3. “Well done, thou good and faithful servant.”—*Matthew 25:21*.

These words of commendation are spoken to Servants—faithful servants—who have worked for Christ. These soul-winning Christians are the ones whom He will take to heaven with Him when He comes again. They have exercised the faculties of the soul and become strong even as the muscles of the body become strong by exertion.

7- PROMISES TO THE OVERCOMER

1. What are we told to overcome?

“Be not overcome of evil, but overcome evil with

good.”—*Romans 12:21*.

2. What only can overcome the world?

“For whatsoever is born of God overcometh the world.”—*1 John 5:4*.

3. What are we admonished to overcome?

“Be not overcome of evil, but overcome evil with good.”—*Romans 12:21*.

4. What gives us the victory in our conflict with the world?

“And this is the victory that overcometh the world, even our faith.”—*1 John 5:4*.

5. What promises are made, by Christ, to the overcomer?

(a) “To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.”—*Revelation 2:7*.

(b) “He that overcometh shall not be hurt of the second death.”—*Revelation 2:11*.

(c) “To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.”—*Revelation 2:17*.

(d) “He that overcometh and keepeth My works unto the end, to him will I give power over nations: and he shall rule them with a rod of iron; as the vessels of a potter shall they be broken to shivers: even as I received of My Father. And I will give him the morning star.”—*Revelation 2:26-28*.

(e) “He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before My Father, and before His angels.”—*Revelation 3:5*.

(f) “Him that overcometh will I make a pillar in the temple of My God: . . . and I will write upon him My new name.”—*Revelation 3:12*.

(g) “To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne.”—*Revelation 3:21*.

7. In what one promise are all these promises summed up?

“He that overcometh shall inherit all things; and I will be his God, and he shall be My son.”—*Revelation 21:7*.

In heaven there will be no parting, no pain to bear;
No care-worn brow, no sigh, no silvery hair;
No death to snatch our loved ones from our side,
No angry waves, no sea, no treacherous tide.

In heaven there'll be no thirst, no cry for bread;
No soul who knows not where to lay his head;
No one to feel the winter's chilling blast,
For there the piercing storms will all be past.

In heaven there'll be no toil without repay;
No building for a brief, ephemeral day;
For all the joys that prophets old have told

'Twill take the endless ages to unfold.

In heaven there'll be no weary pilgrim band;
No seekers for a better, fairer land;
For all who reach that blissful, happy shore,
Will never cry nor sigh, nor wish for more.

8 - ETERNAL LIFE

1. What precious promise has God made to His children?

“And this is the promise that He hath promised us, even eternal life.”—*1 John 2:25*.

2. How may we obtain eternal life?

“For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.”—*John 3:16*.

3. Who has everlasting life?

“He that believeth on the Son hath everlasting life.”—*John 3:36*.

4. Where is this everlasting, or eternal, life?

“And this is the record, that God hath given to us eternal life, and this life is in His Son.”—*1 John 5:11*.

5. What therefore follows?

“He that hath the Son hath life; and he that hath not the Son of God hath not life.”—*1 John 5:12*.

6. What does Christ give His followers?

“I give unto them eternal life; and they shall never perish.”—*John 10:28*.

7. Why, after the Fall, was man shut away from the tree of life?

“Lest he put forth his hand, and take also of the tree of life, and eat, and live for ever.”—*Genesis 3:22*.

8. What has Christ promised the overcomer?

“To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.”—*Revelation 2:7*.

9. To what is the life of the redeemed compared?

“For as the days of a tree are the days of My people, and Mine elect shall long enjoy the work of their hands.”—*Isaiah 65:22*.

10. When will immortality be conferred upon the saints?

“We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall all be changed. For this corruptible must put on incorruption, and this mortal must put on immortality.”—*1 Corinthians 15:51-53*.

9 - THE HOME OF THE SAVED

1. For what purpose was man created?

“For thus saith the Lord that created the heavens; God Himself that formed the earth and made it; He hath established it. He created it not in vain, He formed it to be inhabited.”—*Isaiah 45:18*.

2. To whom has God given the earth?

“The heavens, even the heavens, are the Lord’s: but the earth hath He given to the children of men.”—*Psalms 115:16*.

3. How did man lose his dominion?

Through sin. *Romans 12; 6:23*.

4. When man lost his dominion, to whom did he yield it?

“For of whom a man is overcome, of the same is he brought in bondage.”—*2 Peter 2:19*.

5. In tempting Christ, what ownership did Satan claim?

“And the devil, taking Him up into an high mountain, shewed unto Him all the kingdoms of the world in a moment of time. And the devil said unto Him, All this power will I give Thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it.”—*Luke 4:5-6*.

6. Through whom is this first dominion to be restored?

“And Thou, O tower of the flock, the strong hold of the daughter of Zion, unto thee shall it come, even the first dominion; the kingdom shall come to the daughter of Jerusalem.”—*Micah 4:8*.

7. Why did Christ say the meek are blessed?

“Blessed are the meek: for they shall inherit the earth.”—*Matthew 5:5*.

8. Who does David say have most now?

“For I was envious at the foolish, when I saw the prosperity of the wicked . . . Their eyes stand out with fatness: they have more than heart could wish.”—*Psalms 73:3, 7*.

9. Where are the righteous to be recompensed?

“Behold, the righteous shall be recompensed in the earth: much more the wicked and the sinner.”—*Proverbs 11:31*.

10. What will be the difference between the portion of the righteous and the wicked?

“Wait on the Lord, and keep His way, and He shalt exalt thee to inherit the land: when the wicked are cut off, thou shalt see it.”—*Psalms 37:34*.

11. What promise was made to Abraham concerning the land?

“And the Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward: for all the land which thou seest, to thee will I give it, and to thy seed for ever.”—*Genesis 13: 14-15*.

12. How much did this promise comprehend?

“For the promise, that he should be the heir of the world, was not to Abraham, or to his seed, through the law, but through the righteousness of faith.”—*Romans 4:13*.

13. How much of the land of Canaan did Abraham own in his lifetime?

“And He gave him none inheritance in it, no, not so much as to set his foot on: yet He promised that He

would give it to him for a possession, and to his seed after him, when as yet he had no child.”—*Acts 7:5*.

14. How much of the promised possession did Abraham expect during his lifetime?

“By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went. By faith he sojourned in the land of promise: . . . for he looked for a city which hath foundations, whose builder and maker is God.”—*Hebrews 11:8-10*.

15. Who is the seed to whom this promise was made?

“Now to Abraham and his seed were the promises made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ.”—*Galatians 3:16*.

16. Who are heirs of the promise?

“And if ye be Christ’s then are ye Abraham’s seed, and heirs according to the promise.”—*Galatians 3:29*.

17. Why did not these ancient worthies receive the promise?

“And these all, having obtained a good report through faith, received not the promise: God having provided some better thing for us, that they without us should not be made perfect.”—*Hebrews 11:39-40*.

18. What is to become of our earth in the day of the Lord?

“But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up.”—*2 Peter 3:10*.

19. What will follow this great conflagration?

“Nevertheless we, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness.”—*2 Peter 3:13*.

20. To what Old Testament promise did Peter evidently refer?

“For, behold, I create new heavens and a new earth: for the former shall not be remembered, nor come into mind.”—*Isaiah 65:17*.

21. What was shown the Apostle John in vision?

“And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea.”—*Revelation 21:1*.

22. What will the saints do in the new earth?

“And they shall build houses, and inhabit them; and they shall plant vineyard, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of My people, and Mine elect shall long enjoy the work of their hands. They shall not labour in vain, nor bring forth for trouble; for they are the seed of the blessed of the Lord, and their offspring with them.”—*Isaiah 65:21-23*.

23. How readily will their wants be supplied?

“And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.”—*Isaiah 65:24*.

24. What peaceful condition will reign throughout the earth then?

“The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent’s meat. They shall not hurt nor destroy in all My holy mountain, saith the Lord.”—*Isaiah 65:25*.

25. What seasons of worship will be observed in the new earth?

“For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord.”—*Isaiah 66:22-23*.

26. What will the ransomed of the Lord then do?

“And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.”—*Isaiah 35:10*.

27. How extensive will be the reign of Christ?

“And the kingdom and dominion, and the greatness of the kingdom under the whole heaven, shall be given to the people of the saints of the most High, whose kingdom is an everlasting kingdom, and all dominions shall serve and obey Him.”—*Daniel 7:27*.

10 - THE CONFLICT ENDED

1. What statement is made about the completion of the creation process?

“Thus the heavens and the earth were finished, and all the host of them. And on the Seventh day God ended His work which He had made.”—*Genesis 2:1-2*.

2. When expiring on the cross, what did Christ say?

“When Jesus therefore had received the vinegar, He said, It is finished: and He bowed His head, and gave up the ghost.”—*John 19:30*.

3. At the pouring out of the Seventh plague, what announcement will be made?

“And the seventh angel poured out his vial into the air; and there came a great voice out of the temple in heaven, from the throne, saying, “It is done.”—*Revelation 16:17*.

4. And when the new heavens and the new earth have appeared, and the holy city, New Jerusalem, has descended from God and become the metropolis of the new creation, what announcement will then be made?

“And He that sat upon the throne said, Behold, I made all things new. And He said unto me, Write: Write: for these words are true and faithful. And He said unto me, It is done. I am Alpha and Omega, the beginning and the end.”—*Revelation 21:5-6*.

5. In the new earth, what will be no more?

“And God shall wipe away all tears from their

eyes; and there shall be no more death, neither sorrow, nor crying, neither shall their be any more pain: for the former things are passed away.”—*Revelation 21:4*.

“And their shall be no more curse.”—*Revelation 22:3*.

6. What will then be the condition of all the earth?

“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 a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox. And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice’ den. 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*.

7. How does the prophet again speak of this time?

“The whole earth is at rest, and is quiet: they break forth into singing.”—*Isaiah 14:7*.

8. What will finally be the privilege of God’s children?

“And they shall see His face.”—*Revelation 22:4*.

9. How perfect will be their knowledge of God?

“For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.”—*1 Corinthians 13:12*.

10. How long will they possess the future kingdom?

“But the saints of the most High shall take the kingdom, and possess the kingdom for ever.”—*Daniel 7:18*.

God’s plan for each of us is far greater than we can imagine. The pathway to heaven is found in the Holy Scriptures. Only there will we find the truths which can save the soul, bring the power of Christ into the life, and enable each of us to triumph over all the power of Satan.

60 *May our kind Father bless and keep you in the days ahead.*

The Eight Laws of Health

Appendix —

Alternatives to Household Chemicals

It should be obvious to everyone that we now live in the Chemical Age. Everywhere we turn, we encounter poisonous chemical compounds.

Here is a list of simple substances you can use in place of many products—often more expensive—which you might otherwise use in your daily work around the house:

Air fresheners: Dish of warm vinegar; or put cloves and cinnamon in boiling water, then simmer; or set an open box of baking soda or small amount of vanilla in area to be deodorized.

All purpose cleaner: Cleanser and scouring cleanser, baking soda, or Murphy's Oil Soap.

Ant repellents: Put any of these in areas where you have seen them: red pepper, chili pepper, paprika, cinnamon, cream of tartar, salt, dried mint, or sage; or spread 2 parts boric acid and 1 part sugar mixture around baseboards or areas you have seen them; or 1/2 cup baking soda and 1 T. powdered sugar mixture.

Brass cleaner: Make a paste of equal portions of flour, salt, and vinegar. Apply paste and let dry. Rinse off and polish.

Brass polish: Worcestershire sauce; apply ketchup, allow to sit, then wipe dry; or boil onions in water to make a polish.

Carpet cleaner: Cornstarch and baking soda; or 1/2 cup mild dishwashing detergent in 1 pint of boiling water.—Whip into a stiff lather, after it cools into a jelly, and rub into a small area of the carpet.

Copper cleaner: Table salt soaked in vinegar or table salt soaked in lemon juice.

Deodorants: Use roll-ons, sticks, or creams. No Aerosols!

Detergent: Borax or Arm and Hammer washing soda.

Disinfectants: Washing soda and water, Murphy's Oil Soap, shaving soap, bleach and warm water or; borax and warm water; or washing soda and warm water.

Drain cleaners: Baking soda, then boiling water or baking soda, then vinegar. Then, after one hour, boiling water or mechanical snake or 1/4 cup of salt. Then boiling water; or plunger.

Fabric whitener: Borax or Miracle White.

Flea repellents: Vacuum carpet thoroughly; or feed pets *small amounts* of brewer's yeast (12 mg for every 10 lbs.), vitamin B, or garlic or buy herbal flea collar and regularly apply oil to it; or apply rosemary, sassafras, eucalyptus, fennel, or pennyroyal leaves to pet's sleeping area or; after bathing, use herbal rinses.

Floor cleaners: Vinyl or linoleum—1 cup white vinegar in 2 gallons of hot water, polish with club soda.

Wood floors—one teaspoon washing soda in one gallon hot water.

Furniture polish: Make a lemon wax. Mix 1 t. lemon juice with 1 pint mineral oil; olive oil; beeswax ; or rub crushed nuts on wood for polishing oil.

Glass cleaner: Ammonia and soap; or 1/2 cup white vinegar in 1 quart warm water; or 2 tablespoons lemon juice in 1 quart water; or baking soda on a wet rag.

Gold and silver cleaners: Toothpaste.

Hair conditioner: Yogurt; egg; or olive oil.

Hair gel: Dissolve 1 teaspoon unflavored gelatin in warm water, and refrigerate until use.

Hair rinses: Lemon juice; beet; or vinegar.

Hair spray: 1 chopped lemon (for dry hair use an orange) in a pot with two cups water. Boil until 1/2 of water is gone. Allow to cool, then strain. Refrigerate in a pump spray bottle.

Insecticide for houseplants: Put soapy water on leaves and rinse.

Mildew stains: Bleach; or shower curtains can be washed in 1/2 cup soap and 1/2 cup baking soda with 1 cup white vinegar in the rinse.

Mosquito repellent: Plant basil or tansy near doors.

Mothballs: Mix 1/2 lb. mint, 1/2 lb. rosemary, 1/4 lb. thyme, and 2 T. cloves. Hang in cheesecloth bags; hang cedar chips, rosemary, mint, dried tobacco, and whole pepper cones, mixed in cedar oil; or store items in a cedar chest; hang dried lemon peels, bay leaves, cloves, cedar chips, dried rosemary, mint or whole pepper corns; hang dried lavender; store in airtight container; spread newspaper around closet.

Oven cleaners: Use aluminum foil or trays to protect racks; put salt on area before it cools, then clean with baking soda and water; or ammonia in a dish overnight will loosen burnt-on food; then clean with baking soda and water.

Roach repellent: Put chopped bay leaves and cucumber skins where roaches have been seen; or set out high grade borax or boric acid where roaches are seen and leave for at least 10 days (keep away from children and pets) or put out equal parts of 1) oatmeal flour and plaster of paris, 2) baking soda and powdered sugar, or 3) borax and brown sugar.

Leaving no food (pet food, crumbs, organic food in garbage) around, starve the roaches and force them to "move out."

Rust cleaner: Add 1 part cream of tartar to 1 part hydrogen peroxide to form a paste. Apply it to stain and rinse after 15 minutes.

Shaving cream: Shaving soap.

Silver cleaner: Soak in mixture of 1 qt. water, 1 t. baking soda, 1 t. salt, 1 piece of cut-up aluminum foil; or water dampened whiting; Wash in mixture of soap, baking soda, and water; or rub with toothpaste and a soft cloth.

Snail and slug trap: Put stones or clay pots (upside down) near plants, allowing room for snails to crawl under when the weather is hot. Remove regularly in the morning and early

evening.

Snail and slug repellent: Put sand or cinders around the base of each plant.

Spot remover: Cornstarch, vinegar, or borax in water.

Here are simple removers for other types of stains:

Animal stains—Baking soda.

Blood stains—Cold water; soak in 1/4 cup borax and 2 cups water, and wash; or rub with paste cornstarch or cornmeal in water, dry in the sun, brush or apply club soda (before stain dries).

Fruit juice—Club soda.

Grease spots—Fuller's earth; or rub borax on damp cloth; or make a paste of cornstarch in water. Allow to dry and brush.

Ink—lemon juice; or mix cream of tartar and lemon juice into a paste. Allow to sit on the stain. Wash or blot with white vinegar and warm water; or soak in homogenized whole milk for several hours.

Leather—Egg white, beaten.

In case others come to your home who use such things, here are three additional stain removers:

Coffee stains—Rub egg yolk, mixed in warm water, on stain.

Tea—Stretch cloth over the sink and pour boiling water on the stain.

Wine—Club soda or use salt as an absorbent; or pour salt and hot water on stain and soak in milk.

Toilet bowl cleaner: Use baking soda; soap and scrub with toilet brush or bleach.

Tub cleaner: White vinegar or bleach and water; borax and water; or borax and lemon juice mixed into a paste. Let paste sit before scrubbing.

Window cleaner: 1 T. vinegar in 1 qt. water; water and ammonia.

Wood and furniture cleaner: Murphy's Oil Soap.

Caution: Never mix bleach or ammonia with commercial cleaners or with each other.

Children should be kept away from many of these products, including borax or boric acid.

The Eight Laws of Health

Appendix — Additional Health Principles

Here are several additional health principles which you will find to be invaluable. They will help the diligent toward better health and happiness.

OTHER REMEDIAL AGENCIES

“Sickness and premature death do not come without a cause.”—*How to Live*, p. 243.

“Sickness is caused by violating the laws of health.”—3 *Testimonies*, p. 164.

THE USE OF HERBS

“It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science, and they would leave no injurious effects in the system.”—2 *Selected Messages*, p. 291.

“The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old fashioned simple herbs, used intelligently, would have recovered many sick who died under drug medication.”—2 *Selected Messages*, p. 294.

“There are herbs that are harmless, the use of which will tide over many apparently serious difficulties.

“But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.”—2 *Selected Messages*, p. 291.

“Fever cases have been lost, when, had the physicians left off entirely their drug treatment, had they put their wits to work, and wisely and persistently used the Lord’s own remedies, plenty of air and water, the patient would have recovered. The reckless use of these things that should be discarded has decided the case of the sick.”—*Medical Ministry*, p. 228.

THE USE OF CHARCOAL

“I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent . . .

“Always study and teach the use of the simplest

remedies, and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people.”—2 *Selected Messages*, pp. 298-299.

“One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed, boiled, it is still better. I have ordered this in cases where the sick were suffering great pain and when it has been confided to me by the physician that he thought it was their last before the close of life. Then I suggested the charcoal, and the patient has slept; the turning point came, and recovery was the result. To students, when injured with bruised hands, and suffering with inflammation, I have prescribed this simple remedy with perfect success. The poison of inflammation is overcome, the pain removed and healing went on rapidly. The more severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water, as will best suit the case. I expect you will laugh at this; but if I could give this remedy some outlandish name, that no one knows but myself, it would have greater influence.”—2 *Selected Messages*, p. 294..

“On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground, and was taken to our school building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, D. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relieve cannot be given our sister, she can live but a few hours.’ I replied, ‘Send to a blacksmith’s shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘Relief came in less than a half hour after the application to the poultice. She is now having the first natural sleep she has had for days.

“I have ordered the same treatment for others who were suffering great pain, and it has brought relief, and been the means of saving life . . . snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condi-

tion, with his hand tied in a sling. He was much troubled over the circumstances; for his help was needed in clearing the land. I said to him, 'Go to the place where you have been burning timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand.' This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work.

"I write these things that you may know that the Lord has not left us without the use of simple remedies which, when used, will not leave the system in the weakened condition in which the use of drugs so often leaves it. We need well-trained nurses who can understand how to use the simple remedies that nature provides for restoration to health; and who can teach those who are ignorant of the laws of health how to use these simple but effective cures."—*2 Selected Messages*, 295-296.

"Nature's simple remedies will aid in recovery without leaving the deadly aftereffects so often felt by those who use poisonous drugs."—*Letter 82*, 1908.

"Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally."—*4 Spiritual Gifts*, p. 140.

THE DIGESTIVE ORGANS

"The stomach has a controlling power upon the health of the entire body."—*Healthful Living*, p. 162.

"Immediately after eating there is a strong draft upon the nervous energy. The brain force is called into active exercise to assist the stomach; therefore, when the mind or body is taxed heavily after eating, the process of the digestion is hindered. The vitality of the system, which is needed to carry on the work in one direction, is called away and set to work on another."—*2 Testimonies*, p. 413.

"The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as the other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours . . . Having no time to rest, the digestive organs become enfeebled, hence the sense of 'goneness' and the desire for frequent eating."—*How to Live*, p. 54.

"A second meal should not be eaten until the stomach has had time to rest from the labor of digesting the preceding meal."—*How to Live*, p. 53.

"If a third meal be eaten at all, it should be light and several hours before going to bed."—*How to Live*, p. 53.

"In order to have a healthy digestion, food should be eaten slowly . . . If your time to eat is limited, do not bolt your food, but eat less, and eat slowly . . . Those who are excited, anxious, or in a great hurry would do well not eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary gastric juice . . . Eat slowly, and allow the saliva to mingle with the food."—*Healthful Living*, p. 163.

"Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach."—*Healthful Living*

ing, p. 163.

"Hot drinks are debilitating . . . If anything is needed to quench thirst, pure water drunk some little time before or after the meal is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquor."—*Healthful Living*, p. 164.

"The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food. All mixed and complicated foods are injurious to the health."—*Healthful Living*, p. 166.

"Rich cake, pies, and puddings, and every hurtful thing are crowded into the stomach . . . They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. The cause has brought the sure results."—*How to Live*, p. 55.

"The compression of the waist hinders the process of digestion. The heart, liver, lungs, spleen, and stomach are crowded into a small compass, not allowing room for the healthy action of these organs."—*Healthful Living*, p. 168.

"When the extremities are not properly clad, the blood is chilled back from its natural course, and thrown upon the internal organs, breaking up the circulation and producing disease. The stomach has too much blood, causing indigestion."—*2 Testimonies*, p. 531.

"Intemperance in eating, even of food of the right quality, will have a prostrating influence upon the system . . . Strict temperance in eating and drinking is highly essential for the healthy preservation and vigorous exercise of all the functions of the body."—*3 Testimonies*, p. 487.

"The stomach becomes weary by being kept constantly at work . . . The remedy such require is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day."—*How to Live*, p. 54.

"Exercise will aid the work of digestion."—*2 Testimonies*, p. 530.

"Pure, fresh air . . . excites the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep."—*1 Testimonies*, p. 702.

"You eat too much, and then you are sorry, and so you keep thinking upon what you eat and drink. Just eat that which is best, and go right away, feeling clear in the sight of heaven, and not having remorse of conscience."—*2 Testimonies*, p. 374.

WHY WE MUST CARE FOR OUR BODIES

"God is the owner of the whole man . . . that through the exercise of every faculty He has given, we may glorify Him."—*Healthful Living*, p. 9.

"The Living organism is God's property. It belongs to Him by creation and by redemption; and by a misuse of any of our powers, we rob God of the honor due Him."—*Counsels on Diet and Foods*, p. 16.

"The transgression of the physical law is a transgression of God's law. Our Creator is Jesus Christ. He is the author of our being. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God."—*Counsels on Diet and Foods*, p. 43.

"It is our duty to study the laws that govern our being, and conform to them. Ignorance in these things is sin."—*Manuscript Release*, Vol. 20, p. 9.

The Eight Laws of Health

S - **Sunlight**
t - **Temperance**
a - **Air**
r - **Rest**
t - **Trust in God**
N - **Nutrition**
e - **Exercise**
w - **Water**

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,— these are the true remedies.”

Ministry of Healing, p. 127