

# Vineyard Labourer Bible College

## Health and Hygiene Module 1

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”  
Proverbs 3:5-8

“Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.”

Education by E. White, page 195 para. 1.

“When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.”

Vol. 6 Testimonies For The Church by E. White, page 327 para. 2.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.”

Steps to Christ by E. White, page 91 para 1.

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***Vineyard Labourer Bible College Training for the Christian Walk***

# 1a - HEALTH

## 1. Old age alone does not bring poor health.

- Gen. 43:28, 47:9. Jacob still had good health at 130 years of age.
- Gen. 48:1, 17-19. Though sick Jacob still had a clear mind.
- Gen. 49:33, 47:28. At 147 years of age Jacob was able to gather his own feet into the bed.
- Deut. 34:7. Moses' eye was not dim, nor his natural health abated at 120 years of age.
- Joshua 14:10, 11. Caleb had full health at 85 years of age.

## 2. Other nations did not enjoy such good health.

- Exo. 15:26. God brings diseases upon some nations.
- Deut. 28:22, 27-29, 60, 61. The Egyptians had many diseases.  
Most of the diseases mentioned are not commonly known today. Here is a list of some of these diseases and what some people think their modern equivalent or description is:-  
Consumption - a wasting away of body tissue.  
Fever - a burning inflammatory fever, possibility malarial fever.  
Inflammation - typhoid fever or possibly a rapidly consuming cancer.  
Scab - Any skin disease in which there are patches of hard crusts on the surface. The most common of these used to be leprosy. Today the commonest of these are the forms now named eczema, herpes and, perhaps, psoriasis.  
Itch - as it is associated with scab it is probably the itch associated with these diseases.  
Madness - mental illnesses.  
Botch - boils.  
Emerods - haemorrhoids.  
Blindness - both physical and spiritual.

## 3. God's people can avoid such diseases.

- Exo. 15:26. If they obey all of God's commands He will not put diseases upon them.
  - Deut. 7:12-15. God will take away all diseases of those who faithfully follow Him.
- C.D. page 121 para. 1 & 2. We are to learn the natural laws so as to preserve health.
- C.H. page 63 para. 1. Cleanliness reduces sickness.
- Ministers are to pray for the sick:-  
"When the Saviour sent the disciples out to preach the Word, He 'gave them power . . . to cure diseases.' They were 'to preach the kingdom of God, and to heal the sick.' This was the two-fold command given them. To our ministers the same command is given. They are to offer prayer for the afflicted, that the Lord God of Israel may take these cases under His oversight. If His workers will co-operate with Him, if they will sense the sacredness of the work that Christ did, and the work He would have them do, their ministry will be marked by a sacredness that will give evidence of its heavenly inspiration." Australasian Union Conference Record, February 20, 1911 par. 3.

## 4. Lusting after meat brings sickness.

- Num. 11:4. Mixed multitude and Israel lusted after flesh.
- Num. 11:5, 6. Despised the manna from heaven.
- Num. 11:31-33. With the flesh came death.
- Ps. 106:14, 15. By lusting after flesh they also became spiritually weaker.

## **5. Israel's example of lusting after meat was written for us not to follow.**

- 1 Cor. 10:6. We are not to lust after evil things as Israel lusted.
- M.M. pages 277-8. The murmuring of Israel and a cause of mortality.

## **6. Proper diet practices by those of the true church.**

- 1 Cor. 10:31. Eat and drink to the glory of God.
- C.D. page 31, 32. Health reform part of the third angel's message.
- T.6. Page 371-2. Every organ, every fibre of the being, is to be sacredly guarded from harmful practices.

### **Questions on the Lesson**

1. Does old age itself bring poor health?
2. Name three person that the Bible mentions that had good health in old age.
3. List six of the diseases of Egypt and discuss what we might call them today.
4. Can the diseases of Egypt be avoided? How?
5. What is a minister to do for the sick?
6. How do we know that lusting after flesh meat brings sickness?
7. How does Paul tell us to eat and drink?
8. What is the right arm of the third angel's message?
9. How much of our bodies should be sacredly guarded from harmful practices.

### **MEMORISE:**

- 1 Cor. 10:31.
- C.G. page 342 para.4. "The health should be as sacredly guarded as the character."

### **Further Study**

1. Scrupulous Sanitation C.H. pages 61-63.
2. Mixed multitude complaining about manna. P.P. pages 377-8.
3. Read "Study of Physiology" Ed. pages 195 - 201.

# 1b - DIET IN MOSES' WRITINGS

## 1. God's original diet for mankind.

- Gen. 1:29. Nuts, grains, and fruits was the original diet for mankind, not meat.
- C.D. page 81. To know what are the best foods we must study God's original plan.
- T.S.D.F. page 69. Hearty men must have plenty of vegetables, fruits, and grains.

## 2. After sin the diet changed.

- Gen. 3:17, 18. Herbs were added after sin.
- M.H. page 296. Vegetables were added to nuts, grains and fruits. Root vegetables were not part of the original diet because you have to kill the plant to eat the root, and there was no death before sin.
- This diet of fruit, vegetables, grains and nuts continued for 1655 years until the flood, or about one-third of the entire history of the world.

## 3. Flesh was permitted after the flood.

- Gen. 9:3. Flesh meat was permitted.
- Ev. page 663. Eating flesh meat is but eating grains and vegetables secondhand.
- Ev. page 664. Flesh meat never was the best food.

## 4. Blood in the flesh.

- Gen. 9:4. Never allowed to eat blood.
- Lev. 7:26, 27. The soul that ate any manner of blood was cut off.
- Lev. 17:10-12. No stranger allowed to eat blood.
- Acts 15:28, 29. A necessary requirement of the Christian church.
- Deut. 12:23-25. Life in the blood.
- S.D. page 225. Blood was sacred.

## 5. Priests were to eat some flesh.

- Lev. 10:17, 18. In some offerings priests ate a portion of the flesh.
- 1 Sam. 2:12-16. Priests could eat only sodden flesh. That is the flesh which had been boiled until the blood was extracted from it. The priests that were "sons of Belial," wished raw flesh that could be roasted with the blood in it, thus giving flavour to the flesh.  
There are many at the present day, who, like the sons of Eli, prefer flesh cooked in a manner to retain the blood. Very little flesh would be eaten if God's requirements were followed. The blood gives flavour. Flesh sodden (put over the fire in cold water and cooked slowly) is almost tasteless.

## 6. Fat not to be eaten.

- Lev. 7:23-25. Fat was forbidden.
- Lev. 3:17. The command to abstain from blood and fat is a perpetual statute.
- C.D. 393 para. 4. Blood and the fat of animals are consumed as a luxury.

## Questions on the Lesson

1. Of what did the original diet consist?
2. What was added after sin?
3. Eating flesh meat is the same as eating what?
4. The eating of blood was forbidden. Why?
5. Why is blood considered sacred?
6. How was the meat supposed to be cooked for the priests?
7. What was consumed with blood as a luxury in the days of Ellen White?

## MEMORISE:

- Gen. 1:29.
- C.D. page 310 "In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat."

## Further Study

1. A.A. Pages 191 - 197. Read the difference between how the Jews and Greeks ate meat, and especially blood.
2. Like the children of Israel, does God expect His people today to go back to the original diet? M.M. 277; C.G. 383; T.S.D.F. 64.
3. What diseases do you know of that can be caused by eating animal fat?
4. What diseases do you know of that can be caused by eating meat today?

# 1c - CLEAN AND UNCLEAN ANIMALS

## 1. Noah knew the difference between the clean and unclean animals.

- Gen. 6:19. Two of every kind of animal was to be taken aboard the ark.
- Gen. 7:2, 3. Seven males and females of the clean animals and birds were to be taken onto the ark.
- P.P. page 107 para. 3. Noah allowed to eat clean beasts.

## 2. Identifying the clean and unclean beasts.

- Lev. 11:3. Clean beasts must have parted hoof, cloven footed, and cheweth the cud. Examples are: cows, goats, deer, and sheep.
- Lev. 11:4-6. If they do not have all or do all of the three identifying marks of a clean beast it is unclean. Examples are: camel, rabbit, hare, and swine (pig).

## 3. Identifying the clean and unclean fish.

- Lev. 11:9. Must have fins and scales to be clean fish.
- Lev. 11:10-12. Every water dwelling creature that does not have scales and fins is an abomination.

## 4. Identifying the unclean fowls (things that fly).

- Lev. 11:13-19. Lists unclean birds most of which are birds of prey. Examples are: eagle, vulture, raven, owl, swan, pelican, stork, and heron.
- Lev. 11:20. All fowls that creep on all four are an abomination.
- Deut. 14:11, 20. Clean fowls can be eaten - those which are not birds of prey nor creep on all four.
- Lev. 11:21-22. Insects that fly and have jointed legs are clean. Examples are: locust, bald locust, beetle and grasshopper.
- Lev. 11:23. All other flying, creeping thing with four feet are an abomination.

## 5. Identifying the creeping things.

- Lev. 11:29-30. Those things that creep upon the earth - reptiles, rodents, etc., are unclean. Examples are: weasel, mouse, tortoise, ferret, lizard, and snail.

## 6. There are special instructions given about swine.

- Lev. 11:7-8. Not to eat the flesh or touch the carcass.
- Isa. 66:17. Those who eat swine flesh or mince will be consumed by the Lord.

## Questions on the Lesson

1. Where in the Bible are clean and unclean animals first mentioned?
2. What 3 things must a beast do to be clean?
3. List 4 clean beasts.
4. How do you identify a clean fish?
5. List 10 unclean birds.
6. What do most unclean birds have in common?
7. What insects can be eaten?
8. Are reptiles, rodents, and all creeping things clean or unclean?
9. What does the Word of God say will happen to those who eat swine flesh?

## MEMORISE:

- Lev. 20:25.
- M.H. page 280 para. 4 "The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. It unfits the user for communion with God, unfits him for high and holy service."

## Further Study

1. Compare Lev. 11:2-23 with Deut. 14:4-20. Write down any major differences.
2. Are there times and circumstances that E. G. White Give for not giving up flesh foods? C.D. pages 200, 292, 463.
3. Who best understands the influence of eating flesh foods? M.M. page 277.
4. Is eating flesh foods safe today? Why not? T.9. page 159; C.D. pages 383-4; M.M. page 223.
5. Are the health laws found in Moses' writings God's laws and still binding? What is disobedience to these laws considered? 2 S.M. page 226 para. 2; Te. page 188 para 3; M.H. page 234; C.H. page 627.

# 1d - GOOD HEALTH

## 1. The Word of God says we can have good health.

- 3 John 2. John wishes that Gaius be in good health.
- Exo. 23:25. God will take all sickness away from His people.
- Psa. 103:3. The Lord healeth all their diseases.

## 2. There are conditions for freedom from disease.

- Exo. 15:26. Harken to the Lord, and obey.
- Deut. 7:12-15. Faithful followers will have their diseases taken away.

## 3. Healing the sick was a large part of Christ's ministry.

- Acts 10:38. He healed all that were oppressed of the devil.
- Matt. 4:23, 24. He healed all manner of sickness, and diseases.
- Mark 1:34. He healed divers sicknesses and cast out devils.

## 4. There are reasons why we should take care of our health.

- 1 Cor. 6:20. We are bought with a price.
- 1 Cor. 6:19. Our bodies are the temple of the Holy Spirit.
- 1 Cor 3:17. God will destroy those who defile this temple.

## 5. Daniel would not defile his body.

- Dan. 1:8. Daniel would not eat the king's meat.
- Dan. 1:12. He asked for pulse to eat and water to drink.
- Dan. 1:15. Eating pulse and water made Daniel and his friends fairer and fatter in just 10 days.

## 6. The Lord restricts our diet because we are special to Him.

- Deut. 14:2, 3. Hebrews were a holy, peculiar people to God.
- 1 Peter 2:9. Royal priesthood, holy nation, and a peculiar people.
- Rom. 12:1. Our bodies are to be living sacrifices unto God.
- 1 Cor. 10:31. What we eat and drink should be to the glory of God.

## 7. Our attitude affects our health.

- Prov. 17:22. A merry heart is like a good medicine.
- C.H. page 28. The mind and the body affect each other.
- M.H. page 241. The imagination can produce and greatly aggravate disease.

## Questions of the Lesson

1. Is it possible to have good health?
2. What are the conditions God has given for good health?
3. What was a large part of Christ's ministry?
4. Was any disease too hard for Christ to heal?
5. Give three reasons why we should care for our health.
6. Who was an Old Testament prophet who cared for his health?
7. How long did it take to see the difference between those who ate the king's food and those who did not?
8. Why does the Lord restrict our diet? Give two reasons.
9. Did this just apply to the Hebrews, or does it still apply to us today?
10. What does the Bible tell us is like a good medicine?
11. How do the body and the mind affect each other?

## MEMORISE:

- 3 John 2.
- M.H. page 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."

## Further Study

1. Who is the author of sickness? P.P. page 378.
2. Are some diseases inherited? T.1. page 487.
3. If we break the laws of health, how many generations of our descendants can be affected? Exo. 34:7.
4. What effect do drugs have on the body? C.D. page 82; C.H. page 89, 90; H.L. page 185.
5. What is necessary to have good health? C.D. page 91.
6. How do we get good blood? M.H. page 272 - 274.

# 1e - CHRISTIAN TEMPERANCE

## 1. Part of the Christian walk is temperance.

- Gal. 5:22, 23. One of the fruit of the Spirit is temperance.
- 2 Peter 1:5-7. Temperance comes after knowledge. Temperance is rightly placed here as to order. Knowledge is a prerequisite to temperance, and temperance to patience. It is very difficult for an intemperate person to be patient.
- Acts 24:25. When Paul presented his faith to Felix he included temperance.
- According to Webster's Dictionary temperance means, "Moderation; particularly, habitual moderation in regard to the indulgence of the natural appetites and passions; restrained or moderate indulgence; as temperance in eating and drinking; temperance in the indulgence of joy or mirth. Temperance in eating and drinking is opposed to gluttony and drunkenness, and in other indulgences, to excess."
- C.D. pages 50, 57; O.H.C. page 69; H.S. pages 210-1; C.E. page 34. Christian temperance involves eating, drinking, exercise, study, work, money, and every aspect of the life.

## 2. As Christians we are to have the mastery over our body.

- 1 Cor. 9:25. To gain the mastery we must be temperate.
- 1 Cor. 9:27. We are to bring our body into subjection.
- C.D. page 341. It is of vital consequence how we relate ourselves to the question of temperance.

## 3. Those in authoritative positions must be temperate.

- Prov. 31:4, 5. Kings and princes are to be temperate or they can pervert justice.
- Lev. 10:8-10. Priests are to be temperate so they can clearly discern between the holy and unholy.
- Titus 1:7, 8. Elders or Bishops are to be temperate men.

## 4. A warning is given to those who make others drunk.

- Hab. 2:15. A woe is pronounced on him that giveth his neighbour drink.
- M.H. page 341. Liquor sellers will have to answer to God for all the suffering caused by their products.
- Te. pages 37-8. The image of God is destroyed by drink.

## 5. Christians are not to fellowship with intemperate people.

- 1 Cor. 5:11. Don't keep company with intemperate people.
- 1 Cor. 6:9, 10. Drunkards will not go to heaven.
- Rev. 21:27. Drunkards will not enter the holy city.

## Questions on the Lesson

1. What does Peter tell us comes after knowledge?
2. List at least six things that we are to be temperate in?
3. Is it important how we relate to the question of temperance?
4. List four positions of authority whose holders must be temperate? Give the reasons why they should be temperate.
5. For what reason are we to eat food?
6. What is the end result of being a glutton and drunkard?
7. What does God pronounce on those who make and sell liquor?
8. What does alcohol destroy?
9. What type of people will go to heaven - temperate or intemperate?

## MEMORISE:

- 2 Peter 1:5-7.
- C.G. page 394 "Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life."

## Further Study

1. Read how prenatal influence can affect a child's later habits. P.P. pages 560 - 562.
2. Write a summary of "The Physician and the Temperance Work" M.H. pages 133 - 136.
3. Read "Our Broad Temperance Platform" Te. pages 137 -169.

# 1f - EVILS OF INTEMPERANCE

## 1. We should eat to live, not live to eat.

- Eccl. 10:17. Eat in due season for strength.
- Luke 21:34. Caution re surfeiting and drunkenness. Surfeiting is overindulgence in food and drink.
- Prov. 23:21. The glutton and drunkard shall come to poverty.
- Prov. 23:1-8. Don't desire the dainties of the rich - rich foods like cakes, biscuits, puddings, etc.

## 2. There are evil results of intemperance, especially drunkenness.

- Prov. 23:20, 21. They come to poverty.
- Hosea 4:11. Takes away the heart.
- Isa. 28:7. They err in vision, and stumble in judgment.

## 3. Many times Scripture condemns the use of alcohol.

- Prov. 20:1. Those who are deceived by wine and strong drink are not wise.
- Lev. 10:8, 9. The priests were told not to use wine nor strong drink.
- Isa. 5:11. Woe to them that drink all day and become inflamed.
- Isa. 5:22. A woe is pronounced upon those who drink wine and strong drink.
- Prov. 23:32. Not to look upon wine that moveth itself aright.
- Eph. 5:18. Be not drunk with wine.
- All intoxicating drinks are deceptive. They seem to give strength, but in reality cause weakness; they seem to create heat, but in fact lower the general temperature; they seem to impart vitality, but really destroy life; they seem to promote happiness, but cause the greatest unhappiness and misery. To intemperance may be attributed much of the world's sorry.

## 4. Intemperance has common accompaniments.

- Prov. 23:29, 30. Woe, sorry, contentions, babbling, wounds, etc.
- Prov. 23:31, 32. It biteth like a serpent.
- Isa. 5:12. Its users regard not the work of the Lord.
- Prov. 21:17. Poverty.

## 5. Drunkards, along with other sinners, cannot enter God's kingdom.

- 1 Cor. 6:9, 10. Drunkards will not inhering the kingdom of God.
- M.M. page 268 para. 6. No drunkard shall inherit the kingdom of God.
- Te. page 291 para. 2. No one can be written in the books of heaven who is a drunkard.

The effects of alcoholic liquors are thus described in the American Prohibition Year Book for 1912, pages 26, 27:-

"*On the Individual.* Alcoholic liquors, whether fermented, brewed, or distilled, are poisonous, increasing greatly the liability to fatal termination of diseases, weakening and deranging the intellect, polluting the affections, hardening the heart, and corrupting the morals, 'bequeathing to posterity' a degeneration of physical and moral character.

"*On the Family.* A disturber and destroyer of its peace, prosperity, and happiness, and thus removing the sure foundation for good government, national prosperity and welfare.

"*On the Community.* Producing demoralisation, vice, and wickedness, counteracting the efficiency of religious efforts and of all means for the intellectual elevation, moral purity, social happiness, and eternal good of mankind.

"*On the State.* Promoting crime and pauperism, paralysing thrift and industry, corrupting politics, legislation, and the execution of laws."

Alcohol tends to destroy the higher forms of cells, those directly concerned with the vital processes, particularly the delicate brain-cells, and to replace them with useless and harmful connective tissue, or what is commonly known as scar tissue. The use of cigarettes affects the nervous system, weakens the will-power, and destroys the ability of the person to resist temptation; and because of this they easily falls a victim of those habits which not only destroy the mind and soul, but irresistibly lead them into a violation of the laws of the state.

### **Questions on the Lesson**

1. For what should we eat in due season?
2. What happens to gluttons and drunkards?
3. Why do some people err in vision, and stumble in judgment?
4. What does the Scripture say of those who are deceived by wine and strong drink?
5. What happens to a person who drinks wine or strong drink all day?
6. Name six common accompaniments to drunkenness?
7. Where can a drunkard never go?

### **MEMORISE:**

- Prov. 20:1.
- A.H. page 173 para. 1. "As a rule, every intemperate man who rears children transmits his inclinations and evil tendencies to his offspring; he gives them disease from his own inflamed and corrupted blood."

### **Further Study**

1. 2 S.M. pages 407-479, "Diseases and its causes."
2. What does Ellen White say about stimulating and indigestible food? 2 M.C.P. page 394.
3. Read:-  
"Activating Principles Of A Changed Life" Te. pages 102-125.  
"Rehabilitating the Intemperate" Te. pages 126 - 136.  
"Effects of Stimulants" C.T.B.H. pages 25 - 40.

## 1g - GOD'S HEALTH LAWS

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies." M.H. page 127.

"Before taking upon themselves the possibilities of fatherhood and motherhood, men and women should become acquainted with the laws of physical development--with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training. . . .

"Parents should study the laws of nature. They should become acquainted with the organism of the human body. They need to understand the functions of the various organs, and their relation and dependence. They should study the relation of the mental to the physical powers, and the conditions required for the healthy action of each. To assume the responsibilities of parenthood without such preparation is a sin." C.G. pages 63 - 64.

"The principles of hygiene as applied to diet, exercise, the care of children, the treatment of the sick, and many like matters should be given much more attention than they ordinarily receive." C.G. page 361 para. 3.

"Teach your children to reason from cause to effect. Show them that if they violate the laws of their being, they must pay the penalty in suffering. If you cannot see as rapid improvement as you desire, do not be discouraged, but instruct them patiently, and press on until victory is gained. "Those who study and practice the principles of right living will be greatly blessed, both physically and spiritually. An understanding of the philosophy of health is a safeguard against many of the evils that are continually increasing." C.G. page 362.

"Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working sustain to their health. They will not arouse to their true condition until nature protests against the abuses she is suffering, by aches and pains in the system. If, even then, the sufferers would only commence the work right, and would resort to the simple means they have neglected,--the use of water and proper diet,--nature would have just the help she requires, and which she ought to have had long before. If this course is pursued, the patient will generally recover without being debilitated." C.D. page 304 para. 5.

### Pure air

Man might live for weeks without food, days without water, but only six minutes without air.

The strength of our bodies is dependent, to a large degree, upon the amount of pure air that we breathe. Lack of oxygen at a cellular level may play a role in the development of various degenerate diseases. By breathing deeply of fresh air, the oxygen level of the cells increase and thereby the body functions are improved.

- Exercise regularly in the open air.
- Practice deep breathing.
- Avoid smog, tobacco smoke, and fumes.
- Air out bedding and clothing.
- Sleep with good ventilation, even in winter.

The lasting benefits of deeply breathing pure air are:

- increases cellular resistance to infections.
- changes brain function for calmness and relaxation.
- lowers blood pressure.

***Read this list of quotes to be able to answer the questions.***

- A.H. page 149 para. 1.
- C.E. pages 15 para. 3 - 16 para. 1.
- C.T.B.H. pages 103 para. 1 - 104 para. 3.
- C.T.B.H. page 160 para. 1.
- C.D. page 104 para. 1 - 104 para.3.
- C.H. page 53 para. 3.
- C.H. pages 55 para. 1 - 60 para. 1.

### **Questions on the lesson**

1. What happens to people who neglected their health by remaining too much in-doors, deprived of the pure air of heaven, and the God-given sunlight?
2. What is very injurious to feeble lungs?
3. What have many taught is positively injurious to health? Is this correct?
4. What is one of the richest blessings we can enjoy? How often can it be enjoyed?
5. If insufficient supply of oxygen is received into the body, what happens?
6. What will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food?
7. What, if possible, should a sick room have day and night?
8. Rooms, beds, and bedding that are not exposed to light and air are what? Why?
9. How is air kept pure?

### **MEMORISE:**

- Genesis 1:6 - 8.
- M.M. page 226 para. 2. "Those who ignore these things, who take no precautions in regard to getting pure air to breathe and pure water to drink, cannot be free from disease. Their systems are defiled and the human structure injured."

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