

Vineyard Labourer Bible College

Health and Hygiene Module 2

“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

2a - SUNLIGHT

One of the most healing agents of nature is one of the least understood and least used methods of therapy today.

The warming infrared rays of the sun, or heat from various sources, is useful in the treatment of neuralgia, neuritis, arthritis, and sinusitis. Heat is usually good in the treatment of any pain. Warmth also helps bring healthful, natural body oils to the surface of the skin, keeping it smooth and protected.

The ultraviolet rays are antiseptic and are capable of killing bacteria, viruses, fungi, yeasts, moulds, and mites in air and water, and on surfaces. Even reflected light from north windows can destroy bacteria in the dust on window sills and floors. Since most window glass filters about 95 per cent of the ultraviolet rays, it would be well if they could be opened and the curtains pulled back for a period of time each day. Ultraviolet light also kills germs on our skin. This makes sunbathing a useful treatment for many skin diseases, such as nappy rash, athlete's foot, psoriasis, acne, boils, and impetigo.

Sunlight also toughens and thickens the skin, making it less susceptible to injury and infection. Regular, controlled moderate exposure to sunlight, actually protects the skin by building up a natural resistance to the harmful effects of ultraviolet light, while giving it a nice velvety texture. Ultraviolet light converts cholesterol in the skin to vitamin D. This vitamin is essential for the proper handling of calcium in the body and this in the prevention of rickets and adult osteomalacia. If we expose six square inches of our skin to direct sunlight for one hour per day, we will obtain our minimum daily requirement of vitamin D.

Over exposure to sunlight promotes scaliness, dryness, reddening, roughness, leatheriness of the skin, and wrinkles. Any excessive exposure can be considered as setting up precancerous conditions in the skin. Tests have also shown that people with a high fat diet develop skin cancer more readily than those on a low fat diet.

Sunlight should also be let into our homes so that its glorious beams can cleanse our homes and make them cheerful.

"One of the most beautiful adornments our rooms can have, is the cheering sunlight, gilding and glorifying everything it rests upon. Our children can but have discontented, unhappy, and homesick feelings, shut in by walls, with windows darkened, excluding the glad sunshine. Some mothers are so anxious to exclude the sun and air from their rooms that they will not allow more than half a window exposed, free from shades, to let in the light and sun. They shut out these blessings as though they were enemies to health and life. Their rooms have a dismal, lonesome appearance that children feel, though they cannot explain why they feel discontented, languid, and irritable. If the windows should be freed from blinds and curtains, and the air and sun be permitted to freely enter their darkened rooms, there would be seen a change for the better in the mental and physical health of their 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 healthful. We inquire, What is the use of building houses with windows in them, when these windows are not used, but kept closed and draped, to exclude the light and air? Why are not rooms made with one small window, according to the ideas of those who regard air and light as enemies? They could then have darkness, and as little air and sun as would please them, and could also save expense." The Health Reformer, April 1, 1871 par. 8.

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

- A.H. page 148 para. 3.
- A.H. page 149 para. 2.
- C.G. page 108 para 1.
- C.G. page 366 para. 3 - 367 para. 1.
- D.G. page 175 para. 1 - 2.
- H.L. page 229 para 1 - 3.
- T.2. page 527 para 1.

Questions on the lesson

1. What is especially important to secure when building houses? Why?
2. List 4 things that should be dispensed with.
3. List 4 things that sunlight does.
4. What are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home?
5. What are the doctors God has provided?
6. No room in the house should be considered furnished and adorned without what?
7. What does the sun carry in its beams?
8. What unfashionable remedy is one of nature's most healing agents? Who usually deprive themselves of this?

Read these quotes for further study:-

1. M.H. page 275.
2. M.L. page 135.
3. Te. page 290.
4. T.2. page 534.
5. T.3. page 78.
6. T.S.D.F. page 85.

2b - ABSTEMIOUSNESS

The dictionary defines abstemiousness as, "exercising self-restraint in appetites or behaviour." What does this really mean? Well put simply it means to be moderate or temperate (avoiding extremes) in those things that are good, and avoiding or totally abstaining from those things that are harmful.

Temperance is the fourth rung on Peter's sure ladder of salvation, and is one of the fruit of the Spirit. (2 Peter 1:5-6; Gal. 5:22,23.) "The Christian will be temperate in all things--in eating, in drinking, in dress, and in every phase of life. "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Corinthians 9:25. We have no right to indulge in anything that will result in a condition of mind that hinders the Spirit of God from impressing us with the sense of our duty. It is a masterpiece of satanic skill to place men where they can with difficulty be reached with the gospel." C.H. page 432 para. 2.

"The lesson here presented [of Daniel and his companions] is one which we would do well to ponder. Our danger is not from scarcity, but from abundance. We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe strict temperance in the use of His bounties, as well as total abstinence from every injurious or debasing indulgence." Te. page 101 para. 2.

Overeating leads to stomach-upset and/or obesity. Under eating leads to malnutrition or starvation. Overwork leads to exhaustion or injury. Under work leads to weakness and the shrinkage of muscles. Over-rest leads to weakness and laziness. Under-rest breeds mental confusion and exhaustion. We need a balance in all these things, as well as air, water, and sunlight.

Alcohol, tobacco, caffeine, legal and illegal drugs do no good, and have been proved to trigger many harmful side effects, depending on the pattern of use. Not only do they have harmful side effects, but you can become addicted to them making you unable to live without them. These types of things should be avoided at all costs. It should be noted, however, that there are extremely rare medicinal uses for these products but this in no wise takes away from the harmful effects they have on the body.

Even some commonly used items in the kitchen have ill effects on us. Some of these are spices (not herbs), condiments, vinegar, ripened cheese, baking powder and soda. All of these items used in foods make impure blood and slowly poison the whole system. These items should be wholly done away with as food items. However, vinegar and baking powder and soda make excellent cleaning products for around your home.

"Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, may be assured that God will not interpose to save health and life which are so recklessly periled. The cause has produced the effect. Many, as their last resort, follow the directions in the Word of God, and request the prayers of the elders of the church for their restoration to health. God does not see fit to answer prayers offered in behalf of such, for He knows that if they should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite." M.M. page 14 para. 1.

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

- Te. page 201 para. 4; page 165 para. 3.
- C.H. page 105 para. 1.
- C.G. page 397 para. 1.
- M.M. page 81 para. 3 and 4.
- M.H. pages 126 para. 1 - 127 para. 1.
- C.D. page 131 para. 1 - 3.
- C.D. page 384.
- C.H. page 114.
- C.D. page 368.
- C.D. page 189 para. 3.

Questions on the lesson.

1. What is the foundation of all the graces that come from God?
2. What is the foundation of all the evil in our world?
3. What does intemperance benumb?
4. List four things that we should be temperate in?
5. Intemperance in study causes what?
6. What is disease?
7. What is a common sin which burdens the whole system?
8. Why is flesh meat now doubly objectionable?
9. How do spices affect the body?
10. What food should never be introduced to the stomach?
11. In most cases of sickness what is the best remedy?

Read these quotes for further study:-

1. T.4. page 417 para. 1 and 2.
2. M.M. pages 82 para. 4 - 83 para 3.
3. M.M. pages 227 para. 1 - 229 para. 5.
4. M.M. page 259 para. 3 - 5.
5. C.D. pages 132 para. 5 - 133 para. 2.
6. H.L. page 75 para. 2.
7. C.D. pages 373 - 416.
8. C.D. pages 339 - 345.
9. C.D. pages 368 - 369.
10. C.D. pages 188 para. 4 - 189 para. 2.

2c - REST

Rest is an absolute essential to life, and to physical and mental efficiency. When working hours were decreased to 48 hours per week, morale improved, there were fewer accidents, and production increased by 13 per cent. Long labour, without adequate rest, leads to inefficiency and increased accidents.

On the other hand excessive rest causes weakness, laziness, wasting of muscles and impedes circulation.

Rest is one of the most basic healers known to mankind. When you are sick, what is the first things you want to do? Lie down. The restorative power of rest is a key to the success of all other remedial agencies. Do you need rest if you are not ill? To a great extent it is the lack of adequate rest while you are well that causes you to become sick.

One does not 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.

One of the reasons 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. Take time to rest. Just go outside and sit in a chair and do nothing. If that sounds ominous to you, then you are the very one who needs to restudy your attitude toward adequate rest.

Rest for the entire body.

Rest for the entire body is called sleep. Sleep is essential to health, and for life itself. Nearly one third of life is spent in sleep. Without sleep, exhaustion develops and life can continue less than ten days.

During sleep the stores of nervous energy are replenished. The intensity of sleep is deepest at the second to third hour, then progressively lightens until waking. During sleep consciousness is lost, the heart rate slows, the blood pressure drops, and respiration slows and deepens.

The duration of sleep needed depends large on a person age. At the age of 1 month an infant may sleep 21 hours out of 24. At age 6 - 8 years 12 hours of sleep is average. At 13 - 15 years 9 hours are needed. For adults between 7 - 8 hours, and elderly people require 8 hours plus. Keep in mind that it is the quality of sleep that is more important than the duration.

Restful sleep is promoted by a quiet, dark, well ventilated room; an empty stomach; moderate physical fatigue; a neutral or warm bath just before retiring; and/or a back massage.

Rest for the heart.

After each beat the heart rests for a longer period than was required for contraction.

In a "conditioning" program of regular, sustained, exercise, although the heart rate is increased during the exercise, the resting heart rate is gradually reduced as the efficiency of the heart is increased. Not rarely, the resting heart rate of a trained athlete will be in the low forties, or even in the thirties. In a training program as the heart pump becomes more efficient, more blood is pumped per beat. With a slower resting rate, there is a longer resting period, and greater efficiency.

A drop in the resting heart rate of only ten beats per minute (from 70 to 60 / min.) Means a saving of over 14,000 beats per day.

Rest for the stomach.

Two or three meals should be eaten each day, with never a morsel of food passing the lips between meals. Five hours should elapse between meals to allow the stomach proper time to rest. If a person retires when his stomach is empty, sleep is more refreshing than would be the case if he retired soon after the evening meal. Three hours should elapse after the evening meal before retiring in order to promote healthful action of all the alimentary tract.

Rest from all labour.

"In the law given from Sinai, God recognized the week, and the facts upon which it is based. After giving the command, 'Remember the Sabbath day to keep it holy,' and specifying what shall be done on the six days, and what shall not be done on the seventh, he states the reason for thus observing the week, by pointing back to His own example: 'For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day; wherefore the Lord blessed the Sabbath day, and hallowed it.' [EX. 20:8-11.] This reason appears beautiful and forcible when we understand the days of creation to be literal. The first six days of each week are given to man for labor, because God employed the same period of the first week in the work of creation. On the seventh day man is to refrain from labor, in commemoration of the Creator's rest." C.E. page 190 para. 2.

"Weekly He (God) brings to us the Sabbath, that we may rest from our temporal labors, and worship Him in His own house. He has given us His word to be a lamp to our feet and a light to our path. In its sacred pages we find the counsels of wisdom; and as oft as we lift our hearts to Him in penitence and faith, He grants us the blessings of His grace." C.S. page 18 para. 1.

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

- A.H. page 289 para. 2.
- D.G. page 177 para. 1.
- R.Y. page 125 para. 1.
- 2 S.M. page 459 para. 2.
- T. 7 . Page 247 para. 1.
- C.G. page 363 para. 2 and 3.
- C.G. page 389 para. 5.
- T.2. page 704 para. 2.

Questions on the lesson

1. What does healthful labour produce?
2. At what time is it recommended that light should go out?
3. To whom and at what age did Ellen White recommend a sleep in the daytime?
4. Why do many sick people suffer sleepless nights? What should be done?
5. What is essential to health of body and mind?
6. What takes place during the hours of rest?
7. What should students not do?
8. What is one cause of unpleasant dreams?
9. What is displeasing and dishonours God?

Read these quotes for further study:-

1. C.D. Pages 173 - 182.
2. C.T.B.H. pages 50, 106.
3. C.G. page 389.

2d - EXERCISE

"Whatsoever thy hand findeth to do, do it with thy might." Eccl. 9:10.

"And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Gen. 2:15.

God's original plan was for people to be active. Physical activities or exercise is an absolute requirement for development and strength. Differing from a machine which wears out more rapidly the more it is used, the human body is developed and maintained in health by exercise. Exercise is a necessity for all ages; and not alone for the young and athletes to promote more abundant life; to prevent disease and to aid in recovery from disease. The warning is appropriate: if you cannot find time for exercise, you will have to find time to be sick.

Modern culture brings us many labour saving machines which limit exercise, and thus tend toward obesity and heart attack. Consider some of these machines:- dish washers, washing machines, bread making machines, clothes dryers, powered lawn mowers, cars, electric tools, etc.

That which one does not use will be taken from him. Or in other words use it or lose it. This is true in the physical, mental and spiritual realms. If we don't use a particular part of our bodies - arm, leg, finger, brain, etc. - that part becomes weaker, until it stops working. Therefore it is necessary to keep the whole of our bodies working and exercising so that we keep in full health.

The type of exercise is less important in building physical fitness, than is the vigor and regularity with which one participates. The effect of exercise on muscles and bones is increased strength and efficiency. Circulation and respiration is also improved by vigorous, regular exercise. 15 minutes walking, morning and evening, will achieve fitness. But do not limit your exercise to one type of activity. Vary it with walking, swimming, running, gardening, etc.

On the other hand if one does not exercise the bones become weak, spongy and porous. The efficiency of the circulation and respirations systems is diminished. Resistance against infection decreases. You will experience lethargy and depression, would become overweight with increased risk of high blood pressure, and diabetes.

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

- C.H. page 173 para. 2.
- T.3. page 78 para. 2.
- H.L. page 130 para. 4.
- C.G. page 342 para. 4.
- C.H. page 53 para. 3.
- T.3. page 77 para. 1.
- T.2. page 530 para. 1.
- Ed. page 208 para. 3 - 209 para. 2.
- M.H. page 238 para. 1.

Questions on the lesson.

1. What do more people die from?
2. What should we make up our minds to do?
3. What is the best remedy for diseased bodies and why?
4. What is necessary to a healthful circulation of the blood? What does this safeguard against?
5. Health cannot be preserved unless what?
6. Brisk exercise in the open air will promote what?
7. What happens if one muscle of the body is exercised more than another? What is better?
8. Can exercise aid the work of digestion? How?
9. For students why is time spent in physical exercise not lost?
10. Inactivity is a fruitful cause of what? Why?

Read these quotes for further study:-

- C.T.B.H. pages 96 - 101.
- T.2. pages 522 - 538.
- P.P. page 50.
- H.L. pages 127 - 135.
- M.H. "Rest as a Remedy" pages 237 - 240.

2e - PROPER DIET

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed,. . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Gen. 1:29. Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." Gen. 3:18.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner 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.

Food is needed to furnish fuel to supply energy to the body, to provide material to repair and build tissues, and to supply substances that act to regulate body processes. Any chemical substance found in foods that function in one or more of these ways is known as a nutrient. The seven basic classes of nutrients are carbohydrates, fats, proteins, vitamins, minerals, fibre, and water.

Only carbohydrates, fats, and proteins provide energy or calories. Sugars and starches are both carbohydrates. Carbohydrates and proteins yield about four calories per gram, and fats yield about nine calories per gram. As these figures show, fats are a much more concentrated source of energy. Fibre, long regarded as nonessential, is now recognized as an important body regulator. It helps to control blood sugar and cholesterol levels, and also aids in colon hygiene. A low-fibre diet is associated with increased risk of colon cancer, as well as other bowel diseases.

When food is properly selected and prepared, so that the basic nutrients are consumed in the correct ratios and amounts, we can be assured of good nutrition. All natural foods contain all seven essential nutrients. However, the different amino acids (the building blocks of proteins), fatty acids, vitamins, and minerals are found in varying amounts in different foods. So we need to eat a variety of food to get all the nutrients in sufficient quantities.

Malnutrition means we are not getting the proper intake of nutrients, or in some cases that the nutrients are not utilized as they should be in the body. Under nutrition means there is a lack of certain nutrients. In underdeveloped countries the most common problem is simply not getting enough food to eat or not enough variety. Starvation is a tragic health problem for millions of people in the world. Less frequently, but equally serious, are the problems of protein or vitamin/mineral deficiency diseases. Usually, as long as people are getting enough unrefined calories to eat, these diseases are not common.

Over nutrition means too many nutrients. In developed countries it is usually related to the excess consumption of refined foods. For millions of the well fed people of the world over nutrition is the root cause of much premature death and disease. The top three killers in the developed countries - heart disease, cancer, and strokes - each have strong contribution dietary factors. Hypertension and diabetes also have strong dietary links. The specific dietary excesses that tend to promote or cause these diseases involve cholesterol, animal fat, too much total dietary fat, too much sugar, too much protein, and too much salt. Basically, just too many calories in general.

To prevent overeating and indigestion there should not be too many varieties of food eaten at once. It is true that we should eat a wide variety of food from meal to meal and from day to day, but three or four different kinds of food at one time is plenty.

A good variety of plain, unrefined plant food is more nutritionally balanced than the animal products and man-made processed foods. Whole grains, fruits, vegetables, beans, peas, nuts, and seeds contain high-quality protein, and better fatty-acid profile, no cholesterol, plenty of complex carbohydrates and fibre, and are rich in vitamins, minerals, and water. Animal products and man-made foods are often high in fat, cholesterol, sugar, salt, and harmful additives, and are lacking in fibre. Sometimes we cannot obtain an ideal diet. People shouldn't be made to feel guilty about what they eat if they are doing the best that they can with what knowledge and resources they have. Certainly it is not unhealthful to use some refined products like white flour, sugar, or oil in small amounts to prepare healthful and tasty dishes. A moderate amount of salt can be used by most people. The problem is that the average taste bud has been conditioned through overuse to expect and demand far too much of these things. It would be well to gradually re-educate people to require much less.

Two or three meals should be eaten each day with at least five hours between them. Nothing should enter the mouth, except water, in-between. This allows time for the stomach to digest the food and have a rest before it is loaded to do more work. If time is not allowed for the food to digest before more is eaten, the food that was already in the stomach stops digesting. The stomach then starts the process of digestion again which can cause the first lot of food to ferment. If this is continually done the stomach is overworked, because it's work is never finished. Also the last meal of the day should be at least 3 hours before you retire. This allows time for the stomach to digest the food in it before you lay down to rest so that it can rest along with the rest of the body.

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

- C.D. page 251 para 2.
- C.H. page 63 para. 2.
- C.H. page 143 -144.
- C.H. pages 153 - 156.
- C.D. pages 93 - 94.
- C.D. pages 309 - 310.
- C.D. pages 313 - 315.
- C.D. pages 321 - 322.
- C.D. page 273.

Questions on the lesson.

1. Of what value is one who understands the art of properly preparing food, and who uses this knowledge?
2. Why should simple foods prepared in the most simple manner be used?
3. What do you do to learn the skill of cooking with simplicity?
4. What is the real reason why the health reform does not agree with some people?
5. Who did Ellen White consider the most important helper in her home?
6. What does narrow ideas and overstraining of small points do for health reform?
7. What makes us unfit to render to God that service which is His due?
8. Is there an exact diet that we should follow, or should each person eat what is best suited for them?
9. How is fruit best eaten? What about during winter?
10. Grains used for porridge should be cooked for how long?

11. Fruits, grains and vegetables prepared in a simple way and free from what makes the most healthful diet?
12. What is a sufficient ratio of nuts?

Read these quotes for further study:-

- M.M. pages 259 - 271.
- M.H. Pages 295 - 310.

2f - WATER

Water is the single most important part of a proper diet. If you lose 10% of your body water, the result would be quite serious. For all life, a continuous supply of water is required. Man can live about six weeks without food, but only a few days without water. Water bathes the cells of all tissues - the blood, brain, lungs, liver, and kidneys. Water constitutes about 85% of the brain, 75% of muscles, and 70% of the total body weight.

In the body, water is the great vehicle of transport. In the blood, which is largely water, oxygen is carried from the lungs; and nutrients, vitamins, and minerals from the intestines to all cells of the body. Thus, too, waste products are carried in the blood from the various tissues to the lungs, kidneys, and skin for disposal. The blood must be kept thin enough to allow free and rapid circulation. If, by water loss, the blood should thicken, blood-flow would be hindered, causing early death.

Life within the cells of all tissues requires a continuous series of hundreds of chemical reactions, every one of which requires water. The formation of all the various enzymes and their secretions requires water.

Large amounts of water are used during digestion of food. Without water respiration would be impossible. The eyes need to be kept moist to avoid inflammation and scratching. To maintain body temperature at the optimal level the body needs plenty of water. The largest organ of the body, the skin, needs water to keep it soft and moist otherwise with drying and cracking it would allow germs to invade the deeper tissues.

Six to eight 200 ml glasses of water a day are sufficient for the average person. More is required if you live in a very hot climate. The easiest way to tell if you are drinking enough water is if your urine is colourless and odourless.

Avoid drinking with your meals as this dilutes the digestive juices, making them less effective. The stomach also has to stop digestion and process the fluid before it can digest the food. For best results, drink water not less than 1/2 hour before or after a meal. Many times common constipation, headaches, and backaches can be relieved simply by drinking enough water.

Not only do our bodies need water on the inside, but they need water on the outside too. To keep the skin, and the entire body in the best health, absolute cleanliness is essential.

Without careful cleansing of the skin, the openings or pores of the glands tend to become clogged with impurities. Regular bathing, at least twice a week, whether in health or illness, will help to keep the pores open for the elimination of waste products, and promote health of the entire body.

Simple water treatment - hot and cold - have been proved over the years to alleviate many health problems without the use of drugs. We will go more into this in another part of the college.

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

- C.T.B.H. page 51 para. 2 & 3.
- C.D. page 303.
- C.D. pages 419 - 420.
- Ev. page 386 para. 2.

- 2 S.M. page 289 para. 4.
- 2 S.M. page 294.
- 20 M.R. pages 278 para. 1 - 281 para. 2.
- H.L. page 187.

Questions on the lesson.

1. How do cold drinks affect the digestive system?
2. What will never do any harm?
3. Water is the beverage which God provides for what?
4. If people would become enlightened what would they do?
5. What type of water is best?
6. Are physicians the only ones who can do the hot and cold water treatments?
7. One of the most beneficial remedies used in fomentations is what?
8. What treatment quells a fever?
9. In nine out of ten cases which temperature water is best to use?
10. List four things that bathing does.

Read these quotes for further study:-

- CH 169.2
- H.L. pages 213 - 214; 226 - 228.
- M.M. page 228.
- 2 S.M. pages 451, 288, 291.
- 3 M.R. page 365 para. 3.
- 21 M.R. pages 289 para. 1 - 291 para. 2.

2g - TRUST IN DIVINE POWER

"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 are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

"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.' Proverbs 17:22." M.H. page 241 para. 1 - 3.

"As there is no healing power in any human being, we must trust in God, who loves us and who gave Himself for us." "The brazen serpent was uplifted in the wilderness that those who looked in faith might be made whole. In like manner God sends a restoring, healing message to men, calling upon them to look away from man and earthly things, and place their trust in God. That brazen serpent uplifted in the wilderness was a symbol of Christ. The faith which the believing Israelites exercised as they looked at it, we must exercise as we look to Christ." U.L. Page 375 para. 3; S.T., April 18, 1900 par. 6.

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

- 2 S.M. page 287.
- T.4. page 214.
- T.2. page 140.
- C.H. page 202.
- C.H. page 211.
- C.H. pages 340 - 3.
- C.H. pages 627 - 32.

Questions on the lesson.

1. What remedies did Ellen White say were going out of date in 1885?
2. Strictly temperate habits in eating and drinking, with firm trust in God, will improve what?
3. Faith will penetrate what? An absence of faith and trust bring what?
4. What lies at the very foundation of a large share of the maladies? What is the remedy?
5. What was the object of establishing home-like sanitariums?
6. By holding before his patient heavenly principles, what can a Christian physician do?

7. To the softened and subdued heart the Christian physician can direct the thoughts of his patient to whom?
8. The curse of disease that now floods the world would not be if man had done what?
9. What is the best medicine for diseased bodies and minds?
10. If there be any virtue or praise, what should we think on?
11. There are persons with a diseased imagination to whom religion is what? What are these persons constantly doing?

Read these quotes for further study:-

- M.H. pages 241 - 259.
- C.H. pages 95-97; 377 - 382.

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